

Dynamic Running Short and Middle Distance Race, 28 June 2015

Congratulations to all the runners who ran either the 10km or the 5km race on this beautiful FNQ winter morning. A bit of rain overnight did not deter the runners as they set off along a wet path down Clifton Beach, and then out to Palm Cove and back. The event was only possible thanks to the volunteers who stepped in to help out. Larry Lawson, Lorraine Lawson, Peter Wallace, Louise Forbes, Marleen Kirkelly and Luke Rumler.

Many runners set PBs (personal bests) today, including the overall male winner Bryan O'Mahony who finished in a time of 37 minutes 54 seconds, compared to 40:12 on 1 February and 41:20 on 18 January at the first series event. Luke Currie, 3rd overall today, managed at very respectable 42:43 whereas he did it in 45:40 in February.

The first lady home today, Alena Scurrah (7th overall) completed the 10km in 45:31, versus 48:26 in February. Clare Zappala (2nd female, 9th overall) improved her time by over 5 minutes to finish in 49:16 compared to 54:14 and 56:05 for the 1st series.

There were many new-comers to the race today, and you are invited to the 3rd series in in November/December. The second race in the Short and Middle Distance series has been cancelled due to the fact that many of our runners are travelling down to Townsville for the Townsville Marathon Festival on 2 August.

The next event on the Dynamic Running event calendar is the 3 Marathons in 3 Days on 10-12 July 2015.

10km

Overall position	Name		Time	Age Category	Age Cat Finish
10km					
1	Bryan	O'Mahony	37:54	M 30-39	1
2	Mark	Hogan	42:22	M 30-39	2
3	Luke	Currie	42:43	M 18-29	1
4	David	Von Senden	43:03	M 50-59	1
5	John	Kilkelly	44:06	M 50-59	2
6	Derek	Mc Donagh	45:00	M 40-49	1
7	Alena	Scurrah	45:31	F 30-39	1
8	Jack	Swallow	49:02	M 18-29	2
9	Clare	Zappala	49:16	F 18-29	1
10	Kevin	Browning	49:20	M 40-49	2
11	Garry	Rumler	49:33	M 50-59	3

12	Shaun	Muddock	50:51	M 30-39	3
13	Louise	Myers	51:08	F 30-39	1
14	Ian	Campigli	51:16	M 50-59	4
15	Zoe	Gill	52:12	F 30-39	2
16	Maili	Forbes	52:44	F 18-30	2
17	Karen	Wilson	53:17	F 40-49	1
18	Edwina	Forbes	54:06	F 18-31	3
19	Carol	Breeze	54:21	F 40-49	2
20	Delys	Wilson	55:17	F 30-39	3
21	Claire	McGuire	55:18	F 40-49	3
22	Shaun	Blackmore	55:20	M 18-29	3
23	Steve	Comport	56:06	M 50-59	5
24	Heidi	Sweeting	59:01	F 40-49	4
25	Karla	Smith	1:00:39	F 40-49	5
26	Tennille	Farnsworth	1:00:39	F 30-39	4
27	Lyn	Haltiner	1:01:15	F 50-59	1
28	Jacquie	Jackson	1:01:35	F 50-59	2
29	Donna	Lupson	1:04:37	F 40-49	6
30	Sue	Rayner	1:05:37	F 40-49	7
31	Mark	Bolt	1:07:19	M 50-59	6
32	Zoe	Walpole	1:08:27	F 40-49	8
33	Lynton	Bowen	1:08:28	M 60-69	1
34	Megan	Macallister	1:13:20	F 40-49	9
35	Leith	Wallace	1:17:26	F 60-69	1
36	Olivia	Macri	1:23:22	F 30-39	5

5km

Overall position	Name		Time	Age Category	Age Cat Finish
1	Kerry	Pyke	25:11	M	1
2	Neil	Forbes	30:06	M	2
3	Emily	Wood	31:10	F	1
4	Amy	Escott	31:10	F	1
5	Rob	Breeze	32:29	M	3
6	Michelle	Sims	33:50	F	2
7	Dedrei	Brummer	36:13	F	3