

## **Dynamic in a Dress Running Festival, 11-12 April 2015**

### **Race report by Lorraine Lawson**

The inaugural Dynamic in a Dress Running Festival was very well received with 115 competitors and participants in the four events on offer. It was great fun to dress up and to see so many families with young kids and even the odd dog. There were also a few teams who come along to support the Family Fun Run/Walk on Saturday afternoon with the more serious runners opting for the 5km race. The \$300 collected in entry fees from the Fun Run/Walk is being donated to the Ronald McDonald Family Retreat in Palm Cove. The other charity being supported is the Marylyn Mayo Lodge, and that donation amount is yet to be calculated.

On Sunday morning the cloudy day and shady footpaths in Redlynch provided ideal racing conditions, with the first female in the half marathon, Alina Bell from Mooroolbool (2<sup>nd</sup> overall) finishing in 1 hour 41 minutes and 29 seconds. Rob Martin was home first overall in a time of 1:34:23. The roses, bead bracelets and lovely medals at the finish line made for a great reward for the training leading up to the event.

Thirty wonderful volunteers supported the competitors before, during and after the events this weekend. Thank you for your time, and we'll do a lucky draw prize at the Celebratory Dinner on Wednesday night (venue to be confirmed).

Volunteer List: Anneke Hoornweg & Lee Mitchell, Bec Ahola, Carolyn and Peter Rutter, Colleen Harisson, Darrelle & Pieter Taylor, Garry Clifton, Glen Barker, Glenda Vigorelli & Rob Martin, Garry, Jaryd & Luke Rumler, birthday boy Larry Lawson & Lorraine Lawson, Leith & Peter Wallace, Marcelle Kersenboom, Marjo Simpson, Mark Bolt, Megan Macallister, Nadia Mead, Olivia Macri, Peter English, Ruth Bullen, Sara Hurren, Sharon Waller, Shaun Muddock, Steve Comport and Louise Forbes.

A special thank you to St Andrews Catholic College and Cairns Regional Council for the use of the school grounds and toilets. The following people also made a great contribution towards the event: Larry Lawson for setting and measuring the courses. Garry Rumler from Start Wholesalers for the cups and race bags, Rob Martin from Think Office Technology for our photocopy needs, Marcelle 'Cuddles the Clown' Kersenboom for the face painting at the Family Fun Run/Walk & the tutus; and Sara Hurren for the great bead bracelet-making workshop.

Congratulations to Faith Atkins who won the Thala Beach Nature Reserve gift voucher and she'll soon be off with a friend to enjoy the one night's accommodation in a Eucalypt Bungalow including tropical breakfast in Ospreys Restaurant, guided onsite nature tours and outdoor stargazing at the onsite observatory.

There were also other lucky winners who walked off with one of ten \$20 gift vouchers from Rebel Sport, \$5.00 vouchers from McDonalds and a \$50 Sequins & Sand Resort Wear voucher donated by Anita McLoughlan. All participants received a complimentary hot or cold beverage from Zarraffa's Coffee Cairns Showgrounds and all participants in the Family Fun Run/Walk received a water bottle.

Full results and photographs are on the Dynamic Running website and facebook page. For those keen to come back next year, remember the 12-week training program and group training are included in your race fee. The date for the event in 2016 is 1-3 April.

Join us for our next event – the Paws on the Path – on 26 April at 8.00am at the Fun Ship on the northern end of the Esplanade. And yes, you can run with or without a dog and all proceeds are goes to YAPS!

