



Intraining Women's 10k Classic QLD - 11th September

The 2005 Intraining Women's 10k Classic attracted a smaller field due to clashes with other events in the region, however the quality was still very high. The organizers, Intraining Running Centre, were also impressed by the number of new participants who took part, which is the major focus of these races – participation. Event organiser Chris Gale stated “It is vital that event organisers better promote and encourage the active participation of runners and walkers of all ages and abilities, for without a greater depth of participants, races will cease to exist.” The 10km event took runners on a course from the City Botanic Gardens along the

Riverside walkway, to the Regatta Hotel, before heading back to the gardens. The race saw state marathon representative Helen Stanton take the lead and she was never headed. Stanton finished in a time of 35.54, second place went to 19 year old Clare Geraghty (36.39) with third going to Julia Davies (39.07).

Already plans are underway to ensure the event continues to attract a greater range of participant of all ages and abilities. This years event was sponsored by Brooks, the Intraining Running & Triathlon Club & the Intraining Running Centre and thanks must go to all the volunteers who assisted on the day.

10k	
1. Helen Stanton	35.54
2. Claire Gerahty	36.39
3. Julia Davis	39.07
4. Natasha Gilmour	41.16
5. Katie Bennedick	41.18
6. Jennifer Epps	41.19
7. Margaret Maloney	42.28
8. Liz Lovering	42.49

3k	
1. Elizabeth Colwell	11.14
2. Celina Bartlett	12.26
3. Billie-Jean Young	12.33
4. Louise Williams	13.41
5. Kerri Nicolls	14.04
6. Jodie Schubert	14.57

NICU Tamworth Ten NSW – 28th August

Written by Peter Annis Brown

The 32nd Northern Inland Credit Union Tamworth Ten was conducted on a gorgeous late August morning and attracted 628 walkers, joggers and runners, in one of the biggest turnouts ever. Due to the overwhelming support showed by the Tamworth community on the day, despite every effort by the organizers and volunteers to record correct times and registrations, some errors did occur. We apologise for any inconvenience caused and measures will be introduced to overcome this in 2006.

Gunnedah's Peter Loveridge ran away with the main event to claim his third Tamworth Ten title, while local runner, Felicity Gamble, was the victor in the women's section. This year's course was slightly longer than 10km, resulting in slower times than expected.



NICU Tamworth Ten Male

1. Peter Loveridge	35.19
2. Peter Berney	36.18
3. Laiton Turnham	36.29
4. Michael Chapman	36.54
5. Michael Smart	37.30

Female

1. Felicity Gamble	40.18
2. Tina Tiberi	43.06
3. Cathy Murray	44.49
4. Donna Hickey	47.48
5. Sarah Gordon	48.18

APMS Fun Five Male

1. Dominic Perry	19.40
2. Ben Maltby	19.48
3. Adam Luckwell	19.59
4. Tom Lowder	20.00
5. Jack Hickey	20.11

Female

1. Peta Travers Jones	21.57
2. Kate Darley	23.36
3. Anita Cryer	24.03
4. Katlyn Nielsen	24.31
5. Peta Frost	No Time