

## **Bentley Park Race, 20 March 2016**

**Race directors:** John & Marleen Kilkelly

Building on the 'Gordonvale Race' that was held in Bentley Park this time last year, the 'Bentley Park Foot Race' started in Edmonton this year, with the course covering some of the footpaths used last year, but runners were introduced to a few more footpaths in today's race. The event was well received with 42 entries and 37 competitors in the three distances on offer, with some running more and others less.

On a fine Sunday morning with a clear sky the leafy shady footpaths in Bentley Park provided some welcome relief from the sun, this improved the racing conditions on this hilly course. The first male in the 16km distance, Derek McDonagh missed some course markings and took an early turn and as a result missed 280 meters of the race, Derek was penalised 5:00 minutes for this error. Derek's time was a great effort on this twisting hilly course, and one to beat next year.

The first female (second overall) in the 16km distance, Akane Goode finished in a fantastic time of 1:23:28 just 24 seconds ahead of third place Larry Lawson.

Kristy Berridge and three others missed the turn off at the bridge and as a result had to back track to complete the 16km distance. Fantastic effort ladies. Great to see Nadia Mead, Megan Macallister and Marjo Simpson stopping on the bridge to enjoy the view to the gully below. Olivia Macri and Katie Smith get a special mention for an inspirational effort and completing the 16km distance.

DNS: Alena Scurrah was to "bustard" to start. David von Senden and Tom Brading ended up as volunteers after a tough race on Saturday night, but a few of the ladies did make it today after the race last night, including Sasha Levrier and Jane Hutchinson.

Thanks to Sharon Waller for traveling from Milla Milla to be part of the event. She is used to running hills in Milla, but still felt it today. She brought seven other runners with her, including her daughter who finished with her, Freya pushing the buggy with one of Sharon's grand-daughters (first in the Fun Run in a time of 38:17), Craig Gifford and two other grand-daughters Ashleigh and Elizabeth, and Garry Craven! Thanks for being part of this event.

Garry Craven (also from Milla) missed the 9.5km turn off back to the finish line and started to repeat the second 5km loop. Garry asked for directions at the roundabout I was marshal for, I sent him to the top of the hill 6km water station/turnaround, It was not until he returned and explained he had already been there! This was when I realised he was on his second lap! I quickly gave him directions back to the finish. As a result Garry created a new event distance of 12km and received his 1<sup>st</sup> place ribbon.

Noelle Halpin first in the 10km distance in an impressive time of 58:54, this was almost 8 minutes ahead of the second pace Debbie Humphries 1:06:48, closely followed by Kendall Daly 1:06:54

Well done to Om Beacom-Halliday and Helen McAllister from Charter Towers and Shaun Muddock, Larry Lawson, Lorraine Lawson and Lyn Haltiner from Cairns for joining in the race as part of their training for ultra-races coming up over the next few months.

A host of today's runners came along to complete the course as part of their Dynamic in a Dress training. We'll meet up again on 3 April, but this time it will be flat!

The wonderful volunteers supported the competitors before, during and after the event. Thanks again without your help we cannot run these events. Marshals on the course: John Kilkelly, Trevor Beck, David von Senden, Tom Brading; Timekeeping, finish tokens & recording: Leanne Palermo, Joanna Kilkelly, Marleen Kilkelly; Course set up/pull down: John Kilkelly, Larry Lawson, Trevor Beck (including pick up/drop off of keys), David von Senden, Tom Brading, Lorraine Lawson,. Results processions: Lorraine Lawson.

Thanks to all the competitors not mentioned above without you there is no event.

A special thank you to Isabella State School for the use of their school of grounds and toilets.

A special thanks also to Larry Lawson for spending a hot Saturday morning painting little pink feet for the runners to follow. And most of all Lorraine Lawson who does so much work behind the scene to put these events on for us to enjoy.

### Results for the Bentley Park Foot Race, 20 March 2016

#### 16km

Overall	Name	Time	Category	Category finish
1	Derek Mc Donagh	1:21:49*	Male 16km	1
2	Akane Goode	1:23:28	F 40-49	1
3	Larry Lawson	1:23:52	Male 16km	2
4	Tegahn Maitland	1:27:52	F 18-29	1
5	Shaun Muddock	1:29:15	Male 16km	3
6	Masako Rogers	1:30:55	F 40-49	2
7	Sam Nunes	1:36:11	F 30-39	1
8	Alana Pranskunas	1:36:25	F 30-39	2
9	Tehgan Behne-Ross	1:37:19	F 30-39	3
10	Kristy Berridge	1:37:34	F 30-39	4
11	Chrissy Warman	1:39:00	F 40-49	3
12	Sarina Piercy	1:41:32	F 50-59	1
13	Debbie Gifford	1:43:02	F 30-39	5
14	Sharon Waller	1:43:02	F 50-59	2
15	Nikki Paul	1:44:10	F 30-39	6
16	Lyn Haltiner	1:49:06	F 50-59	3
17	Sasha Levrier	1:50:50	F 30-39	7
18	Jane Hutchinson	1:52:19	F 30-39	8
19	Lorraine Lawson	1:59:33	F 40-49	4
20	Megan Macallister	2:17:42	F 40-49	5
21	Marjo Simpson	2:17:43	F 50-59	4
22	Nadia Mead	2:17:43	F 40-49	6
23	Om Beacom-Halliday	2:28:57	Male 16km	4
24	Helen McAllister	2:28:57	F 18-29	2
25	Katie Smith	2:41:41	F 30-39	9
26	Olivia Macri	2:41:42	F 40-50	7

\* 5 minute penalty added for taking a wrong turn and missing out on 280m of the course.

#### 12km

Overall	Name	Time	Category finish
1	Garry Craven	1:13:59	1

#### 10km

Overall	Name	Time	Category finish
1	Noelle Halpin	58:54	1
2	Debbie Humphries	1:06:48	2
3	Kendall Daly	1:06:54	3
4	Dee Wells	1:07:55	4
5	Josie O'Shea	1:12:47	5

#### Fun Run

Name	Time
Freya Riordan	38:17
Craig Gifford	49:10
Elizabeth Gifford	49:10
Ashleigh Gifford	49:10