

A 12 hour upside down race is nearly as difficult as a 24 hour race as it is difficult to get any sleep before the start. When starting at night it is essential you nail the first few markers attempted. This is helped by selecting controls which are easy and close by. At night we could travel at about 3 km/hr and during the day 4-5km/hr (that is what we planned for).

We headed north along the road via controls 20, 22, 31, 80, then south east along the ridge to 62, 60 then 87. From there we dropped down into Spear Creek to 70. At this point we could have continued in a south direction along Spear Creek into the difficult country but decided at night it would be far better decision to head back up the ridge to 87 then 65 and back down on the road where it would be a lot easier to pick up controls. Controls 63, 21 and 58 were easily found. We headed up the ridge to 96 when light started to break.

The next 5 hours is where we underestimated the steepness of the terrain. From 96 the ridge was followed around to 104 then 68. From 68 to 81 were some of the steepest hills I've been across. Ben had hurt his knee and we had to slow down a little. From 81 we went back into Spear Creek to 66, 48, 76, 43, 50 and 38. Both Ollie and Ben did a great job navigating through this area. We knew that Adam, Shane and Mal's team were close on our heels as we had crossed them several times during the night.

From 38 we hit the road and went up to 61 then 36. We just had enough time to race out to 26 and back to the hash house with 5 minutes to spare. I was extremely happy with our navigation and the way we worked as a team. Getting your food right and maintaining fluid to keep up your energy levels is very important.

Thanks to Ben and Ollie who did a great job especially only competing in their 3rd Rogaine. Congratulations to the course setters, as all the controls we visited were in the right spots. Thanks also to the organisers who did a great job.

Brett Wilson
Ollie Fowler
Ben Velvin