

Black Mountain Trail Race, 21.1km and 35km, 26 November 2017

Race director: Lorraine Lawson

The Black Mountain Trail Race starts on the intersection of Black Mountain and Quaid Roads 26km northeast of Kuranda, Far North Queensland. The route mostly follows the historic Twin Bridges track in the Kuranda and Mowbray National Parks, within the Wet Tropics World Heritage Area.

The highlight of the event is the ankle deep crossing of Spring Creek at the 14km mark, with views of the dilapidated Twin Bridges. Back in the late 1800s, the Twin Bridges track formed part of the main access through to the Hodgkinson Goldfield and Herberton tin fields from Port Douglas. The completion of the Cairns to Mareeba railway in 1893 and the Cook Highway between Cairns and Mossman in 1933 reduced the importance this thoroughfare. As recent as the 1970s 4WD clubs used to drive over these bridges, but sadly, today the bridges are completely collapsed, with a few large logs and concrete slabs the only reminder of the historic importance of this track. Monsoonal flood waters destroyed what was left of the bridges a few years ago. Today the slightly undulating 18km Twin Bridges track provides an excluded trail in beautiful tropical rainforest for use by walkers, trail runners and mountain bikers. There are numerous log bridges that provide views of crystal clear shallow creeks, but it is only at the 12km mark that the runners can access creek water – if they choose to fill up as the event is entirely self-sufficient with no checkpoints or volunteers along the course.

The race ended where the Twin Bridges track rejoins Black Mountain Road, two kilometres from the top of the infamous Bump Track.

There are a host of dangers that lurk in the rainforest for unsuspecting competitors. Runners are required to carry two compression bandages in case of snake bites. And this year a few of the runners spotted a few of the mean-looking red bellied black snakes (*Pseudechis porphyriacus*). These creatures are venomous and can give you a nasty bite. Although not deadly, the Wait-A-While or Lawyer Vine (*Calamus australis*) can potentially cause serious damage from the long thin spike-covered tendrils that hang over the track or grab you around the ankles from the forest floor. Seasoned trail runners in the region often come through unharmed, however those newer to trail running take some time to develop the knack of spotting the thin tendrils just in time to duck out of the way. There are also Stinging Trees (*Dendrocnide moroides*) in the area, and brushing up against it can inflict severe pain. Fortunately there were no injuries from stinging trees this year.

The tropical rainforest is also home to the endangered southern cassowary (*Casuarius casuarius johnsonii*), a flightless bird that can grow to 2 metres in height. But alas, no sightings of cassowaries were reported this year, although we have spotted them on previous occasions while running in the area.

This event was cancelled in 2016 due to low entry numbers, but we've come back bigger and better in 2017 with the introduction of the 35km race to provide an extra challenge for those wanting to go further than the 21.1km. In 2015 nineteen competitors were on the start line of the race compared to 28 this year. Transport and a healthy lunch were provided. And all the runners got the opportunity to enjoy one of the most beautiful tracks in the region.

Congratulations to Dynamic Running club member, Steve Cunningham, who took out first place in the 35km race in a time of 3:16:49. Not bad for a 60+ competitor with a calf injury! Mark Alba was second (3:33:33) and Rob Miller third (3:47:50). There were only two ladies in the 35km, with first lady home being Dynamic Running club member, Jessica Proctor (4:50:06) followed by Lorraine Lawson (5:23:45).

John Schreuder set a new course record of 1:40:33 for the 21.1km (with the volunteers JUST making it in time to set up and record his time!). Dynamic Running club member, Adam Fox was second

(1:47:47) and Richard Curzon was third (1:58:07). Helen Durand was the first female over the line for the 21.1km in a time of 2:05:28, followed by Kyra Bertram (2:19:32) and Tracy Darveniza (2:22:22).

At this stage Colin Potts and Jessica Proctor are at the top of the leader boards in the Summer Trail Running Series. Colin did two laps at Atherton, and came in 6th overall for the Black Mountain Race. Jess did one lap at Atherton, and 35km at Black Mountain – as had Lorraine Lawson, but Jess' time is quicker. Good work! The next race in the Summer Trial Running Series is on 3 February 2018 in Smithfield.

We had six wonderful volunteers who made this event possible: Stacey and Glen Longmore and Gary Venz manned the 21.1km finish, while Chrissy Warman, Nikki Paul and Matt Mitchell took care of the Quaid Road finish line. Eleven competitors caught the bus to the start, and while they ran around the Twin Bridges, the bus driver did his best to get to the finish line before them! Thanks to Dave O'Brien who provided transport to some 35km runners. Other competitors also opted to drive to the start so we only required an 11-seater bus this year.

