

2023 Event Guide



Smithfield MTB Park
October 27-29

WELCOME!! FROM THE RACE DIRECTOR

Hi and welcome to our second Backyard Ultra - now known as Smurf's BYU.

We are excited to be bringing you a Backyard Ultra experience again for 2023, this year in a new location. Smithfield Mountain Bike Park is an amazing venue to hold Far North Queensland's only BYU with the course traversing trails that are an iconic representation of what FNQ trail running has to offer (your just get to do it again, and again, and again!)

We have had incredible support from James Cook University and Cairns Mountain Bike Club in particular to help secure the venue. We can't thank them enough for their support. Add to this the support of you - the runners, supporters and volunteers. This doesn't come together without you coming along and supporting the event.

Whether you are a local running in your (almost literal) backyard or have made the trip from Weipa, Townsville, Rockhampton, Brisbane, Cloncurry, Tully or anywhere else across Queensland, we appreciate you making the trip. It is a significant effort to prepare for a BYU and we love that you have chosen to join us for a lap or 102!

Finally, I have to thank my wife Salome (aka. Smurfette) for her continued support. Sometimes putting these events together becomes a little stressful (who would have thought!), but she is always understanding and there to help out however she can. Finding balance between work, life, kids and training can be hard, but we work on this together to allow us to bring you amazing run events.

But now its time to lace up those shoes, prepare your nutrition and psych yourself up for what is going to be an epic weekend. Thanks for coming - now get out there, get loopy and don't quit in the chair!!

Joshua Duff (Smurf)
Race Director



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SCHEDULE OF EVENTS

FRIDAY OCTOBER 27

2pm-6pm: Check-in and collection of race pack for runners. Set up of runners gazebos

4pm-5:30pm: Run course open for course recce (crews and supporters welcome to run/walk a lap of the course)

5:30pm-7:30pm: Pizza, Pasta, Party - Welcome Dinner (all welcome - purchase tickets on Race Roster or on the day)

SATURDAY OCTOBER 28

6am-6:45am: Final check-in, registrations and collection of race pack for runners

6am-9am: Food & Coffee available

6:50am: Pre-race briefing at the starting corral

7am: BYU and Mini Backyard START!

9am: Smurf Dress Up Lap

11am: Halloween Dress Up Lap

11am-1pm: Food available

3:30pm-5pm: Check-in for Hilloween Smurf Hill Run

5:30pm-7:30pm: Food Available

5:15pm: Hilloween Smurf Race START!

SUNDAY OCTOBER 29

5:30am-6:30am: Check-in for Speedy Smurf 6.7k Dash

6:45am: Speedy Smurf race START!

Backyard Ultra continues until last person is left standing



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EVENTS & ACTIVITIES

Backyard Ultra and Mini Backyard

Both the BYU and Mini Backyard start at the same time and follow the same rules. However, those signed up for the Mini finish at 6 laps (unless already DNF'd). After 6 laps, those participating in the Mini may choose to continue, but must pay the difference before continuing.

During the BYU and Mini Backyard, there are some “special” laps where we ask participants to dress up and get stuck in to the festivities!

LAP 3 - Smurf Lap...Dress as a Smurf, in blue, blue zinc or whatever takes your fancy!

LAP 5 - Halloween Lap...We are running on Halloween weekend, so get in to the spirit and run a lap in your Halloween costume (but remember, it will be hot!)

Hilloween Smurf Hill Run

On the Saturday evening, runners will tackle a 5.5km out and back hill run. All on dirt roads, the tough climb will test runners mentally and physically!

Speedy Smurf 6.7K Dash

A single fast lap of the 6.7k BYU course on Sunday morning. See how fast you can run our BYU course!

Pizza Pasta Party

The welcome dinner for Smurf's BYU. Dinner will include a selection of pizza and pasta (catering for dietary requirements) as well as live music and special guests. If you haven't already bought tickets, you can do so at www.smurfbyu.com.au/pizza-pasta-party/



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RACE PACK COLLECTION

WHEN?

Race pack collection is available on Friday October 28 between 2pm and 6pm at the event precinct. Race pack collection will also be available on the Saturday morning before the event begins between 6am and 6:45am.

CAN I COLLECT SOMEONE ELSE'S RACE PACK FOR THEM?

Preferably not. We prefer participants collect their own so that we can talk them through any event updates and there are some pre-race "rituals" we want participants to take part in.

WHAT IS IN MY RACE PACK?

All participants receive some event swag including a Smurf's BYU custom Buff. If you have purchased merchandise, this will be available for collection (and any extra merchandise will be available for purchase on the day).

