

TASSIE

TRAILHEAD

ISSUE 1 | JULY/AUGUST 2023

Mountains of Narcissus

2032 OLYMPICS BID:
COULD AUSTRALIA AWARD
TRAIL'S FIRST GOLD?

**HOBART LAD -VS-
THE WORLD** -vs-
Gaskell: Of Goats and Grit



INSIDE...

- TASSIE'S UTMB HOPES
- BABIS CRUSHES SPARTAN
- HIRST'S DOUBLE EVEREST
- TURTLE TALLY: 800+
- RACE PREVIEWS
+ MORE

TRAILHEAD WELCOME

Welcome to Issue 1 of Tassie Trailhead magazine. We're excited to share this with you in celebration of all things sweaty, muddy, breathtaking, weird and wonderful about our Tasmanian surrounds and - of course - its trail-based fauna; runners like you!

Our wonderful island state has a wealth of stories based around a hoard of interesting personalities, each with their own place in Tasmania's rich and exponentially expanding trail running history. We see your Strava, Facebook and Instagram posts and bloody love them - we think more people should hook into what you're up to as well.

This monthly-newsletter-turned-bimonthly-(ish)-magazine brainchild is a passion project of Hobart-based trail runners and Tasmanian Trail Running Association board and committee members James Brady and Josh Eastgate. We love running, but we especially love the community and connections that it brings which continue to enrich our lives.

The passion we all share for this sport and the natural resources which host it are perhaps the greatest connector between us, irrespective of our background, age or ability. The events occurring in July attest to this. We have seen great numbers slog their way up and down kunanyi's icy and wind-exposed Zig Zag track in support of Ben Hirst's Run for Mental Health Double Everest Challenge.

On July 14, Fern Tree Tavern was packed out when Dave Lennon showed the debut of his latest running film - a recap of his three-day, 300-kilometre West Coast epic in aid of the tarkine/takayna in 2022. Viewers saw, in the first day of his attempt, Lennon fall victim to severe headwinds while battling severe heat-induced dehydration amid pace-sapping soft sand. This very nearly spelled a premature end to his carefully planned efforts. A cohort of supportive Tasmanian (and one French and Scottish) trail runners were there within a day, joining those already present, to see Lennon's effort completed. This involved traveling an accumulative distance well in excess of 1500 kilometres for the cause. Lennon's supported, yet solo, effort become something greater; a testimony to mateship.

It is no secret that Tasmanian events would not occur without volunteers. These kinds of unquestioning and unwavering gestures of support, delivered with such enthusiasm and gusto, are not unusual. The selfless will to lend a hand is deeply rooted in our schema, with fresh examples never too far away.

We want to support, and help to build, the sport and the community which has supported our own growth. Any funds raised by this publication will go to directly to community initiatives indentified through consultation with Tasmanian Trail Running Association members and the wider trail running community.

Our goal is to turn this publication into a source of news and entertainment and current events, one which also acts as a resource for staying mentally and physically well - on and off the trails.

Catch you out there!
- James & Josh

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Picture: Kylie Garratt (Clinton Garratt)



Picture: Andrew Gaskell (M.Kopp, Germany)

NEWS & UPDATES

Stories by James Brady

TTRA ONLINE

TRAIL PORTAL: NEW WEBSITE

THE TASMANIAN Trail Running Association (TTRA) does lots of things behind the scenes, and we think that some of them (like the 2032 Olympic bid) are pretty interesting. As volunteers, we work for and strive to represent you - our runners, organisers and volunteers. However, aside from our Facebook page, we don't really have dynamic ways to share more complex ideas, projects, or events.

To do our best here, we've recognised a need to improve the way we engage community, one which acts as a service that adds value for our members. To do this, we reckon a new-look website might be a winner.

We've considered ideas such as a Member's Portal (you might get your own profile and a ITRA-style Tasmanian events score), a community forum, a page for news and updates, and forms for utilising services like Garmin inReach Mini2s and re-usable course markers. However, it's not much good if we make something that doesn't really hit the spot - we'd really appreciate your thoughts and ideas about it.

What do you think?

Would you like to link in with other members who are interested in doing similar missions, or somewhere to trade unused gear?

If you have ideas about features that you would like to see on a new-look website, shoot us a line on our Facebook page, or get in touch via email at tastrailrunners@gmail.com

MARKERS

SUSTAINABLE RACE OPTION

EVER wondered what happens to all of the pink ribbons that mark a trail running event after the day is done and everyone's limped home? You may even have wondered where the course is, if a benevolent member of the public has helped to tidy these ribbons up before you have finished limping. Either way, in the absence of a pink ribbon recycling service, the answer is a little bit grim for the environment. TTRA is helping to solve this issue by investigating the purchase of some re-usable course markers to loan out to our event organiser members. This will not only provide sustainable options for our events community but may have the added benefit of assisting any impromptu emu parades to discriminating between left-over "litter" markers and important indicators for ongoing events!



TTRA's Steve Appleby with one of the new inReach Mini 2s. Picture: Sally Grimes

INREACH

SAFETY FOR HIRE: LOCATOR

IT'S no secret that our island home, Tasmania, is an absolute delight for the eyeballs - a sensory smorgasbord. It also happens to be absolutely ripping for those of us who like to explore with our feet. The state is a single-track wonderland, full of tamed and untamed beauty where people can lose themselves in pure trail running, hiking or rambling ecstasy. It is for this exact reason that TTRA has purchased two high-tech, emergency GPS locating and messaging beacons.

The initiative has been on the cards for some time now, and TTRA is proud to say it now owns two Garmin inReach Mini 2 devices, which members will soon be able to hire. The trails are indeed

very beautiful at this time of year but, particularly as the weather gets colder, it's incredibly important that safety comes first. There are a range of hazards - natural and unnatural - which might pose risk to adventurers. As Andrew Gaskell hints in his article further along, it's no good being stuck outdoors if you get lost (or injured).

This initiative also serves to assist some of our more remote trail running events which, with no similar Tasmanian alternative, previously looked to hiring similar services from the mainland.

TTRA is in the process of trialling these units, and will soon hold a workshop to develop a state-wide hiring policy for the new units.



Now is the Time

A National Voice for Trail

IMAGINE you arrive home on Friday, from a hard day at work, you have squeezed in a quick training run on your local trail. You've managed to grab your family takeaway meals and have all sat down in the comfort of your living room. Flicking on the TV, you gather around arguing over which of your favourite trail runners will take out the points in this month's round of the Golden Trail series as you watch the spectacle unfold on prime-time TV. How awesome would that be!?

For many years most of us have not understood why trail running has not, and is still not, seen as a mainstream sport. From short explosive races of mixed- and vertical-type terrain to the awe-inspiring feats of those who glide through ultra-distance events like they are out for a Sunday jog. Trail running has all the potential to captivate and spectate just like any other easily recognised sport.

Many have said that the commercialisation and global recognition of trail running would see our beloved sport lose what truly makes it what it is, the raw unadulterated act of simply going for a run in nature. This last decade has seen an uptake in trail running the likes of which is unmatched by any other sport. It has led to, what appears to be in many cases, knee-jerk reactions and mimicking to cater for the explosion of participation.

It is for these reasons that many for the past few decades have been working toward, and called for, some form of national governance, assisting in unity, inclusion and cohesion for all that participate as a trail runner

Whether it be at a World Championships representing your country, at a local race, attempting a FKT (fastest-known-time) or simply moving through your favourite piece of nature; we need recognition and engagement at an international, national and state level, to advocate for continued and expanded access to all things that encompasses trail running.

