

Short and Middle Distance Series #1, Race 2 of 2, 7 February 2016

Race director Olivia Macri

A special thanks to all our volunteers, Olivia Macri was the race director and did a range of duties, Lorraine Lawson did some paperwork and results processing, Larry Lawson and Trevor Beck did course set up and marshalling, Mark Bolt did the remote water stop. Gavin, Melissa and Liam Scott were on the timekeeping and tokens. Trevor was the lucky recipient of the \$30 Rebel voucher.

Congratulations to the series winners, Bryan O'Mahony and Faith Atkins who both received a \$30 Rebel voucher.

The next Dynamic Running event is the Smithfield Trail Race is on 27 February. Come and try is on the 13th. Registrations for the Bentley Park race on 20 March is also now open thanks to John and Marleen Kilkelly who have nominated to be the race directors for that event.

Series Winners

Overall position	Name	24-Jan	7-Feb	Cumulative time	Category winners
1	Bryan O'Mahony	38:38:00	0:42:34	1:21:12	1 st male
2	Derek McDonagh	43:47:00	0:44:21	1:28:08	2 nd male
3	Keith Mole	45:26:00	0:43:56	1:29:22	3 rd male
4	Luke Currie	46:03:00	0:48:31	1:34:34	4 th male
5	Kerry Pyke	49:50:00	0:50:37	1:40:27	5 th male
6	Faith Atkins	56:14:00	0:57:56	1:54:10	1 st female
7	Chrissy Warman	1:01:20	1:01:12	2:02:32	2 nd female
8	Jenny Bozhoff	1:02:07	1:07:59	2:10:06	3 rd female
9	Donna Lupson	1:07:51	1:12:13	2:20:04	4 th female

Results for 7 February 2016

10km

Overall placing	Name	Time	Age category	Category placing
1	Bryan O'Mahony	42:34	M 30-39	1
2	Keith Mole	43:56	M 40-49	1
3	David Von Senden	44:12	M 60-69	1
4	Derek McDonagh	44:21	M 40-49	2
5	Luke Currie	48:31	M 30-39	1
6	Kerry Pyke	50:37	M 40-49	3
7	Louise Forbes	55:35	F 50-59	1
8	Faith Atkins	57:56	F 50-59	2
9	Chrissy Warman	1:01:12	F 40-49	1
10	Steve Comport	1:04:14	M 50-59	1
11	Dee Wells	1:06:07	F 50-59	3
12	Sioux Campbell	1:07:52	F 50-59	4
13	Jenny Bozhoff	1:07:59	F 30-39	1
14	Donna Lupson	1:12:13	F 40-49	2

5km

Overall placing	Name		Time	Category	Category placing
1	Fraser	Lyon	18:23	M 18+	1
2	Mitch	Nissen	18:39	M 18+	2
3	Craig	Overend	21:20	M 18+	3
4	Brayden	Fracchia	25:27	M 18+	4
5	Bianca	Kelly	26:53	F 18+	1
6	Stuart	Plested	26:54	M 18+	5
7	Nikki	Paul	27:04	F 18+	2
8	Angela	Featonby	28:56	F 18+	3
9	Sally	Johnston	30:00	F 18+	4
10	Diane	Garrett	31:51	F 18+	5
11	Neil	Forbes	33:20	M 18+	6
12	Louise	Orbons	34:17	F 18+	6
13	Jackson	Hallam	34:41	M U18	1
14	Lauren	Peach	35:13	F 18+	7
15	Kelly	Ryan	35:14	F 18+	8
16	Andrea	Selby	35:36	F 18+	9
17	Josie	O'Shea	35:48	F 18+	10
18	Rhonda	Zeylmans		F 18+	11
19	Roland	Gauch	39:15	M 18+	7

3km

Overall placing	Name		Time	Category	Category placing
1	James	Marsh	12:28	M 18+	1
2	Liam	Scott	15:46	M U18	1
3	Anthony	Hannan	16:14	M 18+	2
4	Andrea	O'Grady	16:40	F 18+	3
5	Belinda	Marsh	17:26	F 18+	4
6	Sampson	Little	19:43	M U18	2
7	Marcelle	Kersenboom	23:08	F 18+	5
8	Zachary	O'Grady	24:09	M U18	3
9	Sienna	Little	24:14	F U18	4
10	Harmony	Little	24:51	F U12	5
11	Christina	Borzi	24:54	F 40-49	6

Short and Middle Distance Series #1, Race 1 of 2, 24 January 2016

Race director Olivia Macri

Race report by Olivia Macri

Sunday 24th January, saw runners line up for our first run of the Short and Middle Distance Series #1 for 2016. The earlier start of 6am was well received by the competitors keen to beat the tropical heat.