There are no race numbers for the event.

WHEN DO I SET UP MY SPACE?

Setting up your own gazebo space: once you have checked in, our volunteers will show you where you can set up your space. You are welcome to set this up once you have checked in on Friday afternoon or Saturday morning.

Using the communal space OR under a shady tree: set up for the communal space will only be available on the Saturday morning (once you have checked in) as this space is being used for the pre-event dinner on Friday night



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TRAVEL/PARKING

GETTING TO THE THE VENUE

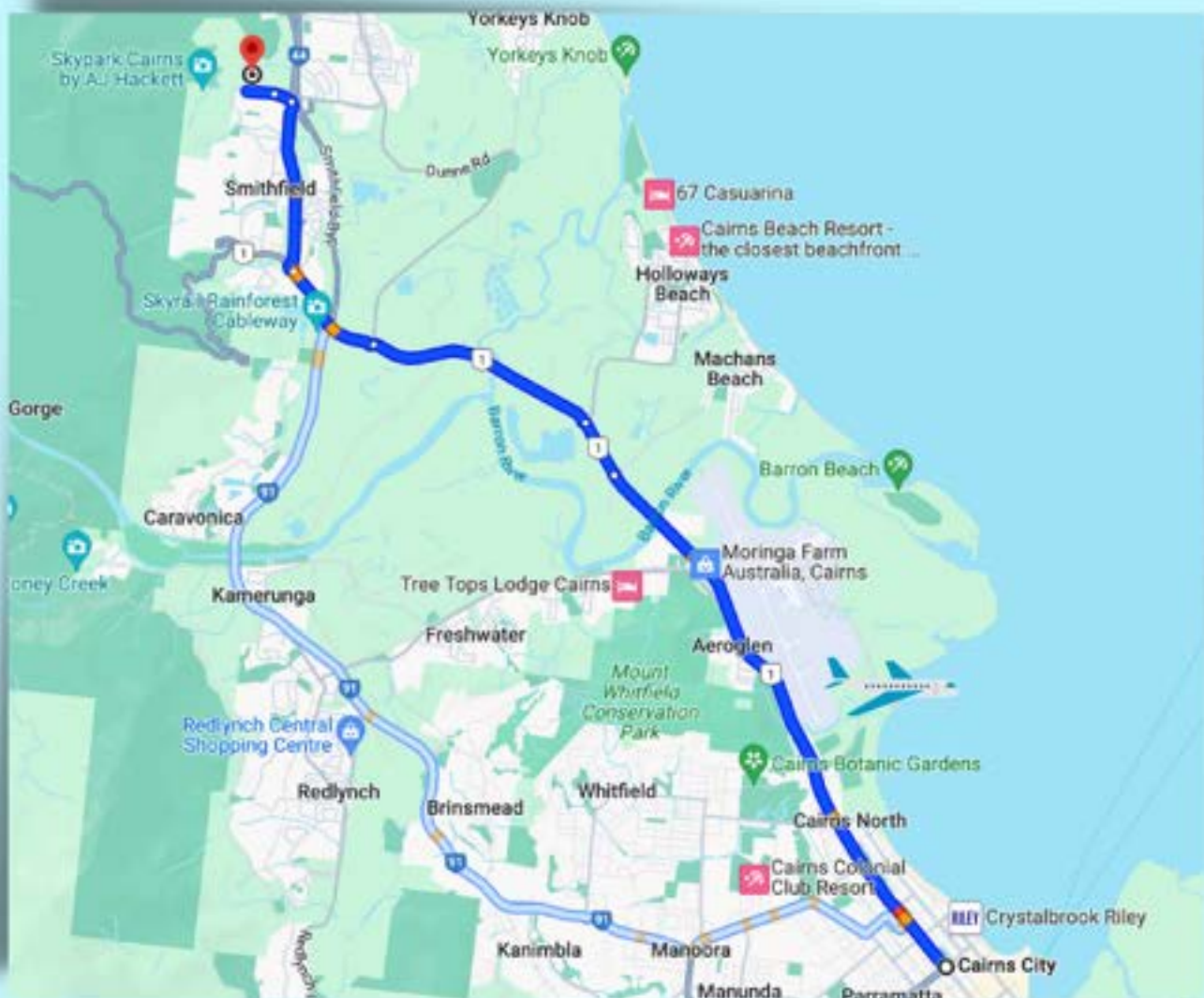
For those coming from Cairns or the airport, Smithfield MTB Park is a short 15-20 minute drive north of Cairns City.