Many of us now believe this is the time move forward and form a group that brings all facets of trail running under the one national umbrella. This is particularly so, given the bid to have Trail Running in the 2032 Brisbane Olympics, a new bi-annual World Trail and Mountain running championships, and complete lack of funding for Australian competitors at an international level. Not to mention access and approvals through key stakeholders like Parks and Wildlife services and councils getting harder by the day, and lack of consultation from trail runners on many largely impactful projects and trail builds. Now is the time. It is with great pleasure I can let you know this is finally going to happen!

After many expressed interest, we were able to hold our first meeting of a working group to head the formation of an Australian Trail Running Federation. This first meeting had representatives from all areas, elite and general competitors, adaptive athletes, organisers, tourism operators, retailers and current state and national body board members, just to mention a few. We have our next meeting planned for July this year and cannot wait for this group to be formalised and represent the community we all love, the family that is trail running.

Words and picture supplied by
TTRA President John Claridge



GOING FOR GOLD: Trail Running's 2032 Games Hope

The world's first ever Olympic and Paralympic trail running gold medals could be awarded right here in Australia, if Trail Running Association of Queensland succeeds in its 2032 Brisbane Games bid.

TRAQ's Mike Duggan speaks at the Checkpoint One forum in Brisbane. Picture: supplied by Mike Duggan

IT'S NOT the first attempt to place trail runners on an Olympic or Paralympic podium, but it may be the most likely to succeed. The revitalised campaign is spearheaded by the Trail Running Association of Queensland (TRAQ) ahead of Brisbane's 2032 Brisbane Olympic and Paralympic Games.

The initiative is led by TRAQ President Mike Duggan, an effort strongly backed by the national Checkpoint One trail running survey, hosted digitally earlier this year.

"Our mission is to grow the trail running community through care and support," Duggan said.

"Providing opportunities for people of all abilities to be involved in safe and sustainable trail running activities is key to the long-term success of the sport and we can't think of a better way to showcase trail running and the natural environment of Southeast Queensland than the 2032 Olympic and Paralympic Games."

According to Duggan, inclusion in the Games would not only highlight the sport but would also serve to place an important spotlight on the care and respect for Australia's many precious national treasures - its parks and wildlife areas.

For more information about Australia's trail running bid, see the Trail Running 2032 Campaign at <https://trailrunning.org.au>

Tasmania Backs TRAQ Initiative

Launceston running stalwart and Tasmanian Trail Running Association President John Claridge has thrown himself behind the Games move.

"We are proud to say TTRA has been at every step so far and will continue to assist in any way possible," Claridge said.

"Since the announcement, significant progress has been made toward the official bid, there has also been constant interaction between TRAQ and TTRA."

Trail's recent and unprecedented growth lends credence to the efforts. The sport's expansion is subject to wide commentary and has recently seen athleisure, companies such as Lululemon, jump aboard the growing market.

"Trail Running in Australia is in an amazing phase now," Claridge said.

"We are seeing a boom at level never seen before, trail running is seeing a growth close to 50 per-cent more than its closest growth sport.

"It's right on the cusp of becoming a mainstream sport."

Stories by James Brady

OLYMPICS

My Dream

By Hanny Allston

AS A YOUNG GIRL I dreamed of three things: becoming a doctor, living at the Australian Institute of Sport as a an athlete, and attending an Olympic Games.

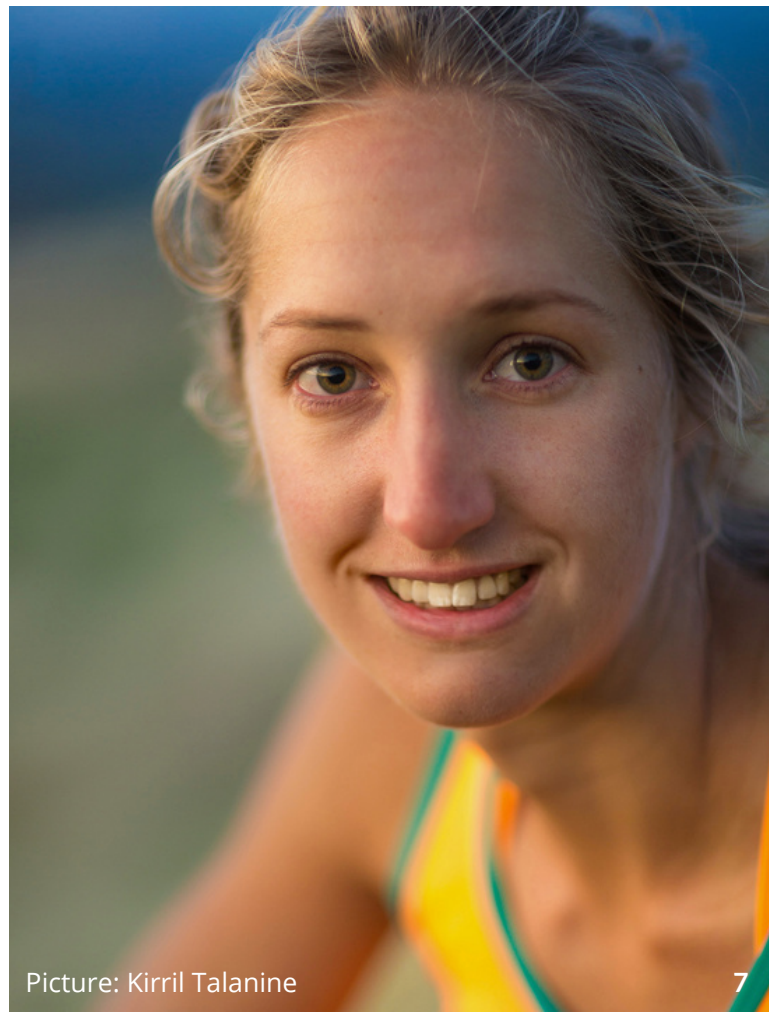
I still remember sitting in front of the frosty television whilst my father crashed around on the roof above, trying to find a signal to watch each sporting Olympiad. So naturally, we default to the known, and I fell headfirst into the sport of swimming in pursuit of my dreams. I would cut clips from glossy swimming magazines, paste photographs of my superheros all over my bedroom walls, cover my school books in pictures of swimming legends and continuously dream of the dreams to come.

And yet life is a giddy thing and the tables would eventually turn to the sports of orienteering, athletics, trail and ultra running. Aside from athletics, which I never fully fell in love with, the other sports were well considered fringe sports. Orienteering was provided huge opportunities but sexiness was never part of its vocabulary. Trail and ultra running were still minority sports and none of them could provide much more than rich opportunities for adventure, exploration and self-discovery.

It was hard relinquishing the dream of Olympic stardom and glory, as well as that of medicine which also fell by the wayside along the way. I did eventually live at the AIS but as an employee not an athlete - an insightful experience in to the lives of our elite and aspiring Paralympians and Olympians. Yet this all raises key questions to me - what would happen if we opened the Olympic and Paralympic doorways to some of our emerging sports.

What lives could this change amongst our aspiring elite athletes, as well as all the participants who lean in to explore the opportunities that these sports present them? Who could we inspire and how could Olympic or Paralympic participation of trail and ultra runners, or even orienteers for that matter, unite nations around our globe? We need our decision makers to see beyond the known and to realise that there is a whole greater community out there seeking their support and belief in what they love!

That these decision makers might realise the power of their decisions and their ability to change a plethora of lives. For sport is so much more than medals, competition and the media coverage of these trials and tribulations. It is a way of inspiring, empowering, uniting and igniting us all. It is time for trail and ultra running, and perhaps orienteering too, to be a part of the biggest sporting picture on the planet, the Olympic & Paralympic Games!



Picture: Kirril Talanine

BABIS CRUSHES MILER WITH SPRINT-FINISH RECORD

By James Brady

Below: Babis grasps the BTU
finisher tape.
Picture: supplied by Piotr Babis

"Every dog has his day."

