

## Smithfield Trail Race, 5km and 8km, 3 February 2018

Race director: Lorraine Lawson

Volunteers: Course set up/pull down: Lorraine Lawson, Mark Barallon and Faith Atkins. Finish line: Maddi Goldberg, Sue Rayner, Leith Wallace and Mandy Doyle. Sweep: Mark Barallon; Results processing: Lorraine Lawson. Leith picked up the lucky draw prize for the volunteers.

The Smithfield Trail Race starts at the Mountain Bike carpark on MacGregor Road, Smithfield Cairns. The route mostly follows the bike paths adjacent to the outer ring road.

The highlight of the event (for some) was the water stop, with some nice ice water on a very hot afternoon. This is where the 5km competitors veered off to finish their loop, while the 8km competitors continued along the road and up to the water tank and back. Heavens knows who did what distance today, as people were all over the place, Jay Doyle and Margie Shearer got the best deal of the day with nearly 10km. Enjoy your consolation gifts.

The last time this event was held (27 February 2017) we had 22 competitors, but we've come back bigger and better in 2018 with the introduction of the 8km race to provide an extra challenge for those wanting to go further than the 5km. Well done to the 59 out of 64 registered runners who made it to the start line. Train up, as for the race on 17 February, there is another extra kick for those who are tough. We may just call it the "Up and down the bloody hill" for those who want the torture of a 1.25km vertical climb from the water tank.

Congratulations to Dynamic Running club members, Colin-Paul Pots and Jess Proctor who took out the Summer Trail Running Series. Fantastic effort! Enjoy your hammocks. Colin did 2 laps at Atherton, 35km at Black Mountain and 8km at Smithfield. Jess did 1 lap at Atherton, 35km at Black Mountain and 8km at Smithfield. Kerry Pyke came in second for the males, followed by Larry Lawson. There were four females in the series, and Lorraine Lawson took out second spot (following the 'If you turn up enough times, you'll probably get something' rule). Third place was not 100% certain, so Megan Ponder and Amy Keeble share the podium for that position.

For the Smithfield Trail Race today, visitors took out the 8km race well and truly. Nathan Stanford was first in a time of 40.57 and Rachel Matthew was first for the females (5<sup>th</sup> overall) in a time of 46.58. Our club members did make us proud for the 5km. Great job Donna Baker, coming in first overall for the 5km. Well done to 60-69 age category and ex-Sydneysider, Keith Quinton. Keith came in first out of the three males doing the 5km.

It was great to have everyone out there having a go. Congratulations to all our new trail runners today who came along to have a go. And if you don't know this, no one listens, or takes any notice, if you say: "I'm never doing that again!" And if you went longer because you got lost – all the better – you got your money's worth. You'll quickly learn that trail running is much more relaxed than road races and everyone helps each other and come along to have a good time. If you were not happy, you can always come along to help set the course for the next run, as we did do our best and it took us three hours on Friday and another hour prior to the race to get the signs out there.

The next Dynamic Running event is on Sunday, 11 February. Clifton Beach.

All competitors who handed their bibs back today get a 50% discount into the next Smithfield Trail Race on 17 February. We'll send out the details on how to register.

## NEW! Summer Trail Series Results

Overall finish position			Atherton Forest Trail Race, 5 November 2017		Black Mountain Trail Race, 26 November 2017		Smithfield Trail Race, 3 February 2018	
			Laps	Time	Distance	Time	Distance	Time
<b>MALE</b>								
1	Colin-Paul	Potts	2	1.51.11	35km	4.01.38	8km	49:20
2	Kerry	Pyke	1	1.00.00	21.1km	2.12.33	8km	50:26
3	Larry	Lawson	1	1.01.00	21.1km	2.32.53	8km	50:22
<b>FEMALE</b>								
1	Jess	Proctor	1	1.01.26	35km	4.50.06	8km	1:00:53
2	Lorraine	Lawson	1	1.40.15	35km	5.23.45	8km	1:11:22
3	Megan	Ponder	1	1.05.37	21.1km	2.37.36	5km	44:52
3	Amy	Keeble	1	1.10.25	21.1km	2.55.06	8km	1:09:03

### Smithfield Trail Race Results, 3 February 2018

#### 8km Male winners

Visitor	1	Nathan	Sandford	40:57
Visitor	2	Craig	Langdon	41:26
Visitor	3	Gary	Venz	46:43

#### 8km Female winners

Visitor	1 (5 <sup>th</sup> overall)	Rachel	Matthews	46:58
Visitor	2	Michelle	Farkas	49:39
Visitor	3	Mary-Anne	Elkington	53:01