EVENT PRECINCT - GEAR DROP OFF

A "stop/drop/go" area will be approximately 300m from the main event precinct for you to drop off gear (eg. gazebo, eskies etc.). Please limit your time in this area to 5 minutes then move your vehicle to a car park. The car park itself is also only approximately 500m from the main event precinct.

CAR PARKING

Free parking is available in the JCU carpark closest to the event precinct. Parking over Saturday and Sunday is free throughout JCU. However, be aware some of the carparks are paid parking on the Friday afternoon.



EVENT PRECINCT

EVENT SERVICES

A number of services will be provided for athletes and crew in the event precinct. This will include;

- First Aid
- Control Tent (race pack collection, merchandise, questions, DNF's)
- Aid Station (including a selection of food such as muesli bars, chips, lollies, noodles, fruit etc., water, kettle)
- Charging Station (a small charging station will be provided for participants to charge devices as needed)
- BBQ & Coffee (BBQ Breakfast, Lunch, Dinner Saturday and Breakfast Sunday - thanks to Pace Project. Coffee Van Saturday and Sunday morning)

STARTING CORRAL

The starting corral is only to be accessed by runners. This area will be fenced off to ensure the safety of runners

COMMUNAL TENT

We will provide a 3m x 24m tent space for runners and their crews to use throughout the event. This saves runners bringing their own shade (particularly if planning to run less than 6 hours). We ask all runners and crews to be considerate of others in the space and keep their area clean and tidy

SHADE

Throughout the event precinct, there are also shady trees where runners and crews are more than welcome to set up for their event

GAZEBOS

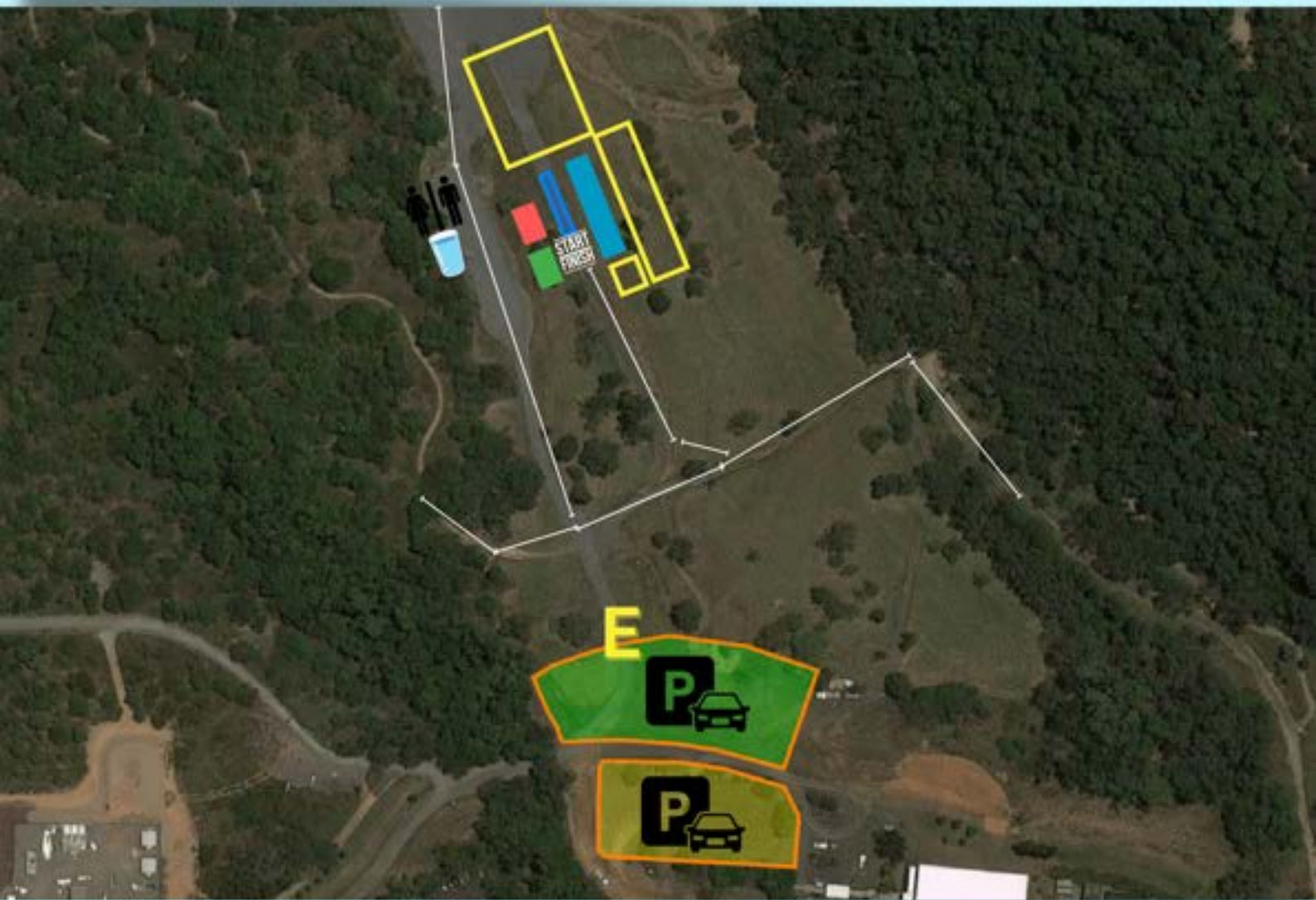
There is plenty of space for runner and crew gazebos. 3m x 3m or smaller gazebos are allowed for single runners and their crew. Groups of 2 or more runners sharing a space may use larger gazebos.

