

## 2024 Elk/Beaver Ultras Race Director's Report, May 11, 2024



The 37<sup>th</sup> Annual Harriers Elk/Beaver Ultras, sponsored by 2:18 Run, took place on Saturday, May 11<sup>th</sup>, 2024. We want to thank Phil and the 2:18 Run store for the sponsorship we have received over the years.

We had 55 registered participants this year, and we thank all athletes from far and wide for taking part in our annual event at beautiful Elk/Beaver Lake Regional Park. We especially want to thank our repeat participants from previous years. We appreciate your ongoing support!

The weather could not have been better with a morning temperature of 12 degrees at the 6 am start, rising only to 19 degrees at noon and for the remainder of the event (until 6 pm). The humidity stayed at 50% and there was no precipitation. Just a light breeze with a few clouds in the sky. As a result, many runners had a wonderful day on the course.

2024 Combined sub-event starters 50, Finishers 46 – Finishing rate 92%.

2023 Combined sub-event starters 50, Finishers 39 – Finishing rate 78%.

2022 Combined sub-event starters 48, Finishers 41 – Finishing rate 85%.

We want to thank Medix EMS for providing two EMS techs to support runners. Fortunately, there were no medical concerns raised and to our knowledge no one had to visit the First Aid tent.

This year we raised **\$115.00** for the Harriers Foundation with just 55 participants. With the Gunner Shaw Bursary, John Thipthorpe Scholarship, Susan Reid Bursary, Arthur Taylor Award, Ken Smythe Bursary and Rosamund Dashwood Scholarship all at their limit, this is one of four events that is designated to annually support Harriers Foundation initiatives such as new scholarships, bursaries, athletes' travel, medical research, youth programs, and charitable projects within the community. Thank you for your support!

## 50K Championship (Another record set at Elk/Beaver Lake!)



The overall winner and champion of the 2024 50K was **Catrin Jones** (Victoria, BC) with a Female Master's record-breaking time of 3:42:27. (Application submitted to certify new ACU national women's 45–50 age group record pending. Previous record 3:44:13 set in 2010 by Beverly Anderson-Abbs.)

Catrin dominated the course and ran solo throughout the morning. She has been the Masters Women EB Ultras 50K Champion in 4 of the last 5 years. (2023-3:47:57, 2021-3:40:06, 2019-3:54:51). A very impressive record. **Riley Johnston** (Squamish, BC) 4:08:45 completed the 50K in second place overall and becomes the Male Champion for 2024. It was a great race to watch and congratulations to both winners.

## 80K/50 Mile Championship





**Cole Czuchnicki** (Coombs, BC) was the overall winner of the 80K/50M with a time of 7:51:42 becoming the 2024 Male Champion. A strong pace. **Katrina Sawan** (North Vancouver) become the Female Champion with a time of 9:40:55. Congratulations to our champions!



## 100K Championship



**Matt Houlzet** (Victoria, BC) was the first athlete around the 10K loop ten times to win the 100K with a very solid effort of 9:46:43 to become the 2024 100K Male Champion. A very solid consistent performance. **Rosheen Lord** (Victoria, BC) kept up the good fight and finished strong to become the Female 100K Champion with a time of 12:53:09. Congratulations to our 100K Champions!

## **40K Walk Championship**

**Alice Dean** (Victoria, BC) returned to the E/B Ultras to attempt to walk down her personal best time with a result of 5:03:35 to become the Female Champion. Alice repeats as the overall 40K Walk Champion. (2021 - 4:59, 2023 – 5:16). Excellent job Alice!

In a great display of sportsmanship, we saw **Ethan Nozick** (Victoria, BC) and **Owen Sandquist-Sherman** (Victoria, BC) complete the 40K walk together with a time of 5:52:22 to share the Male Championship trophy. We had a great turnout for the 40K! Thank you for joining our event this year!

## **Volunteers**

On behalf of the athletes and organizers who participated in this event I especially want to thank our volunteers! Your care and attention to make this event successful is appreciated, and one of the main reasons why so many athletes make a return visit to the Elk/Beaver Ultras.

Thank you so much to Bob Reid who has been such a solid supporter for me and other RD's on Vancouver Island. This event would not be the same without your rock-solid commitment to the sport.

Thank you as well to our PIH President, Gary Duncan, and PIH executive member, Christne Thate, as well as volunteers Kim Knight, Judy Herlick, Jasmine Jeurond, Yuki Otsubo, Lassah Johnson, Jamie Pereira, and the ultra running fans and family who cheered the athletes on!

See you all again next year!

Darcy Kernel, Race Director  
2024 Elk Beaver Ultras