

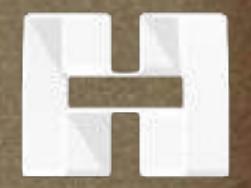
A photograph of a man with long hair and a beard, wearing a purple shirt and a blue baseball cap, hugging another person from behind. They are in a kitchen setting with wooden cabinets and a window in the background.

110 Films

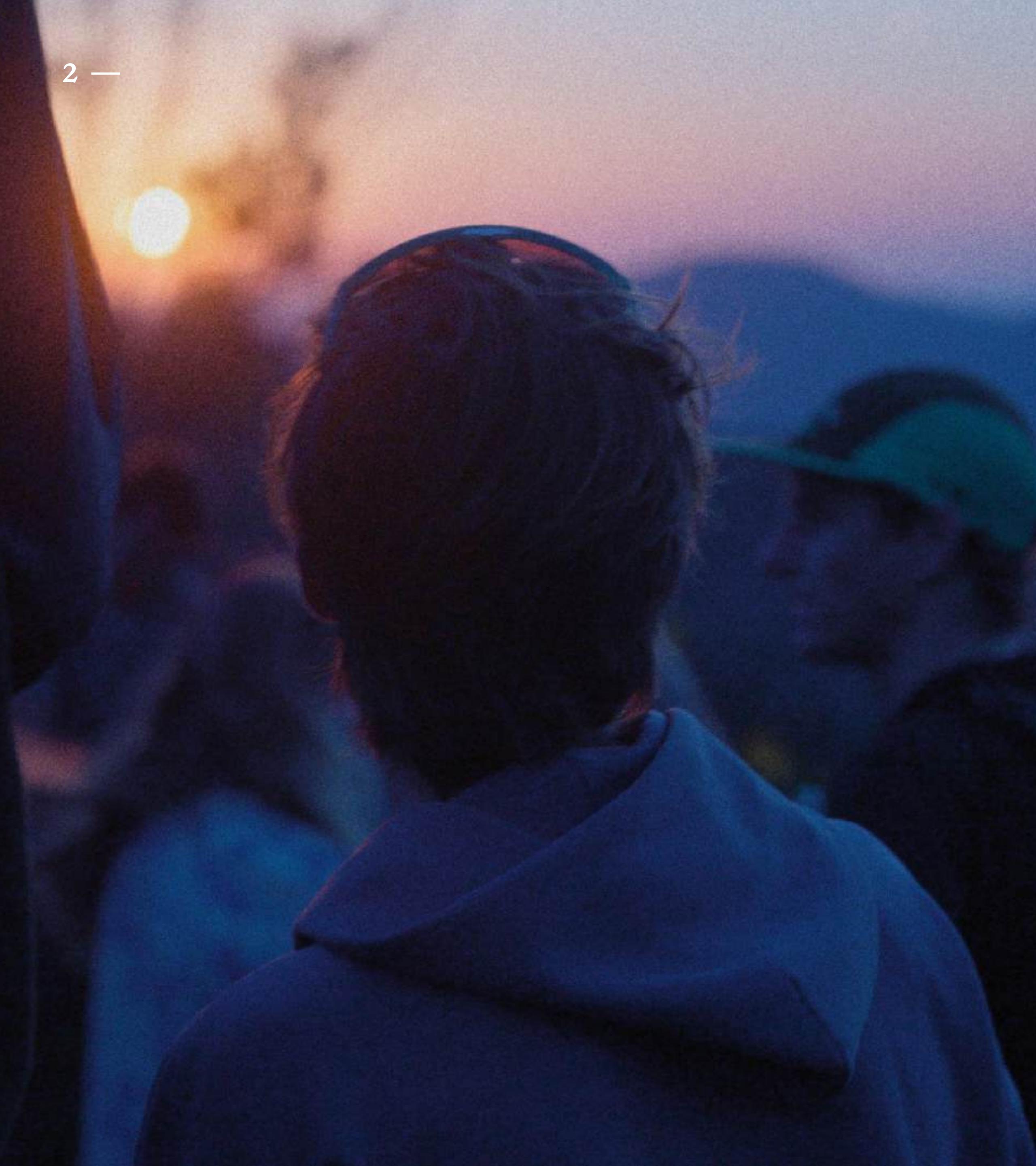
A Long Running Joke

— A Documentary about trail running and taking things seriously.

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Introduction

Mikey started trail running for fun. Six years later, he finds himself at the top of his sport, trying to maintain the simplicity of that initial joy amid growing pressure and an inclination toward seriousness.

We follow **Mikey Dimuantes**, Australia's leading ultra trail runner, as he competes at the highest level in his sport.

While the surface-level narrative tracks Mikey's quest to compete against the best in the world, the deeper story is an intimate exploration of his **evolving relationship with trail running** in amongst the complexity of trying to build and maintain a full and meaningful life.

What began simply as a joyful escape - a way to relieve stress and anxiety - has evolved into a intense passion that ironically brings with it feelings of pressure and stress as his success has grown.