Your gazebos **MUST** be secured with weights or pegs. Do not use guide ropes - this will create a trip hazard.



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EVENT PRECINCT MAP #1



KEY

- | | | | |
|--|---|---|-------------------|
|  | Control Tent (Check-In, Aid Station, First Aid) |  | Entrance |
|  | BBQ/Coffee Van |  | Parking |
|  | Starting Corral |  | Toilets |
|  | Communal Gazebo |  | Water (on course) |
|  | Runner Gazebo space |  | Run Course |







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EVENT PRECINCT MAP #2



KEY

-  Control Tent (Check-In, Aid Station, First Aid)
-  BBQ/Coffee Van
-  Starting Corral
-  Communal Gazebo
-  Runner Gazebo space

-  Toilets
-  Water (on course)
-  Run Course



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EVENT BRIEFINGS

VIRTUAL EVENT BRIEFING

A virtual race briefing will be provided to participants via Youtube on Monday October 23. It is a requirement of your participation that you view this race briefing. This race briefing will cover important event weekend information as well as any updates that you need to be aware of.

The virtual race briefing will cover;

- Race pack collection information
- Final event schedule and pre-event processes
- Event rules
- Aid Station and hydration/nutrition information
- Course information
- First aid
- Weather update

PRE-EVENT BRIEFING

A final pre-event briefing will take place at approximately 6:50am in the starting corral prior to the beginning of the event. This will cover any last minute information before the event begins at 7am sharp.

HILLOWEEN AND SPEEDY EVENT BRIEFINGS

The briefings for the Hilloween and Speedy Smurf events will take place 10 minutes prior to race start



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EVENT RULES

EVENT RULES

Race rules are put in place for the safety of participants, spectators, volunteers, staff and to protect the environment and integrity of Smithfield MTB Park and the surrounding areas. Smurf's BYU is also a registered BYU and, as such, must abide by the rules of a Backyard Ultra. The Race Director reserves the right to remove participants from the course or disqualify participants if they are found to be in breach of these rules.

- **OUTSIDE ASSISTANCE** - No outside assistance or personal aid is allowed once a lap has begun. For example, runners cannot be handed anything by a crew member, pick up personal aid while out on the course or hand anything to a crew member once a lap has begun. Outside assistance will result in disqualification.
- **HEADPHONES** - Headphones are allowed during laps, however, runners must only use one ear bud or bone conduction headphones. This is to ensure your safety while running through the trails, to hear instructions in an emergency or hear MTB's that may be on the course.
- **MANDATORY GEAR** - A head torch is mandatory during the night laps. All runners **MUST** wear a head torch from the 6pm lap until the 6am lap. A snake bandage is mandatory and must be carried with runners while on course at all times. It is also **HIGHLY** recommended that runners carry a hydration system with them each lap due to the heat (handheld, soft flask, hydration pack etc.)
- **LEAVE NO TRACE** - Littering on course will result in disqualification. Carry any rubbish with you and place it in a bin at the end of a lap.
- **FOLLOW THE COURSE** - The Smurf's BYU course includes some out-and-back sections and windy sections through single track trail. The course will be heavily signed and barricades will be used to keep you on course. If you are found to have deliberately cut the course, you will be disqualified. If you make an honest mistake, the Race Director will have final say (eg. disqualification, add extra to next lap etc.).
- **ASSIST FELLOW RUNNERS** - If you come across a runner who is injured, ill or hurt on the course, it is a requirement that you assist that runner. This may mean helping them to a volunteer, providing them with water or notifying an event official (regardless of whether this will interfere with your lap)
- **FOLLOW DIRECTIONS** - It is the responsibility of participants to follow the directions of marshals at all times while on course. This is for the safety of yourself and other participants.
- **AGGRESSIVE BEHAVIOUR** - Aggressive behaviour towards volunteers or event staff will not be tolerated. Such behaviour will result in immediate disqualification from the event at the discretion of the Race Director
- **MOUNTAIN BIKES** - The course is **NOT** closed to Mountain Bikes, however, we expect little to no bikes on course following our community engagement with the local MTB club and on the course. **HOWEVER**, all runners are to **GIVE WAY** to MTB's and be considerate of others using the trails



