

2023 Elk/Beaver Ultras Race Report, May 13, 2023

The 36th Annual Harriers Elk/Beaver Ultras, sponsored by 2:18 Run, took place on Saturday, May 13th, 2023. This year we had the fortunate opportunity to host both the 50K and 100K ACU National Championship. We thank ACU President Bernadette Benson and the ACU selection committee for the ACU trophies and support we received.

We had 58 registered participants this year, and we thank all athletes from far and wide for taking part in our annual event in beautiful Elk/Beaver Lake Regional Park.

While we had a hot weather warning for this weekend, we were prepared with extra water. We also received medical advice from Dr. Paddy McCluskey who reviewed the risk factors with us, including the humidity levels, which fortunately remained low throughout the event. We thank Dr. McCluskey for his time and expertise.

100K ACU National Championship

Mathieu Dube of Terrebonne, Québec dominated the course with a blistering time of 8:04:55 winning the 100K ACU National Championship overall. Nicole Thomas of North Vancouver placed second overall in a very respectable time of 10:36:01. Jessica Ainsworth of Nanaimo, BC placed third overall just 17 minutes behind 2nd place with a time of 10:53:01. Congratulations to our ACU National 100K Champions!

80K or 50 Mile

Our 80K or 50-mile champion this year, was a repeat winner! Steven Cologne from Vancouver, BC, won the event last year with a time of 7:44. This year due to the heat the champ preserved and hung on to win again this year with a time of 8:44:12. Ken Watkin of Campbell River, BC came in second place with a respectable time of 10:22. Well done!

50K ACU National Championship

Glenn Jasechko and Catrin Jones, both of Victoria, BC dominated the 50K ACU National Championship with amazing efforts. Glenn Jasechko placed first overall with a time of 3:39:23. Catrin Jones (An E/B Ultras 50K past champion) placed second overall with a time of 3:47:57. Catrin placed second in our 50K event in 2021 with a time of 3:40:06. In 2019 she was the overall winner of the 50K with a time of 3:54:51. Chris Mackey of Victoria, BC finished in the overall top three, and first in the Masters Division with a time of 4:01:25.

40K Walk.

The 40K Walk champion this year was Alice Dean from Victoria, a previous winner from 2021, with a time of 5:16. In second place, Donna Pawliuk from Quebec City, QC with a time of 5:41. Third place went to Hilary Thomas of Calgary, AB, our 2022 40K Walk Champion, with a time of 6:04.

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 greatly 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 Sean Mitchell, Joseph Camilleri, Joanne Cowan, John Atkinson, Bruce Deacon, Gary Duncan, Shelagh Machin, Bill Leuze, Peggy Hunter, David Bellows, Morgan Kennah, Mark Seebaran, Lilian Holmes, Christne Thate, Bob Reid, Mike Emerson, PIH Members and the ultra running fans and family who cheered the athletes on!

See you all again next year!

Sincerely,

Darcy Kernel
2023 Elk Beaver Ultras
Race Director