#### 5km Female winners

Dynamic Runner	1 (outright winner)	Donna	Baker	37:56
Visitor	2 (2 <sup>nd</sup> overall)	Nicole	Martin	39:11
Dynamic Runner	3 (4 <sup>th</sup> overall)	Laura	Garner	41:00

#### 5km Male winners

Visitor	1 (3 <sup>rd</sup> overall)	Keith	Quinton	39:27
Dynamic Runner	2 (5 <sup>th</sup> overall)	Ian	Campigli	41:42
Dynamic Runner	3	Anthony	Ralph	54:24

#### 8km

Finish position	Dynamic Runner?	Name		Time	Age category	Age category placing
1	No	Nathan	Sandford	40:57	M 30-39	1
2	No	Craig	Langdon	41:26	M 30-39	2
3	No	Gary	Venz	46:43	M 40-49	1
4	No	Rachel	Matthews	46:58	F 40-49	1
5	Yes	Colin-Paul	Potts	49:20	M 30-39	3
6	No	Michelle	Farkas	49:39	F 50-59	1
7	Yes	Kieran	Macdonell	49:50	M 40-49	2
8	Yes	Larry	Lawson	50:22	M 50-59	1
9	Yes	Kerry	Pyke	50:26	M 40-49	3
10	No	Morgan	Flockhart	50:28	M 50-59	2
11	No	James	Giugni	50:45	M 30-39	4
12	Yes	Eric	Atkins	51:42	M 50-59	3
13	No	Mary-Anne	Elkington	53:01	F 40-49	2
14	Yes	Jessica	Proctor	1:00:53	F 30-39	1
15	No	Jenifer	Hales	1:01:06	F 40-49	3
16	No	Gail	Baildon	1:01:27	F 40-49	4
17	Yes	Sioux	Campbell	1:01:28	F 50-59	2

18	Yes	Helen	Leicht	1:01:41	F 50-59	3
19	No	Eleanor	Doyle	1:01:46	F 40-49	5
20	Yes	Lyn	Haltiner	1:03:53	F 50-59	4
21	Yes	Faith	Atkins	1:03:54	F 50-59	5
22	Yes	Irene	Williams	1:04:17	F 50-59	6
23	No	Darrelle	Taylor	1:05:15	F 40-49	6
24	No	Amy	Keeble	1:09:03	F 18-29	1
25	Yes	Lorraine	Lawson	1:11:22	F 40-49	7
26	No	Jay	Doyle	1:12:15	M 50-59	4
27	Yes	Margie	Shearer	1:12:16	F 50-59	7

### 5km

Finish position	Dynamic Runner?	Name	Time	Age category	Age category placing
1	Yes	Donna Baker	37:56	F 40-49	1
2	No	Nicole Martin	39:11	F 40-49	2
3	No	Keith Quinton	39:27	M 60-69	1
4	Yes	Laura Garner	41:00	F 50-59	1
5	Yes	Ian Campigli	41:42	M 50-59	1
6	No	Dani Osborne	43:02	F 30-39	1
7	No	Maria Ross	43:48	F 50-59	2
8	No	Liz Bamford	43:57	F 40-49	3
9	No	Jo Easterbrook	44:42	F 40-49	4
10	Yes	Megan Ponder	44:52	F 18-29	1
11	No	Andrew Stevens	45:15	M 60-69	1
12	No	Jessica Topp	46:42	F 30-39	2
13	No	Amanda Roach	50:01	F 50-59	3
14	No	Beck Cotton	50:15	F 30-39	3
15	No	Courtney Barron	50:17	F 30-39	4
16	No	Leah Heath	50:25	F 30-39	5
17	No	Melanie Stevens	50:43	F 40-49	5
18	Yes	Sarah Chezick	51:29	F 40-49	6
19	No	Robyn Howser	52:44	F 40-49	7
20	Yes	Leigh Howser	53:31	F 50-59	4
21	No	Jessica Bulleid	53:45	F 30-39	6
22	Yes	Nadia Mead	53:46	F 50-59	5
23	No	Maddisyn Ralph	54:21	F 12-15	1
24	Yes	Anthony Ralph	54:24	M 40-49	1
25	Yes	Anne Hayes	54:34	F 50-59	6
26	Yes	Monique Archer	56:24	F 40-49	8
27	Yes	Morag Goodinson	56:26	F 50-59	7
28	Yes	Lorraine Armstrong	56:28	F 40-49	9
29	Yes	Fiona Crouch	1:02:43	F 40-49	10
30	Yes	Louise Bernstein	1:08:34	F 40-49	11
31	No	Simone Daniels	1:12:09	F 30-39	7
32	Yes	Stacey Longmore	1:22:34	F 30-39	8

DNS	Lynda	Etherington
DNS	Doug	Proctor
DNS	Michelle	Schurmann
DNS	Jennifer	Chastre