

Course Records:

Male: 4:38, Phil Bradshaw, 20 April 2015

Female: 6:01 Clare Zappala, 20 April 2015

Junior female: 5:53, Sena Nakajima, 19 October 2015

Junior male: 5.55, Luke Rumler, 21 September 2015

15th Monthly Monday Magic Mile, 16 November 2015

Slow times tonight. Big weekend anyone, or was it the headwind? Well done to Nadia Mead who walked off with the trophy for the females tonight!

1	Luke Currie	5 : 58	PB remains at 5.27
2	Sena Nakajima	6 : 20	PB remains at 5.53
3	Shinya Nakajima	6 : 20	PB remains at 8.35
4	Bradley Connors	6 : 38	PB remains at 6.08
5	John Kilkelly	6 : 40	PB remains at 5.53
6	Baz Gadhvi	7 : 13	PB remains at 6.26
7	Brett O'Brien	7 : 39	PB remains at 6.58
8	Nadia Mead	8 : 06	PB remains at 7.26
9	Dee Wells	9 : 02	New PB!
10	Marcelle Kersenboom	10 : 10	PB remains at 9.22

14th Monthly Monday Magic Mile, 19 October 2015

Well done to the Mile Runners tonight. More PBs! A special congratulations to junior Sena Nakajima who has improved again on the course record for the junior female, but she is also faster than the adult females and currently holds the fastest time over the course for the females! Well done to dad, Shinya who paces Sena at each run and continues to push her that little harder!

Luke also improved his time this week by another second. Good job.

Louise was taking it a 'little' easy after her long run yesterday, but still takes home the female trophy for this month.

Position	Name	Time	
1	Luke Currie	5.27	New PB!
2	Sena Nakajima	5.53	New PB! New female course record.
3	Shinya Nakajima	5.54	PB remains at 5.35
4	Louise Myers	6.25	PB remains at 6.23
5	Steve Betesta	7.33	PB remains on 7.26
6	Jim Cavill	7.59	PB remains at 7.18
7	Sina Steffens	8.52	Newcomer!

13th Monthly Monday Magic Mile, 21 September 2015

Thanks to Larry Lawson and David von Senden who helped out at the race this month. Well done to Luke Rumler who set a new course record for the Junior Boys – with Bradley Connors coming in as

the second junior and improving his time from last month. Sena also had a great race with a new PB this month. In fact, most of the runners have improved their times, well done!

Finish position	Name	Time	
1	Luke Currie	5.28	New PB! First male
2	Luke Rumler	5.55	New PB! New course record for the boys
3	Bradley Connors	6.08	New PB!
4	Sena Nakajima	6.12	New PB! First junior girl
5	Shinya Nakajima	6.13	PB remains at 5.35
6	Louise Myers	6.23	New PB! First female
7	Baz Gadhvi	6.26	New PB!
8	Fletcher Jowitt	6.45	Newcomer!
9	Jaryd Rumler	7.34	New PB!
10	Steve Betesta	7.39	PB remains on 7.26
11	Gary Rumler	7.40	PB remains at 6.12
12	Kelsie Jowitt	7.48	Newcomer!
13	Marcelle Kersenboom	9.48	PB remains at 9.22
	Todd Hartley	DNF	Newcomer!

12th Monthly Monday Magic Mile, 17 August 2015

Well done to all our competitors who came along to celebrate our 1 year anniversary of the Monthly Monday Magic Mile! Gary and Luke Rumler helped out with the timekeeping. David too out the trophy for the men (finally we got a new one!), and Louise Myers and Bradley Connor retained their trophy from the previous month's win. All three our winners set new PBs tonight, with Bradley improving his time by 10 seconds and setting a new course record for the junior boys in a time of 6.10. Well done!

