

## Dynamic Running Short & Middle Distance Series #1, Race 1 of 2. 18 January 2015

Race director: Larry Lawson

Volunteers: Wendy Mackay, Anna Morgan, Rhonda Zeylmans, Leith Wallace, Peter Wallace, Ross Palmer. Congratulations to Peter who won the volunteer lucky draw prize, a double movie pass.

The hot weather did not deter the runners today and from all accounts everyone had a great run – except maybe for Sioux Campbell and Kevin Browning, who did an extra 2km after missing one of the turns.

It was great to see so many kids running along with their parents. What a wonderful way to spend time together and learn all about commitment.

Congratulations to Bryan O'Mahony who flew home, despite the weather, to beat brother Ronan (2<sup>nd</sup>) and Peter English (3<sup>rd</sup>). Lucinda was not far behind and came in 1<sup>st</sup> female, fourth overall. Leah Davis was second in the ladies, and Clare snuck back in on third with Sioux taking a wrong turn.

I think there are a few of us who will be back on 1 February to set the record straight and either try to beat our own time, or catch someone. You are welcome to join in for the next race, register online via the Dynamic Running website. The 3km and 5km events are free. And if you think you can beat Bryan and Lucinda's times, Bryan has donated a tub of Endura for the first male and female home for the second race, thanks to Trinity Beach Pharmacy.

Our next event is a come-and-try trail run at Smithfield Conservation Park on Sunday, 25 January, 6.30am.

10km race

Overall position	Name	Time	Age category	Age category position
1	Bryan O'Mahony	41:20	M 30-39	1
2	Ronan O'Mahony	44:42	M 30-39	2
3	Peter English	48:04	M 30-39	3
4	Lucinda Eveans	51:37	F 18-29	1
5	Leah Davis	54:47	F 40-49	1
6	Clare Zappala	56:05	F 18-29	1
7	Steve Comport	1:05:03	M 50-59	1
8	Darrelle Taylor	1:07:52	F 40-49	1
9	Lorraine Lawson	1:07:54	F 40-49	2
10	Megan Macallister	1:10:53	F 40-49	3
11	Lyn Haltiner	1:16:14	F 50-59	1
12	Olivia Macri	1:17:58	F 30-39	1

12km race

1	Kevin Browning	1:08:32	M 40-49	1
2	Sioux Campbell	1:08:40	F 50-59	1

### 5km fun run

Shaun	Muddock	0:26:27
Ruth	Bullen	0:26:32
Gerna	Thompson	0:26:41
Kristy	Berridge	0:29:21
Rhonda	Zeylmans	0:35:00
Craig	Overend	0:37:28
Louise	Orbons	0:37:28
Sandra	Buckley	0:39:21

### 3km fun run

Charlise	Rossini	0:21:55
Bella	Rossini	0:22:00
Roné	Thompson	0:22:01
Gisele	Rossini	0:22:02
Lelanie	Thompson	0:34:45
Anais	Taylor	0:34:48
Jemma	Taylor	0:35:45
Pieter	Taylor	0:35:46