

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

Race director: Larry Lawson

Volunteers: Anna Morgan, Peter Wallace, Pieter Taylor, Ross Goode, Zoe Gill, Jan Jones, Orla Oconnor. The volunteer prize has not been drawn yet, so we'll get that to you later this week.

Even hotter today compared to the first race in the series that was held on 18 January. Yet many competitors were able to improve their times. We were all hoping the rain from the day before would persist, but no such luck. Clear skies all round.

Forty seven runners set off for their 3km, 5km or 10km event at 7.00am. Only one wrong turn today, so we must be getting better at setting up the course – thanks to Larry Lawson and Peter Wallace. Eighteen runners qualified for the Series prizes by doing the same distance at both events. Well done to Bryan O'Mahony (1.21.32) and Lucinda Eveans (1.39.17, 3<sup>rd</sup> overall) who took out the 10k series for the males and females respectively. Lucinda went home with a tub of Endura and Bryan kindly donated his tub back to the club for our next race. Bryan donated the three tubs of Endura, so if you can get out to support Trinity Beach Pharmacy, please do and give them a big thank you from Dynamic Running. Shaun Muddock was the first male for the 5k series (52.04) and Gerna Thompson the first female (52.59). Full results, including the times and winners for the second race held today is given below.

The lucky draw tub of Endura went to visitor, Akane Goode – who was actually the person who turned around early on the 10km race and was given a 3 minute penalty!

We have a few things on over the coming two weeks, so please join in. On Saturday, 7 February we have a sign on day at Mt Sheridan Plaza. If you live 'down south', make sure you come along to say hello and pick up your membership bag. On Sunday, 8 February we have the Atherton Forest Trail come-and-try trail run – for those registered to do the race on 8 March. Then in the 13<sup>th</sup> of February we have our Afternoon Teal (tea & cake) fundraiser for Ovarian Cancer Australia. And later that night we have the first of our night runs – great fun if you have not done one of these yet.

Our next race is the 3-ways 5km trail race at Smithfield Conservation Park on Sunday, 15 February at 6.15am. Online registration only, so get your entry in today at <https://regonline.activeglobal.com/smithfield2015>

We also had a sign on and meet and greet at the run today. It's great to see so many new and returning runners who are keen to join in and have a go. You can sign up anytime and then you can come and run with us. Lots on, you'll find it hard to get bored this year!

Results:

### Short & Middle Distance Series #1

10km

Finish position	Name	Overall time	Time, 18 Jan	Time, 1 Feb
1	Bryan O'Mahony (1st male)	1.21.32	41:20	40:12
2	Ronan O'Mahony (2nd male)	1.28.28	44:42	43:46
3	Lucinda Eveans (1st female)	1.39.17	51:37	47:40
4	Leah Davis (2nd female)	1.47.07	54:47	52:20
5	Clare Zappala (3rd female)	1.50.19	56:05	54:14
6	Kevin Browning (3rd male)	2.01.33	1:08:32	53:01
7	Sioux Campbell	2.06.13	1:08:40	57:33
8	Lorraine Lawson	2.07.23	1:07:54	59:29
9	Darrelle Taylor	2.13.57	1:07:52	1:06:05
10	Steve Comport	2.19.43	1:05:03	1:04:40
11	Megan Macallister	2.20.29	1:10:53	1:09:36
12	Lyn Haltiner	2.30.37	1:16:14	1:14:23
13	Olivia Macri	2.40.07	1:17:58	1:22:09

## 5km

Finish position	Name	Overall time	Time, 18 Jan	Time, 1 Feb
1	Shaun Muddock (1st male)	52.04	26:27	25:37
2	Gerna Thompson (1st female)	52.59	26:41	26:18
3	Rhonda Zeylmans (2nd female)	1.10.57	35:00	35:57
4	Louise Orbons (3rd female)	1.13.18	37:28	35:50
5	Sandra Buckley	1.17.39	39:21	38:18

## Results for 1 February, Race 2 of 2

Finish position	Name	Time	Age category	Age Category position
<b>10k</b>				
1	Bryan O'Mahony (Series winner)	40:12	M 30-39	1
2	Ronan O'Mahony	43:46	M 30-39	2
3	Luke Currie	45:40	M 18-29	1
4	Craig Overend	46:32	M 50-59	1
5	Lucinda Eveans (Series winner)	47:40	F 18-29	1
6	Alena Scurrah	48:26	F 30-39	1
7	Leah Davis	52:20	F 40-49	1
8	Kevin Browning	53:01	M 40-49	1
9	Ruth Bullen	54:13	F 50-59	1
10	Clare Zappala	54:14	F 18-29	2
11	Akane Goode	57.00	F 40-49	2
12	Sioux Campbell	57:33	F 50-59	2
13	Deborah Drummond	58:01	F 50-59	3
14	Lorraine Lawson	59:29	F 40-49	3
15	Noelle Halpin	1:02:52	F 30-39	2
16	Steve Comport	1:04:40	M 50-59	2
17	Darrelle Taylor	1:06:05	F 40-49	4
18	Megan Ponder	1:07:13	F 18-29	3
19	Colleen Harisson	1:07:31	F 50-59	4
20	Megan Macallister	1:09:36	F 40-49	5
21	Lyn Haltiner	1:14:23	F 50-59	5
22	Nadia Mead	1:17:43	F 40-49	6
23	Olivia Macri	1:22:09	F 30-39	3
<b>5k</b>				
Finish position	Name	Time	Age category	Age Category position
1	Roger Sprague	24:13	M 40-49	1
2	Kate Stoter	24:49	F 30-39	1
3	Shaun Muddock (Series winner)	25:37	M 30-39	1
4	Gerna Thompson (Series winner)	26:18	F 40-49	1
5	Ruche Brummer	26:19	M 30-39	2
6	Bradley Connors	27:09	M 12-15	1
7	Baz Gadhvi	27:13	M 40-49	2
8	Wayne Harisson	29:55	M 50-59	1
9	Mel Sprague	30:40	F 40-49	2
10	Marjo Simpson	30:51	F 50-59	1
11	Sophie McManus	31:47	F 12-15	1
12	Jennifer McManus	31:49	F 40-49	3
13	Danielle Zwart	31:50	F 40-49	4
14	Louise Orbons	35:50	F 40-49	5
15	Rhonda Zeylmans	35:57	F 50-59	2
16	Sandra Buckley	38:18	F 60-69	1
17	Leith Wallace	41:11	F 60-69	2

3k					
Finish position	Name		Time	Age category	Age Category position
1	Don	Elmer	12:49	M 50-59	1
2	Conor	Puri	17:04	M U12	1
3	Claire	McGuire	17:42	F 40-49	1
4	Aoife	Puri	17:51	F 12-15	1
5	Lynton	Bowen	21:13	M 60-69	1
6	Brandon	Goode	21:46	M U12	2
7	Leah	Goode	22:16	F U12	1

Yellow highlights indicate competitors who qualified for the series.