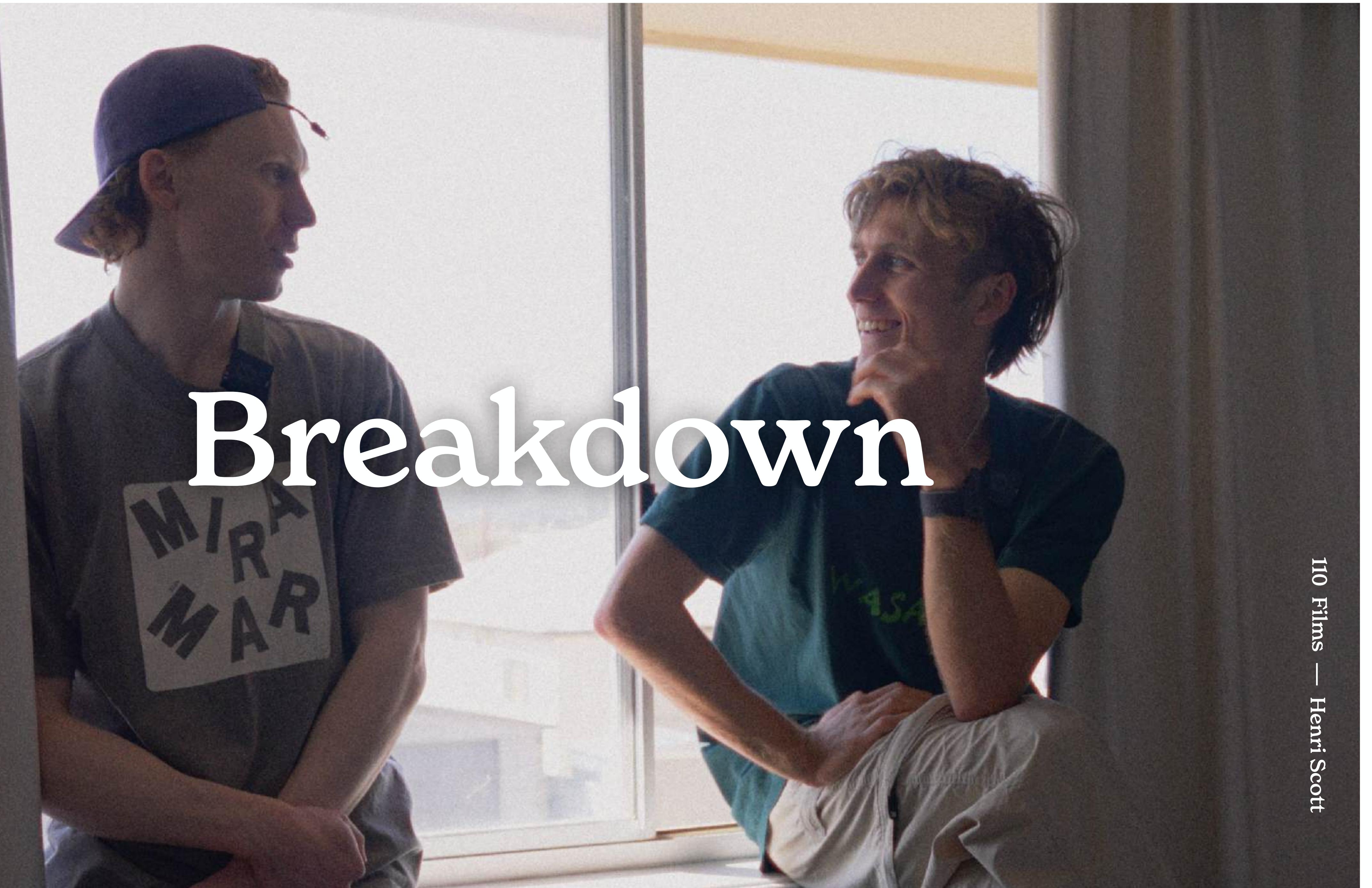
Our film provides an honest, personal, and conflicted look into the mind of an athlete - exploring the experience of becoming great at the thing that you love.

A Holistic Picture

Our film delves into the connection between mental and physical health, and how this bond evolves as athletes progress towards greatness.

In a discipline as **extreme and physically punishing** as trail running, it's easy for outsiders to assume that athletes must thrive on suffering, a perspective too often perpetuated by other media covering the sport.

For Mikey this couldn't be further from the truth. What drives him is a deep, unwavering passion for the sport itself, his pure love for running and competing, and the sense of freedom it brings.