It's the sentiment used to cap off a veritable trail running masterclass at Brisbane Trail Ultra 2023 conducted by adopted Tasmanian and Polish ultra-runner Piotr Babis.

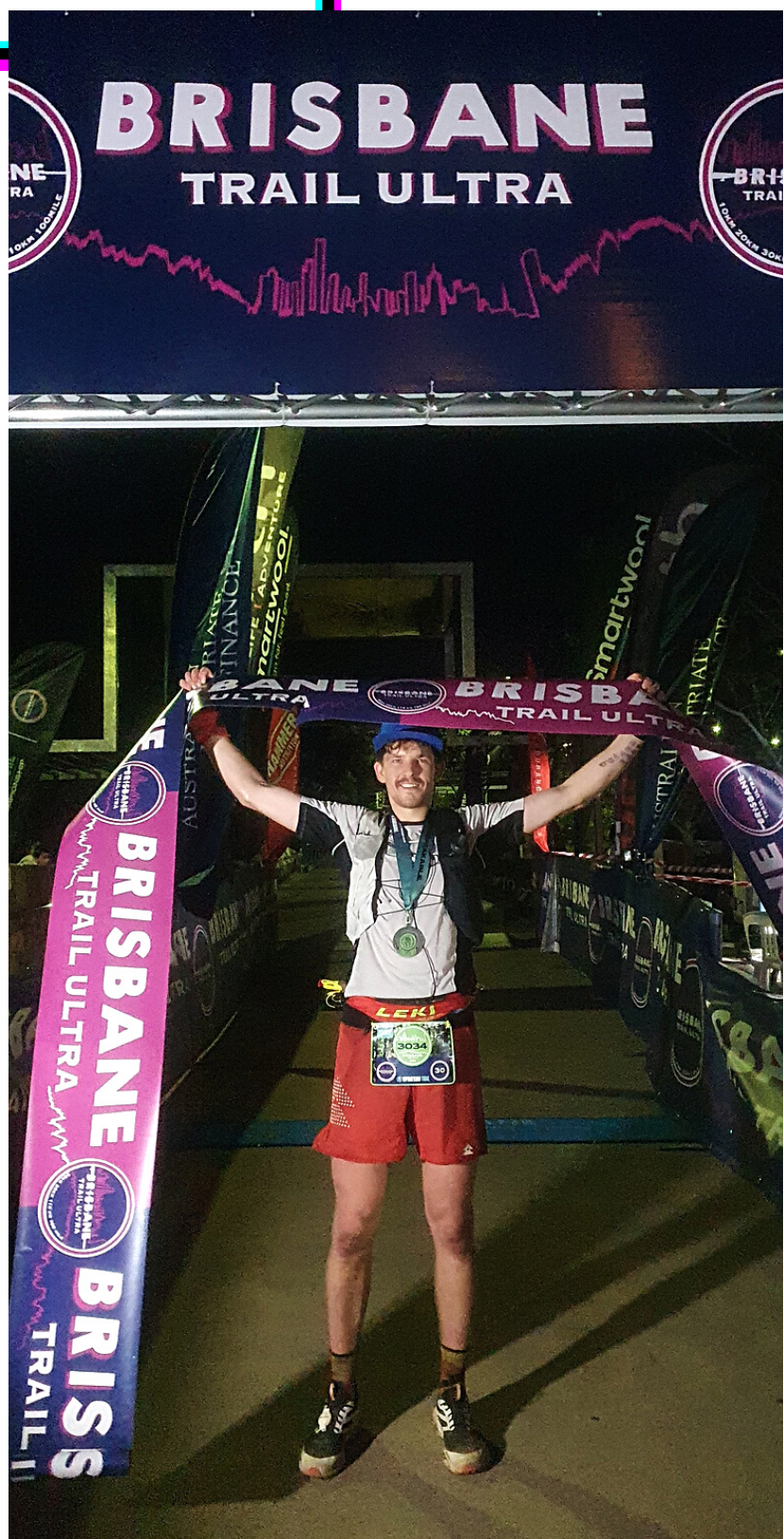
A mere 150 kilometres into his 100-mile (160.9km) event, Babis pipped every 110km distance racer, clocked the fourth-fastest time for all race distances above 20-kilometres on the course's final climb, and streaked through the finisher tape at 18:59:58.

It's a behemoth effort, one which ungraciously toppled the previous record of 19:53:14, belonging to elite Victorian trail runner Matt Crehan, by 53 minutes and 16 seconds.

This was capped by a final 22-minute (4:24min/k) five-kilometre dash, made more dramatic by a final showdown against what was possibly the event's most competitive entrant.

"Basically, I sprinted, it wasn't really about going sub-19 hours at that stage, although I looked at my watch and thought 'oh my god'; I just wanted to leave it all out there," Babis said.

"I started sprinting really fast, and I saw that the tape was still across the finish line. I really looked forward to breaking that, it'd be my first time ever, I've never done that in any of my other races.





Picture by David Bailey

"I had to literally sprint to the finish line to break that tape"

Babis found himself in the Tasmanian public eye after gaining widespread media coverage for his historic out-and-back effort along the Overland Track in July 2020.

He has since slated the fastest-known-time for a supported effort along the 480-kilometre Tasmanian Trail, a Cradle-to-Everest event where he tallied the accumulated height of Mt Everest with 10 laps of Cradle Mountain in blizzard-like conditions, and more recently in his 10-day (1m)possible 10 Westpac Rescue Helicopter fundraiser which he completed after sustaining a debilitating knee injury on day two.

This is topped off with a stellar third-place finish in Ultra-Trail Australia's 50-kilometre and 100-kilometre races in 2022 and 2023, respectively, a five-time winning streak at Gone Nuts 101, and a second place at New Zealand's coveted Tarawera Ultra in 2023.

While future 100-milers are not out of the picture, Babis - speaking one day post-Brisbane - said he needed to rest.

"I'll see how I feel. Right now, I'm pretty drained," he said. "I'm looking toward getting the fastest-known-time for an unsupported completion of the Larapinta trail, which will be nice. It will be pretty special, and I'm working on the track so it will be nice to do the whole length of it.

"I'll take a few weeks to recover, then I'll do some more UTMB-related races - maybe Kosciuszko, Tarawera, and see how I go from there.

"It does cross my mind to go back to Europe and try to get onto the Polish national team for long distance trail running and start looking at Sky Running events too. It's very competitive in Poland, so it won't be easy to do."

Babis said he plans to return to his home-away-from-home, Tasmania, late September or October.

Followers of the annual Cradle Mountain Run could witness a clash of trail titans in February 2024, with Babis flagging a potential face-off with the athlete who's Brisbane record he just shattered; reigning Cradle Mountain Run champion Matt Crehan.

"If I sign up, I hope he will be in the race too," Babis said. "He's a great athlete - it would be interesting. We would certainly push each other to get some good times."

"There was this guy doing the (separate) 60-kilometre event, and I'm trying to communicate with him - trying to ask him to let me go first... I started running faster and he just started racing me. I had to literally sprint to the finish line to break that tape."

Whether welcomed or not, Babis's surprise competition no doubt aided him in achieving his time, a cherry on top of a perfectly executed race.

"I started easy and tried to pace it well, I was sitting pretty much at the end of top-10 from the beginning," Babis said. "Vlad (Shatrov) took off at the beginning - he was already 10 minutes in front of us all at the 14-kilometre checkpoint - but I just wanted to keep pace, I told myself that I didn't have to worry about anything, and that I could try to catch him later on if I felt good.

"I think, at about 60-kilometres, Vlad had gone off-course, or turned the wrong way on a loop, and DNF'd."

Shatrov is debatably Australia's strongest ultra-distance competitor. With him out of the picture, a relaxed Babis found himself with a clear trail ahead.

