



### For immediate release

## *Aussies Rule at the Country of Origin Trail Run 2016*

In contrast to the menacing grey skies, a plethora of national flags and colours were on display around the humid trails of Lantau on Saturday April 23rd for the second annual 'Country of Origin' trail race - a beautiful but testing 30 km sojourn (*with 1,632m of cumulative elevation*) starting and finishing outside the landmark China Bear bar and restaurant in Mui Wo.

Running together in their national squads of three, many in costume with props and others in country colours, teams battled each other around a course that took them from the coastal paths via Nam Shan 東山 to Sunset Peak ( - 869m), before a long descent into the historic Pak Mong Village (白望), and the halfway point of the race. From here, competitors had a tough 6km ascent to Tiger's Head (老虎頭 - 485m) via the rolling Lo Fu Tau Country Trail before a technical descent into Discovery Bay (愉景灣), made worse by sporadic rain showers that turned the trails into a veritable mud fest on later sections.

The rain wasn't enough to dampen spirits however, with many commenting that the muddy sections were a fun, if slippery challenge to overcome as a team, and working together they were tested on the last 8km contour around the hills above Discovery Bay to the Trappist Monastery, before a final muddy climb to the concrete stairs leading back into Mui Wo.

While most were there to enjoy the purely social aspects of running in a team format, some arrived with their eyes fixed firmly on a first place prize.



## RACEBASE Country Of Origin Event

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The competitive side of the race saw the two top Australian teams trading places with the Canadians for most of the way, before the two Aussie contingents pulled away after Pak Mong. *'Aussies Gone Running Mate'* put ten minutes between them and *'The Other Aussie Team'* thanks to a strong push through Discovery Bay and some nifty technical downhill skills, but that lead was cut to a few minutes by the time they reached Mui Wo and a 2km flat land sprint to the finish along Silvermine Beach.

Maintaining their lead, *John Ellis* ([running in budgie smugglers and a surf rescue cap](#)), *Vlad Ixel* and *Darren Benson* claimed victory for Australia in **3:31**, with *Dennis Theodosis*, *Henri Lehkonen* and *David Gething* crossing the finish close behind in **3:34**, making it a 1-2 for the Aussies. The brave Canadian Mounties of *Jeremy Ritcey*, *Mark Green* and *Jeff Campbell* battled through cramps and dehydration to clinch 3rd place in **3:50**.

In the women's race, the *Kin Hang Ladies* of Hong Kong surged ahead from the start to leave their closest competition stuck in the mud, blazing around the course in **4:51** and securing a hometown win! *Las Lohas* (Philippines) were second in **5:12**, and *'Missin' Wheels'* scored another podium place for the antipodean expats (Australia again!) in **5:58**.

It was a slightly tighter race in the mixed category with only 30 minutes separating all three podium places, but *'The Great British Has Beens'* (GB) put in a strong showing with a win in **4:09**, closely followed by another GB team, *'Northern Sole'*, in **4:16**. Local Hong Kong runners *龜速團* weren't that far behind, grabbing the last mixed podium spot in **4:38**.

All competitors were treated to free craft beer at the finish from local company **Gweilo** (<http://gweilobeer.com/>) and **Redback** (<http://www.redbackcoffee.com.hk/>) were on hand to get runners fuelled and ready before and after the race with delicious, and complimentary coffee brews.

**Clarity**/smart energy™ (<http://www.clarity-smartenergy.com/>) provided free all natural energy drinks in all the runners race packs for a mid-race pick-me-up.

Podium prizes for all category teams were generously sponsored by **The North Face**, **UltraAspire**, **AMO Sunglasses**, and **Gone Running**.

**Men's Results**

1st - 'Aussies Gone Running Mate' (AUS) 3h 31m

2nd - 'The Other Aussie Team' (AUS) 3h 34m

3rd - 'The Mounties' (CAN) 3h 50m

**Women's Results**

1st - 'Kin Hang Ladies' (HKG) 4h 51m

2nd - 'Las Lolahs' (PHI) 5h 12m

3rd - 'Missin' Wheels' (AUS) 5h 58m

**Mixed Results**

1st - 'The Great British Has Beens' (GB) 4h 09m

2nd - 'Northern Sole' (GB) 4h 16m

3rd - '龜速團' (HKG) 4h 38m

**Full Results**

<https://www.racematix.com/site/#results:rac/Country-Of-Origin-Trail-Run-2016>

**Countries represented**

*Australia, Canada, France, England, Scotland, USA, Hong Kong, Germany, New Zealand, Philippines, Indonesia, Japan, Singapore, Latvia, Netherlands, South Africa, Sweden, Taiwan.*

**About Country of Origin**

The Country of Origin trail run is a national team of three event around a challenging 30km route on Lantau Island, aimed at bringing teams from different nationalities together for a competitive but fun day out on the trails to celebrate the social and community aspects of trail running.

Teams must have three members from the same nationality (same passports) of any gender combination - no age categories, but all male, female and mixed teams are welcome, with a preference for mixed teams. Teams must start, run and finish together, and fancy dress in national costume and/or colours is highly encouraged!

[www.countryoforigin.asia](http://www.countryoforigin.asia)



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## **About RaceBase**

As race and event organisers in Asia, we strive to provide exceptional event experiences through excellence and innovation in planning, support and production, contributing to the enjoyment of competitors and the development of sporting communities.

For those who are seriously passionate about getting outside to discover and explore their limits in a natural environment, it's a way of life. It's a commitment to being free and expressing yourself. It's pure enjoyment, away from the clutches of an office cubicle and corporate 9-5.

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## **Contact**

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