Breakdown

Introspection

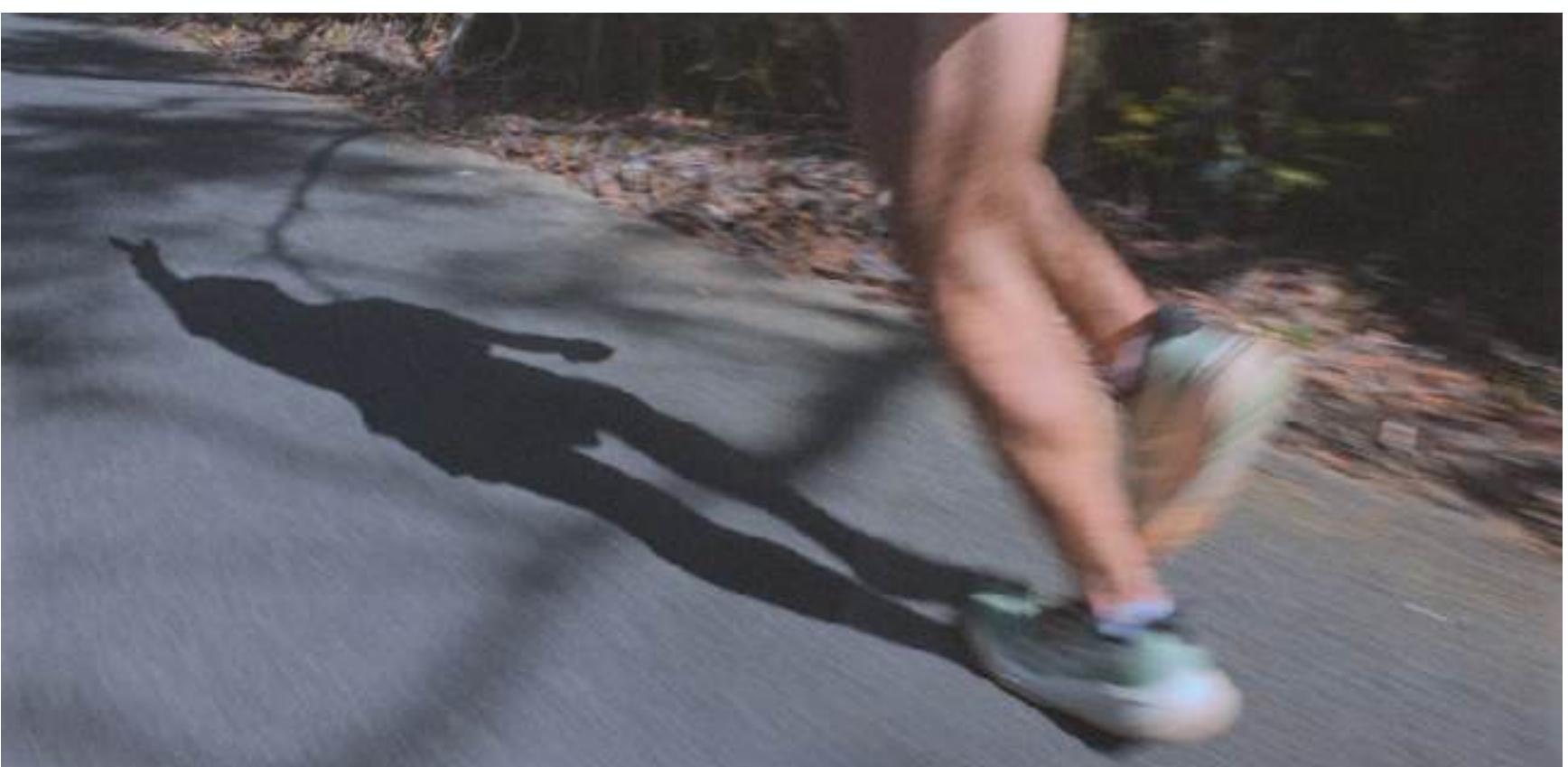
The documentary includes a series of **formal and candid interviews** that reveal different dimensions of Mikey's life — his home, relationships, and connection to his sport. Each interview delves into who Mikey is as a person, beyond his role as an athlete.

A key interview takes place during a night bush walk, where Mikey reflects on his relationship with nature and how it ties into the **experience of his sport**.

In his Canberra home, another interview is set in front of his electric organ, shedding light on the role that his **passion for music** and creativity plays in his life and ambitions.

Interviews with his childhood friend, Andy, and his wife, Zoe, reveal deeper insights into his Mikey and his **relationships**.





Training

Mikey's training is captured through a mix of **dramatised** and **observational** footage, showing him in his element. These scenes give the audience a glimpse into his rigorous preparation and dedication to the sport.

A key training session is set in the Blue Mountains, where Mikey trains **alongside his biggest competitor**, Michael Dunstan, as they prepare for the Hounslow Classic.

The training footage is fast-paced and **action-oriented**, showing the physical and mental toughness required to compete at such a high level, and building anticipation for the race to come.

Competition

The Hounslow Classic

The race sequence starts the **night before**, capturing Mikey's focused preparation with Charlie Hamilton. We see Mikey carefully organising his gear, eating a late-night bowl of pasta for energy, and cutting holes in his race shirts for airflow and weight reduction.

At dawn, he's up, **serious and ready**, driving to the race with a rising sense of tension. The atmosphere is electric as he enters the race village. He is a celebrity here - there is a **buzz that surrounds him**.

As the race begins, Mikey quickly takes the lead with Michael Dunston close behind. We follow Charlie through aid stations as Mikey navigates rugged trails, running up and down mountains and often disappearing into the bush for hours.

In the final stretch, Mikey emerges alone, crossing the finish line **victorious**, shattering the course record.



Look & Feel



Look and Feel

The documentary is **shot entirely on location**, blending carefully planned, cinematic moments with raw, unfiltered footage. Each scene is crafted to **immerse the audience** in Mikey's world, letting his personality come through naturally.

