



Results and News Thredbo Fun & Fitness Week

Incorporating the 41st National Running Week

**THREDBO ALPINE VILLAGE,
KOSCIUSZKO NATIONAL PARK**

**SATURDAY, JANUARY 7TH TO SATURDAY 15TH, 2023
ORGANISED BY
THE CANBERRA RUNNERS CLUB**



Produced by John and Jacqui Walton (Mr & Mrs Speedoman)

Wonderfully organised by Daryl Read and family.

Brian Lenton Thredbo 6k Fun Run/Walk Saturday 7th January 2023

Eager and ready 122 participants got underway in perfect but hot conditions at 3:00 PM some running walking or Wheeling prams and were livened up with the tunes of INXS cover band live baby live, as they pass by the Alpine hotel courtyard, as it happened Sam Hopper and girlfriend Portia Olsen were enjoying a week in Thredbo and saw the Thredbo fun and fitness week advertised, they registered late on Friday and proved they were quality athletes. Sam had a big lead at Friday flat but veered left and headed for jindabyne, after realising he was heading out of Thredbo he glanced back spotting 3 runners rounding the tree line divider in the main car park, he quickly turned and chased, catching them at the talking courtesy bus stop before the leisure centre, losing about 400 metres knowing the course on the second lap he increased his lead to win with a leg in the air 20.41. The evergreen and previous winner, Chris Truscott was second. Luca Lamond and Flynn Read were next best.

The women's race was one of the most exciting in history with Elizabeth Humphries 22.55 winning, with Sam's girlfriend Portia Olson, in her shadow the whole way. With Lara Dawson third the girls were 5th, 6th and 9th outright. to be the first three women, top 10 outright finishers ever in the race, the first race was in 1976 proving how unique their performances were,

New all time listings

1. Sam Hopper now equal 85th with Dave Gratton and Anthony Scott. (could have been equal 40th as he lost about one minute). He has since franked his form by running a creditable 15.14.76 in the NSW 5k Championships.
2. Elizabeth Humphries time of 22.49 in 2018, stills stands as her PB and ranks her as 24th all time. This shows age does not weary as her time of 22.55 is only 6 secs slower.
3. Portia Olsen now 28th all time with 23.01
- 4th Lara Dawson 24.18 joins the list at no 51 all time.

Great fun was had by all who ran,walked, wheeled etc. in the busy Thredbo Village. Special mention to the volenteer course officials, sponsor Margaret O'Donavan and Daryl Read, TFFW coordinator.

Race anyalizing and description narated by the Waltons and Daryl Read.



Brian Lenton Thredbo 6km Fun run/walk 7th January 2023

Place	Name	Time	Sex
1	Sam Hopper	20.41	M
2	Chris Truscott	22.01	M
3	Luca Lamond	22.14	M
4	Flynn Read	22.17	M
5	Elizabeth Humphries	22.55	F
6	Portia Olsen	23.01	F
7	Simeon Hearnshaw	23.17	M
8	Ryan Armstrong	23.24	M
9	Lara Dawson	24.18	F
10	Chad Armstrong	25.09	M
11	Tess Aungles	25.18	F
12	Lachlan Arentz	25.30	M
13	Mark Sewell	25.32	M
14	Gretta Truscott	25.43	F
15	Elsie Hamilton	26.11	F
16	Dom Aungles	26.59	M
17	Greg Leslie	27.51	M
18	Jack Read	27.56	M
19	Graham Lamond	28.08	M
20	Owen Netting	28.16	M
21	Genevieve Guinney	28.19	F
22	Sebastian Bignell	28.25	M
23	Meg Haynes	28.43	F
24	Ash Jenkins	28.44	F
25	Elisha Bell	28.56	F
26	Riley Paterson	29.39	M
27	Jayden Truscott	29.42	M
28	Peter Hopper	30.04	M
29	Grace Read	30.32	F
30	Steph Hearnshaw	31.16	F
31	Anne Marie O'Mara	31.19	F
32	Paul Netting	31.31	M
33	Graham Atkins	31.43	M
34	Sharon Lampert	32.32	F
35	Marty Bell	32.46	M
36	Ken Gordon	33.09	M
37	Thomas Paterson	33.14	M
38	Millie Dawson	33.19	F
39	Maddie Gordon	33.33	F
40	Bob Lowry	33.44	M
41	Fran Gilkeson	34.30	F
42	Glen Walker	35.16	M
43	Darcy Morrison	35.20	M
44	Wendy Read	35.40	F
45	Molly Morrison	35.46	F
46	Nadine Morrison	35.47	F
47	Lilly Lamond	35.53	F
48	Carol Harding	37.25	F
49	Rory Netting	38.12	M
50	Ziggy Lamond	38.13	F

Crackenback Challenge 8th January 2023

The 53rd edition of the iconic Crackenback Challenge was welcomed with a beautiful cool morning for the 8:30am start.