Finish position	Name	Time	
1	David von Senden (1 st Male)	6:06	New PB!
2	Bradley Connors (1 st Junior Male)	6:10 Course Record	New PB!
3	Baz Gadhvi	6:34	New PB!
4	Larry Lawson	6:36	PB remains at 6.23
5	Louise Myers (1 st Female)	6:37	New PB!
6	Brett O'Brien	7:25	PB remains at 6.58
7	Dee Wells	9:08	New PB!
8	Janet London	9:38	Newcomer!
9	Linda Adams	11:33	Newcomer!
10	Natasha Kamper	11:39	Newcomer!
11	Lorraine Lawson	11:39	PB remains at 7.49, Sweep

11th Monthly Monday Magic Mile, 20 July 2015

Finish position	Name	Time	
1	Luke Currie	5:35	Newcomer
2	Bradley Connors	6:20	PB remains at 6.15
3	Baz Gadhvi	6:38	New PB!
4	Louise Myers	6:40	New PB!
5	Aoife Puri	6:53	New PB!

6	David Welch	7:32	Newcomer
7	Steve Betesta	7:44	PB remains on 7.26
8	Lorraine Lawson	7:53	PB remains at 7.49
9	Marcelle Kersenboom	9:24	PB remains at 9.22
10	Jaryd Rumler	9:32	PB remains at 8.05
11	Dee Wells	9:43	Newcomer!
12	Gary Rumler	9:44	Sweep. PB remains at 6.12

10th Monthly Monday Magic Mile, 15 June 2015

Thanks everyone for coming along for a great run along the Esplanade. Well done to the three new winners of the trophies for this month! Junior runner, Bradley was only 2 seconds off the record. Hope you can make it again next month.

1	John	Kilkelly	6.00	PB remains at 5.53
2	David	von Senden	6.07	Newcomer
3	Bradley	Connors	6.15	New PB!
4	Baz	Gadhvi	6.59	PB remains at 6.50
5	Brett	O'Brien	7.13	PB remains at 6.58
6	Steve	Betesta	7.44	PB remains on 7.26
7	Lorraine	Lawson	7.49	New PB!
8	Marcelle	Kersenboom	9.22	New PB!
9	Gary	Rumler	9.23	Sweep. PB remains at 6.12

Volunteers: Louise Myers, Larry Lawson, Gary Rumler

9th Monthly Monday Magic Mile, 18 May 2015

1. Jarrod Ausburn 5:28 (PB remains at 5.13)
2. John Kilkelly 5:53 (New PB)
3. Claire Zappala 6:17 (PB remains at 6.01)
4. Dom Wood 6:25 (New PB)
5. Larry Lawson 6:30 (PB remains at 6.23)
6. Brett O'Brien 7:28 (PB remains at 6.58)
7. Steve Betesta 7:40 (PB remains at 7.26)
8. Jim Cavill 8:10 (PB remains at 7.18)
9. Kim Holmes 8:57 (New PB)

Volunteers: Garry Rumler, Wendy Mackay, Steve Bestesta,
Well done to everyone! Champion efforts!!!

8th Monthly Monday Magic Mile, 20 April 2015

Thanks to Cairns Regional Council who have supplied us with permission to run the Mile on the Esplanade! No stopping for the Emergency Helicopter this month, and two course records broken tonight with Phil Bradshaw coming in at 4:38 and Clare Zappala in 6:01. Welcome to the new-comers and special mention goes to little Evan Bradshaw finishing the race with cheers all round.

Only Lorraine Lawson helping out at the finish tonight, so it was a bit hectic until Peter Bradshaw stepped in after his race to help hand out tokens – thanks! Thanks also to Steve Betesta who did the start and Luke Rumler picking up the sweep job for the evening.

Position	Name	Time	
1	Phil Bradshaw	4:38	New course record, 1st Male
2	Jarrold Ausburn	5:22	PB remains on 5.13
3	Shinya Nakajima	5:42	PB remains at 5.35
5	Clare Zappala	6:01	New PB, New course record, 1st Female
6	Peter Bradshaw	6:07	First Timer
7	Garry Rumler	6:12	New PB!
8	Bradley Connors	6:33	First Timer, 1st Boy
9	Shaun Muddock	6:47	PB remains on 6:37
10	Craig Williams	6:49	First Timer
11	Larry Lawson	6:50	PB remains at 6.23
12	Bharat Gadhvi	6:50	First Timer
13	Dom Wood	6:53	First Timer
14	Louise Myers	6:54	PB equalled at 6.54
15	Brett O'Brien	6:58	New PB!
16	John Kilkelly	7:05	PB remains at 6.02
17	Sena Nakajima	7:21	PB remains at 7.10, 1st Girl
18	steve betesta	7:33	PB remains on 7.26
19	jim cavill	7:58	PB remains at 7.18
20	Kate Zappala	9:32	PB remains at 9.29
21	Luke Rumler	9:35	Sweep (PB 6.13)
22	Evan Bradshaw	11:19	First Timer
23	Lorna Bradshaw	11:25	First Timer

