



Finally, the Mighty Murray River turned on perfect conditions after delays from the Blue Green Algae and the recent floods the 2016 Murray Quad Australia's first Quadrathlon was held on the 19th of November.

Participants were greeted with ideal conditions to complete the 141km from Yarrawonga to Tocumwal some doing the full distance with others competing in their favorite event either in the individual events or as part of a relay team. The event attracted people from all over the eastern states of Australia to the idyllic Murray River region of Victoria over 150 participants were involved in the event along with hundreds more volunteers and spectators.

It all started at 7am with a 3.2km swim held on the perfectly smooth waters of Lake Mulwala. The 21.1km Running of the Black Bull Half Marathon allowed runners to enjoy the unique opportunity to run on the international recognized Black Bull Golf Course, as since the event the Golf Course has had a major upgrade and recently won the Best Victorian Legends Pro Am Event. Participants then completed a challenging 91.5km Individual time trial that include some small hills on Boomahnoomooah Rd then they had to use all their endurance to push their bike along the flat rural country side to Cobram. Paddlers enjoyed the Murray River at its finest after returning to normal levels following the recent floods the 25km course showcased the river at it best and with Australia's largest inland Beach "Thompson Beach" providing the perfect location for the start of the paddle.

The 2016 Diamond Man (Australian Quadrathlon Champion) was award to Michael Faustmann from Williamstown who completed the 141km in a time of 7 hours and 1 min with Alexander Hector from Wodonga less than 10 minutes' behind. The Diamond Woman title was taken out by Kelly Honess from Smithton Tasmania. Michael and Kelly were also the fastest to complete both the Swim and bike legs, with Alexander Hector and Renea Kaitler from Katandra recording the fastest time for the Half Marathon

Local Kayaker and Australian Marathon Canoe team member Brea Roadley defended her title as the fastest female paddler and she was also a member of Team VU that took out the relay event. The Male Peaches and Cream paddle was a hotly contested race with Melbourne paddlers Dom Scarfe and John Young battling all the way down the river with Dom winning a sprint finish at Tocumwal Town Beach to win by less than 3 seconds completing the 25km in a time of 1hour and 43 minutes. One of the highlights of the paddle was the involvement of Stand-Up Paddlers who travelled from Melbourne and Wagga who jumped at the opportunity to paddle their SUP's the full 25km down the river all of whom were blown away by the experience and are looking forward to returning next year to once again Paddle the Murray.

The Murray Quad had several benefits for the region and Victoria, following the blue green algae outbreak and the flooding it was the first official water based sport event to be held on the Murray River signaling that the Murray River was back to its brilliant best and an ideal location for a true multisport event. It also showcased that the facilities that have recently been established or upgraded on both sides of the border i.e. Silverwoods Gold Course, Chainman's island walking track, lake foreshore upgrade and official bike routes are ideally suited to multisport events such as the Murray Quad, it also gave local athletes and weekend warriors the opportunity to compete against some of the best competitors in their sport in their own back yard, which was extremely important to the area as in recent times several sporting events have been cancelled due rising costs and difficulties in adhering to more and more regulations. In the last few years Tocumwal has lost the Tocomwal challenge, Yarrawonga has lost the Burramine Gift and the Splash and Dash, Tungamah has lost the Tungamah Ten Thousand and Cobram has lost the Peaches and Cream festival and the Cobram Show Fun Run, so now the Murray Quad is the one of only a few community run sporting event that attract visitors form interstate and overseas to this area to participate.

The success of the event was mostly due to the involvement from the below local community groups who supplied volunteers all supporting the push to promote the Murray River and the local region as the place to visit and enjoy.

