

KOWEN MOONLIGHTER

Saturday, 1 September 2018

RACE WRAP-UP

The Kowen Moonlighter is a not-for-profit event presented by the Wamboin Trail Runners Inc in association with the Australian Mountain Running Association.

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

Thanks to our sponsors Mont Adventure Equipment, local vineyard and restaurant Contentious Character, the Wamboin Community Association, the Wamboin Rural Fire Brigade, the Wonderful Women of Wamboin, FlyerUltra and the Australian Mountain Running Association.



Above: Fast finish! First place outright in the 7.5km, Elizabeth Humphries

Thank you to everyone who ran, supported and volunteered at our inaugural night event and ultra-marathon, we're overwhelmed with the amount of support we had for this event as it was beyond what we ever expected for this format! Just a month ago we thought as a maximum we'd reach 50 entrants, 80 if we were lucky. As event weekend came around we had 200 people entered across the events. We're very grateful to the local community and those who travelled, not just your encouragement for us to continue sharing these events with you, but also your generosity for raising much appreciated funds for our local rural fire brigade.

On the topic of the fire brigade, our race date coincided with the revised official bushfire danger period start date. This period usually commences on 1 October, however due to the ongoing dry conditions we've experienced (not just locally – we've seen the impact on the news across the country, if not having experienced it first-hand), the date was bought forward a month. The risk we face during the ongoing dry conditions is fires are more likely to start and spread quickly, and as we know, the job of our local fire brigade is vital to controlling these incidents if and when they arise.

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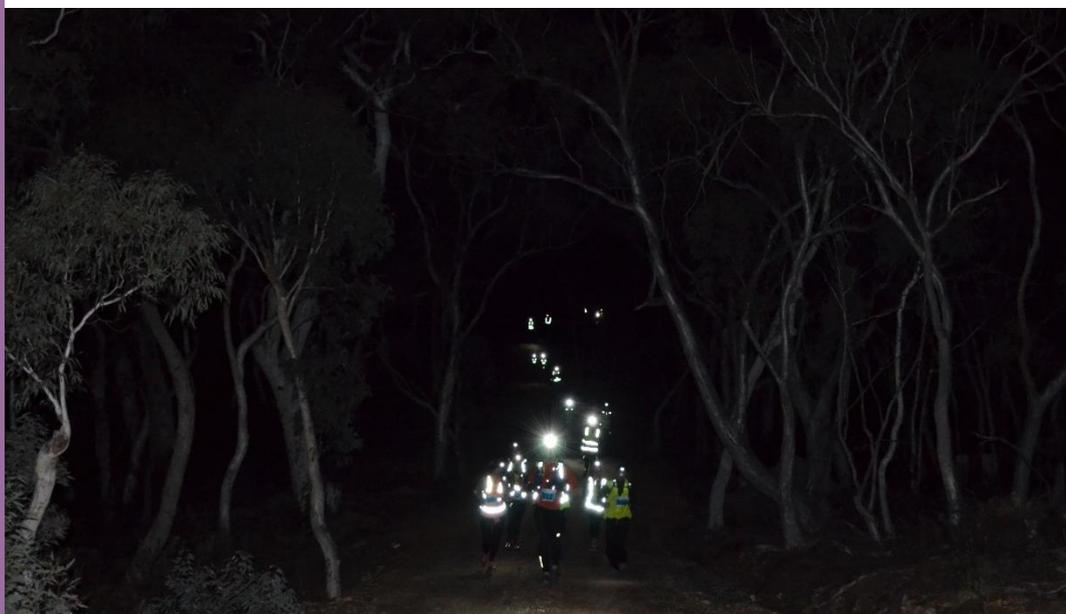
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SPARKLING INTO SPRING

On Friday 14 September, Race Directors Pam Muston and Caitlin Curtis presented a cheque of \$5,000 to the Wamboin Rural Fire Brigade for proceeds from the event. These included donations made on top of race entry fees.

Since the Kowen Trail Run events were first held the Wamboin Rural Fire Brigade have been able to purchase two sets of thermal imaging equipment for two of their trucks. This allows them to detect fires underground and assists detecting injured people thrown from vehicles at roadside accidents.

A huge thank you to Clare Hobbs from the Wamboin Rural Fire Brigade for staying at the hall all night serving hot food to the runners and crew, and her wonderful team of volunteers.

The first evening of Spring saw over 200 people descend on the Wamboin Community Hall to enjoy the unique experience of running beautifully groomed forest trails in the moonlight.

Runners created a beautiful spectacle with their head torches bobbing and their reflective gear sparkling in the dark. Our volunteers staffing the trail described the beauty of seeing runners in the trees with their lights winding up and down the hills. There was great excitement when an echidna was spotted on the trail, joining the team of volunteers at the midway aid station, positioned to lift the spirits of runners, particularly for those running the entire night.