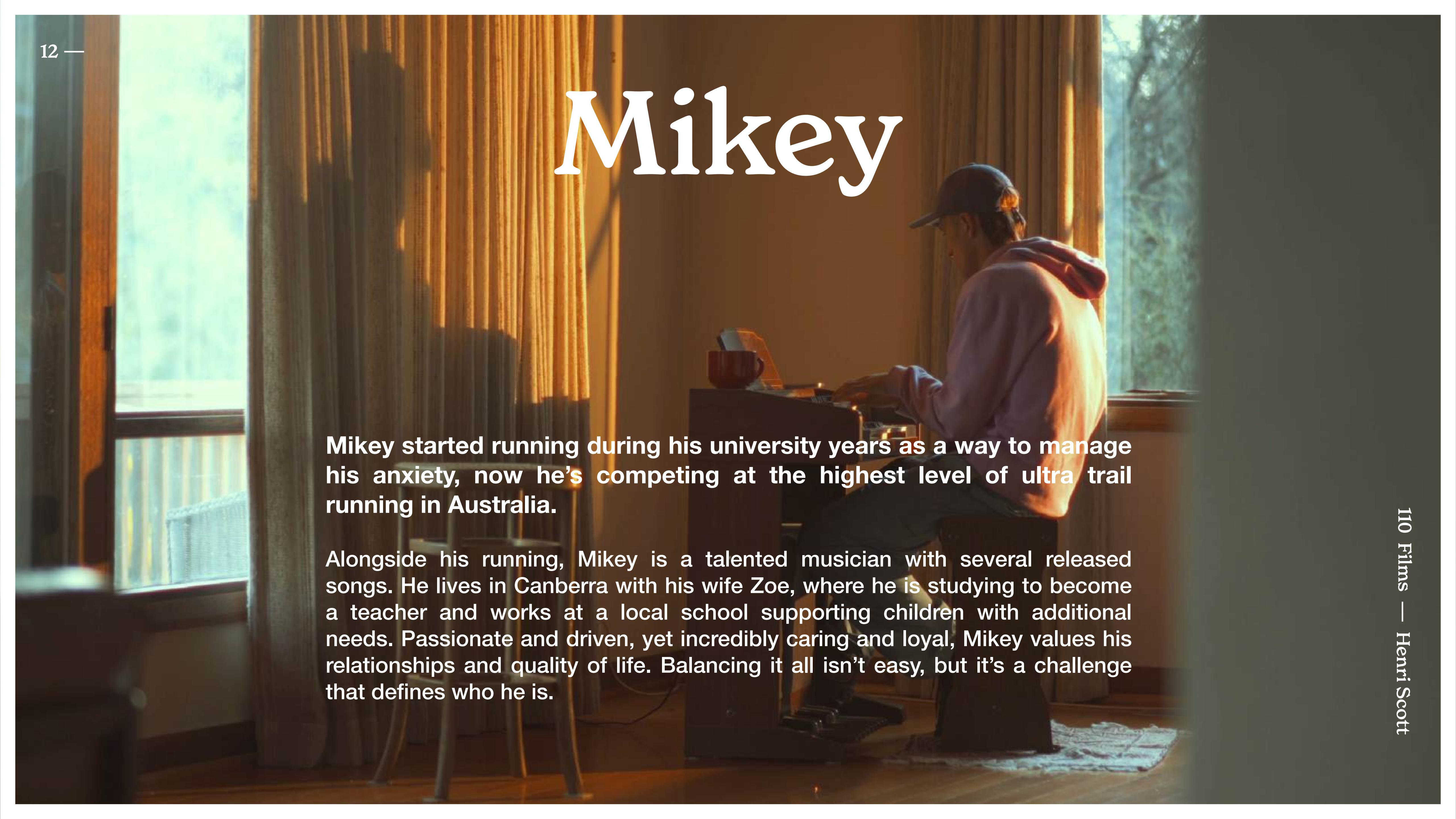
Soft lighting and filmic colours create an **intimate, emotional atmosphere**, drawing viewers into Mikey's internal struggles and triumphs. In the interview segments, long lenses create a voyeuristic feel, as if the viewer is spying on Mikey. Dark backgrounds help isolate him, mirroring the introspective nature of his journey, and making the audience feel as if they are **experiencing his thoughts** in real time.

The pacing is slow and **contemplative** in certain segments, allowing space for reflection as Mikey navigates his evolving relationship with running. The documentary also breaks the fourth wall, offering an introspective look into his awareness of being filmed.

In contrast, the training and race sequences provide a **raw, energetic** shift. Handheld cameras capture the intensity of these moments, heightening the sense of urgency and **high stakes**. Drone shots, and tracking shots from cars add dynamic touch. This serves as a **dynamic** counterbalance to the film's quieter, more reflective moments, creating a layered visual narrative.



Mikey

A photograph of a man with dark hair and a beard, wearing a cap and a light-colored hoodie, sitting at a keyboard and playing it. He is positioned in front of large windows that let in bright sunlight, casting long shadows across the room. The room appears to be a studio or a practice space, with a small table and some items visible in the background.

Mikey started running during his university years as a way to manage his anxiety, now he's competing at the highest level of ultra trail running in Australia.

Alongside his running, Mikey is a talented musician with several released songs. He lives in Canberra with his wife Zoe, where he is studying to become a teacher and works at a local school supporting children with additional needs. Passionate and driven, yet incredibly caring and loyal, Mikey values his relationships and quality of life. Balancing it all isn't easy, but it's a challenge that defines who he is.