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EVENT RULES

EVENT RULES cont.

- **DNF** - In a Backyard Ultra, all competitors, except the final person left standing, are technically a DNF. You DNF by;
 - Failing to complete the loop within the hour
 - Failing to make the start corral before the next loop begins
 - Accepting defeat and choosing to not continue

When you DNF, you will be required to inform the Race Director and ring the "DNF Bell".

- All care is taken in the days before the event to remove hazards from the course, however, **it is the responsibility of participants to inform a marshal, volunteer or the Race Director if they identify a hazard on course** that may impact the safety of others.
- **BEGINNING EACH LOOP** - Warning whistles will be blown in the lead up to the beginning of each lap. One whistle will be blown with 3 minutes to go, two whistles with 2 minutes to go, and three whistles with 1 minute to go. A bell will be rung at the beginning of each hour to start the next loop.
- **STARTING CORRAL** - The starting corral is measured to fit all the participants and stays the same size for the duration of the event. All competitors **MUST** be in the starting corral at the bell to start each loop or will DNF.
- **FINISH LINE** - Each loop finishes when the competitor crosses the finish line. Competitors are then able to leave the course and receive assistance.
- **LEAVING THE COURSE** - Except for a toilet or a water station, competitors may not leave the course until each loop is completed
- **ARTIFICIAL AIDS** - Artificial aids such as trekking poles are not allowed during a lap
- **ALLOW OTHERS TO PASS** - To ensure the safety of all competitors, slower runners must allow faster runners to pass. In particular, on single track elements of the path, if slowing to a walk it is your responsibility to step to the side and allow runners to pass
- **NO NON-COMPETITORS ON THE COURSE** - Other than event marshals and the Race Director, no non-competitors are allowed on the course.
- **WINNER/RESULTS** - The winner is the last person to complete a loop. The winner must complete one more loop than the "assist" runner. If no runner can complete one more loop than everyone else, there will be no winner. For Smurf's BYU, there will be both a male and female winner.



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FIRST AID/EMERGENCIES

FIRST AID TEAM

First aid will be provided by volunteers with appropriate qualifications. The first aid team will consist of a minimum 1 First Aid Officer onsite throughout the event alongside first aid qualified event staff.

For competitors or spectators who have a first aid issue or emergency, you can access assistance at the Race Director tent.

EMERGENCY ACCESS

In the case of an emergency on the course, we have emergency access available at multiple points including Captain Cook Highway, JCU private roads and McGregor St. The event crew will also be able to access most parts of the course via vehical.

Emergency access to the main event precinct is via the JCU carpark. In the event of an emergency, all attendees **MUST** follow the directions of the event crew.

FIRE

In the event of a fire at the venue or on the course, the emergency assembly point is the car park on the northern side of the JCU buildings (i.e. directly south of the event precinct). In the event of a fire, all attendees **MUST** follow the directions of the event crew.



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COURSE MAP



COURSE DESCRIPTION

The course begins with a 1.6km out and back section along open dirt road before travelling north back through the event precinct (passed portalos and a water station) before turning left after the “bridge”. Runners continue to follow the dirt road for approximately 1.3km before turning left on to single track MTB trail (“Flat Snake”).

The course winds through 1.3km of single track rainforest and pine forest trail (second water station) before turning right on to a 500m out and back dirt road section (third water station). Runners then turn right back on to single track MTB trail (“Echidna” and “Greenfields”) which winds it’s way for 1.8km to the bottom of the event precinct.

The final 200m is along dirt road back to the starting corral.



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AID STATION/WATER STATIONS

WATER STATIONS

Three water stations will be provided for runners at along the course for all runners to access. The first at 1.6km (with portaloos within the event precinct), the second at 4.5km in the single trail pine forest section (Smithfield MTB Park Trailhead), and the third at 5.5km ("Banana" turnaround).

