

Short and Middle Distance Series #3, Race 2 of 2, 6 December 2015

Congratulations to all the competitors who turned up for the final race in the series. Luke Currie took out the **overall series win** in a time of 1hr24min58sec, with Derek McDonagh 2nd (1:27:04) and John O'Grady 3rd (1:34:37). Ruth Bullen's hard work over the past month paid off and she improved her time by 47seconds today. Not many runners managed a quicker time today, as the course was slightly shorter last time, and there were a bit more traffic in Palm Cove due to the Monthly Markets today, slowing the runners down too.

Ruth was 6th overall in the series, and the first female in a time of 1hr44min23sec, followed by Judy O'Donahoo 2nd (1:52:17) and Faith Atkins 3rd (1:55:23).

Well done to our 10km winners today.

Male

1st Luke Currie 43:56
2nd Derek Mc Donagh 44:20
3rd John Kilkelly 47:55

Female

1st Anna Jowett 50:45 – visitor from Townsville
2nd Ruth Bullen 51:48
3rd Judy O'Donahoo 57:07

Congratulations also to those who took part in the 3km and 5km runs. There were some great times, including junior runners, Jackson Hallam, who won the 5km race in 20min17sec and Kiara Bennett, who won the 3km in 14min36sec.

A big thank you to our volunteers who made the event possible: Lorraine & Larry Lawson, Peter & Leith Wallace, Anna Morgan, Di Batty, Lyn Haltiner, Glenda Vigorelli and Rob Martin.

The next Dynamic Running event is the Monthly Monday Magic Mile on 21 December, followed by the next series event on 3 January 2016. Registrations for the Dynamic in a Dress (2-3 April 2016) and 3 Marathons in 3 Days races are also now open. Visit our website <http://dynamicrunning.com.au> for more details.

Series results:

Series finisher	Name	8-Nov	6-Dec	Overall time
1	Luke Currie	41:02	43:56	1:24:58
2	Derek McDonagh	42:44	44:20	1:27:04
3	John O'Grady	46:06	48:31	1:34:37
4	Michael Bozhoff	46:58	51:15	1:38:10
5	Matt Jarvis	49:28	49:05	1:38:33
6	Ruth Bullen (1st female)	52:35	51:48	1:44:23
7	Judy O'Donahoo (2nd female)	55:10	57:07	1:52:17
8	Baz Gadhvi	55:36	57:05	1:52:41
9	Allan Waller	56:57	56:41	1:53:38
10	Faith Atkins (3rd female)	56:45	58:38	1:55:23
11	Steve Comport	58:23	58:48	1:57:11
12	Chrissy Warman	56:10	1:01:15	1:57:25
13	Sharon Waller	59:30	59:04	1:58:34
14	Anita Davidson	1:04:47	1:10:12	2:14:59
15	Olivia Macri	1:29:19	1:28:09	2:57:28

Results for 6 December 2015

10km

Overall position	Name	Time	Age Category	Cat Finish
1	Luke Currie	43:56	M 18-29	1
2	Derek Mc Donagh	44:20	M 40-49	1
3	John Kilkelly	47:55	M 50-59	1
4	John O'Grady	48:31	M 50-59	2
5	Matt Jarvis	49:05	M 40-49	2
6	Anna Jowett	50:45	F 30-39	1
7	Michael Bozhoff	51:15	M 30-39	1
8	Ruth Bullen	51:48	F 50-59	1
9	Allan Waller	56:41	M 50-59	3
10	Baz Gadhvi	57:05	M 40-49	3
11	Judy O'Donahoo	57:07	F 50-59	2
12	Andrea O'Grady	57:20	F 50-59	3
13	Faith Atkins	58:38	F 50-59	4
14	Steve Comport	58:48	M 50-59	4
15	Sharon Waller	59:04	F 50-59	5
16	Chrissy Warman	1:01:15	F 40-49	1
17	Irene Williams	1:09:48	F 50-59	6
18	Anita Davidson	1:10:12	F 50-59	7
19	Dee Wells	1:17:41	F 50-59	8
20	Jo Gomizelj	1:18:39	F 40-49	2
21	Olivia Macri	1:28:09	F 30-39	2

5km

Overall position	Name	Time
1	Jackson Hallam	20:17
2	Peter English	22:33
3	Bradley Connors	23:59
4	Shane Brown	24:03
5	Abbie Stanbridge	27:13
6	Karen Wilson	28:00
7	Carol Breeze	28:01
8	Jenny Bozhoff	30:18
9	Diane Garrett	31:20
10	Josie O'Shea	34:55
11	Sioux Campbell	44:04

3km

Overall position	Name	Time
1	Kiara Bennett	14:36
2	Dontay Thompson	15:18
3	Leah Goode	16:01
4	Angela Featonby	16:02
5	Jade Thompson	17:18
6	Sharee Bennett	19:00
7	Brandon Goode	20:04
8	Akane Goode	20:05
9	Keagan Thompson	22:35
10	Tracey Thompson	22:58

11	Amanda Menforth	23:00
12	Marshall Thompson	33:12