"So, there were three of us at the front of the pack, then I reached aid station around the 80-kilometre mark and really took my time there. I started getting ready for the next 20-kilometres," Babis said.

"I left that station a minute behind the other guys, but started catching them.

"I didn't want to take the lead, but I felt the guys were moving slower than me, so I took it at 95 kilometres and started running by myself from there on.

"I really anticipated that a low moment was going to come, but it didn't. I stayed strong from there until the end."



MOUNTAINS OF NARCISSUS

A WILD IMMERSE

By Clinton & Kylie Garratt

TASMANIAN TRAIL LOVERS Kylie and Clinton Garratt woke to celestial bliss during a multi-day adventure amid the giants of Tasmania's Central Highlands in May this year.

SUNRISE TO THE SOUTH? At 4:50am, in late April?!

That's not a sunrise – that's an aurora australis!

For 45 amazing minutes we watched as the colours ranged from green, to yellow, to purple, to glorious red.

Dancing columns of light lit up the sky above the silhouette of Narcissus Bay, dwarfing the dark, brooding outline of Mount Olympus.

A slow-moving, high-induced, three-day window of sunny blue skies coincided with days off for both of us. Our plan to base camp four nights at Narcissus Hut and enjoy three days of trail running, scrambling and peak-loitering radiating out from there had already tickled our toes.

What a surprise to have an aurora send-off for our first jaunt!

Day 1: Gould and Minotaur Skyline Traverse 25km/1240m vert.

Open, mossy rainforest was a welcome distraction as height was rapidly gained to the remarkably flat Gould Plateau. The largest pool provided what could be the last reliable water-source before Pine Valley. We had three litres of water-carrying capacity between us which turned out to be just right.

Above the plateau, a short scrubby section led to a classic dolerite boulder hop traversing the spiky skyline from the southern flank to the northerly summit with its 360° views. From the top a steep, north-west facing gully made for a lively descent before heading upwards again to the Minotaur summit and more views, especially south to the impressive form of Mount Gould looming nearby. A quick descent over the Minotaur's rump led to the joggable super-highways of the Pine Valley and Overland Tracks to complete the loop.

Day 2: Olympus Summit 23km/940m vert.

The auroraless pre-dawn allowed an early start which had failed to materialise on Day One. Hamilton Plains were crossed in the dark before gaining leawuleena's shore just in time for the best bit of sunrise to light up Mount Ida and the Traveller Range. Another superb rainforest ascent led us up through four bands of cliffs, each with an accompanying waterfall. Above the cliffs, vegetation changed dramatically before we followed open pencil pine leads to the obvious moraine separating Oenone from her nemesis, Helene.



Kylie Garratt cresting the ridge on Mount Gould



Traversing Mt Gould's skyline: Clinton Garratt



Clinton Garratt surveys the fagus surrounding Lake Oeone

Day 3: Acropolis Traverse Attempt with Labyrinth Loop 37k/1720m vert.

Our ambitious plan was a north-south traverse of the Acropolis. After dispensing with the super-highway to Pine Valley Hut and the very-not-superhighway to Geryon Campsite, our ascent of the slender scree-fields below Geryon South was accompanied by remarkable post-dawn shadows cast into the valley below by Geryon and the Acropolis.

Soon after passing a homely bivouac, the route to the saddle below looked a little beyond our scrambling ability. This was fixed with a return to the bivouac where a more comfortable route contoured between cliffs to the saddle, beyond which the Acropolis ascent looked steep but doable.

Discretion is the better part of valour they say. After several attempts to ascend the first few cliff-lines to the more gradually sloping ridge above, we opted for a Plan B - returning to Geryon campsite, then a loop via Labyrinth on our homeward journey. Being close to peak fagus-time, this was delightful with clear skies accompanying our meandering route by Pool of Memories and Lakes Elysia, Ophion and Cyane. A warm, post-sunset glow welcomed us back to Narcissus after an exhilarating three days of prime Tassie trail running.

Below: Mt Geryon and the Acropolis from the Labyrinth





TASMANIAN TRAIL RUNNING ASSOCIATION



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tasmaniantrailrunning.com.au



kunanyi ULTRA CHAMP -VS- THE WORLD

Andrew Gaskell was the sole Tasmanian in Australia's 2023 World Mountain and Trail Running Championships team. Gaskell secured his place by winning the kunanyi Mountain Run 2023 ultra. The championships were held June 6-10 at Innsbruck-Stubai, Austria. Of 290 entrants, he was one of the 191 who completed the event's "Trail Long" event.

by Andrew Gaskell

I stumble down the pavement, squinting through the harsh sun as I approach Kranebitten, the last of three primary aid stations, after 68 rough kilometres through the Stubai Alps. I manage a grimace and a limp wave to my partner, teammates and supporters as I take the final few steps into the shaded canopy. With 19 kilometres of steep terrain remaining, I'm battling fatigue, my calves and quads are cramping and my hydration vest is white with salt despite continued effort to remain hydrated through the day.

Aaron (Knight), the Australian team leader, has a concerned look on his face as I approach the Australian team bench. As I take a seat, my thermal top, which I've been wearing all day in anticipation of cooler temperatures at the high points of the run (up to approximately 2400m above sea level), is

quickly wrenched over my head and a coolbag placed on my neck. I take in a gel and wash it down with Coca-Cola and Hydralyte. Meanwhile my teammates at the aid station look at me with an expression one might reserve for a distressed child who has just witnessed their favourite toy fall five stories to a busy main road, where it is run over by an A-triple road train and then painted white by an overhead seagull discharging it's bowels. That is to say, my teammates were empathetic of my apparent physical distress (also provided great practical assistance to help me re-hydrate, re-energise and cool down).

Among the general frenzy of activity I hear, but don't immediately register, Aaron's exclamation that we need to get "as many Australian finishers across the line as we can."*

*This is, of course, a paraphrase of what I remember hearing. My body was pretty stressed at the time, and, for all I know, Aaron may have been commenting on Shakespeare's 18th Sonnet, rather than expressing concern about runners not making it home.



Cooling down at Kranebitten aid station. (Photo: M.Kopp, Germany)

It was always going to be a long day. The published course information boasted a "regal 86.9 kilometres and 6,500 meters in altitude". The reality of the numbers and the enormity of the challenge ahead really began to sink in as I approached the first aid station, having completed a 16-kilometre loop which brought me back to the starting point at Neustift. The loop included a steep 1200-metre clamber up tree rooted trails notched into the mountain. I had wasted energy surging past one or two runners at a time in the first few uphill kilometres, frustrated by the bottleneck forming at each entry point to the single track taking us up the next stepped section of hill.

The second significant climb began shortly after the Neustift aid station, and I could feel my momentum easing. The trails, I quickly discovered, were steep. Steeper and more extensive than trails I regularly run on back home. Looking around me I noted that I was one of only a few runners without trekking poles.

Having completed my first ultra marathon at Bruny Island in December 2020 and discovered trails through the kunanyi trail series in 2021, I'm a relative novice to trail and ultra running.

Up to that point, I had been pretending to be a footballer (the round ball game in which you use your feet) in the local league, until coming to the profound realisation that you don't need a ball at your feet to experience the joy of movement.

This realisation was soon upgraded to a quasi-religious experience when I discovered that, not only am I not confined to a 100 x 70-metre pen (football pitch), but I can run anywhere that my two feet could take me. I soon discovered that the most fulfilling places to run are landscapes whose

sanctity is preserved by the timeless hand of nature, rather than the heavy hand of humankind; places like kunanyi.

One of the things I quickly learnt from entering a few local events is that trail runners don't always run. Rather than admitting to walking during an event, trail runners generally save face by talk of "hiking" the "un-runnable" sections of the course. Here at the World Championships, "hiking" is compounded by the use of trekking poles.