AID STATION - EVENT PRECINCT

A communal "aid station" will be provided in the event precinct near the Race Director tent. The food, fluids and resources available in this area are available for all competitors. Resources available in the aid station will include;

FLUID

- Water
- Cola & Ginger Ale
- Tea bags, instant coffee

FOOD

- Potato Chips
- Lollies
- Muesli Bars
- 2 minute noodles
- Fruit (eg. Banana's, Apples, Oranges etc.)
- Cup-a-soup
- Cookies

OTHER

- Small charging station for charging devices (competitors ONLY)
- Kettle for hot water



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TIMING & RESULTS

TIMING

There will be no “timing” for the event

TRACKING

We will update DNF's at the end of every lap on our social media channels. We will also provide other periodic updates on our social media channels throughout the event

RESULTS

Final results will be posted on our website and social media channels at the conclusion of the event.

FOOD & DRINK

PIZZA, PASTA, PARTY

Friday night we begin our weekend with the pre-event dinner - the Pizza Pasta Party! The pre-event dinner will include a selection of pizza and pasta catering to a range of dietary requirements. There will be live music and special guests.

If you haven't already booked tickets, you can do so at www.smurfbyu.com.au/pizza-pasta-party/ (Adults, \$45; Kids, \$20)

BBQ

Local junior run club Pace Project will be facilitating a BBQ throughout the event

Saturday Breakfast: 6am-9am

Saturday Lunch: 11am-1pm

Saturday Dinner: 5:30pm-7:30pm

Sunday Breakfast: 6am-9am

COFFEE VAN

A coffee van will be available Saturday and Sunday morning. Times and availability TBC



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POST-EVENT

WHAT TO DO WHEN YOU FINISH

When you DNF, your first step is to come to the Race Director tent and ring the "DNF" Bell. We will remove your "unique tracking system" from the board and provide you with a special finishers gift.

Then what you do next is up to you. You could;

- Hang around and cheer on fellow competitors while relaxing in the comfort of the event precinct
- Volunteer to "crew" for other competitors who are going long and need some help
- See the Race Director about helping out as a volunteer
- Go home/accommodation and chill out - but definitely come back and support the runners that will continue on.

The atmosphere of a Backyard Ultra is one of friendship, camaraderie and support. We encourage you and your support crew to hang around as long as you can when you finish to help create an amazing atmosphere for all of our competitors.

THE LAST ONE STANDING

For Smurf's BYU, we will be crowning both a last female standing and last male standing, both of whom will receive a special Smurf's BYU trophy.



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MERCHANDISE

PRE-PURCHASE

If you pre-purchased merchandise, you can pick up your merch when you check-in at the Race Director Tent pre-event.

FOR SALE

There will be a small amount of merchandise available for purchase at the event. Merchandise can be purchased at the Race Director Tent;

Smurf's BYU Casual Singlet - \$34

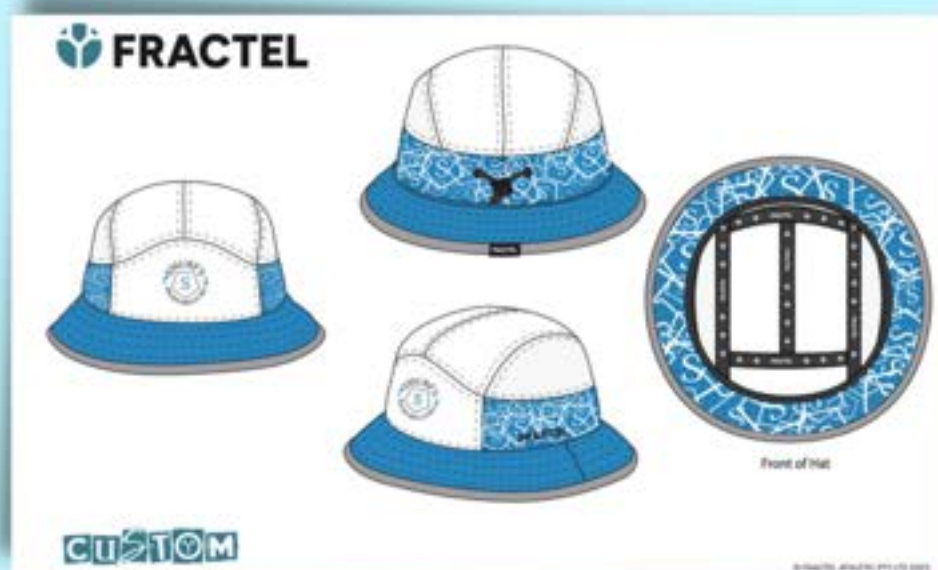
Smurf's BYU FRACTEL Cap - \$39

Smurf's BYU FRACTEL Bucket Hat - \$44

Smurf's BYU Buff - \$15

Cairns 50 Soft Flask - \$10

Cairns 50 Hydrapouch - \$15



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RUNNER GAZEBO'S

WHEN CAN I SET UP?