**Overall Female Winners, 21.1km:**1<sup>st</sup> (2<sup>nd</sup> overall) Alina Bell, 1:41:292<sup>nd</sup> (3<sup>rd</sup> overall) Lesley Walker, 1:43:103<sup>rd</sup> (5<sup>th</sup> overall) Alena Scurrah, 1:44:43**Overall Male Winners, 21.1km:**1<sup>st</sup> Rob Martin, 1:34:232<sup>nd</sup> (4<sup>th</sup> overall) Derek McDonagh, 1:44:293<sup>rd</sup> (6<sup>th</sup> overall) Larry Lawson, 1:47:02**Overall Female Winners, 10km:**1<sup>st</sup> Rachael Thompson, 49:182<sup>nd</sup> Kylie Brand, 50:163<sup>rd</sup> Faith Atkins & Meagan Cross 52:20**Overall Male Winners, 10km:**1<sup>st</sup> (9<sup>th</sup> overall) John Edwards, 59:482<sup>nd</sup> (18<sup>th</sup> overall) Lynton Bowen, 1:07:46**Overall Female Winners, 5km:**1<sup>st</sup> Kylie Brand, 24:152<sup>nd</sup> Simone Kay, 24:493<sup>rd</sup> Kerry Bell, 28:05**Overall Male Winners, 5km:**1<sup>st</sup> (2<sup>nd</sup> overall) Dylan Lazzaroni, 24:16, 59:482<sup>nd</sup> (7<sup>th</sup> overall) Shaun Muddock, 29:523<sup>rd</sup> (11<sup>th</sup> overall) James Gray, 32:00**Full results:**

Dynamic in a Dress 10km Race, 12 April 2015				
Overall	Name	Time	Age Category	Category place
1	Martin, Rob	1:34:23	M 40-49	1
2	Bell, Alina	1:41:29	F 30-39	1
3	Walker, Lesley	1:43:10	F 30-39	2
4	McDonagh, Derek	1:44:29	M 40-49	2
5	Scurrah, Alena	1:44:43	F 30-39	3
6	Lawson, Larry	1:47:02	M 50-59	1
7	Burrowes, Stephen	1:51:27	M 40-49	3

8	Anderton, Jordan	1:56:34	F 18-29	1
9	Davis, Leah	1:56:38	F 40-49	1
10	Zappala, Clare	2:00:19	F 18-29	2
11	Rumler, Garry	2:01:14	M 50-59	2
12	Zappala, Angela	2:03:48	F 18-29	3
13	Dean, Sharon	2:03:57	F 18-29	4
14	Koch, Christa	2:06:45	F 40-49	2
15	Myers, Louise	2:07:34	F 30-39	4
16	Jacob, Janette	2:08:09	F 50-59	1
17	Sweeting, Heidi	2:11:30	F 40-49	3
18	Warman, Chrissy	2:14:05	F 40-49	4
19	Halpin, Noelle	2:14:46	F 30-39	5
20	Lawson, Lorraine	2:16:12	F 40-49	5
21	Barter, Juanita	2:16:26	F 40-49	6
22	Behne-Ross, Tehgan	2:17:00	F 18-29	5
23	Brayshaw, Louise	2:17:28	F 40-49	7
24	Harper, Fiona	2:18:55	F 50-59	2
25	Barker, Natasha	2:22:07	F 40-49	8
26	Mackay, Wendy	2:22:38	F 40-49	9
27	Waller, Sharon	2:22:38	F 50-59	3
28	Hoppe, Sue	2:23:46	F 40-49	10
29	Hurren, Sara	2:23:47	F 40-49	11
30	Pelling, Deborah	2:23:47	F 50-59	4
31	English, Peter	2:26:06	M 30-39	1
32	Comport, Steve	2:26:07	M 50-59	3
33	Sinclair, Kathy	2:27:57	F 50-59	5
34	Lupson, Donna	2:28:05	F 40-49	12
35	Haltiner, Lyn	2:32:31	F 50-59	6
36	Harisson, Colleen	2:32:37	F 50-59	7
37	Taylor, Darrelle	2:32:40	F 40-49	13
38	Griffiths, Kellie	2:40:26	F 30-39	6
39	Mead, Nadia	2:50:14	F 40-49	14
40	Zeylmans, Rhonda	2:50:14	F 50-59	8
41	Jones, Jan	2:55:11	F 50-59	9
42	Wallace, Leith	2:58:20	F 60-69	1
43	Macallister, Megan	3:04:54	F 40-49	15
44	OLDAKER, CHANELLE	3:06:57	F 40-49	16