I was a bushwalker long before I became a trail runner and I must confess that, when walking through some of Tasmania's great wilderness areas (Federation Peak, Western Arthurs, Frenchman's Cap, Cradle Mountain, Walls of Jerusalem, and other more remote wanderings), I looked at walkers who carried poles with a certain degree of condescension. In short, I thought poles were for the elderly, or the novice city folk who turned up and complained about the hardships of the physical challenge, or the lack of modern comforts, such as electricity, technology, or hot water. In Innsbruck, I watched my world view crumble in the blurred heat of the day, as several world class runners hiked past me with their poles on the long uphill stretches while, hands on knees, my momentum faded like a Polaroid picture on rewind.

While I would struggle on the ascents all day, it was the steep technical descents that caught me by surprise. Going into the race, I thought that I could hold my own moving uphill and that the seasoned Europeans would tornado past me in a swaggering gait, probably with a pint of the local brew in each hand, coming down. To my surprise, I moved relatively well downhill. In some cases I even found myself frustrated by a competitor ahead of me slowing my passage down. With the brakes off I allowed myself to dance over tree roots and scree as gravity sent me hurtling downwards.



Team Australia, Gaskell far left. (Photo: A.Knight)

"I envisaged myself stumbling over the line ... slumping to the ground in a mess of sweat and tears"

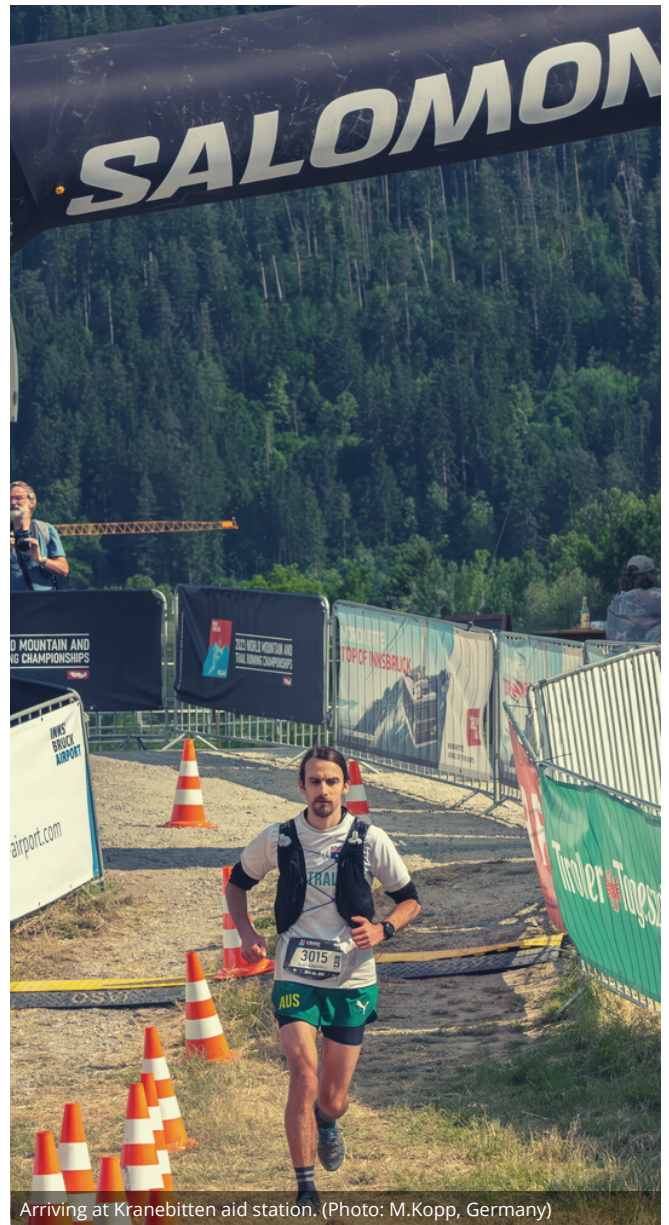
Admittedly, my speed was frequently tempered by zig-zagging tracks and dancing was routinely interspersed with stumbling and slipping (as time has passed since the event, in my mind the dancing has become much more prominent and the fatigue is almost completely forgotten).

Tearing down a rocky trail, I startled a Malaysian runner by dropping a casual "bagus, lah" as I passed. Having spent a few months travelling through Malaysian Borneo (which culminated in an international search-and-rescue operation after thirteen days lost in the jungle without food, shelter, or water... but that's a story for another day), I have a deep appreciation for the Malaysian people and their disparate cultures. Unfortunately my offhand "bagus, lah", which approximately translates to "good, lah"... (despite the somewhat underwhelming translation, my understanding is that "bagus" can be used as a moderately enthusiastic exclamation, in this case the Australian-English translation might be "how good is this, mate?!") Of course, the Malaysian runner likely thought "what is this moron on about, lah?")... is pretty close to the limits of my linguistic expression in Bahasa Malayu. The Malaysian runner was one of several athletes who I continually traded places with as my energy levels fluctuated throughout the race.

While the ascents were a real battle for me to gain momentum, as in every situation in life, there is always a positive take away. In this case, my rather sluggish uphill progress allowed me time to take in the surrounding landscape, which included snow-capped ridge lines and steep, rocky precipices falling to tree-lined gullies below. With the approach of the second major aid station at Hoadl, I had gained almost 4000m of vertical ascent, yet, having completed around 41kms, I was barely halfway.

During the first part of the run, I definitely felt the heat of the sun against my skin and in my eyes.

With Hoadl located over 2200m above sea level, it was finally cool enough for me to roll down my thermal sleeves. I shuffled through the final snow drift and into the hut where several Australian teammates were stationed. Arriving at the aid station, I hastily attempted to eat an energy bar, but chewing and swallowing anything solid was like trying to digest a Shakespeare sonnet.



Arriving at Kranebitten aid station. (Photo: M.Kopp, Germany)

Some sage advice from my teammates saw me seated and taking my time. When I stopped rushing, my body started to make sense of the task and, ever so slowly, the food went down. By the time I left the aid station, some 10-15 minutes had passed, and I was admittedly still rather baffled as to why there was comparable to a summer's day, but I had ensured my body was best prepared for a long grind ahead.

By the time I had reached halfway, I was already fantasising about what I'd do when I crossed the finish line. Given my less-than-ideal physical condition (despite still having a marathon and over 2000 metres of vertical ascent ahead of me), I envisaged myself stumbling over the line just as my legs gave way beneath me and slumping to the ground in a mess of sweat and tears. This vision replayed itself in my head several times, with some variation, depending on how I was feeling at the time.

Any physical pain I was experiencing was soothed by the carnival-like atmosphere of the event. Enthusiastic spectators lined the streets of small alpine villages, near aid stations and were scattered along various mountain trails. I would hike up hills to chants of "upupupupup" accompanied by cow bells and general exclamations of excitement. On several occasions, upon noticing my Australian kit, spectators would bellow "Ozzie, Ozzie, Ozzie!" I would reward them with my best version of a smile, which, depending on how long I had been running for, varied from a warm grin to something that more closely resembled the expression carried by a tortured lama.

I danced over rocky trails along stunning ridge lines, dodged tree roots as I passed through pine forests, and sidled along graveled pathways past icy glaciers and sparkling rivers.

"I would hike up hills with chants of 'upupupupup'..."

The sound of cow bells was never far away, and with it the promise of the contagious enthusiasm that the spectators had brought to the event. It was, therefore, a great surprise when the forest opened into a grassy alpine meadow, and I was greeted by a dozen cows, their bells clinking as they grazed on the green slopes. It was in this life-changing moment that two wires uncrossed themselves in my mind and I came to the startling epiphany as to how cow bells got their name. I am still coming to terms with the consequential realisation that cow bells were not specifically designed to lift the morale of fading ultra-runners.