Once again we were delighted to host local Canberra region runners and some who had travelled from as far as Parkes, North Sydney and even Hobart. 12-hour runners returned to the hall between loops for hot food, warm smiles and friendly encouragement from our wonderful team of volunteers and Wamboin Furies.

Many runners were competing in their first overnight event and if the vibe in the hall was any guide, they were loving it, and loving the friendly Wamboin community. The night may have been cold, but race directors Pam Muston and Caitlin Curtis's 35 enthusiastic volunteers boiled billies in the forest and served warm food all night to keep our 12-hour competitors moving.





MORE OUTSTANDING RESULTS FROM OUR LOCALS!

In January, Wamboin local John Winsbury took the win in the 12km event. In June he took out the marathon (improving on his second placing in the marathon in 2017). And in this event he had another outstanding win, taking out the triple loop 22.5km in a time of 1:49:47.

For the ladies – another local, Debbie Maher placed second in the 12-hour event with 79.44km. Given the relatively short time Debbie has been running ultras this girl has potential that we're excited to see unleashed!



Women's 12-Hour podium (L-R) Debbie Maher, Sabina Hamaty and Kelly Bennett

ON THE PODIUM



Men's 12-Hour podium (L-R) Ingo Earnst, Brett Easton and Elliot Cooper

12-Hour Solo			
Women		Men	
1. Sabina Hamaty	83.05km 11:48:31	1. Brett Easton	90.60km 11:34:45
2. Debbie Maher	79.44km 11:56:24	2. Ingo Earnst	90.60km 11:51:35
3. Kelly Bennett	60.40km 10:57:19	3. Elliot Cooper	90.60km 11:57:08
12-Hour Relay			
Women		Men	
1. Blue Moon Squadies	98.15km 11:43:27	1. Team 102	109.64km 11:54:01
12- Hour Mixed Relay			
1. New Romantics Run Club		102.09km 11:36:24	
2. Cuchulain		98.15km 11:58:22	
3. We Run for Snacks		90.60km 11:23:53	
Triple Loop (22.5km)			
Women		Men	
1. Isabella Basaglia	2:28:09	1. John Winsbury	1:49:47
2. Kylie Edmunds	2:31:50	2. Michael Palmer	1:54:59
3. Lou Zyla	2:42:15	3. Rohan O'Grady	2:00:11
Double Loop (15km)			
Women		Men	
1. Michelle Res	1:23:29	1. Michael Daly	1:03:33
2. Rowena Woods	1:35:13	2. Mitch Braithwaite	1:10:59
3. Amy Currie	1:39:08	3. Glen Butler	1:20:49
Single Loop (7.5km)			
Women		Men	
1. Elizabeth Humphries	35:30	1. Dave Gwyther-Marchant	39:41
2. Samantha Rampant	48:53	2. Bernie Fitzpatrick	46:20
3. Mara Nagaki	50:09	3. Matthew Lockhart	47:34



Thank you to the following people for their generous donations:

Denise Hales for donating firewood for the fire at the hall and midway aid station, which kept everyone warm throughout the night.

Joan and Lofty Mason for hall rental of the Wamboin Community Hall.

Gemma Worland for donating trophies for the place getters in the ultra-marathon.

Mont Adventure Equipment for providing barrel prizes and prizes for place getters in each event.

Contentious Character for providing prizes for our winners.



VOLUNTEER HONOUR ROLL

Set-up and Course Marking

Michael Muston
Pam Muston
Caitlin Curtis
Sheryl Steele
Dave Steele
Tracie Scarlett-Arundell
Chris Gammon
Danielle Stoll
Jenny Kruse
Clare Szydluk
Martin Fryer

Midway Aid Station and Marshals

Danielle Stoll
Jenny Kruse
Heather Lawton
Michael Muston
Dave Steele
Chris Gammon
Tracie Scarlett-Arundell

Timing Support

Mandy Smyth
Martin Fryer (FlyerUltra)

Hall Aid Station, Registration, Gear Check and Merchandise

Pam Muston
Clare Szydluk
Steven Kiley
Lian Kiley
Caitlin Curtis
Sheryl Steele
Anne O'Donnell
Jen Saul
Michelle Kennedy



Clare Hobbs and her wonderful team of Wamboin Rural Fire Brigade volunteers

Parking

Peter Greenwood and his wonderful team of Wamboin Rural Fire Brigade volunteers

Food Preparation and Serving

Lisa Brunswick
Danielle Stoll
Caitlin Curtis
Andrew Curtis
Heather Lawton
Sheryl Steele



Importantly, thank you to Pam Muston and Caitlin Curtis who were our race directors for this event, working tirelessly and spending countless hours on the seamless management of this event!