Charlie

Charlie is one of Mikey's closest friends. He also happens to be one of the best trail runners in Australia and Mikey's training partner. Charlie and Mikey share a passion for trail running, and a desire to be competitive on the world stage.

Recovering from an injury and unable to race in the Hounslow Classic, Charlie serves as Mikey's race support, and our guide as the audience during the race.



Zoe

Zoe is Mikey's wife and best friend. They live together in Canberra, where Zoe works in government policy and leads a full and busy life. Together, Zoe and Mikey share a passion for the outdoors, word games and language, and travelling the world.

On camera, she challenges what Mikey says and helps him find clearer words for what he finds difficult to articulate.



Dunstan

Michael Dunstan is a new friend of Mikey's and shares similar competitive aspirations. Dunstan lives in the Blue Mountains where he trains, explores, records music and lives a peaceful slower paced lifestyle.

Having won the Hounslow classic last year, Dunstan is Mikey's #1 competitor entering the race. We see them training together, sharing stories and a love for their sport, and then racing it out in an intense and close battle.



Andy

Andy is one of Mikey's lifelong friends. They met in high-school and were housemates throughout university. Andy is loudly funny yet thoughtful, and despite not seeing each other as often as they would like, Andy remains an important friend to Mikey.

The two often find the time to write, call or visit to discuss important changes in their lives.

Location

Canberra, ACT

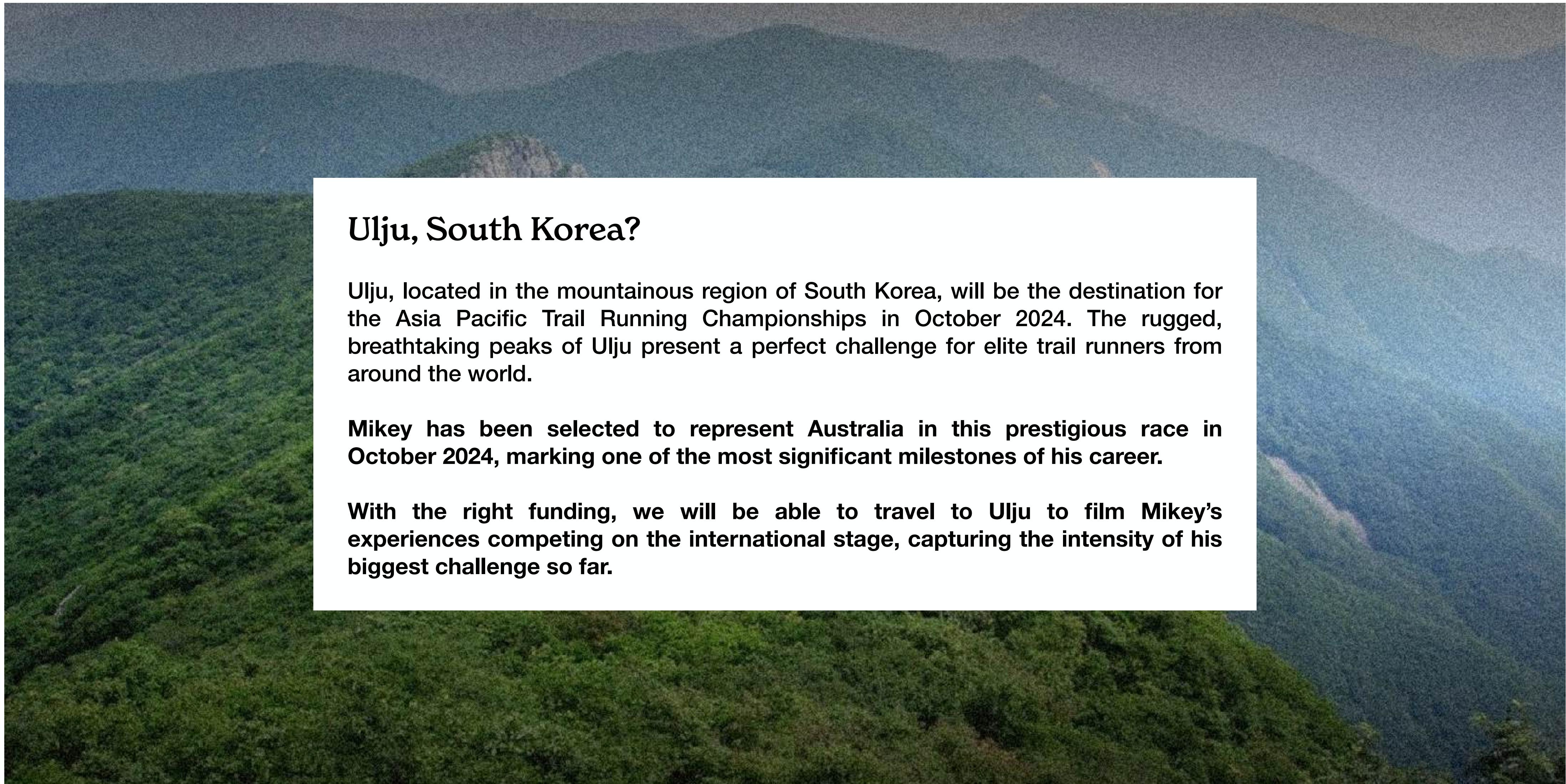
Canberra is Mikey's home. It is where he went to university, where he met many of his lifelong friends, and where he now lives with his wife, Zoe.