After yahooping down another enjoyable descent, I tucked in behind a female Japanese runner, who seemed to be holding a sensible pace (I am later told that several of the male Japanese runners bombed out after the first 16km loop after hurtling out of the blocks like a cat who's just seen a cucumber - look it up on YouTube, you won't be disappointed).

At times I was tempted to overtake and push harder, but I decided that it was better to conserve energy and maintain some rhythm along a relatively flat section of trail given my sporadic energy levels in the earlier parts of the run.



Leaving Hoagl aid station. (Photo: M.Kopp, Germany)

We eased our way along a meandering trail which followed a contour for a while before undulating through the forest and finally spitting us out on the pavement at Vols, located somewhere to the west of Innsbruck and our eventual finishing point. By this point I had been dropped by the Japanese runner as I continued to fade in the afternoon heat. Eventually, after stumbling several kilometres through dehydration, cramping and fatigue, I reached Kranebitten and an anxious-looking team leader.

Thermal off. Coke. Gel. Hydralyte. The unfortunate fate of a favourite toy. Australian finisher...?



After refueling at Kranebitten, I set off for the Nordkette, the mountain range to the north of Innsbruck. Having spent some 10 hours on-course, a final 1000 metres (ascent and descent) of steep terrain lies between me and the finish line. As I begin the final climb, I realise that Aaron must have thought it possible that I'd call it quits at 68km. I chuckle to myself. I have travelled to Innsbruck from a cold, dark corner on the other side of the world (granted, a corner full of lush forests and pristine mountains, home to a myriad of absurd creatures, including a round spiky ball punctuated by a beak and four clawed stumps, and a small mammal-esque thing with webbed feet and a beak which has the disarming appearance of a horse crossed with a duck) for this event. I would have to reach breaking point to pull out without finishing. While I was in a minor state of discomfort, I was far from broken ("So long as men can breathe or eyes can see; So long lives this, and this gives life to thee"*).

*This is my cringe-worthy attempt to incorporate Shakespeare's *18th Sonnet* into my experience. I still don't know what it means and apologise if the chosen excerpt is completely out of context. Nonetheless, I would like to dedicate this to my Year 10 English teacher, who is very unlikely reading this.

So, one final climb. No big deal, right? I begin the climb with great determination, pushing off my imaginary poles up the steep trail. For the majority of the climb, I move at a fairly consistent pace. As I approach the high point, the track zig-zags along the slope, likely to ensure that the trail is climbable without a rope. My pace slows as I follow one switchback after another. And another. And another and another and another. And one more after that. At this point I'm greeted by one final switchback. Then one more. And another. While the cramping in my legs has faded, my energy is depleted. I sit down and start to chew on an energy bar. A competitor hikes past me. I haul myself up and follow the trail to another switchback.

Finally, after a few more twists and turns, the trail levels out and I find myself moving eastwards along a trail carved into the contour of the mountain. I lift my speed to a steady jog. Even at this point, it's impossible not to appreciate the spectacular landscape I'm moving through. At the bottom of the Nordkette I moved through pine forests, which eventually opened to grassed fields interspersed with jagged limestone outcrops. Traversing along the high point of the climb, the trail overlooks the city, which is sprawled out around the Inn River. The river snakes its way through the city and beyond. As I round a corner, the forest opens to a pastured slope, where I come face to face with a wise-looking mountain goat, who I fix with a stare that says "do you live a full, well-rounded life up here in the mountains, little goat?" The bearded goat holds my gaze, its look distinctly saying "who is this lunatic crashing through the mountains and why does he remind me of a tortured lama?".

Shrugging off my telepathic exchange, I continue to follow the track as it winds southward down the hill. My pace increases down the long, steep descent and I soon find myself in a good rhythm. The kilometres begin to tick away quickly with the knowledge that the finish line awaits at the bottom of the hill. Suddenly, the trail turns to gravel and then to asphalt and I'm running through streets before crossing the Inn River, the race hub just a few hundred metres away.



Picture: Andrew Gaskell (M.Kopp, Germany)

As I approach the finishing shoot I'm handed an Australian flag, which I wrestle with for the better part of 30 metres. The flag wins the battle and I cross the line suffocated by a blue scarf with white stars. Suddenly, the scarf becomes a cloak and I'm momentarily transformed into a super hero. The final downhill surge has re-energised me, and, to my surprise I don't feel the need to collapse in a sweaty, emotional heap. Rather than cutting everyone who beat me to pieces with my laser beam eyes, I use my newfound superpowers to soak up the moment. It's almost 8:00 PM and the merciless heat of the day has passed. I have great support around me and I'm offered food, water, massage and general good vibes. I experience a tingling sensation in the crown of my head as I gaze up at the Nordkette in awe. I spent 13 hours and 10 minutes on course and finished over three hours behind the newly crowned world champion, Benjamin Roubiol from France. This was the toughest event I have completed so far. I walk away from this incredible life experience having met some wonderful people, crossed remarkable terrain and with many learnings to take away. This is one of those days that I will look back on with great fondness for the rest of my life.

My last words are to express my gratitude for the support I have received in my journey from a small, low-profile, mountainside city to run on the highest and most extensive mountain range in Europe. I travelled to Innsbruck with the knowledge that the Tasmanian trail running community was behind me, as well as family and friends who followed my progress at home. I would especially like to thank my partner Soph, who joined me from Tasmania, her European friends and "family", Kirsty, Martin and Sonja, and my childhood friend, Adam, who travelled from various parts of Europe to join my personal cheer squad at the world championships. To the cows, goats, sheep and people of the mountains, "moo", "bah", "baaaaah" and "danke".

Finally, the camaraderie within the Australian team was immense. I received great support from teammates at aid stations and from those who cheered us along the course. It was fantastic to spend a few days in the company of such wonderful people and I look forward to the time when the trails lead us together again!

TASSIE TURTLES

For those who enjoy the slower side of adventures



TURTLES CRACK 800!

Ever felt like you're holding the group back on a run or adventure? That you're the slow one that everyone must always stop and wait for? That's how I used to feel on an adventure, whether it was running or hiking. I always felt I had to keep pushing myself harder than I was comfortable with, just to keep up with my friends or the group. I prefer to plod along at my own pace; to stop and take a billion pictures of the mountains, the animals, and the fungi that I find in my travels. I'd been a long-time member of the local trail running group in Hobart, but was always on my own for the run, not able to keep up with anyone, and didn't find this fun or social.

So, I decided to start my own group, and if people didn't mind a slower adventure, they were more than welcome to join me! I called it the Tassie Turtles: for those who don't mind the slower side of adventures. Yes – I do realise there are no turtles that are native to Tasmania... except those going on adventures with me!

In just over a year this little idea has grown to over 800 members on Facebook, with 30 adventures and activities under our belts ranging from hiking Cape Raoul, exploring kunanyi and social BBQs, to beginner kayaking, running, and climbing sessions. The most popular adventures were the trips to Maria Island and Mt Field. At Maria Island we split

into two groups; one headed up to do Bishop and Clerk, whilst the other looped around to Fossil Cove, then we all explored the beautiful Painted Cliffs in the afternoon.

We spent two days at Mt Field finding fungi near Russel Falls, and hiking up to see the turning of the Fagus which is Tasmania's only native deciduous plant which turns a golden yellow in autumn.

There are usually 2-3 options for each physical adventure: a slow/short option and a longer/faster option, with a moderate option were possible, just so that no one feels left out or not able to join. I always bring up the rear as the sweep, making sure everyone gets back safely and to encourage anyone who is struggling on a longer walk.

All our hiking adventures are free, though people usually chip in for petrol if they catch a lift with someone else. Any adventures that cost anything (like whale watching or kayaking) is always at cost price, or as close to cost as possible. We've had several companies love what we do and have offered us discounts or special offers, and it's just so good to see people out there enjoying themselves on an adventure and making new connections.