<b>Dynamic in a Dress 10km Race, 12 April 2015</b>				
<b>Overall</b>	<b>Name</b>	<b>Time</b>	<b>Age Category</b>	<b>Category place</b>
1	Thompson, Rachael	49:18	F 40-49	1
2	Brand, Kylie	50:16	F 30-39	1
3	Atkins, Faith	52:20	F 50-59	1
4	Cross, Meagan	52:20	F 40-49	2

5	Motsholapheko, Mase	54:00	F 30-39	2
6	Reimann, Karen	55:30	F 40-49	3
7	Wilson, Delys	57:50	F 30-39	3
8	Pobjoy, Thea	58:28	F 40-49	4
9	Edwards, John	59:48	M 40-49	1
10	Mcmanus, Jennifer	59:49	F 40-49	5
11	Colman, Rebekah	1:00:12	F 40-49	6
12	Miller, Christy	1:01:22	F 30-39	4
13	Hipgrave, Kerry	1:02:15	F 40-49	7
14	Davidson, Anita	1:02:23	F 50-59	2
15	Zwart, Danielle	1:06:02	F 40-49	8
16	Edwards, Piper	1:06:38	12-15	1
17	Walpole, Zoe	1:06:55	F 40-49	9
18	bowen, lynton	1:07:46	M 60-69	1
19	Gomizelj, Jo	1:10:10	F 40-49	10
20	Kersenboom, Marcelle	1:14:09	F 50-59	3

#### Dynamic in a Dress 5km Race, 11 April 2015

Overall position	Name	Time	Age Group	Category Place
1	Brand, Kylie	24:15	F 30-39	1
2	Lazzaroni, Dylan	24:16	M 18-29	1
3	Kay, Simone	24:49	F 40-49	2
4	O'Grady, Andrea	25:44	F 50-59	1
5	Bell, Kerry	28:05	F 30-39	2
6	Hoey, Nicola	28:11	F 40-49	1
7	Muddock, Shaun	29:52	M 30-39	1
8	Abraham, Zazzee	30:34	F 18-29	1
9	Strong, Emma	31:41	F 18-29	2
10	Gray, Robyn	31:59	F 40-49	3
11	Gray, James	32:00	M 18-29	2
12	Dupuis, Michael	34:59	M 18-29	3
13	Vigorelli, Glenda	35:00	F 40-49	4
14	Kamper, Natasha	38:25	F 18-29	3
15	Abraham, Stasia	45:41	F 50-59	2
16	Rangi, Lyn	45:42	F 60-69	1

#### Dynamic in a Dress Family Fun Run/Walk participants, 11 April 2015

Name	Team
Abraham, Stasia	slow and steady
Abraham, Zazzee	slow and steady

Alvey, Heather	Encore Fitness - The FITCamp Gals
Baker, Donna	Encore Fitness - The FITCamp Gals
Cameron , Tim	Encore Fitness - The FITCamp Gals
Cosgrove, Marian	Curves
Goode, Akane	
Goode, Brandon	Fierce Cheetahs
Goode, Leah	Fierce Cheetahs
Goodwin, Nicky	Fierce Cheetahs
Goodwin, Sophie	
Graham, Jarrah	
Graham, Liam	
Heornweg, Josh	
Heornweg, Sophea	
Hook, Miki	
Hoppe, Sue	
Jarrett, Eloise	Encore Fitness - The FITCamp Gals
Johnston, Glenda	Curves
Leek, Luke	Encore Fitness - The FITCamp Gals
McIntyre, Samantha	Curves
Mears, Alex	
Mears, Charlotte	
Mears, Jason	
Percy, Deanna	Curves
Rangi, Lyn	slow and steady
Ratcliffe, Chrissy	Encore Fitness - The FITCamp Gals
Rizzetto , Monica	Curves
Rumler, Jaryd	
Rumler, Luke	
Sellwood, Juanita	
SMITH, ADELE	Curves
Tippet, Kristy	
Todd, Sam	
Tyler, Anais	
Tyler, Darelle	
Tyler, Jemma	
Wales, Allan	