

RAINBOW BEACH TRAIL RUN 1996

9th Nov.

Laura McCloskey

When Ian suggested a running holiday at Rainbow Beach I cringed and my mind flashed back to other running holidays we had taken. When I reminded him of these other disasters he shrugged and said they were not that bad, anyway the children are older now.

I am not being negative but our first holiday was in 1986 to run the Adelaide Marathon, with a 3 year old and an 8 month old baby in tow we hopped on a train to Adelaide. Ian ran his best ever Marathon while I looked after the children. Next day was time for sightseeing but Ian was very tired and laughed when I was chased at the zoo by an ostrich only coming to my rescue when Craig, the baby, screamed. Funny that Ian felt great when I suggested a bus trip to the Barossa Valley winery's!!

The next year we made the trip to the Gold Coast. After the run that evening we went to the Seagulls club for their roast night. Craig, now 18 months was great until we sat down to eat and then he started to cry and then scream!! It did not matter what we did to pacify him it did not work so we left without finishing our meal. Next day he had 4 big teeth!!

Two years later we attended the Gold Coast Marathon again, this time Craig spent 5 days in hospital with pneumonia!!

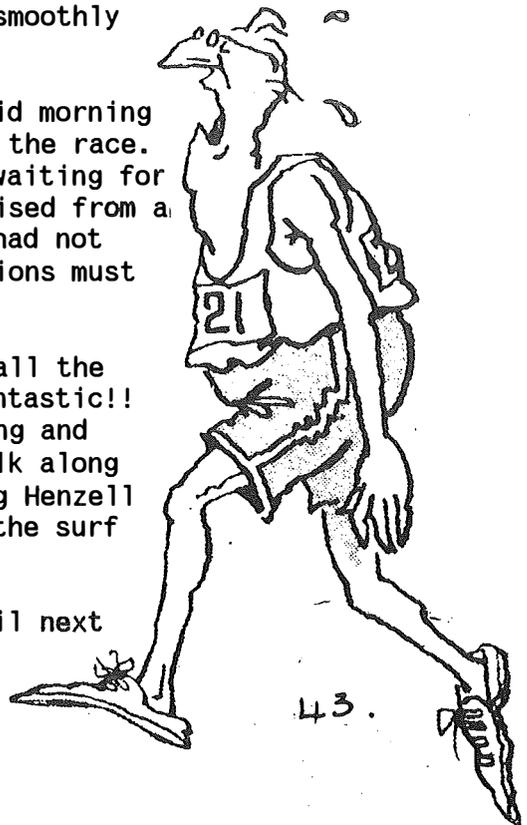
With these memories in my mind we headed to Rainbow Beach. It was a nice drive with the children only asking are we there yet? twice. On arrival at the Rainbow Beach Holiday Village we were made to feel very welcome by the staff and I started to feel relaxed at last. A quick look around the place and I could see that the children could not get lost or get into any mischief. We had a lovely swim at the beach and rested for the next day.

Ian got to the start at 5.25am with Pete Gibson and the race started. When I went to the turnaround point at the Surf Club to make sure Ian had everything the race was progressing smoothly for him.

I was keep busy at the beach with the children until mid morning when we headed back to the surf club for the finish of the race. Gary Parsons won the 52km event in great style. While waiting for Ian to finish Arthur Cox finished all bloodied and bruised from a fall. I thought of Ian's shuffling style and hoped he had not come to grief, thank goodness he did not!! Congratulations must go to all those who took part in this event.

The surf club did a great job staging this event with all the water stops well stocked. The steak sandwiches were fantastic!! Our older son, Dale, had two!! While Ian was recovering and waiting for the presentations Dale and I went for a walk along the beach to the coloured sands. They were lovely. Greg Henzell drove by in his lovely 4wd and gave us a lift back to the surf club, thanks Greg!! I had never been in a 4wd before.

I really was impressed by this run and cannot wait until next years running holiday!!



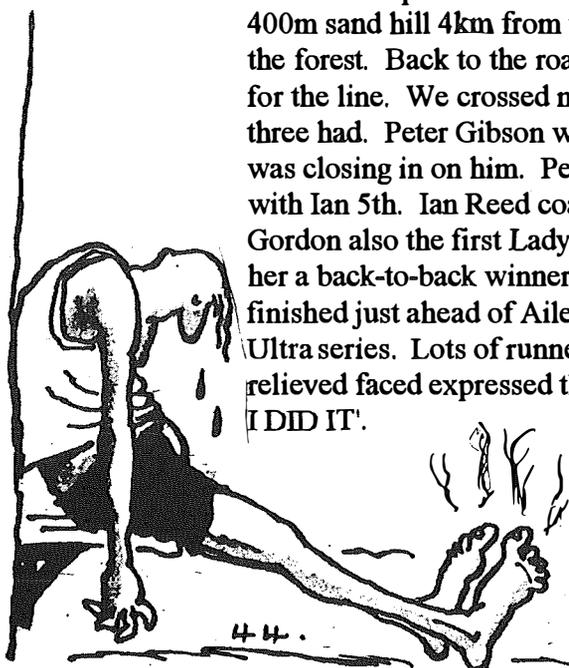
Fun in the Sun

Well it was the last event in the 1996 season for the Queensland Ultra Runners Club. Rainbow Beach was the venue, a leisurely 3.5 hours drive north of Brisbane. Denis Parton local Park Ranger and Race Director was all smiles as 59 runners headed out on his Beach/Trail runs. There was a choice of 15km, 31km, and 52km, all events were testing but very enjoyable and satisfying.