7th Monthly Monday Magic Mile, 16 February 2015

No course records were broken today, but we had 9 first timers and 8 personal bests tonight, including Gary Rumler, who improved his time by 21 seconds.

Thank you to our helpers Leith Wallace, Colleen Harisson, Peter Wallace and Kim Holmes. Wendy reluctantly handed her trophy over to Clare Zappala. And poor Jarrod had to go home empty handed for a second month in a row as I forgot to chase down the male trophy. It was good to see a couple of kids at the race too, and it's worth coming just to try and beat them. Aoife was able to hold on to the girls' trophy again this month, but new comer Sena was only ONE second behind her. Great race!

Finish position	Name	Time	
1	Jarod Ausburn	5:26	PB remains on 5.13, 1st Male
2	Shinya Nakajima	5:35	First Timer
3	Peter English	6:14	New PB!
4	Derek McDonagh	6:22	First Timer
5	Clare Zappala	6:24	First Timer; 1st Female
6	Gary Rumler	6:40	New PB!
7	Louise Myers	6:54	First Timer
8	Leah Davis	6:56	First Timer
9	Aoife Puri	7:09	New PB! 1st girl
10	Sena Nakajima	7:10	First Timer, Junior
11	Brett O'Brien	7:13	PB remains on 7:03
12	Wendy Mackay	7:17	New PB!
13	Chrissy Warman	7:18	New PB!
14	Conor Puri	7:45	New PB! 1st boy
15	Steve Betesta	8:04	PB remains on 7.26
16	Wayne Harrison	7:35	New PB!
17	Claire McGuire	7:56	First Timer
18	Lorraine Lawson	8:38	New PB!
19	Jim Cavill	9:02	PB remains at 7.18
20	Kate Zappala	9:42	First Timer
21	Marcelle Kersenboom	9:49	PB remains at 9.29
22	Kim Holmes	9:50	First Timer
23	Shaun Muddock	9:51	Late starter; PB remains on 6:37

6th Monthly Monday Magic Mile, 19 January 2015

Thanks you to our helpers Leith Wallace, Jan Jones, Peter Wallace, Larry Lawson and Lorraine Lawson. And thanks to Nadia Mead who brought a bunch of bananas for everyone to share! It's great to have our course record holder, Jarrod Ausburn back - he won the race in 5 minutes 33 seconds, but not to take anything away from Brett O'Brien (2nd) who is going from strength to strength each month and set a new PB at 7.03. Well done, Wendy Mackay, our first lady home. Copious photographs and Wendy assures us that she will be flaunting her trophy at work tomorrow.

Today's winners:



Finish position	First Name	Surname	Time	
1	Jarrod	Ausburn	5:33	PB remains at 5.13
2	Brett	O'Brien	7:03	New PB!
3	Garry	Rumler	7:23	PB remains on 7.01
4	Wendy	Mackay	7:23	New PB!
5	Delys	Wilson	7:44	New PB!
6	Chrissy	Warman	7:47	First Timer
7	Steve	Betesta	7:54	PB remains on 7.26
8	Noelle	Halpin	7:59	PB remains at 7.59
9	Nadia	Mead	8:31	New PB!
10	Rhonda	Zeylmans	9:40	First Timer
11	Marcelle	Kersenboom	10:03	PB remains at 9.29
12	Shaun	Muddock	10:03	Sweep; PB remains at 6.37

5th Monthly Monday Magic Mile, 15 December 2014

Thank you to our helpers Mandy Canfield on timekeeping, Colleen Harisson on recording, Lorraine Lawson on tokens and Debra Lawson as our sweep. Head wind made it a tough run for the competitors again tonight, but it was great to have a few new people join us. Well done, David Valkhoff on coming in first, you'll have to come back to give Jarrod Ausburn a run for his money next month and we'll flip the race direction so you can run WITH the wind. Welcome along to all the new runners and we hope to see you all back for next month's mile. Well done, Debra Lawson on improving your time by 52 seconds!