We have a few adventures planned for the next few months, with many more adventures being planned! If you're after a relaxed, cruisy adventure, please join the Tassie Turtles on Facebook, and come along. We'd love to see you there! Everyone of all ages and fitness levels are welcome.

Picture and story by TTRA board member Mel Yeates

BEN HIRST: DOUBLE EVEREST

SEVEN DAYS:

- > 60 HOURS ON FEET
- > 20,000 METRES CLIMBED
- > 450 KILOMETRES
- > \$11,000 RAISED



IT CAN be a cold, at times dark, and lonely struggle - the steps become heavy, and seeing an end in sight isn't always guaranteed. The parallels between navigating ultra-distance events and poor mental health are countless. Perhaps the most meaningful is that neither need be endured alone.

Dozens of Tasmanian trail runners gathered around Run for Mental Health advocate and athlete Ben Hirst in July as he completed the last steps in his latest feat - a double-Everest challenge on kunanyi (Mt Wellington).

Over seven days, climbing from Fern Tree Tavern to the pinnacle of kunanyi, Hirst clocked more than twice the elevation of Mt Everest (>20,000m) while raising more than \$11,000 for suicide prevention cause Speak Up! Stay ChatTY.

"When I started, doing these things was a way a way that I could share my journey and what I was going through at the time, pairing it with something I loved - running," Hirst said.

"When you are in a poor mental health state, basic tasks like getting out of bed or out the door can feel like climbing a mountain... they can feel mammoth.

"I always try to do something that sounds pretty crazy, often people will ask 'why are you doing this?' - I love being able to tell them why, it's a conversation they can take home to their dinner table."

While Hirst's goliath achievement is perhaps the biggest in his long string of awareness-raising feats, it won't be his last.

"I'll never attempt a challenge where I know the outcome, it'll always be something that I'm not sure I'll finish," he said.

"There are a lot of people in the running community who have transferred addictions to running or have had to overcome their own major life hurdles.

"I'll keep doing these events for as long as it takes to spread awareness and keep those conversations going."

Donations to support Hirst's efforts are still open. To donate, or to read more about his efforts, go to <https://tinyurl.com/EverestforMentalHealth>



Picture by John Claridge

ALL QUALITY FOR TASSIE FAVOURITE

Stories by James Brady

AMY Lamprecht is undoubtedly one of the nation's strongest trail and ultra-distance runners. Hailing from Launceston, the 2019 Australian Ultra Runners Association 'Runner of the Year' has demonstrated her off-road prowess with innumerate Tasmanian and interstate podium placings, including a dominant first place finish in the coveted Ultra Trail Australia 100. Coming off the back of a third placing at the inaugural 2022 Ultra Trail Kosciuszko 100-mile event, Lamprecht said she has been focusing on quality ahead of the iconic Ultra Trail Mont Blanc.

"I've never been one for running tonnes of distance," Lamprecht said.

"I've been concentrating more on quality training, rather than knocking out distance - I don't have a lot of time to do loads of kilometres. I'm probably less trained than I have been for other races, I'm not sure if it'll be a good or a bad thing.

"I'm probably as prepared as I'm going to be."

Swimming and cycling had been mainstays of her training in the wake of an ambitious double-header weekend late June - taking on Derby's brutal 106-kilometre (2400m vertical gain) Devil's Cardigan gravel bike event and backing it up with the Endorfun Freycinet 28-kilometre race.

Lamprecht rolled into fifth place in the Cardigan's Female Master's 3 category, with a time of 6:08:31, but was struck with hamstring woes close to half-way into the Hazard's run the next day.

"I tore my hamstring... I haven't been able to go running since then, it's just been riding and swimming for the past few weeks," Lamprecht said. "Up until then training was going ok, but at the Freycinet run I tripped over my feet and that was that."

With about seven weeks to go until the siren at Chamonix, France, Lamprecht is still confident of her ability to perform over the grueling 171-kilometre course.

"I don't doubt my ability to get through," she said.

"I've been doing it (racing) a long time, I should be able to get through it, I'll just be slower than I wanted and that's ok.

"If I could, for sure, I'd go back and have another crack at it - but it was hard to get into and expensive, so it's unlikely I'll get another shot."

Lamprecht said she was pleased to see so many Tasmanians gain entry to the event and looked forward to enjoying their camaraderie on the trail.

TASWEGIANS AT UTMB

HAMMERING ASCENT: HOBART STONEMASON

PENGUIN'S Adam Diprose is no stranger to self-imposed suffering.

The Hobart-based stonemason boasts nine solo Bruny Island Ultra completions, finishes at the inaugural 68-kilometre kununyi Mountain Run and Ultra-Trail Australia's KosciMiler in 2022, and the Cradle Mountain Run and Narawntapu 50k events in 2023. This is not to mention successfully chewing through two UTA 100k events, a Tarawera 100k and two sets of reasonably new running poles in prior years.

Even with these recent events under his belt, Diprose said his focus shifted almost instantly to increasing his training load after the excitement of his successful UTMB entry had faded.

"Over the past few months, my training regimen has primarily focused on two key aspects: high elevation and high mileage," he said.

"I've dedicated a significant amount of time and effort to the demands of running at higher altitudes, as well as pushing myself to cover long distances to build endurance."

The husband, business owner and new father said his efforts to best-prepare had not been without difficulties. However, in a sentiment likely familiar to many endurance runners, Diprose said he had yielded great intrinsic rewards through his training.

"It's been an incredible journey of self-discovery and growth," he said.

"The time commitment required to adequately prepare for UTMB has made it challenging to find a healthy work-life balance.

"Fortunately, as my own boss, I have the flexibility to dictate my own hours, but it still requires careful planning and prioritisation."

He said, despite the energy demands of training and working, the backing from his young family had ultimately kept him strong in the pursuit of his goal.

"Their support has been invaluable throughout this journey," he said.

"I'm undeniably nervous about the upcoming challenges and the unknowns that lie ahead, but I'm also filled with excitement for the opportunity to test my limits and achieve a personal goal that I have been working towards for so long.

"There's also a tinge of sadness, though. I'll be leaving my family behind when I head over, it won't be easy to be so far away from them during the race."



HINDS' FINE-LINE PILGRIMAGE

IT'S a fine line between leisure and pain with ultra-marathon training, one with which Hobart's Gareth Hinds has become well acquainted ahead of his 100-mile debut at UTMB.

The accomplished Tasmanian competitor said the need for balance, between physical and mental wellness, stemmed from time and energy cost associated with training up to 18 hours a week.

"It's certainly been tough and has taken a few sacrifices... the vacuuming isn't getting done, I can tell you that much," Hinds laughed.

"I do try and make sure to do something social once or twice a weekend, even if it's just reaching out to someone to grab a plate of food or a coffee for a couple of hours."

His entry to the trail epic was a concerted effort, with Hinds chasing lottery-type entry "stones" by completing various Iron Man group events.

"There's probably maybe a few butterflies about the race, but to be honest it's mostly excitement," Hinds said.

"I tried to get in pre-COVID but I didn't get in, so I ended up doing the Kosciuszko 100k last year, which was the qualifier that I needed."

Hinds' training has involved extending his time-on-feet, following long trails in a predominantly skyward direction.

"It's very hard to say how it will go on the day, but I've definitely tried to be vert (vertical ascent) focused in the weeks leading up to it," he said.

"I'm pretty organic with my training though, I do have a rough idea of what I want to do but I mostly listen to my body.

"There's a fine line between being kind to yourself and being disciplined enough to perform well. If I need a day off, I'll take it.

"We've all made mistakes by going out when we're fatigued and had something twinge."

The course is famous for its extended climbs, but Hinds said it was the accumulative strain of the quad-tearing descents which he was most wary of.