40 steely eyed confident competitors were delayed slightly due to chairlift repairs.

Once underway everyone successfully climbed in and out of several deep grooved creviced mountain bike tracks before levelling out briefly, with the snow groomers equipment maintenance compound on their right during the next long relentless uphill section. Dave Osmond running, including some strong power walking, attacked up his usual ski run, while Luca Lamond, Simeon Hearnshaw and Flynn Read went the more direct way close to the chairlift. The Armstrong brothers were next with the three leading young women, Tess Aungles, Monica Hollwood and Meg Haynes performing well a little further back. After passing about halfway and then on up to Kareela Hut most combatants converged, forming a long conga line towards the three sisters rocks. Dave Osmond who had led most of the way was first through the bluff and onto the Mount Crackenback finish, although his slowest win, all 17 are remarkable efforts of longevity and commitment on the 600 metre elevation gain climb, of two kilometres length, with a young family in tow now, Daves training is restricted, but we are all lucky to have the man who has performed at a high level in many world championship races, along with winning performances in stair racing, and cross country as well. Luca Lamond pressed Dave all the way finishing only 18 seconds behind, with Simeon Hearnshaw next with Ryan Armstrong beating older brother Chad for 4th making it two wins from 2 on the hill and on the flatter 6K run yesterday. Young Flynn Read had a great result finishing six outright. Luca, Simeon and Finn all doing PB's on the becoming tougher course. Tess Aungles after finishing second last year. Equalled Ashley Urens 2022 winning time of 29.53 in running one minute 12 seconds faster this year. Monica Hollwood had a sensational first time run finishing just 28 seconds behind Tess, with the consistent Meg Haynes 3rd, (12th outright) beating father Peter (14th) who's running and triathlon achievements would leave us breathless and in extreme amazement in his era, most very good athletes would not be good enough to carry his kit bag.

Great effort by all first timers and regulars, bring on next year.

Thanks to Daryl Read and his team for making things run smoothly and Gerard Ryan for his generous sponsorship.



Crackenback Challenge Results 9th January 2023

	Name	Time	Sex
1	Dave Osmond	25.43	M
2	Luca Lamond	26.01	M
3	Simeon Hearnshaw	26.59	M
4	Ryan Armstrong	27.26	M
5	Chad Armstrong	28.06	M
6	Flynn Read	28.47	M
7	Tess Aungles	29.53	F
8	Monica Hollwood	30.21	F
9	Andrew Tolley	30.30	M
10	Jack Read	31.47	M
11	Noah Smith	32.39	M
12	Meg Haynes	33.29	F
13	Ash Jenkins	33.51	M
14	Peter Haynes	34.09	M
15	Mark Sewell	35.04	M
16	Sebastian Bignell	35.22	M
17	Thomas Paterson	35.34	M
18	Graham Lamond	35.48	M
19	Lara Dawson	35.50	F
20	Elisha Bell	36.19	F
21	David Riordan	37.18	M
22	Genevieve Guinney	37.28	F
23	Steph Hearnshaw	37.54	F
24	Owain Tilley	38.21	M
25	Marty Bell	39.01	M
26	Graham Atkins	39.21	M
27	Andrew Smith	39.30	M
28	Carol Harding	39.39	F
29	Greg Leslie	39.48	M
30	Peter Hopper	39.52	M
31	Riley Paterson	42.18	M
32	Vivienne Sandrini	45.32	F
33	Sharon Lambert	45.49	F
34	Michael Riordan	46.19	M
35	Jaya Armstrong	47.20	M
36	Ted Borodzicz	48.39	M
37	Rory Netting	48.52	M
38	Grace Read	48.52	F
39	Elizabeth Humphries	51.43	F
40	Andrew Sutcliffe	53.25	M

Armstrong Alpine Adventure

Armstrong Alpine Adventure 10th January 2023

This year's event was raced in beautiful sunny conditions as against the heavy rain and cold winds of last year. Flynn and Jack Read followed their great win of last year to show it wasn't a fluke, with a score of 540 points. Followed closely by Graham and Luca Lamond just 10 points behind and Meg and Ashley in 3rd another 10 points back.