Canberra's nature reserves and distant granite mountains are where Mikey does most of his running and training. Together, Mikey and Charlie have formed a community of trail runners in Canberra.

Blue Mountains, NSW

The Blue Mountains are a uniquely beautiful area to the west of Sydney. The sandstone cliffs and thick forests below are home to an interconnected network of trails that host many of the country's most competitive and challenging trail races.

They serve as the location of the Hounslow Classic Trail Marathon. Here we see Mikey training alongside Dunstan, a local to the area, on a reccy ahead of the race. A few weeks later, he is back there competing.

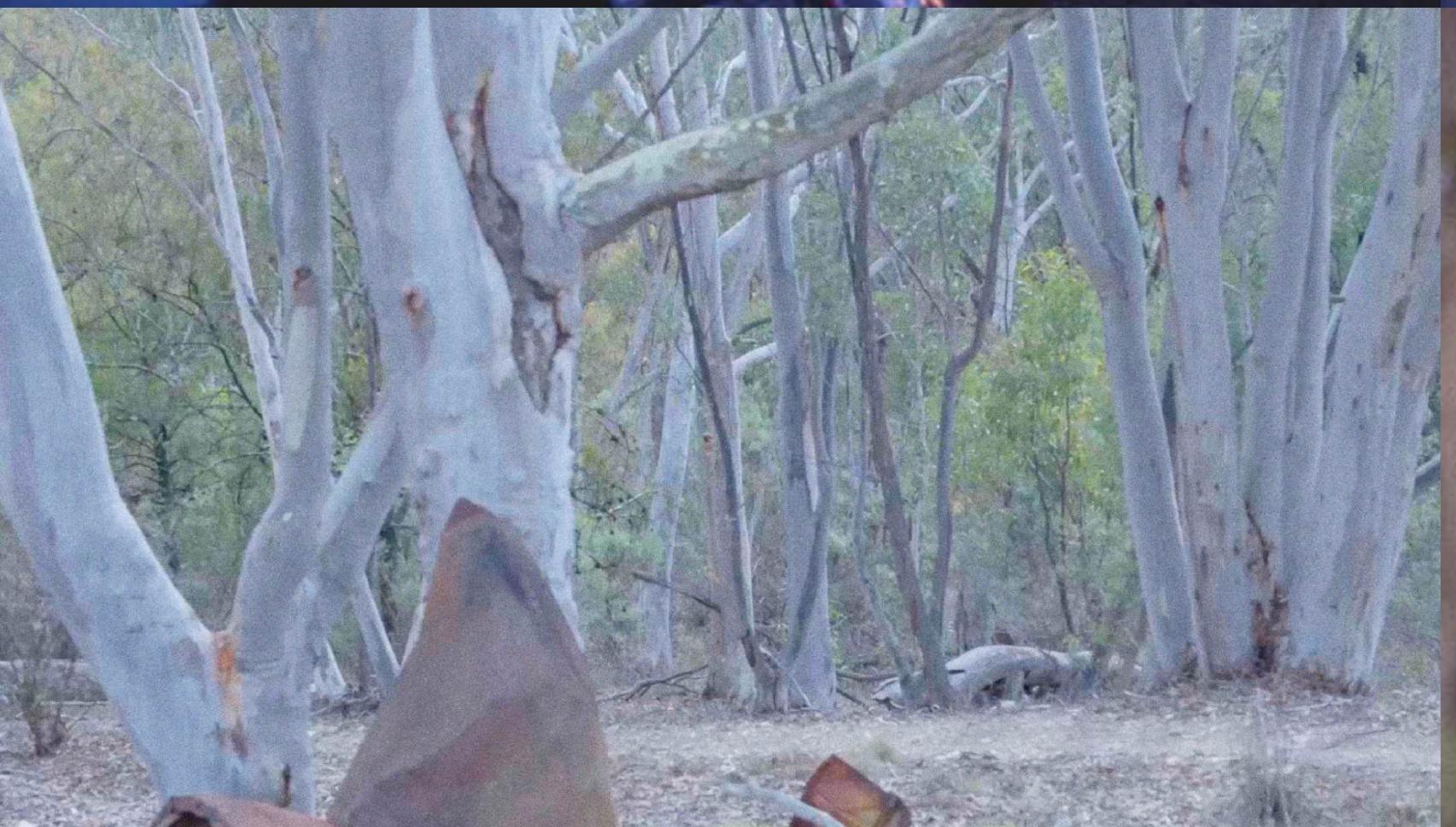
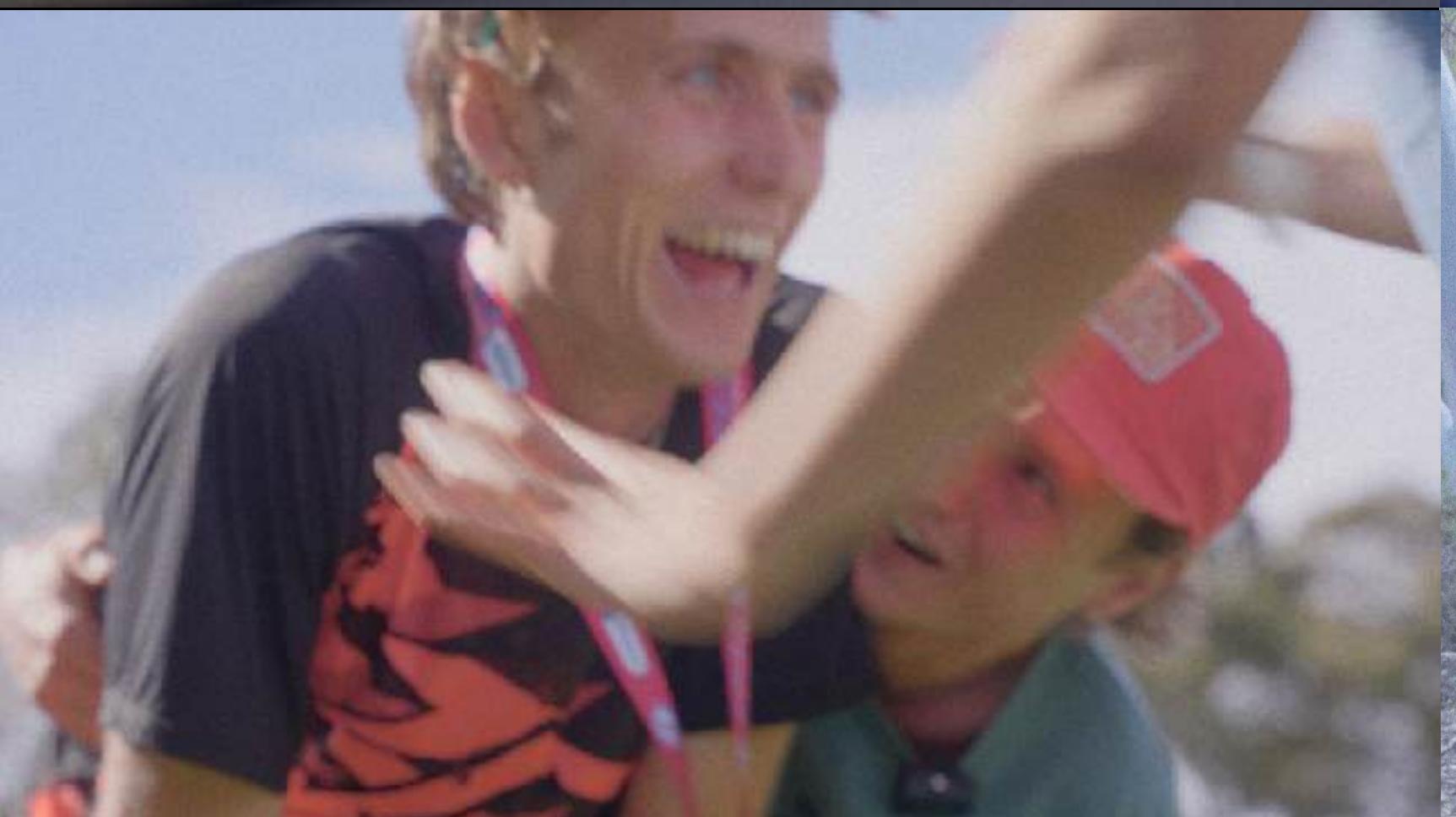