5th Magic Mile results

Position	Time	First Name	Surname	Stats	
1	5:38	David	Valkhoff	New	1st male home
2	6:12	John	Kilkelly	PB remains at 6.02	
3	6:23	Luke	Rumler	PB remains on 6.13	1st junior male home
4	6:31	Kady	Canfield	PB remains on 6.07	1st junior female home
5	6:35	Simon	Tucker	New	
6	6:58	Will	Tucker	New	
7	6:59	Anna	Tucker	New	
8	7:23	Garry	Rumler	PB remains on 7.01	
9	7:55	Brett	O'Brien	PB remains on 7.14	
10	7:59	Noelle	Halpin	New	1st female home
11	8:08	Wayne	Harisson	PB remains on 7.37	
12	8:10	Steve	Betesta	PB remains on 7.26	
13	8:53	Christina	Callaghan	New	
14	8:56	Delys	Wilson	PB remains on 7.54	
15	8:58	Danielle	Zwart	PB!	
16	9:48	Jess	Callaghan	New	
17	10:00	Marcelle	Kersenboom	PB remains at 9.29	
18	11:44	Debra	Lawson	PB! Sweep	

4th Monthly Monday Magic Mile, 17/11/2014



Jarrod handing over the male winner trophy to Matt Betsta, the winner of the 4th Monthly Monday Magic Mile.

Thanks to Kady Canfield, Steve Betesta and Lorraine Lawson for helping out at the Magic Mile tonight.

Times were slower for most runners, with a headwind heading north up the Esplanade tonight. Well done to Matt Betesta, visitor and speedster who managed to beat our course record holder, Jarrod Ausburn. And Matt got his hands on the trophy, although he had to hand it back as he is heading home to New Zealand this week. Mandy Canfield was one of only two runners who managed to improve her PB (Lynda Etherington being the other), well done #1 lady for the night.

It was great to see so many runners return to have another go at the mile this month. And a few newbies too. See you all again in December.

Position	Time	Name	Stats
1	5:27	Matt Betesta- first male home	New
2	5:34	Jarrod Ausburn	PB remains at 5.13
3	6:31	John Kilkelly	PB remains at 6.02
4	6:45	Larry Lawson	PB remains at 6.23
5	7:32	Brett O'Brien	PB remains at 7.14
6	7.43	Peter English	PB remains at 6.33
7	8:06	Jim Cavill	PB remains at 7.18
8	8:14	Mandy Canfield - first female home	PB
9	8:35	Michale Etherington	PB remains at 8.08
10	8:51	Megan Macallister	PB remains at 8.22
11	9:07	Lynda Etherington	PB
12	9:07	Danielle Zwart	New
13	9:16	Mark Bolt	PB remains at 8.40
14	10:51	Marcelle Kersenboom	PB remains at 9.29
15	10:59	Kylie Szatkowski	New
16	12:36	Debra Lawson	New
Sweep	n/a	Steve Betsta	

3rd Monthly Monday Magic Mile, 20/10/2014

Thanks to Nicolette Lum, Orlagh Oconnor and Lorraine Lawson for helping out at the Magic Mile tonight. And for the Puri kids for picking up all the dropped tokens!

PBs set across the board tonight for all runners who competed on a previous occasion! Jarrod Ausburn took out the male trophy for the third time, in 5.21. Luke Rumler (third overall) was first home for the junior males in a time of 6.13, followed five seconds later by the first female, Alena Scurrah. Aoife Puri was the first junior female in 7.28. Special mention also goes to new club member, John Kilkelly, who came in second and beginner runner Lisa Castanelli, who ran the whole way. Good job everyone!

