



Race wrap-up

The Kowen Trail Run is a not-for-profit event hosted by the Wamboin Trail Runners in association with AMRA.

Proceeds from the event go to the Wamboin Rural Fire Brigade.

To date we've raised over \$21,000 thanks to your support!



*Above Photo: Sharon Komidar
Photo Right: Bob Miller*

Kowen Trail Run

Sunday, 17 June 2018



The story of the Kowen Trail Run in 2018 is a really a tale of two extremes. In January, the event was held on a day that hit 37 degrees and was subject to a total fire ban. Meanwhile, at the June event, it was cold and cloudy with occasional showers and flurries of snow out on the course. But the weather couldn't dampen the enthusiasm of the runners and their friends, family and loved ones who came to Wamboin to participate in the event.

The event saw some amazing performances, not least the scorching effort by Canberra runner, Matthew Crane, who slashed 15 minutes off the 2017 half marathon race record! Wamboin locals made it onto the podium yet again. Heather Lawton and John Winsbury, won the marathon while Heather's husband, Evan Lawton, came second in the 12 km event.

As well as being the first Kowen Trail Run to be held on a Sunday, it was also the first to have full access to the Community Hall. Not only did the hall provide a space to hold race briefings, it also provided a place, under cover, for runners to relax before and after racing.

It was also the location of our mini race expo with the Mont pop-up shop, stalls from locals selling jewelry and woolen wear plus a Wildcare stall and a Landcare stall outside. On top of that, we even had dedicated change rooms for women and men and much reduced pre-race toilet queues thanks to the new toilet block erected by the Wamboin Community Association.

I think you'll agree, at this race, we took it up a notch.

Race Results

In 2018, the marathon belongs to Wamboin with locals John Winsbury and Heather Lawton both taking the honours.

In the half marathon, Matthew Crane sliced 15 minutes off the 2017 half marathon race record set by Nicholas O'Neill. In fact, the first eight runners in the half marathon came in under the 2017 record!

Matthew now wears the double half marathon crown having also won the race at our January event. Meanwhile, Sarah-Jayne Miller retained her half marathon super crown, making it three wins out of three events so far!

The 12 km event was taken out in fine style by Bernardo Palma and Isabella Comfort.

Full results can be found at the Kowen Trail Run website, kowen-trail-run.com. Click the June event tab and go to 'results'. There, you'll find a link to the FlyerUltra results page.

Race records

Marathon		
Shaun Creighton (m)	3:20:13	2017
Mandy Smyth (f)	4:18:30	2017

Half marathon		
Matthew Crane (m)	1:26:07	2018
Sarah-Jayne Miller (f)	1:42:53	2017

12 km		
Liam Stewart (m)	0:52:37	2017
Hannah Walmsley (f)	0:54:27	2017

On the podium

Marathon			
Male		Female	
1. John Winsbury	3:30:16	1. Heather Lawton	4:23:00
2. Brett Easton	3:46:42	2. Cassie Cohen	4:25:08
3. Grant Brisbin	3:54:45	3. Rosemary Catton	4:52:19

Half marathon			
Male		Female	
1. Matthew Crane	1:26:07	1. Sarah-Jayne Miller	1:46:06
2. Jack Brand	1:30:59	2. Jane Gordon	1:46:57
3. Glen Sturesteps	31:32:16	3. Monika Holmwood	1:47:26

12 km			
Male		Female	
1. Bernardo Palma	0:57:14	1. Isabella Comfort	1:02:11
2. Evan Lawton	1:00:03	2. Narelle Desmet	1:02:42
3. Nick Walshe	1:01:51	3. Shareen Underwood	1:08:01

In it for the long haul

We had some amazing marathon runners enter our event. Our first ever international entrant, Ching Te Huang, from Taiwan, completed his 510th marathon. Accompanying him on the course were Ray James who notched up his 290th marathon, Jane Trumper with 259 and Dave Styles with 254.

