

Race Report race 3 First National Framptons 5/10 km Run Walk Series.

Sunday May 9, Mothers Day.

A beautiful cool morning & the pre-dawn was so quiet, dark & peaceful I almost forgot why I was there. Then the sound of vehicles coming down the road shattered the peace & I was shaken back to life, a run to organize!

There are winners & there are winners. But the mostest biggest winner on the day was a young mum, Sarah Thomas, & we applaud you. On this Mother's Day, as you did three weeks earlier, you not only got up early, but got your 3 small children up, the youngest only 5weeks (which means that the baby was only about 2 weeks old first time out) & you walked with the older 2 while carrying the baby on a morning when you had every right to stay home in a warm bed. You, Sarah Thomas, are the reason why so many people volunteer to run events like this, you Sarah Thomas are a true winner. Congratulations to you & your children.

As far as running & walking are concerned, well there were some good results there as well. The 10km walk for male competitors was taken out by running club stalwart Russell North. Well done Russell. Good to see Graham Watson back for the final race of the series, Graham walked very strongly.

Good to see new faces out again & Alan Riley who had a lovely stroll with his wife Margaret enjoyed the morning. In the 10km women's event we had a real hoot, with a couple of young ladies who last event did the 5, took a big leap forward & absolutely crunched the 10k, tongues wagging all the way. Great to see you girls enjoying the early morning walk n talk. Big improvers in this section were Anita Rogers, who also stepped up from a previous 5km to work hard and put in a very respectable time & our reigning world champion Deb Page who, after a marathon training effort of 34km run the morning before, came home with a PB of 58.08. One wonders if anything can stop this girl. Wendy Clifton who always puts in a big effort & walks with a smile came in second in this category & Benjaporn Sharma finished third. Leonie Bowey, as always, was in the mix as well.

In the 5km walk for women, Debbie Summers finished the series strongly to produce her best time yet for this distance. Gillian Donnelly & Rae Colson walked

strongly throughout the series to take the minor placings. Good to see a couple of youngsters out with their mums, Courtney Summers & Holly Atkinson both had a good morning.

In the men's 5km walk, no one actually did all three events but the final walk was taken out by Barry Caire in good time, with Chris Gillen & Kym Page very close for the minor placings. Young Jayden Atkinson finished off that field & I think he said "that's enough for me" as he crossed the line. Well done Jayden.

The 5km run for women had the largest number of starters for the day, thanks mostly to Marg Stevenson bringing out a busload from St Philips boarding house. I don't know that all the girls enjoyed the cool morning but they all certainly put in a good effort, Thanks Stevo for bringing them out. The winner in this category, & by the way, CAN RUN, Courtney Geraghty, who clocked amazingly, exactly the same time for all 3 runs. I'd say she'll be very hard to beat for a while to come. Second was Tarnyl Sylvester who ran extremely well the whole series & Loie Sharp ran into third spot. You are an inspiration to us all Loie. All in all a good strong field right through the ages, good work girls.

In the men's field for the 5 km run Nicholas Brooke-Anderson won all 3 races to take this one home, second was Troy Crayford, who improved throughout the series & will be one to look out for in the future & Tarren Sylvester eased home in third without really raising a sweat. Special mention to the young brigade here, Jasper & Moby Edwards, Jeremy Gillen, David Liaw, Arjun Sharma & Rhett Summers all improved along the way. Well done boys.

Our golden girl Emma K didn't have it all her own way in the 10km for women with a guest appearance by Emma Winterflood to chase her for a fair way but in the end Emma K won out. Good run by both girls. Judith Coverdale ran as strongly as ever to take out 3rd in this race but 2nd in the series. Good to see you running so strongly & consistently Judith. Marg Stevenson finished 3rd overall in the series, well done Stevo to take out your age group as well. A number of new faces in this run & some familiar older ones as well, a large field & well run.

The men's 10km was a cracker & all who were there could plainly see the effort put in by Eri Melky to catch his younger rival Peter Eason, couldn't do it but good to see guys. Peter had a much quicker time than both his previous runs so he too knew he was under the pump. The Rolls Royce of running John Bermingham purred into third without a murmur. Glenn Edwards (El Presidente), Stuart Brash, Nigel Butfield, Scott Lonard & Neil Bowey all put in a consistent effort throughout the series. After some serious coaxing from yours truly we finally managed to get Neil & Kris Ross over the line together, with some sadness, as they are leaving for a sea change, a temperature change too I reckon. Good luck in Tassie guys.

Last but not least, the merry band of helpers, without whom the event could not go on. Chris Bateman, Mandy Lucas, Kathy Moylan, Moogie Curtis, Kellie Clear, Naomi Beale, Kate Anderson, Nicky Shonkala, Debbie Page, Ben & Jake Bruce, Ella Carmichael, Greg Reval & Tricia Bruce. Tina Turner could not have said it any better, "You're simply the best" & in the immortal words of The King. " Thank you very much."

Bernie Nethery

Glenn Edwards