Ulju, South Korea?

Ulju, located in the mountainous region of South Korea, will be the destination for the Asia Pacific Trail Running Championships in October 2024. The rugged, breathtaking peaks of Ulju present a perfect challenge for elite trail runners from around the world.

Mikey has been selected to represent Australia in this prestigious race in October 2024, marking one of the most significant milestones of his career.

With the right funding, we will be able to travel to Ulju to film Mikey's experiences competing on the international stage, capturing the intensity of his biggest challenge so far.



The Edit

This will feel like...

Training and race segments will feature quick, sharp cuts to heighten the sense of intensity and urgency, drawing the audience into the fast-paced action.

In contrast, the interviews and fly-on-the-wall moments will be edited with a slower, more contemplative rhythm, allowing for pauses that give room for reflection.

This contrast between high-energy sequences and thoughtful, lingering edits will create a dynamic balance that mirrors Mikey's internal and external journeys. The edit will rely on a mix of L cuts and J cuts to create fluid transitions and maintain a cohesive flow throughout the documentary.



Music & Sound Design



Music

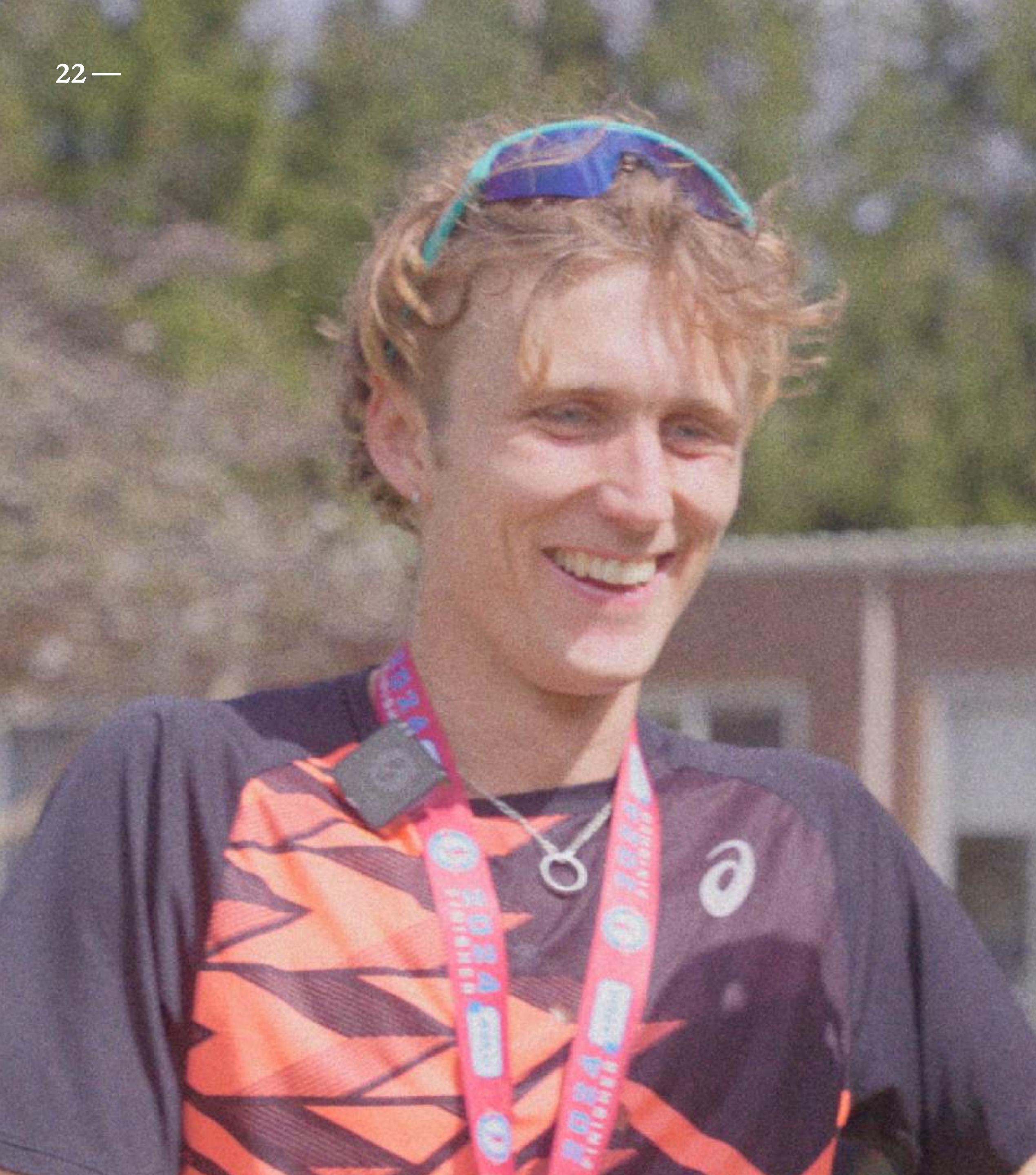
Mikey is a talented and published singer, songwriter and musician, having made music since he was a child. The film will feature Mikey's original compositions and recordings, blending his musical talent with his athletic journey. His music ranges from sparse, ethereal guitar and electric piano pieces to more energetic, driving electronic tracks that will complement the faster-paced scenes of the documentary.

Some of these recordings include vocal elements, but much of the music remains instrumental, providing a versatile backdrop. Mikey's performances will be used both diegetically and non-diegetically, allowing the songs he plays to seamlessly transition into the film's score.

Sound Design

Sound design will play a key role in enhancing the film's immersive experience, particularly during the high-energy race and training sequences. We'll utilise the unique sounds of trail running – cowbells, heavy breathing, cheering crowds, bird song, race MCs, and the rhythmic pounding of feet on gravel paths.

These sounds will help build atmosphere and tension, immersing the audience in Mikey's world. By integrating these natural sounds into the film's audio landscape, the viewer will feel the intensity and rawness of the sport, creating an engaging auditory layer that mirrors the physicality of ultra trail running.



Why This? Why Now?

Our documentary provides an intimate exploration of the physical and mental challenges faced by Mikey.

Rather than focusing solely on the pursuit of victory, the film explores Mikey's struggle to maintain balance as his passion for running shifts from joy to pressure.

This story offers a relatable and human approach, highlighting the universal themes of obsession, balance, and the search for meaning.

By focusing on Mikey as a person, the film provides a fresh perspective on his sport—shifting attention from competition to the people who live and breathe it. It's a story that transcends running, offering broader insights into balancing passion with life's demands.

With your support, we can elevate Mikey's platform, showcase trail running to new audiences, and create a film that inspires athletes and non-athletes alike.

About the Director

Henri Scott is a Sydney based Director and DoP working across both Scripted and Documentary filmmaking.

He has an interest in telling honest and personal stories about introspection and contradiction.

Henri is a long time friend of Mikey's. Having first met at university, they went on to live with each other in a Canberra share house during their formative years. This close relationship has given Henri access to an intimate and personal look at Mikey's life that would not otherwise be possible.

Coming from outside the sport of trail running, Henri is able to offer a unique and unbiased perspective - seeking to tell a story about the experience of becoming great at the thing that you love.

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Thank You