WILDCARE, CARING FOR OUR YOUNG AND VULNERABLE

Local volunteer wildlife rescuers Wildcare set up a stall providing information on our local wildlife and the fantastic work they do to care for injured wildlife. With them they brought an adorable young eastern grey kangaroo joey. Young joeys are often orphaned due to road accidents and require around the clock care, feeding throughout the day and night as much as a newborn baby. Carers dedicate a substantial amount of time, money and effort caring for these animals but find it immensely rewarding being able to release them back into the wild once they have been rehabilitated and are strong enough.

They are run solely by volunteers and receive no ongoing government funding, relying on the support of the community. If you would like to donate to Wildcare please visit their website www.wildcare.com.au.

LOOKING TO THE FUTURE

While runners and walkers were out enjoying the course during the shorter events, it was heartwarming to have the hall buzzing not just with the flurry of volunteers and crew, but with children supporting family members (and testing out the new podium created just prior to this event!). The sense of community and family really is what makes this event, and it's encouraging to see these future runners and supporters become more and more involved.



Out on the course, our youngest entrant was just 10 years of age. Our juniors also produced some outstanding results. In the 7.5km, Matthew Lockhart placed 3rd male at just 13 years of age. 18-year-old Mitch Braithwaite placed 2nd in the 15km and in the 22.5km 15-year-old Rohan O'Grady finished in 3rd place.



Congratulations, no doubt there are some very proud parents out there. These young men and women are the future of these events.

Above left: Men's 22.5km Podium (L-R) Michael Palmer, John Winsbury and Rohan O'Grady

Right: Men's 7.5km Podium (L-R) Bernie Fitzpatrick, Dave Gwyther-Marchant and Matthew Lockhart



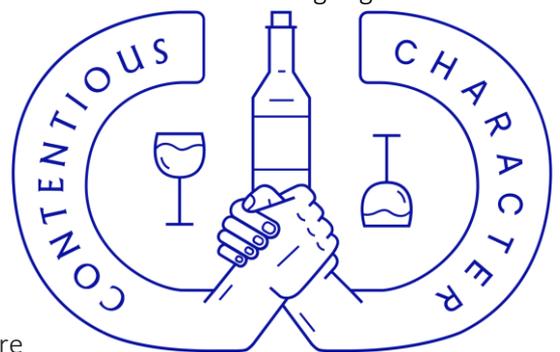
FUTURE EVENTS

The next event in the Kowen Trail Run series is the New Year Resolution run on Sunday 20 January 2019, featuring 12km and half marathon distance events. Entries will open within the next month.



The Kowen Moonlighter is hosted by the Wamboin Trail Runners with assistance from the following organisations:

Contentious Character Contentious Character is a cool-climate winery, set in the hills of Wamboin, 30km east of Canberra. We're a single vineyard winery. We grow our own grapes, sell our own wines, and make our own good times. You're welcome to join us at the weekends when we throw open our cellar door, fire up the pizza oven and serve fresh local produce, paired with our wines.

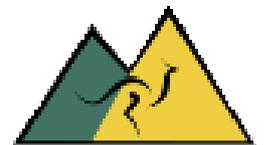


Mont Adventure Equipment



The Mont Store in Canberra are independently owned and are the experts when it comes to outdoor gear, actively sourcing products from leading innovators to complement the Mont range and equip you for all your outdoor adventures. Check out the extensive range for all of life's adventures; trail running, canyoning, climbing, backcountry skiing, expeditions, bushwalking, travelling, mountaineering and more. Visit Mont at 18 Pirie Street, Fyshwick

Australian Mountain Running Association Established in 1997 the Australian Mountain Running Association (AMRA) promotes the discipline of mountain running and holds mountain running events within Australia. Their support in providing advice and equipment for our events is greatly appreciated.



FlyerUltra Operated by champion ultra-runner Martin Fryer, FlyerUltra is our race timing partner. Professional, accurate timing combined with the experience of many years racing a wide range of event formats.

Wamboin Rural Fire Brigade In operation since 1984 the Wamboin Rural Fire Brigade has on average 50 active firefighting members plus support crew members at any time. Volunteers dedicate their time to regular training, raising fire awareness and protecting the community when incidents occur.

Wamboin Community Association The Wamboin Community Association (WCA) is a residents' group that represents the Wamboin community and supports other community groups that are active in the Wamboin area. WCA members volunteer their time and skills throughout the year for the benefit of the community. Membership is open to all in the Wamboin community.

Landcare Gearys Gap/Wamboin Landcare Group's main activities centre around propagating and planting out native plants that grow well in the Gearys Gap/Bywong/Wamboin area. Their focus is on plants native to our area, but they also support the use of natives from other areas that are useful here, and that do not become weeds.

Wildcare Wildcare rescues, raises, rehabilitates and releases native wildlife in the NSW area surrounding the ACT. They are 100% volunteer operated, and also run training on handling and caring for our local wildlife.

Wonderful Women of Wamboin The Wonderful Women of Wamboin (WWOW) are a social group who meet weekly to share stories, news and skills. They regularly raise funds and volunteer their time for many worthy causes and community events.