



GLASSHOUSE TRAIL SERIES 2016

Update No. 1 - 1.3.2016

2016 has heralded in a new Trail running season with the introduction of an expanded point scoring series. The three race series has been beefed up with the addition of Hares and Hounds and the Mt Mee Classic. All five races will accrue points towards a series winner for both male and female. Competitors in team categories will also receive points.

Current plaque holders from 2015 are: Kieran O'Brien (Roger Guard award)

Suzanne Chatterton (June Canavan award).

2016 events are:	Hares and Hounds	Jan 10 th	Woodford Pool
	Mt Mee Classic	Apr 10 th	Gantry Rangers Compound, Mt Mee State Forest
	Cook's Tour	May 15 th	Woodford Pool
	Flinders' Tour	Jul 24 th	Beerburrum State School
	Glasshouse 100	Sep 10-11 th	Beerburrum State School

Race 1 - Hares and Hounds.

The day was humid as normal for this time of year and a good roll out for the 50km solo event. Most people survived the course with only one withdrawal due to a fall while off course. We instigated a mandatory equipment list in the GH100 last year and one of the items is a map. It was obvious that few runners studied the map before starting. There were nine runners from the middle of the field who took a wrong turn only 2km into the run. The lead runners and the last six runners went the correct way. On the way back the four lead runners took the same incorrect turn and took most of the 5km runners with them. There was no arrow to show a turn here, only one piece of flagging tape for the 11km runners route. Lesson learnt, don't follow the leader, they are not always correct and study the map for intersections of other routes along the way. Numbers were down in the teams section. Being so close to the Festive season creates some issues in coordinating team runners so next year will see the event move back a week to Jan 15th.

Placings were:- 52km - 1. Andy Churchman (4.15.11), 2. David Wallace (4.34.58), 3. Ben Perske (4.41.50)

1. Deb Nicholl (4.43.11), 2. Carol Hitchcock (4.45.12), 3. Nicole Van Gulp (4.57.03)

11km - 1. Kevin Muller (42.43), 2. Anthony Canfell (43.52), 3. Marc Nickels (48.56)

1. Tamara Carvolth (42.54), 2. Anja Bion (1.00.02), 3. Mel Cross 91.01.02)

5km - 1. Blair Venn (28.24), 2. Greg Waite (29.47)

1. Vicki Thornbury (47.15), 2. Emma Brand (49.48), 3. Nellie Peoples (49.49)

Relay - 1. Steve Roberts R4 (3.48.31), 2. Benson Harrington R2 (3.57.57) 3. Phil Klein R2 (4.06.42)

Nick Maloney did achieve 10 finishes from all 10 starts in the 52km, hasn't missed a year in finishing fourth overall. We will have a little gift for him at the next race.

We would like to thank Bob Kennedy, Woodford Pool caretaker and his merry band of helpers from The Woodford Men's Shed for a great Breakie and swim afterwards. The Run Inn Runners for the checkpoint assistance and our band of regulars Charlie, Ian, Peter, Phil and Ange, all who help to make our events so friendly and well organized. This event also counted in the TRAQ point score competition as they first event of the year. TRAQ members received a 10% discount on their entry fee.

Race 2 - Mt Mee Classic. April 10th

Distances - 44.5km solo and 2 person teams (legs 26 & 19km), 19km solo and 9km solo.

Entries are open and with just over 5 weeks to go numbers in the 44.5km are nearing last year's figure already This event traverses some of the most beautiful country in Australia with majestic views in all directions and vegetation variance in abundance. The course is an out and back course with a 7km loop added in on the way out. Plenty of hills, a few creek crossings, mainly on 4WD tracks and trails with a bit of dairy pasture tossed in before a 5km bitumen surge to the turn around. There is plenty of parking in the Rangers' compound at the Gantry Picnic area.

Start times are civilized with 44.5km off at 7.00am, 19km at 9.00am and 9km at 10.30am. Expect temperatures in the 20's C as the elevation starts at 550m and drops down to 230m before climbing back to 525m. Numbers are limited in this event so get in early especially if doing the 19km as bus bookings need to be chartered well before the event week. Once again TRAQ membership discounts apply.

Race 3 - Cook's Tour. (formally GH50) May 15th

This year sees the return of the GH50 mile. With its return is the addition of a new section of forest we haven't used previously. Runners in the 50 mile will have the opportunity to traverse the Peachester State Forest which will be included in the GH100 later in the year. The forest is an area NW of Mt Beerwah which has some great hardwood stands and native palm pockets dotted throughout. Terrain is open in some sections with new pine growth regeneration occurring but the route regularly ducks for cover to make this an interesting day / night out with spectacular views of all the mountains at daybreak.

