

Short and Middle Distance Series #3, Race 1 of 2, 20 November 2016

10km Clifton Beach Race records:

Male series record holder: Bryan O'Mahony 1:21:12 for 2 races held on 24 January & 7 February 2016

Male individual 10km record holder: Bryan O'Mahony 37:30 on 28 August 2016

Female series record holder: Lucinda Eveans 1.39.17 for 2 races held on 18 January & 1 February 2015

Female individual 10km record holder: Alena Scurrah 45:31 on 28 June 2015

Race report for 20 November 2016

Congratulations to the runners who joined in the race today. Well done to those who achieved PBs, such as Megan Ponder, who improved her time over this course by 9 minutes and 32 seconds to finish in 54.35. Catherine Collier knocked 3 minutes 36 seconds off her previous course time and finished in 54:54. Like, Catherine, the other new club member going from strength to strength is Matt Coxon, who also improved by over 3 minutes from 51:32 to 48.22.

Jonathan Camilleri in a time of 37 minutes 38 seconds came close to the current course record (37.30) set by Brian O'Mahony on 28 August 2016. Well done! Anthony Ralph came in second in a very respectable 39.52, after his big win at the Great Barrier Reef Marathon Festival 74km Ultra a couple of weeks ago. Derek Mc Donagh was the third male home (this is one race where he does know the way) in 42.41.

The ladies did well too, with Tanya Knauer finishing first (7th overall) in 48.51, followed closely by Michelle Farkas (49.01) and Ruth Bullen (52.09).

Due to small entry numbers, we don't do ribbons or category placings for the 3km or 5km, but Shaun O'Donahoo was very pleased with himself regardless, coming in first in his age category! A big thank you to Shaun for the race photos, which we used after the event to double check the stopwatch times – small glitch, but all good once the times were downloaded.

Thank you to the volunteers that made today's race possible:

Finish line: Heidi Sweeting and Lorraine Lawson.
Water stop at the Palm Cove Jetty: Peter Wallace
Set up and marshalling: Larry and Leith Wallace
Catering: Karen
Photographs: Shaun O'Donahoo
Shopping: Lorraine Lawson
Result processing: Lorraine

Thank you to **Studio Pilates** for providing 5 **gift vouchers** for today's race. Thank you also to FNQ Podiatry & Orthotics for providing discount flyers to all the runners and volunteers. One lucky draw winner got a Bluetooth speaker and there was also a couple of sets of movie tickets, one went to volunteer Heidi Sweeting. Enjoy.

The next and final race in the series is on 18 December. You are invited to join us for our Christmas Party that is being held after the race. And it's time to enter the Dynamic in a Dress (2 April) and 3 Marathons in 3 Days (7-9 July). There are three distances at each event: 21.1km, 10km, 5km, or 3 Marathons in 3 Days, Marathon or Half Marathon respectively. And bring the kids for the 'Glow in the Dark' Fun Run/Walk with an 'April Fools' them on 1 April.

Results for 20 November 2016, Short and Middle Distance Series, Race 1 of 2.

10km race

| Overall finish position | Gender finish | Name | Time | Category finish | Category |
|-------------------------|---------------|--------------------|---------|-----------------|----------|
| 1 | 1 | Jonathan Camilleri | 37.38 | 1 | M 30-39 |
| 2 | 2 | Anthony Ralph | 39.52 | 1 | M 40-49 |
| 3 | 3 | Derek Mc Donagh | 42.41 | 2 | M 40-49 |
| 4 | 4 | Andrew Potter | 44.07 | 3 | M 40-49 |
| 5 | 5 | Sean McManus | 46.35 | 4 | M 40-49 |
| 6 | 6 | Matthew Coxon | 48.22 | 2 | M 30-39 |
| 7 | 1 | Tanya Knauer | 48.51 | 1 | F 40-49 |
| 8 | 7 | Rob Johnstone | 48.57 | 5 | M 40-49 |
| 9 | 2 | Michelle Farkas | 49.01 | 2 | F 40-49 |
| 10 | 8 | Dave Cuming | 51.00 | 1 | M 50-59 |
| 11 | 9 | Todd Stein | 51.50 | 2 | M 50-59 |
| 12 | 3 | Ruth Bullen | 52.09 | 1 | F 50-59 |
| 13 | 4 | Stevie Johnston | 52.15 | 2 | F 50-59 |
| 14 | 5 | Megan Ponder | 54.35 | 1 | F 18-29 |
| 15 | 10 | Baz Gadhvi | 54.45 | 6 | M 40-49 |
| 16 | 6 | Catherine Coller | 54.54 | 3 | F 50-59 |
| 17 | 7 | Diane Batty | 55.46 | 4 | F 50-59 |
| 18 | 11 | Shaun Muddock | 56.52 | 3 | M 30-39 |
| 19 | 8 | Lyn Haltiner | 57.29 | 5 | F 50-59 |
| 20 | 9 | Jennifer McManus | 57.36 | 3 | F 40-49 |
| 21 | 10 | Judy O'Donahoo | 57.54 | 1 | F 60-69 |
| 22 | 11 | Karen Wilson | 58.28 | 4 | F 40-49 |
| 23 | 12 | Carol Breeze | 58.29 | 5 | F 40-49 |
| 24 | 13 | Faith Atkins | 58.32 | 6 | F 50-59 |
| 25 | 14 | Jodi Sariman | 59.16 | 6 | F 40-49 |
| 26 | 15 | Hedy Verhulst | 1.00.54 | 7 | F 40-49 |
| 27 | 16 | Leah Waller | 1.00.55 | 8 | F 40-49 |
| 28 | 17 | Kristy Berridge | 1.02.04 | 1 | F 30-39 |
| 29 | 18 | Sara Cottew | 1.02.30 | 2 | F 30-39 |
| 30 | 19 | Filiz Tansley | 1.03.29 | 3 | F 30-39 |
| 31 | 20 | Irene Williams | 1.04.33 | 7 | F 50-59 |
| 32 | 21 | Rozita Hiatt | 1.04.57 | 8 | F 50-59 |
| 33 | 22 | Anita Davidson | 1.07.13 | 9 | F 50-59 |
| 34 | 23 | Diane Garrett | 1.08.14 | 10 | F 50-59 |
| 35 | 24 | Cherrie Knox | 1.10.49 | 9 | F 40-49 |
| 36 | 25 | Josie O'Shea | 1.12.48 | 11 | F 50-59 |

5km

| Overall finish position | Name | Time |
|-------------------------|--------------------|-------|
| 1 | Stuart Plested | 22.14 |
| 2 | Bianca Kelly | 27.48 |
| 3 | Samuel Stein | 29.23 |
| 4 | Sally Johnston | 29.45 |
| 5 | Chantelle Davidson | 30.04 |
| 6 | Shaun ODonahoo | 30.51 |

3km

| Overall finish position | Name | Time |
|-------------------------|----------------|-------|
| 1 | Amy Hiatt | 20.29 |
| 2 | Ethan O'Neill | 20.43 |
| 3 | Callum O'Neill | 20.43 |
| 4 | Gemma O'Neill | 20.44 |