

Dynamic Running Short and Middle Distance Race, Race 1 of 2, 8 November 2015

Well done to the 48 runners who turned up to compete in the first of two races to test your time over the Short or Middle Distances of 3km 5km or 10km. It was a hot one, but the runners persisted and enjoyed some fresh fruit and cold water at the finish. The event was only possible thanks to the volunteers who stepped in to help out. Larry Lawson, Lorraine Lawson, Heidi Sweeting, Anna Morgan, Marleen Kirkelly, Marjo Simpson and Scott Ratcliffe. Pete English sorted out the fruit at the finish line, and junior Kain Campbell stepped in too, after his 3km run to help out.

Congratulations to Steve Cunningham who won the 10km race in 39:56. The course record stands at 37:54 and was set by Bryan O'Mahony on 28 June 2015. Luke Curie came in second today in a time of 41:02, with Derek McDonah 3rd in 42.44.

Alena Scurrah broke her own 10km course record set at the previous race in June by 1 minute 15 seconds and finished in 44:16 today. Clare Zappala came in second in 46:06, followed by Maggie Nash in 49:18.

Thanks to those runners who came along to do the 3km and 5km. Peter English was first home in the 5km in a time of 22:40 and junior runner, Caitlin Bowe (18:01) came in first in the 3km.

There were many new-comers to the race today, and you are all invited to the 2nd race in this current series in on 6 December.

Results

10km

Overall position	Name	Time	Category	Category placing
1	Stephen Cunningham	0:39:56	M 60-69	1
2	Luke Curie	0:41:02	M 18-29	1
3	Derek McDonagh	0:42:44	M 30-39	1
4	Mark Hogan	0:44:08	M 30-39	2
5	Alena Scurrah	0:44:16	F 30-39	1
6	John O'Grady	0:46:06	M 50-59	1
7	Clare Zappala	0:46:09	F 18-29	1
8	Bruce Hansen	0:46:23	M 50-59	2
9	Michael Bozhoff	0:46:58	M 30-39	3
10	Maggie Nash	0:49:18	F 40-49	1
11	Matt Jarvis	0:49:28	M 40-49	1
12	Leah Davis	0:52:11	F 40-49	2
13	Ruth Bullen	0:52:35	F 50-59	1
14	Judy O'Donahoo	0:55:10	F 50-59	2
15	Garry Rumler	0:55:14	M 50-59	3
16	Baz Gadhvi	0:55:36	M 40-49	2
17	Chrissy Warman	0:56:10	F 40-49	3
18	Faith Atkins	0:56:45	F 50-59	3
19	Allan Waller	0:56:57	M 50-59	4
20	Steve Comport	0:58:23	M 50-59	5
21	Lizzy Gander	0:58:38	F 18-29	2
22	Sharon Waller	0:59:30	F 50-59	4

23	Shaun	Muddock	1:02:02	M 30-39	4
24	Zoe	Gill	1:02:15	F 30-39	2
25	Lucy	Neylan	1:04:47	F 18-29	3
26	Anita	Davidson	1:04:47	F 50-59	5
27	Jan	Jones	1:14:00	F 50-59	6
28	Kate	Zappala	1:14:59	F 18-29	4
29	Nadia	Mead	1:18:55	F 40-49	4
30	Olivia	Macri	1:29:19	F 30-39	3
DNF	Keith	Mole			

5k

Overall position	Name		Time
1	Peter	English	22:40
2	Megan	Ponder	30:20
3	Diane	Garrett	30:49
4	Jenny	Bozhoff	31:07
5	Chrissy	Ratcliffe	32:00
6	Filiz	Mortimer	32:21
7	Lisa	Golding	34:49
8	Josie	O'Shea	35:18
9	Rhonda	Zeylmans	35:52
10	Sioux	Campbell	46:47

3k

Overall position	Name		Time
1	Caitlin	Bowe	18:01
2	Craig	Bowe	18:02
3	Julie	Bowe	18:03
4	Adele	Wright	18:59
5	Jade	Thompson	22:35
6	Tracey	Thompson	22:36
7	Kain	Campbell	27:17