The 50 mile starts at 3.00am with a 12 hour cut off. In the 50km we have added a team section similar to Trailwalker and Kokoda Challenge with 4 starters, but only 3 have to finish to score points and placings. The standard 50km and 33km remain (early starts for walkers) with the 10km increased to 12km so competitors can see more of the treed areas. The 5km event has been scrapped due to poor numbers last year. It seems that runners would rather do boring Park Run on an out and back or multi loop course for free than achieve completing a testing cross county event with a Classic Glasshouse mug for grabs and breakfast. The Run Inn will supply the random draws and this year there is a major draw for a pair, both male and female of the asics GT 2000.4 trail shoe which has just been released in Australia. These shoes are only available at stores that have asics "The Running Experts Store" status which the Run Inn does.

Entries open in March.



Asics GT 2000.4 Trail Shoe

Race 4 - Flinders' Tour. July 24th

A course revamp for Flinders in 2016. The 50km (52km new) is still 2 laps, one clockwise and the other anti-clockwise direction. The rough Twins section is gone, mainly due to trail bike damage and a bushfire the week after the GH100 last September. Distances are 52km, 26km and 10km. Early start for walkers in the 26km and 10km events.

The 10km is a much tougher course re-visiting the last decade with the clockwise circumnavigation of Mt Beerburum. QNPWS have recently upgraded the Trachyte and Soldiers' Settlers Tracks so the speedsters will enjoy these trails. Once again the famous GH mugs are on offer with a country breakfast as part of the deal. Once again The Run Inn will supply the random draws and this time there is a major draw for a pair, both male and female of the new ON Running trail shoe which is released in Australia in May.

Entries open in March.



On Running Winter Collection Trail shoe.

Race 5 - Glasshouse 100. (GH100) September 10-11th

Last year was most probably the toughest course ever designed, so this year we have made some alterations to make the scheduling of the tougher sections earlier in daylight and the easier and better marked sections at night.

Here are some of the course updates:-

1. No difference up to CP3.
2. A new position for CP4 at the base of Hennessys Hill and entrance to the "Goat Track".
3. "Goat Track" to be done in the opposite direction.
4. Only one Beerwah crossing.
5. A new northern section which includes Peachester State Forest, (some parts are similar to the "Powerlines" section 15-20 years ago).
6. Swains Lookout to a new CP at Cove Rd traversing hardwood and palm forests.
7. Hudson Creek (new CP4) and Bracalba loops are the same. The loops in Bracalba now have metal reflectors on sign posts to enable easier nighttime running. These sections are now safer from outside interference with restricted access to vehicles.
8. Chambers, Black Lagoon and Blackrock are similar flat sections to last year.
9. Return to Base runners will bypass the "Powerlines" and link up with Hudson Creek and Beerburrum sections to return.
10. Pacers will be allowed in the 100 mile after the competitors reach the CP closest to dusk or 100km whichever is later. Pacers rules will appear in the next newsletter.
11. 100km will do Mt Beerburrum this year.
12. 100km will do a similar thing to last year with a later start and intersecting with the 100 mile runners at various places around the course.
13. 50km early start has been adjusted forward by an hour (3.00am) to allow for easing of cut off times.
14. The 50km will do a shorter loop in the Peachester SF.
15. 30km and 10km courses are similar to last year, but start time will be brought forward 30 minutes.

Once again breakfast and mugs to all finishers. Special medals to 100 mile and 100km finishers. Once again The Run Inn will supply the random draws and this time there is a major draw for a pair, both male and female of the Altra Lone Peak 2.5 trail shoe.

Entries open in March.



Altra Lone Peak 2.5 trail shoe.

In a Macadamia nutshell.

1. Five race series.
2. Teams to count in point score.
3. New Peachester SF section.
4. Special Series Entry award. Enter the CT, FT & GH100 at the same time and receive an asics hydration pack worth \$50.
5. Early bird discounts.
6. Early start times for walkers.
7. New GH T-shirt by popular demand.
8. 1 pair of male & female Trail shoes supplied by The Run Inn for CT, FT & GH100 events.

Checkout the website www.glasshousetrailseries.com and [Facebook](#) for all the latest news.

Cheers for now,

Bruce Cook (not so fat, Trail Controller)