Runners and crew are welcome to set up their gazebos from 2pm Friday afternoon. You are also welcome to set up a gazebo on Saturday morning

WHERE CAN I SET UP?

When you check in, our team will show you the areas where you can set up your gazebo, and there will be spray paint markings on the ground indicating areas to set up. When setting up, be aware of other tents and people around you to ensure everyone has clear access to the starting corral.

HOW BIG CAN MY GAZEBO BE?

It is a single 3m x 3m gazebo for each runner. Multiple runners may share a single gazebo. In the case that runners are sharing a gazebo, you may use a larger gazebo size.

Your gazebos **MUST** be secured with weights or pegs. Do not use guide ropes - this will create a trip hazard.



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SPECTATORS

SPECTATORS

Spectators are more than welcome to come along to Smurf's BYU over the weekend. With the venue being close to Cairns City and the Cairns Northern Beaches, there is easy access to the venue. Just like runners and their crews, spectators are to park in the JCU car park and walk the few hundred metres to the venue.

WEATHER & WILDLIFE

WEATHER FORECAST

Long Range Forecast

At the moment, the long range forecast is predicting high temperatures in the high 20s and minimums in the early 20s for the event weekend. No rain is currently predicted, but humidity is likely to be high.

PREPARING FOR THE WEATHER

The weather will be a key consideration to ensuring you get the best out of yourself at Smurf's BYU. These temperatures and the humidity is enough to make the day loops difficult. It is absolutely essential that all runners are prepared for very hot and humid conditions with plenty of fluid, electrolytes and a smart hydration plan. There is real risk of issues due to dehydration if this is not managed carefully.

The majority of the course is under shady rainforest canopy with some small sections in direct sun.

Although the night loops won't be cold, if there is rain it may be cold enough that you need an extra layer if running in the night.

WILDLIFE

You are likely to come across some wildlife at some point along the course. You may encounter bush turkeys, birds, snakes, wallabies and insects. It is important you are aware of the possibility of wildlife out on course and prepare accordingly. Snake bandages are mandatory gear for every lap. It is highly suggested you have access to mosquito repellent at the event precinct.



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HILLOWEEN SMURF

CHECK-IN

3:30pm - 5pm Saturday afternoon in the event precinct

RACE START

5:15pm in the starting corral (event precinct)

PRIZES

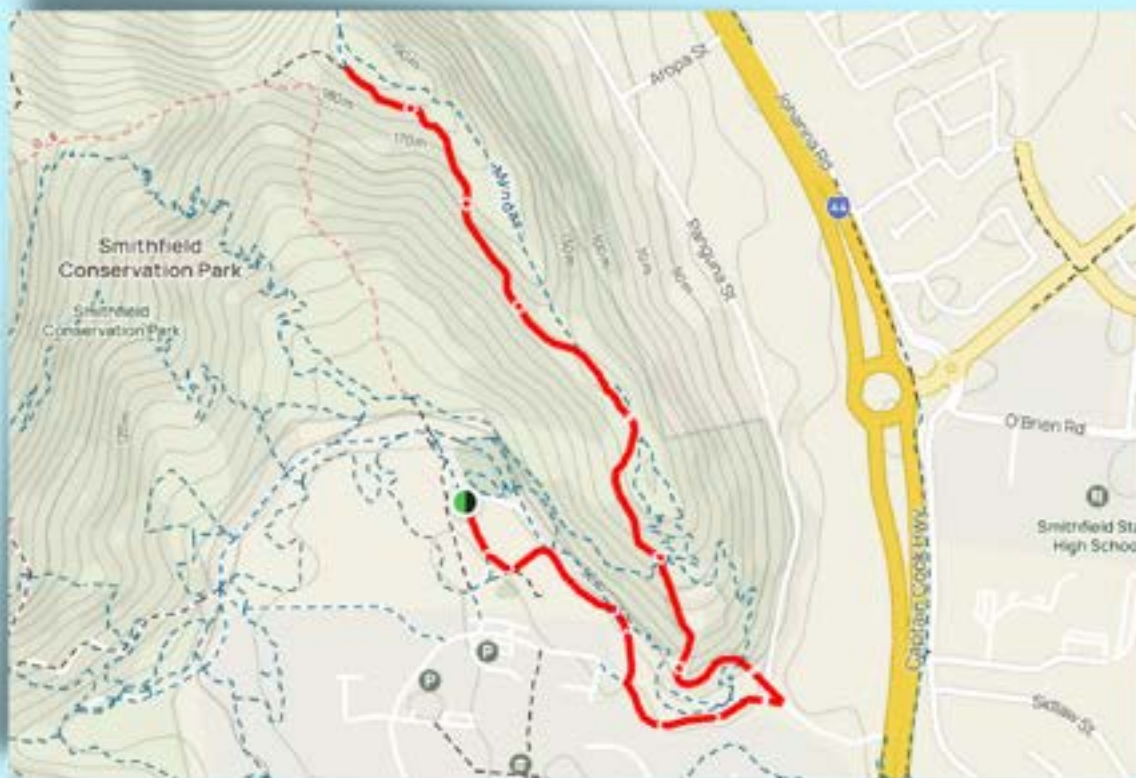
There are no prizes or awards for this year's Hilloween event