While the event is doubtless a race, it represents something far beyond that - a spiritual journey. Hinds has followed the annual UTMB pilgrimage for years.

"The only reason I have a Twitter account was to follow the race updates before it was televised," Hinds said.

"It's the atmosphere that excited me, it's like a festival - you can see it in the footage, I'll be surrounded by likeminded people.

"I'm sure I'll come away with some learnings from it."



Photo: Cradle Mountain Runners

RUN PREVIEWS

UPCOMING TASMANIAN TRAIL RUNS

JUL 30 RUSSELL FALLS TRAIL RUN

Mt Field National Park



Picture: Clive Roper

The Russell Falls trail run is a 6.2km loop around the Russell Falls and Tall Trees track at National Park at the base of Mt Field, approximately 1hrs drive west of Hobart. As its name suggests, this trail takes in the spectacular Russell Falls as well as the less well known Horseshoe Falls.

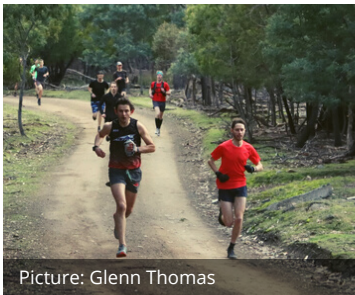
It runs beneath the massive Eucalypts on the Tall Trees track, some reaching over 100m tall. The trail itself is very well maintained- almost as wide as a footpath in places- although usually covered with a layer of leaf litter. The run is not all waterfalls, man ferns and huge trees, it does include two sets of stairs, both up, one just past Russell Falls and the other towards the end of the track. The Russell Falls trail run is ideal for beginners and just a whole heap of fun for the more experienced trail runner! It a great course to kids to start on. The whole track winds amongst picturesque Tassie bush, providing an amazing experience for all runners.

It is a wonderful fast flowing trail for competitive racers and provides wonderful scenery and a great time for more relaxed runners. The trail run was initiated by Endorfun in 2015 and has been run every year since with the exception of 2020 due to COVID. The course was also modified slightly last year due to one of the huge trees falling across the track on the steep slope next to Russell falls which took a few months to clean up. It generally takes between 25min and 1hr15min to run with the course records being held by David Bailey (24:54) and Lisa Barnett (29:57). Further info can be found on the www.endorfun.com.au/trail-runs/russell-falls

Contributed by Kris Clauson

AUG 6 TOLOSA HALF AND QUARTER

Tolosa Park, Glenorchy



Picture: Glenn Thomas

Tolosa Half is turning five! The 21-kilometre/830vert event is a staple on the kunanyi Trail Series calendar – and no wonder, it's the most fun, runnable, single-trail half marathon on kunanyi/Mt Wellington! It returns with the newer Tolosa Quarter (10km), with the event hub at Tolosa Park.

These courses are a trail runners' heaven! Runners get to leave suburbia, head through open woodland, be humbled by the towering eucalypts and run past lichen-clad dolerite.

Among those already entered: a very familiar name in Hobart's running scene, David Bailey. He's won the event 3 of the four times it's been held. "The Tolosa Half is definitely one of my favourite races and it provides a wide variety of terrain and landscapes which kunanyi is well known for," he said. Despite his exceptional record over the past five years at the Tolosa Half, the 32-year-old is humble about his prospects next month. "It is all about getting the best out of myself on the day

and seeing personal improvement. "My goal for any race is achieved if I know I got the most out of myself on the day, regardless of the result," he said. Run Director, Lincoln Quilliam expects this year's event will see a record number of runners. "Each year the Tolosa Half continues to grow as everyone comes back to this amazing mostly runnable single trail course and great community, and brings friends and family along to also run with kunanyi in the Half or Quarter." David Bailey, who's a member of the Tasmanian Road Runners, reckons the Tolosa course is a great introductory run for road runners. "It is not overly technical and it is very runnable." There's a real community vibe at the event hub, at Tolosa Park, with a free BBQ breakfast (think egg and bacon rolls, or scrambled tofu for the vegans!), a coffee van, awesome spot prizes from our partners including Find Your Feet, as well as placegetter presentations, games for the kids and free post-run yoga stretches from the team at Sanara Studio. More info at www.kunanyitrailseries.com.au

Contributed by Catherine Grau

SEP 1-3 FLINDERS ISLAND RUNNING FESTIVAL

Flinders Island



Picture: Andrew Phipps

Starting as a fun run in 2007, the Flinders Island Running Festival continues to grow. The festival boasts appearances from Australian legends such as Olympic and Commonwealth games gold medalist Nova Peris, ultra-marathon legend Pat Farmer and Olympic speed skating gold medalist Steven Bradbury. Unsurprisingly, however, it is the 2010 "Pub2Pub" course record which remains outstanding, set by none other than Australian endurance champion and Commonwealth Games gold medalist Steve Moneghetti; a gutsy 1:28:57 (3:25min/k) effort over 26 kilometres.

The iconic Pub2Pub trail and road run connects Lady Barron's Furneaux Tavern and Whitemark's Interstate Hotel, drawing runners north-east amid the shadow of Mt Strzelecki. The course boasts fantastic views of Flinders and neighbouring islands and is marked by the untamed beauty of rugged rock faces, aquamarine waters and abundant flora and fauna which lend credit to Flinders'

reputation as a natural paradise and trail running playground. This year, the Flinders Island Running Festival will be a weekend long community running event, welcoming individuals and teams of all abilities, held on from September 1 to 3 on Flinders Island, Tasmania. Further information can be found online at www.flindersisland.run, on Facebook at Flinders Island Running Festival, or Instagram @flindersislandrunningfestival.

Contributed by Eddy Roccatti

RUN CALENDAR

CONFIRMED EVENTS FOR REMAINDER OF 2023

Month	Events
JUL	30th (Sunday): Russell Falls Trail Run, Mt Field (Endorfun).
AUG	6th (Sunday): Tolosa Half & Tolosa Quarter, Glenorchy (kunanyi Trail Series). 26th (Saturday): The Light Night Glow Run, Devonport.
SEP	1st-3rd (Friday-Sunday): Flinders Island Running Festival, Flinders Island. 3rd (Sunday): Tangara Trails Loop Back Yard Ultra "Taster", Tangara Trail. 10th (Sunday): Labillardiere Peninsula Trail Run, Bruny Island (Endorfun). 23rd (Saturday): Rail Trail Run & Ride, Scottsdale. 24th (Sunday): Ross Running Festival, Ross.
OCT	7th-8th (Saturday-Sunday): Freycinet Challenge, Freycinet. 14th-15th (Saturday-Sunday): Compass Cup South Half and Full Marathon. 15th (Sunday): Balfour Burn, Launceston. 21st (Saturday): Cascade Slide and Cascade 4.0, Hobart (kunanyi Trail Series). 29th (Sunday): The Burnie 10, Burnie.
NOV	5th (Sunday): Dover Fun Run, Dover. 12th (Sunday): Triple Top Mountain Run, Sheffield Area. 19th (Sunday): Point to Pinnacle & Point to Pub, Sandy Bay.
DEC	2nd (Saturday): Bruny Ultra, Bruny Island.

If you would like to see your event featured as an article, or appear on our Run Calendar, please get in touch with Tassie Trailhead at tastrailrunners@gmail.com with subject "ATTN:MAG"

TASSIE TRAILHEAD

Get Involved!

Trailhead is designed to celebrate and support our Tasmanian trail running community.

If you like to take photos when you're tackling Tassie trails, enjoy sharing a yarn and don't mind a tap on the keyboard, or simply think there's something trail-related that we should know about or cover, we'd love to hear from you.

If you've got stories or events to share, shoot us an email at tastrailrunners@gmail.com
or
give us a call on 0488 662 396.



