



## 2024 Rookie Ambassadors

**50km Matt Drysdale**

**100km Caroline Overbeek**

### **Matt Drysdale – 50km Ambassador – 50 before 50 DONE!**

Thank you again for giving me the opportunity to be the 50km SCC Rookie Ambassador. I had a fantastic day on the most amazing trails.

As I said from the start I was in it for a good time, not a fast time which allowed me to soak it all up. I have definitely learnt a lot on the journey. Some of the highlights was seeing my family surprising me along the way when I thought they were just meeting me at the finish, oh and the amazing display from the ocean, wow! Also changing into a dry pair of la sportiva prodigious at the 20km mark felt amazing!

I have recovered really well and am already looking into what's next...

View 'Dad can run' Facebook Page for more Images of Matt's journey [HERE >>](#)



## Caroline Overbeek – 100km Ambassador – *Reflections!*

I DID IT!

Four days later and I'm still flying high. This social butterfly thrived with the vibe - trail running camaraderie is unparalleled. We should all be proud of this - yay us.

Blisters? No show stoppers, thankfully.

Chafing? Still wincing, four.days.later.

Physical niggles? Zip! Unbelievable.

Mental niggles? Only two short stints - super impressed with this, given over 18 hours on the job.

Finishing before cutoff was looking tenuous at CP7. Dug deep to power home. I found the cool night air, the full moon and clouds, both soothing and revitalising.

My fifty-year old wholeness is bursting with gratitude for every single step/person that made this possible. Thank you.

It's been an honour and a privilege.

This is Caroline, your 2024 Surf Coast Century 100km Rookie Ambassador, signing off.

#forestminestroneforthewin