Position	Time	Name
1	5.21	Jarrod Ausburn, 1st Male, course record
2	6.02	John Kilkelly
3	6.13	Luke Rumler, 1st Junior male
4	6.18	Alena Scurrah, 1st Female, course record
5	6.37	Shaun Muddock
6	6.44	Larry Lawson
7	7.01	Garry Rumler
8	7.14	Brett O'Brien
9	7.23	Steve Comport
10	7.26	Steve Betesta
11	7.28	Aoife Puri, 1st Junior female
12	7.50	Conor Puri
13	8.05	Jaryd Rumler
14	8.20	Delys Wilson
15	8.22	Megan Macallister
16	9.29	Marcelle Kersenboom
17	9.37	Lyn Haltiner
18	9.37	Adele Sweeting
19	9.37	Heidi Sweeting
20	12.10	Lisa Castanelli

2nd Monthly Monday Magic Mile, 15/9/2014

Check your time as our timekeeper pressed the wrong button at the start. If you have your time, email it through to me and I'll update the results. And if I didn't forget the scanner, recording after the race would have been a bit smoother too. Sorry! Thanks to our helpers tonight – Rob Martin, Peter English, Marnie Carisson, Bec Ahola and Wendy Mackay.

Trophies were awarded to Jarrod Ausburn – 1st male; Colleen Harrison – 1st female; Luke Rumler – 1st junior male and Aoife Puri – 1st junior female. You'll have to come back for the **next race on 20 October**, as the trophies need to come back to be handed over to the next winner. Jarrod, Luke and Aoife were the winners last month as well, so enjoy your trophies. Colleen edged out Juanita Sellwood who was not around to defend her title.

If you didn't register online (with the exception of the beginners), your name is not recorded in the results below. Sorry, I'm not typing up people's names in after each race. You have to register online prior to the race to get your name on the results. For this month, I'll leave registration open until Friday (<https://regonline.activeglobal.com/4Msept>), so you can go and register and I'll update the results.

Beginners who have not signed on are not recorded either, so you need to fix up your registration as a Dynamic Running member and BRC participant so I have your name recorded!

If you are struggling to register more than one person, it's probably because you are trying to use the same email for multiple runners. The system doesn't like this. Create individual emails to use for each family member, or try to click on the 'start a new registration' (I'm not sure if this works for surveys – which is the form we use for these registrations).

Results:

Position	Time	Name
1	5.38	Jarrod Ausburn (1 st male)
2	6.16	Luke Rumler (1 st junior male)
3	7.07	Shaun Maddock
4	7.10	Garry Rumler
5	7.49	Aoife Puri (1 st junior female)
6	7.51	Steve Betesta
7	7.57	Conor Puri
8	8.05	Jim Cavill
9	8.52	Colleen Harisson (1 st female)
10	9.10	Nadia Mead
11	9.56	Delys Wilson
12	9.57	Jelkica Bosnic
13	10.05	Marcelle Kersenboom
14	10.13	Nicollette Lum
15	10.16	Lyn Haltiner
16	10.18	Katarina Kosten
17	12.05	Mel Sprague
18	12.06	Makayla Settle
19	14.05	Kathy Macnamara
20	14.27	Daylen Ward
21	14.28	Carmen Ward
22	14.29	Belinda Macdonald
23	14.31	Lisa Castanelli
24	14.33	Lorraine Lawson (tail end runner)

Inaugural Monthly Monday Magic Mile, 25/8/2014

Well done to everyone who came along to enjoy our first Magic Mile on the Esplanade. After a 2km warm up, everyone set out and the times are recorded below. Thanks to helpers Lorraine Lawson, Rob Martin, Todd Hartley and Larry Lawson.

Position	Time	Name
1	05:36.0	Jarod Ausburn (1 st Male)
2	06:22.0	Luke Rumler (1 st Junior Male)
3	06:33.0	Peter English
4	07:30.0	Steve Comport
5	07:33.0	Gary Rumler
6	07:41.0	Juanita Sellwood (1 st Female)
7	07:43.0	Aoife Puri (1 st Junior girl)
8	07:45.0	Wendy Mackay
9	07:52.0	Conor Puri
10	08:02.0	Steve Betesta
11	08:05.0	Orlagh Oconnor
12	08:58.0	Makeesha Byl
13	08:58.0	Tiarne Byl
14	09:55.0	Petrina Cao-kelly
15	09:56.0	Nicolette Lum
16	10:56.0	Jan Jones