Volunteers

Kowen Trail Run volunteers are a special breed. We put them out in the forest, miles from anywhere, in the summer heat and the winter cold. Some literally spend days laying course markers, some spend race day slaving over a hot stove to feed the tired and hungry while others have the responsibility of ensuring that no tail end runner is left behind.

It is no exaggeration to say that the success of the Kowen Trail Run rests on their shoulders. We owe them a lot, so let's give a cheer for the wonderful volunteers who sacrificed their Sunday to make our race great!



Photo: John Harding

Volunteer honour roll

Support vehicle	Marshals
Michael Muston Dave Whyte	Sarah Majeed Sam Post Gemma Wilson
Drink stations	Photographers
Kaye Solari Jackson Murray Sarah Majeed Mel Sykes-Bridge Jane Hiatt Doug Allan Indira Allan Leanne Nelson Emily Lodge Jess Robson Laura Power Plus 3 enthusiastic children	Carolyn Young Bob Miller Sharon Komidar Richard Thorek
	Sweepers
	Michael Thompson Chris Brown
	Timing Support
	Mandy Smyth
	First Aid
	Denise Hales
Food preparation	Registration & Finishing
Caitlin Curtis (soup) Lisa Brunswick (soup) Heather Lawton (soup) Danielle Stoll (cookies)	Debbie Acland Mary Brims Garry Brims Laura Canackle Sally Bulkeley Nathan Barnden Ned Noel Di Boswell
Food serving	Merchandise
Caitlin Curtis Lisa Brunswick Andrew Curtis (+ fires) Jack Muston Skye Maher Cooper Maher Tully Maher	Kaaren Sutcliffe
	Fire Brigade Food Team
	Clare Hobbs + team of 8
Event coordination	Parking
Pam Muston Peter Komidar	Peter Greenwood + team of 12
Course marking set-up	Course marking clearing
Murray Stoll Debbie Maher Jess Robson Michael Muston Peter Komidar Pam Muston	Michael Muston Peter Komidar Pam Muston
	Donation of fire wood
	Evan Lawton Pam Muston

More Information

If you are after more information about the Kowen Trail Run, check out our website at kowen-trail-run.com. There you'll find a wealth of background information on our races and courses, including maps, videos, course descriptions and elevation charts. The links tab contains a list of useful websites on trail running and related matters and, of course, once entries open you'll be able to enter the race from the site.

If you have any questions, don't hesitate to hit us up via the 'contact' tab.

If you're not already on our Facebook page, sign up for regular updates on events, loads of race pics and general Kowen trail running goss. Just click the link below.

Photo: Richard Thorek

Race Stats

The Kowen Trail Run attracted 450 entrants – our biggest turnout yet! This time last year we had 265 entrants and then at the January race we managed a total of 327. The event continues to grow.

Of the total entrants, 330 came from the ACT, 117 came from NSW and two Victorians came up for the event. We also attracted our first international competitor, Ching Te Huang, from Taiwan.

Locals made up a significant proportion of the field with 28 competitors from the Wamboin/Bywong/Sutton region and a further 47 from the wider local region; including 27 from Queanbeyan and surrounds, and 11 from Bungendore plus runners from Yass, Murrumbateman, Gunning, Captain's Flat and Braidwood.

More broadly, in NSW we attracted 15 runners for Sydney, 15 from Goulburn, three from Gosford, and two each from Newcastle, Wollongong, St George's Basin and Bega as well as a runner from Jindabyne.

Thank you to everyone that entered!

I'm glad to be able to say that there's no glass ceiling at the Kowen Trail Run. Overall, women dominated the field with a total of 264 entrants vs 187 men.

In the 12 km run, at 160 to 67, the number of women was more than double that of men. The half marathon was split down the middle with 88 women and 88 men. In the marathon, however, the number of men was twice that of women with 32 male entrants to just 16 females.