Once again, another amazing event organised and sponsored by the Armstrong family. Barrel draw prizes outnumbered the entrants, so everyone received a prize.

Official Results are as follows:

- 1st: Flynn Read & Jack Read with 550 points.
- 2nd: Graham and Luca Lamond with 540 points.
- 3rd: Meg Haynes and Ashley Johns with 530 points.



2023 The Runners Shop Canberra Invitational Mile.

1st Sebastian Bignall
2nd Jack Read
eq 3rd Chris Tanner, Lachie Arentz
5th Lara Dawson
6th Chad Armstrong
7th Ryan Armstrong
8th Greg Leslie
9th Greta Truscott
10th Olivia Galand
11th Chris Truscott
12th Flynn Read
13th Grace Read
14th Elsie Hamilton
15th Luca Lamond

Times

Females

Olivia Galand 5:10
Lara Dawson 5:15
Elsie Hamilton 5:29
Greta Truscott 5:33
Grace Read 5:55

Males

Flynn Read 4:38
Chris Tanner 4:46
Chris Truscott 4:51
Luca Lamond 4:53
Sebastian Bignall 4:55
Jack Read 5:05
Ryan Armstrong 5:10
Lachie Arentz 5:16
Chad Armstrong 5:23
Greg Leslie 5:37

Thredbo Sprint Gift results

Preliminary winners

Primary Boys: 6 runners,

Primary Girls: 11 runners,

U18M: 11 runners,

U18F: 12 runners,

19-39M: 7 runners,

19-39F: 4 runners,

40+M: 7 runners,

40+F: 11 runners,

Repechage M: 10 runners,

Repechage F: 19 runners,

Repechage all: 21 runners,

Patrick Yates

Neekah Franklin

Alex Gordon

Teagan Meekins

Jack Read

Alex Tanner

Ryan Armstrong

Kate Porter-Smith

Riley Paterson

Maddie Gordon

Flynn Read

Thursday Sprint Final

Position	Name	Handicap	Final Time
1	Alex Gordon	Scr	6:64
2	Alex Tanner	8m	
3	Ryan Armstrong	4m	
4	Madi Gordon	6m	
5	Jack Read	Scr	
6	Teagan Meekins	8m	
7	Kate Porter-Smith	8m	
8	Riley Paterson	Scr	
9	Flynn Read	Scr	



Thredbo Aquathon 12th January 2023

Water Temperature 22

Approx 60 participants

First time organisers and sponsors Marty and Elisha Bell were greeted with outstanding weather for the event. The only complaint was a little bit too much weed in the lake, but otherwise conditions were perfect. They had the course set and marshals and water safety in place.

First event was the primary school ages group.

Followed by the High School Age group with a slightly longer swim and run.

Next to go were the open females, and female relay teams. From the gun Bella Yates established an early lead with Olivia Yates hot on her heels. Bella was first out of the water, followed by Olivia and then Lara Dawson. Both Bella and Olivia tagged their relay teammates while Lara managed a quick transition to hit the course not too far behind. Completing a masterful display of swim/running Lara Dawson came home first in the Open Females with Greta Truscott and a fast-finishing Elsie Hamilton rounding out the podium.

In the Open Men's race it was a tight tussle in the swim between Steve Arentz and Glen Walker with Steve nudging ahead at the last turn buoy to hold on to be first out of the water. For Steve that was mission accomplished, and he had to watch as the slower swimmers, but faster runners (including his son Lachlan) passed him on the run course. Ryan Armstrong exited the swim not too far back and managed to find a fresh set of legs to pull ahead of the field to take the win. Luca Lamond managed to run through the field for 2nd with Chad Armstrong holding on for 3rd.

The bell family should be commended for putting on a great event after taking over the organising and sponsorship from long time duo of Ken Uren and Chris Toohey.