At 5.30am the 52 and 31km events headed out along the beach, the sand was not so firm this year. Paul Woodhouse and Nichole Carroll setting the pace out front in the 31km event. Brian Evans and Walter Keleman headed the 52km group with Peter Gibson perched on my shoulder. As runners headed off the beach a mixed bunch of entrants were looking good, Philip Clark, Michael Schultz, John Fisher, Steven Hayes, Peter Gibson and myself from the 52km event, but Paul and Nichole had only left footprints for us to follow. We all headed out for the first of two out and back 21km legs, sandy trails to rainforest roads, some ups and downs and at the 10.5km a turn and back you go.

Its good on the return, you pass all the runners behind you, you can judge how they are going, say hello etc. While on the return I saw that Lyn Gordon was leading the 52km ladies section followed by a smiling Aileene Markham. Rosemary Crouch said hello and then my wife Sharon and Angela Clark both gave me a wave. Phillipa Bolt looked in control and Shelley Smith was digging deep. About 2km from the start/finish line you come out of the forest. Its here that you can check out your position in the events. Brian and Walter were just about 200m ahead of me. We hit the turnaround, changed drink bottles, times are taken and out we go. The 31km runners Paul, Nichole, John Steve and Philip are finished. On the way out I say hello to Peter Gibson, Ian Reed, Peter Sinfield and my training partner Ian McCloskey (Brian, Walter and myself are in sight of each other most of the time). A g'day is exchanged between me and Kelvin Woods as we pass, then the three of us turn, Walter, myself and Brian in that order only 10.5 km to the finish.

At 9.00am the 15km event started so on our final return we are running home with the leaders of that event. It was lifting and you felt a spring return in your step. I mentioned ups and downs earlier, well a 2km climb starting at 8km point and a steep 400m sand hill 4km from the finish saw a change in the order when we came out of the forest. Back to the road now its time to get some rhythm into the stride and head for the line. We crossed myself first, Brian second and Walter third, a great tussle we three had. Peter Gibson was able to see at the last turnaround that Ian McCloskey was closing in on him. Peter held onto a 4 min break and crossed in fourth position with Ian 5th. Ian Reed coasted home to take out 6th place. 7th over the line was Lyn Gordon also the first Lady. The win gave her the Ladies Ultra Series for 1996, making her a back-to-back winner. Kelvin Woods had just returned to full training and finished just ahead of Aileene Markham who finished 2nd place Lady and 2nd in the Ultra series. Lots of runners are coming in now from all three events, some very relieved faced expressed they were glad it was over and others had that look of 'YES I DID IT'.

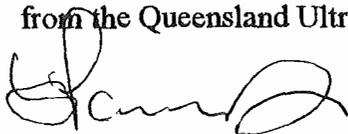


" de agony of de feet "

During the race, Denis Parton the race director is constantly checking runners and checkpoints in his FWD. The out and back course is safe with trails that are well marked, and manned stops with water, food and COKE, which made for a relaxed run for all competitors.

After the race some wandered around, some showered and all returned satisfied with their efforts to the 3.00pm presentations at the Surf Lifesaving Club. There was food and drinks available and all proceeds from the event and sales went to the Surf club. The Surf Club president John Greaney along with the race director Denis Parton handled the presentation like old pros. Locally made trophies featuring the Rainbow Beach coloured sands encased in glass looked good, and the many random prizes put the icing on the cake. Most runners stayed Friday night for the Saturday morning Race, partied Saturday night and up for the ritual Sunday morning recovery run then about noon drove home with some great memories of good times and a fantastic weekend.

Thanks to Denis Parton and his many helpers from the Surf Club for a great event, from the Queensland Ultra Runners.



Gary Parsons
Vice President QURC.

RAINBOW BEACH TRAIL RUN

	<u>52 KLM</u>		
<u>COMPETITOR</u>	<u>1ST TURN</u>	<u>FINISH</u>	
PETE GIBSON	2.50.43	5.28.23	
IAN REED	2.53.25	5.43.48	
KELVIN WOODS	3.18.30	6.29.38	
PETER SINFIELD	2.58.20	6.42.07	
COLIN COLQUHOUN	3.21.39	6.58.23	
IAN McCLOSKEY	2.59.09	5.33.08	
SHELLEY SMITH	4.09.45	8.09.19	
GARY PARSONS	2.41.29	5.00.19	1ST
BRIAN EVANS	2.40.55	5.02.39	2ND
WALTER KELEMEN	2.40.41	5.14.55	3RD
LYN GORDON	3.11.31	6.06.34	1ST
AILEENE MARKHAM	3.32.20	6.30.20	2ND
PHILLIPA BOLT	3.39.02	7.14.02	3RD 45 .