Photo: Mel Sykes-Bridge



Photo: Suzanne Crane



Photo: Sam Post

The money trail

The Kowen Trail Run is a not-for-profit event with proceeds going to the Wamboin Rural Fire Brigade.

The June event generated a donation of \$10,000 to the Fire Brigade! Our largest yet. This is on top of previous donations totaling \$11,200 bringing the total donation generated by the Kowen Trail Run series of events, so far, to a whopping \$21,200!

We'd like to extend a big thank you to everyone who participated in the race – we couldn't have made the donation without you!



Announcing the Kowen Moonlighter

During race briefings, race director, Pam Muston, announced the third and final race in the Kowen Trail Run annual series of events, the Kowen Moonlighter, to be held on 1 September.

As the name suggests, the event will be a night race commencing at 6:00 pm.

Starting at the Wamboin Community Hall, this new race will consist of a single 7.5 km loop course and five events:

- a single loop of 7.5 km
- two loops of 15 km
- three loops of 22.5 km
- a solo ultra marathon - running the loop for as many times as you can before 6:00 am on the Sunday morning (measured to the last crossed of the two timing mats on the course); or
- running the ultramarathon event as a team of two to four runners in relay.

More information about this exciting new event will be released in coming days – on our Facebook page and on our web page. So stay tuned!

Partners

The Kowen Trail Run is hosted by the Wamboin Trail Runners in association with the following partner organisations:

- [Contentious Character](#)
- [Mont Adventure Equipment](#)
- [Australian Mountain Running Association](#)
- [FlyerUltra](#)
- [Wamboin Rural Fire Brigade](#)
- [Wamboin Community Association](#)
- [Landcare](#)
- [Wildcare](#)
- [Wonderful Women of Wamboin](#)



Above: Douglas Allan
Right: Victoria King

Partners

The Kowen Trail Run event would not have been the success it was without the assistance provided by our generous sponsors.

Our major sponsor, local vineyard and restaurant, Contentious Character, provided lunch vouchers for the winners (male and female) of each event plus prizes, in the form of bottles of wine, for podium finishers and the barrel draw.

Mont Adventure Equipment provided a range of prizes for winners, podium finishers and the barrel draw. In addition, their well-stocked pop-up shop included items on our mandatory gear list, ensuring that everyone got to run!

The Kowen Trail Run is a not-for-profit event with proceeds going to the Wamboin Rural Fire Brigade. And in return, the fireies help us out with logistics like parking and cooking - so we really sponsor each other!

The Wamboin Community Association also provided use of the audio-visual equipment free of charge.

The Wonderful Women of Wamboin made all the gift bags we provide to podium winners and to our volunteers.

Not only did Frank 'the Coffee Man' Stanford provide coffee and hot chocolate to thirsty runners and their friends, he also provided coffees, free of charge, to volunteers and gave a very generous donation.

The Wildcare stall had loads of information on the wonderful work they do in helping injured wildlife and the Landcare set-up came in the form of a trailer full of seedlings of locally native plants.

Thank you to all our sponsors! Parents are welcome to run their race while pushing a pram. But please be aware that this is a trail race and there will be some obstacles on the path as well as some steep slopes. But if your child has trained you well, that should not be an issue.





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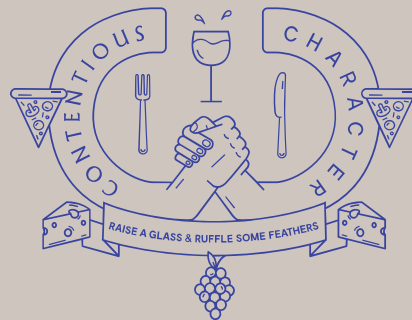
Christmas in July
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Xmas dinner from 6pm - \$65
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 With paired wines \$105

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contentiouscharacter.com.au

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A night of entertainment and surprises
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810 Norton Road, Wamboin

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all your trail running needs***