- Yarrowonga Mulwala Amateur Canoe Club
- Shepparton District Amateur Radio Club
- Cobram Barooga and Shepparton Canoe Club
- Yarrowonga Rowing Club
- Yarrowonga Men's Shed
- Yarrowonga Scouts
- Yarrowonga Yacht Club
- Yarrowonga Mulwala Development Inc.
- Tungamah and Katamatite Lions Club
- Corowa Events
- Yarrowonga, Cobram and Tocumwal SES

The fantastic support from the Shepparton District Amateur Radio Club was one of the main reasons the event ran safely and smoothly and all competitors and support team involved in the Murray Quad were accountable at any time. The SDARC team located at various check points along the route made it easy for the timing guy and race officials to determine the whereabouts of any participants on the course. As the event grows we look forward to working with the SDARC to build on this relationship to offer more updates on participant's location throughout the event, maybe in a form of a leader board or similar.

www.yarrowongamulwala.com.au

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Perfect conditions for Murray Quad

The mighty Murray River turned in perfect conditions for the Murray Quad triathlon.

Despite the event being cancelled in March due to the Blue Green Algae outbreak, organisers and the event this time was off perfectly. "We were greeted with ideal conditions to complete the 141km from Yarrowonga to Tocumwal with some competitors along the way. The Murray Quad completed a 2.5km swim, 11.1km half marathon run, 95.3km ride and a 21km triathlon along the scenic Murray River."

Starting in Yarrowonga, the event began with a swim on the Murray River, followed by a half marathon on the Murray River and through the Shepparton's Black Hill Golf Course, followed by a ride to Cobram's cafe.

The 2.5km swim was held in perfectly clean water of Lake Mulwala. "The water was clean and the conditions were perfect for the triathlon."

"The 11.1km half marathon was held in perfect conditions along the scenic Murray River. The 95.3km ride was held on the Murray River and through the Shepparton's Black Hill Golf Course, followed by a ride to Cobram's cafe."

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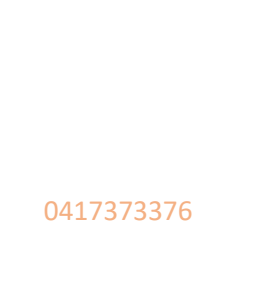


Volunteers regard the unique half marathon on the Black Hill Golf Course.



Competitors begin their 141km triathlon with a 2.5km swim in Lake Mulwala.

Tim thanked all the volunteer groups that supported the 2016 Murray Quad including; Yarrowonga Mulwala Amateur Canoe Club; Cobram Barooga Canoe Club; Shepparton Canoe Club; Yarrowonga Rowing Club; Yarrowonga Men's Shed; Yarrowonga Scouts; Tungamah Lions Club; Katamatite Lions Club; Corowa Events Committee; Shepparton District Amateur Radio Club.



Murray Quad 2016 Diamond Men winner Michael Footman of Hillborough. Race Director Tim Roadley and 2016 Diamond Women winner Kelly Hansen from Ezedition. Tasmania pictured at the awards night.





Quotes from participants about the event.

"This is an amazing race. it has the potential to truly become an icon of endurance events" Kelly Honess (2016 Diamond Woman)

"I'd like to say a big thanks again for organising this fantastic event. It's absolutely amazing what you have created out of nothing." Michael Faustmann (2016 Diamond Man)

"Thanks for a great event. Really enjoyed it" Gary Smith (Cobram resident)

"Thank you for hosting such a fantastic event. I have put it out there to all other SUP VIC members to look out for the dates of the Murray Quad for 2017 and put it in their diaries." Sharon Bourke (SUPIT Instructor)

"Thanks once again for all of your hard work to make this event such a great day! Looking forward to doing it again next year, and hopefully we'll be able to get a few more SUPers up there with us." Duncan Gosling (SUP)

Plans are for the event to be held again this year on the 18th or 25th of November establishing a premiant date at the end of the Australian Spring. The World Quadrathlon Federation has already given us the rights to call the event the Australian Quadrathlon Championships so we have already had some international enquires for competitors to come down under and challenge them self to complete and finish the Murray Quad.