Thredbo Aquathon Results 12th January 2023

Primary School Girls

- 1st Jess Smith
- 2nd Miller Bell
- 3rd Anna Goldstein
- 4th Winter Bell
- 5th Kara Armstrong

High School Girl

- 1st Olivia Galang (overall winner if High school race)
- 2nd Delilah Phillips

Women Open Water Swim

- 1st Bella Yates 2.30
- 2nd Olivia Yates 2.35
- 3rd Lara Dawson 2.38

Open Female

- 1st Lara Dawson 13.27
- 2nd Greta Truscott 13.45
- 3rd Elsie Hamilton 14.51
- 4th Alex Tanner 13.33
- 5th Grace Read 16.36
- 6th Genevieve Guiney 16.41
- 7th Anee-Marie O'Mara 18.05
- 8th Ziggy Lamond 20.34
- 9th Kelly Armstrong 26.23

Female relay teams

- 1st Bella Yates/Tara Gilkeson 14.00
- 2nd Millie Dawson/Madison Gordon 15.12
- 3rd Deb Gordon/Brenda Laporte 15.31
- 4th Brianna Lee/Tracy Lee 18.21
- 5th Olivia Yates/ Adele Yates 19.42

Primary School Boys

- 1st Darcy Morrison
- 2nd Logan Goldstein
- 3rd Patrick Yates

High School Boys

- 1st Lachlan Lee
- 2nd Noah Field
- 3rd Jayden Truscott
- 4th Nicholas Hanrahan

Male Open water Swim

- 1st Steve Arentz 2.35
- 2nd Glen Walker 2.38
- 3rd Chad Armstrong 2.45

Male Open

- 1st Ryan Armstrong 12.35
- 2nd Luca Lamond 12.48
- 3rd Chad Armstrong 13.24
- 4th Chris Truscott 13.42
- 5th Dave Osmond 13.55
- 6th Lachlan Arentz 14.46
- 7th Flynn Read 15.42
- 8th Steve Arentz 16.01
- 9th Milo James 16.04
- 10th Owen Netting 16.13
- 11th Ash Jenkins 16.37
- 12th Daryl Read 16.44
- 13th Graham Lamond 16.52
- 14th Rohan Lowry 17.26
- 15th Phil Aungles 17.34
- 16th David Riordan 18.10
- 17th Michael Riordan 18.12
- 18th Scott Yates 20.30

Mixed Relay Teams

- 1st Robyn Leslie/Greg Leslie 16.36
- 2nd Jodie Gibson/Glen Walker 18.03
- 3rd John Walton/Jacqui Walton 18.08

Dave Hobson Grand Slam Tennis

Beautiful night

Crowd of approx 90 brought their picnic blankets, chairs, dinner and drinks to watch the finals of the Dave Hobson Grand Slam Tennis.

During the quarter finals a large clap of thunder rolled through the valley and a quick look at the BOM radar showed pockets of heavy rain moving around the area. At the conclusion of the semis the experienced organiser Jeff Tayler suggested we start the final straight away rather than do the golf presentations. This put finalists Ken Gordon and Meg Haynes at a distinct disadvantage as they had just come off the court on weary legs. Meanwhile their opponents in the final, Thomas Paterson, and Cherie Whan, had a longer rest with the chance to grab a bite and rest their legs. The final got under way and the mixture of youth (Thomas Paterson) and experience (Cherie Whan - 3rd Thredbo Tennis title) proved to be too strong on the night.

At the concluding presentation the comment was made that it was Cherie's 3rd title and Ken's 5th final. I'm unsure if that's 5 defeats for Ken or what.

We should mention that Simon Miels filled in at late notice, to help Jeff Tayler organize, after long time organiser Tony Greenwell was a late withdrawal from the week. While Tony was missed, the event didn't miss a beat.



Wednesday Men's & Women's Yacht Handicaps

- Approx 60 participants in each, 120 total.
- Celeste Coon won women
- Jack Meils-Barrett won the mens

Thanks to new sponsor and organiser Graham Lamond. Wonderfully organised events.

Volleyball

- 8 teams of 8 (64 participants)
- Team 1 was the winning team beating Team 3 in the final.

Quiz Night had 12 tables of 6 and 1 table of 5. The winning team with 60 points was Team L. Winning members were Simeon Hearnshaw, Dominic Aungles, Ash Jenkins, Dominic Hamilton, Maddi Schearer-Whan, Steven Riordan

> Second with 59 points was Team E, third on 58.5 points was Team G



The Pindari Plodders hour run had 135 participants.



Rejoov Strength & Stretching had 65 participants.



Pizza Relays we had 26 teams of 5, so 130 participants.

The team that was first across the line was Marty Bell, Flynn Read, Jack Read, Winter Bell and Tracy Lee



Thredbo Basketball Relays

If you can bounce a ball you can enter the basketball relays. This event is for the young and young at heart. This year we had several families competing with three generations of athletes on the court, with grandmothers showing their younger ones how it was done. The competitors, yes competitors, as this event has some fierce competition when siblings, parent and grandparents are lined up against each other (not mentioning any names Fran and Tara). The competitors form teams of four and started by displaying their ball skills with dribbling relays, this was followed by displays of team work with passing skills. Each athlete was given the opportunity to show off a fancy move for the crowd which kept everyone entertained. The relays finished with a giant tunnel ball race and barrel draw prizes.