What a difference two years make! Only three of the runners in this photograph made it to the start line this year. Chrissy Warman came along to help out this year, but didn't run.



2015 start line. From left to right: Sharon Waller, Marnie Carisson, Kathy Sinclair, (Di Batty), Donna Lupson, Rob Martin, Chrissy Warman, David von Senden, Lyn Haltiner, Larry Lawson, John Kilkelly, Steve Comport, Darrelle Tayler, Karen Arthur, Amanda Hales, Lorraine Lawson, Nadia Mead, Alena Scurrah and Derek Mc Donagh

Most of the competitors in the 2015 race were from Dynamic Running – a not for profit company limited by guarantee. Dynamic Running provides group training in the Cairns region and club members are often recruited through the Dynamic Running Beginner Runners' Clinics that teach newcomers how to run efficiently and reduce their risk of injury. The clinics mostly attract women, and it is reflected in the club membership with over 70% of Dynamic Running members being female. Dynamic Running was established in April 2014 and hosts a range of events during the year, including the 2nd Dynamic in a Dress Running Festival and the Tailwind Nutrition 3 Marathons in 3 Days (including the Cairns Marathon). Our next set of Beginner Runners' Clinics start on 24 January 2018, or join us for our next race at Clifton Beach on 3 December 2017. Our Christmas Party is also on that day and everyone is invited to join in.

Photographs from the 2017 race yet to be added. Watch this space.

2017 Results

NEW! Summer Trail Series contenders

		Atherton Forest Trail Race, 5 November 2017		Position after Atherton Race	Black Mountain Trail Race, 26 November 2017		Position after Black Mountain Race
		Laps	Time		Distance	Time	
MALE							
Colin-Paul	Potts	2	1.51.11	1	35km	4.01.38	1
Mark	Alba	1	42.05	2	35km	3.33.33	2
Kerry	Pyke	1	1.00.00	4	21.1km	2.12.33	3
Larry	Lawson	1	1.01.00	3	21.1km	2.32.53	4
FEMALE							
Jess	Proctor	1	1.01.26	1	35km	4.50.06	1
Lorraine	Lawson	1	1.40.15	2	35km	5.23.45	2
Megan	Ponder	1	1.05.37	4	21.1km	2.37.36	3
Suzanne	Rath	1	59.00	3	21.1km	2.51.41	4
Amy	Keeble	1	1.10.25	5	21.1km	2.55.06	5

Results for Black Mountain Trail Race, 26 November 2018

35km

Overall placing	Name		Time	Age cat	Age cat placing
1	Stephen	Cunningham	3.16.49	M 60-69	1
2	Mark	Alba	3.33.33	M 40-49	1
3	Rob	Miller	3.47.50	M 40-49	2
4	David	O'Brien	3.48.11	M 60-69	2
5	Brad	Miller	4.01.38	M 30-39	1
6	Colin-Paul	Potts	4.01.38	M 30-39	2
7	Arnstein	Prytz	4.08.18	M 50-59	1
8	Jess	Proctor	4.50.06	F 30-39	1
9	Lorraine	Lawson	5.23.45	F 40-49	2

21.1km

Overall placing	Name		Time	Age cat	Age cat placing
1	John	Schreuder	1.40.33	M 18-29	1
2	Adam	Fox	1.47.47	M 30-39	1
3	Richard	Curzon	1.58.07	M 40-49	1
4	Neil	Bertram	2.04.19	M 40-49	2
5	Helen	Durand	2.05.28	F 30-39	1
6	Trevor	Beck	2.08.22	M 40-49	3
7	Kerry	Pyke	2.12.33	M 40-49	4
8	Kyra	Bertram	2.19.32	F 40-49	1
9	Tracy	Darveniza	2.22.22	F 40-49	2
10	Catherine	Coller	2.27.25	F 50-59	1
11	Matthew	Coxon	2.27.25	M 30-39	2
12	Larry	Lawson	2.32.53	M 50-59	1
13	Megan	Ponder	2.37.36	F 18-29	1
14	Lyn	Haltiner	2.41.05	F 50-59	2
15	Suzanne	Rath	2.51.41	F 30-39	2
16	Amy	Keeble	2.55.06	F 18-29	2
17	Shannon	Lenahan	3.03.22	F 30-39	3
18	Tracie	Bizant	3.12.25	F 50-59	3
19	Danella	Haseldine	3.12.25	F 40-49	3
DNF	Michelle	Trall			
DNS	Lizzie	McVicar			