MANDATORY GEAR

All runners must carry a snake bandage. A hydration solution (such as a hand held bottle, soft flask, hydration pack) is recommended, but not essential. Note there is no water on this course.

COURSE

The course is a 5.5km out and back all on dirt road with 250m of elevation.



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SPEEDY SMURF

CHECK-IN

5:30am - 6:30am Sunday morning n in the event precinct

RACE START

6:45am in the starting corral (event precinct)

PRIZES

There are no prizes or awards for this year's Speedy Smurf event

MANDATORY GEAR

All runners must carry a snake bandage. A hydration solution (such as a hand held bottle, soft flask, hydration pack) is recommended, but not essential.

COURSE

The course covers the same 6.7km loop as the Backyard Ultra



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FAQ'S

- What shoes should I wear?

Trail shoes are the best choice for this course (particularly if it is wet), however, you can easily run this course in road shoes

- Do I have to have a gazebo

No, we have a 3m x 24m communal gazebo space for you to set up. There are also plenty of shady trees under which you can set up if you choose

- Is there camping?

No, there is no camping at the venue in 2023

- Is there electricity?

*There is no electricity at the venue, however, there will be a small charging station available for runners only in the event aid station powered by a generator. **Please, do not bring your own generator - we will not allow extra generators.***

- Can I enter other events after my BYU?

Absolutely. If you finish your BYU before the Hilloween and Speedy Smurf events start, you are more than welcome to sign up. We will be taking entries on the day

- Can I drive my gear in to the event precinct?

No, there will be no vehicle access to the event precinct except for event and emergency vehicles. There will be a stop/drop/go space at the entrance to the event venue to drop gear. It is approximately 300m from the event precinct

- Can a crew member, friend or family member run some of the lap with me?

No, this would be classed as support during a lap and this is not allowed in a BYU. The course is open for walking/running for everyone on the Friday afternoon - crew, family and friends can check out the course then.

- Can I "stash" supplies out on the course?

No, runners may not store equipment or nutrition anywhere on the course (including water stations). Once the runners leave the starting corral, they cannot utilise any aid until the completion of the next lap (except for accessing the water stations)

- What if I have more questions?

Contact the race director (Josh) at joshua@smurfandsmurfette.com.au



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THANK YOU

Special thank you's to the many people who have helped get Smurf's Backyard Ultra up and running for 2023.

In particular, thanks to;

JCU & Cairns MTB Club

Both JCU and Cairns MTB Club have been very supportive of bringing Smurf's BYU to their trails. The Smurf's BYU course is beautiful and captures a great snapshot of our local trails, and the venue is perfect for an event like this. We simply can not put on the BYU without both JCU and Cairns MTB club being on-board, and they have both been fantastic in supporting what will be an epic weekend.

Our Volunteers

These events simply can not run without the help of volunteers who are willing to give up their time. Thank you to all those who have offered their time and services to ensure Smurf's BYU can run!

Smurf Squad

Our training squad are a big influence on the work we do and every single one of our squad members are highly supportive of our events. Whether they are helping out with gear, as volunteers, with promotion of the event or anything else, they are always willing to give up their time to ensure our events are awesome.

SALOME, my daughters ISABELLA AND OLIVIA

None of this is possible without the support of my family. Salome is always happy to support my crazy schemes and we work hard to ensure balance between life, work, training and family. We are proud to be able to include our girls in our training, racing and events, and it can be hard on the family - but worth it. Thank you Salome, Isabella and Olivia!

THANK YOU EVERYONE!

JOSH (SMURF)



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