Look forward to seeing everyone next year.
The Yates Family

Eric and May Fazackerley 3k fun run for Veterans

Another beautiful morning greeted approximately 96 runners for the Vets 3km.

This year the event had a new organiser and sponsor in the Smith Family, with Kate and Andrew bringing along some great prizes for the barrel draw.

> Kate had organised an army of young marshals to line the course to ensure no one missed a turn and the water pistols were a blessing for many of the runners on a hot course.

> Before the start Jeff Tayler said a few kind words about Eric and May Fazackerley whom the event was named after. This gave all participants an idea of the types of people they were and left many to be thankful for this event.

> One final touching moment was when the final Vet, Dot Siepmann, came in she was followed by all the kids who had marshalled on course. As Dot neared the finish line the kids ran ahead and formed a guard of honour and arch with their hands for Dot to finish through.

>

> No official results for this one, but Ryan Armstrong and Chris Truscott had a great battle on the tough bumpy up and down course. With Chris getting the better of Ryan in the shadows of the post.



Kosciuszko Classic 14th January 2023

Another blue bird day greeted runners and supporters alike at the top of Eagles Nest for the walk over to Rawsons Pass.

Many comments were made about the abundance of snow drifts still visible, as well as the beauty of the wildflowers.

At Rawsons Pass registration took place and 24 people signed up and jogged down to the start at the Snowy River Bridge.

Up the top of the summit, construction works had begun on renovating the track and approach to the summit. While it didn't hinder this event it isn't known how long this work will take and whether it will be completed by next year's event.

With watches synced at top and bottom the runners started at 11am. Luca Lamond quickly established a lead and by all accounts just held a consistent pace all the way to take the win in 24:25. Behind him Simeon Hearnshaw (25:03) and first female Elizabeth Humphries (25:42) also held their places and paces from go to woah. The story of the day was the battle between Chad Armstrong (28:01) and Jack Read (27:45). Chad is the most experienced runner of this event in TFFW history, but with less than 300m to go he was passed by a fast-finishing Jack. At the top Chad said, with tongue in cheek, that he'd have appreciated a little more respect for his elders from Jack.

As the final runner came through some dark storm clouds were forming. So we all got off the mountain and raced the rain back to the village. Fortunately, the rain never came and rounded out a week of wonderful Alpine weather.

After 2 bushfires, 2 covid and 1 extreme weather cancellation, this year was the correct 43rd edition of official Kossy Classics.

Luca Lamond's first ever runners week win was a great improvement on 2022 of 1min 24secs and now places him at 32nd on the best under 25min list, since this new distance started in 1999.

Elizabeth Humphries win in the female race was outstanding. Her 25.42 not only ranks her 4th all time, but creates history as the first female to finish the lofty position of 3rd outright many positions ahead of the three faster times on the course ahead of her.

Elisha Bell 9th outright, comes in at 25th all time list. Gen Guinney ran well for 3rd female in all time of 33.53 but her all time listing is 32nd with a time of 32.17 she ran in 2009.



Results Kosciuszko Classic 14/1/2023

	Name	Time	F	M
1	Luca Lamond	24.25		1
2	Simeon Hearnshaw	25.03		2
3	Elizabeth Humphries	25.42	1	
4	Ryan Armstrong	26.39		3
5	Jack Read	27.45		4
6	Chad Armstrong	28.01		5
7	Glenn Paterson	29.12		6
8	Noah Smith	31.07		7
9	Elisha Bell	31.12	2	
10	Thomas Paterson	31.16		8
11	Graham Lamond	31.42		9
12	Marty Bell	32.29		10
13	Greg Leslie	33.38		11
14	Gennivieve Guinney	33.53	3	
15	David Riordan	34.41		12
16	Grace Read	35.45	4	
17	Owain Tilley	38.45		13
18	Sharon Lambert	39.56	5	
19	Viv Sandrini	45.00	6	
20	Ken Eynon	46.20		14
21	Ted Borodzicz	49.00		15
22	Christine Mendez	49.23	7	
23	Jenni Hitchen	49.24	8	
24	Gwen Riordan	52.10	9	

We are hoping in 2024 that more of the Thredbo Fun and Fitness weekers stay for this unique event that is truly the only one of its kind in Australia.