New to race directing Olivia Macri started the race after a quick runners brief by the one and only Lorraine Lawson. With a check that everyone's Garmins were ready we were off and running. Before we knew it new junior club member Liam Scott, crossed the line first in the 3km in 19:47, not being much of a morning person Liam, walked a little bit.

First across the line in 5km was another junior, Jackson Hallam (20:43) with Craig Overend (21:14) and Stuart Plested (21:41) fast on his heels but unable to catch this young speedster. Nikki Paul came in first for the ladies in 27:20, followed by Bianca Kelly (28:33) and 'on the road to recovery' Sioux Campbell (33:41).

Bryan O'Mahony was first to cross the line in the 10km with an impressive time of 38:38. He was followed by John Kilkelly (43:37) and Derek McDonagh (43:47). Our first ladies to cross the line in the 10km were Clare Zappala and Alena Scurrah in 45:24 and 45:33 respectively. It was a close race to the finish which saw Clare also getting a new 10km PB. Awesome work Clare. Ruth Bullen took out third place for the females in 51:39.

Shaun Muddock and Donna Lupson won the lucky draws prizes – a couple of movie tickets each.

Overall it was a great turnout for our first run for the year, and a special thanks to all our volunteers, Lorraine Lawson did some paperwork and results processing, Larry Lawson and Trevor Beck did course set up and marshalling, Anna Morgan did the remote water stop. Marleen Kilkelly & junior club member Liam Scott did the timekeeping and tokens.

Now time for this newbie race director to sign off, but before I go, a huge congratulations is in order to Alena Scurrah who ran the 56km Two Bays Trail Race on 17 January as well as Ruth Bullen who ran the Two Bays 28km option. Both ladies backed up with impressive runs in today's 10km option. Anna Morgan is injured, but also ran the Two Bays and came along to help out at our race. Good luck to John Kilkelly and Alena Scurrah who are off to the land of the big white cloud, to compete in the Tarawera Ultramarathon in NZ on 6 February. They will be joined by fellow club members, Rob Martin (now living in Brisbane) and David von Senden (on his way home after his holiday). We wish them all the best.

Hope to see you all in two weeks' time to do it all over again.

The next Dynamic Running event is the Monthly Monday Magic Mile on 1 February. The 2nd race in the Short and Middle Distance Series #1 (and yes, you can do it, even if you did not participate in today's race) is on 7 February. The Smithfield Trail Race is on 27 February. Registrations for the Bentley Park race on 20 March is also now open thanks to John and Marleen Kilkelly who have nominated to be the race directors for that event.

Short and Middle Distance Series #1, Race 1 of 2 results, 24 January 2016

10km

Overall	Name	Time	Category	Category placing
1	Bryan O'Mahony	38:38	M 30-39	1
2	John Kilkelly	43:37	M 50-59	1
3	Derek McDonagh	43:47	M 40-49	1
4	Clare Zappala	45:24	F 18-29	1
5	Keith Mole	45:26	M 40-49	1
6	Alena Scurrah	45:33	F 40-49	1
7	Luke Currie	46:03	M 30-39	2
8	John O'Grady	48:44	M 50-59	2
9	Kerry Pyke	49:50	M 40-49	2
10	Sean Hampson	50:47	M 50-59	3
11	Ruth Bullen	51:39	F 50-59	1
12	Vanessa Drysdale	51:41	F 40-49	2
13	Tegahn Maitland	52:08	F 18-29	2
14	Faith Atkins	56:14	F 50-59	2
15	Shaun Muddock	58:26	M 30-39	3
16	Lyn Haltiner	1:01:19	F 50-59	3
17	Chrissy Warman	1:01:20	F 40-49	3
18	Jenny Bozhoff	1:02:07	F 30-39	3
19	Kristy Berridge	1:03:23	F 30-39	4
20	Donna Lupson	1:07:51	F 40-49	4
DNS	Linda Adams	DNS		
DNS	Anita Davidson	DNS		

5km

Overall	Name	Time	Category	Category placing
1	Jackson Hallam	20:43	M	1
2	Craig Overend	21:14	M	1
3	Stuart Plested	21:41	M	2
4	Michael Bozhoff	25:30	M	3
5	Nikki Paul	27:20	F	1
6	Bianca Kelly	28:33	F	2
7	Sioux Campbell	33:41	F	3
8	Filiz Mortimer	33:51	F	4
9	Louise Orbons	37:12	F	5
10	Marcelle Kersenboom	37:13	F	6
DNS	Helen McAllister	DNS		
DNS	Noelle Halpin	DNS		
DNS	Josie O'Shea	DNS		
DNS	Om Beacom-Halliday	DNS		
DNS	Lynton Bowen	DNS		

3km

Overall	Name	Time
1	Liam Scott	19:47
2	Zachary O'Grady	22:02
3	Andrea O'Grady	22:04
4	Leanne Palermo	23:21