

Dent and McCann Take Ten

Written by Nigel Tapp, Images by The Advocate Newspaper and Dale Cumming

Crack Canberra runner Martin Dent and New South Wales Super-Mum, Kerry McCann lived, up to their pre-race favouritism by taking out the Skilled Burnie Ten – Australia's unofficial 10 km road race championship – on Tasmania's North-West Coast on October 9.

In less-than-ideal conditions Dent and McCann showed the class that has seen them dominate major distance races this year with both winning the City to Bay in Adelaide in September and Dent also winning the national cross country championship and being the first Australian home in Sydney's City-to-Surf, an event McCann won.

While Dent was pushed all the way by Geelong runner Lee Troop, McCann quickly put distance between herself and her main challengers to win easily. Dent was forced to run a personal best 10km road time of 29.33 to hold off Troop, who finished second for the fourth time in as many years.

Troop and Dent were among a group of 10 runners who stayed in close contact over the first 5km of the out-and-back course. But when a gusty head wind took its toll in the second half of the race the remaining runners – including 2004 winner Mark Tucker – were dropped off.

Dent kicked strongly with 200 remaining and Troop, who had only been back in full training for about seven weeks after a 10-month injury layoff, could not go with him.

Dent said he had planned to attack with 3 km to go but when Troop lifted the pace 4 km out, he accepted the challenge believing that he could out kick the Victorian over the closing stages.

He said the strong head wind had stopped many runners from pushing the pace. "It does not matter about your time as much as the place where you finish," Dent said after collecting his \$3000 winner's cheque.

Dent's focus will now return to the track with the aim of making the Australian team for March's Melbourne Commonwealth Games in either the 10,000m or steeplechase.

Troop, who said he was happy with his performance given his limited preparation, vowed to return again next year. "I want to win the bloody thing one year," he said. Troop said the fact that no runner was



Troop (2), Stevenson (5) and Dent (1) leading the masses.



willing to attack early allowed him to settle into the race after feeling underdone at the outset. "No one was prepared to take the race by the scruff of the neck," he said.

McCann, a mother of two, said she was hopeful of breaking 32 minutes before the event but the strong headwind had made the run home a battle. She said the 33.40 time was acceptable under the circumstances even though it was 14 seconds slower than her winning time in 1995.

Inside the first 3 km McCann burnt off main rivals Anna Thompson and Susie Michelsson and eventually won by 36 seconds. McCann – who won the marathon at the 2004 Manchester Commonwealth Games – will now step up her training to about 190 km a week in readiness for her next marathon on November 20, her last one before attempting to defend her Commonwealth crown.

The 38-year-old McCann – coached by respected distance pair Chris Wardlaw and Nic Bideau – does not know how much longer she will run for but plans to reassess her career at the end of next year. "It is a bit hard to look beyond the Commonwealth Games at present," she said.

A field of 2519 runners – the second largest in the event's 21-year history – greeted the starter. Following the event organisers announced that from next year the race will revert to the third Sunday in October rather than the second. This will mean that the Ten will no longer clash with the Melbourne Marathon.



Results

Men

1. Dent Martin	29.33
2. Lee Troop	29.35
3. Scott Westcott	29.36
4. Alastair Stevenson	29.54
5. Simon Field	30.07
6. Mark Tucker	30.16
7. David Ruschena	30.26
8. Scott Rantall	30.56
9. Dylan Wykes	30.59
10. Scott Brittain	31.03

Women

1. Kerryn McCann	33.40
2. Anna Thompson	34.24
3. Susie Michelsson	34.33
4. Lisa-Jane Weightman	35.07
5. Eloise Wellings	36.06
6. Belinda Wilsher	36.18
7. Claire Fearnley	36.37
8. Donna Macfarlane	36.52
9. Rachel Gibney	37.03
10. Maryann Murray	37.56

Top Tasmanians

Men

1. Shaun Fullarton	31.16
2. Grant Page	32.27
3. Mark Jackson	33.12
4. Charles Gunn	33.42
5. Chris Chapman	34.00

Female

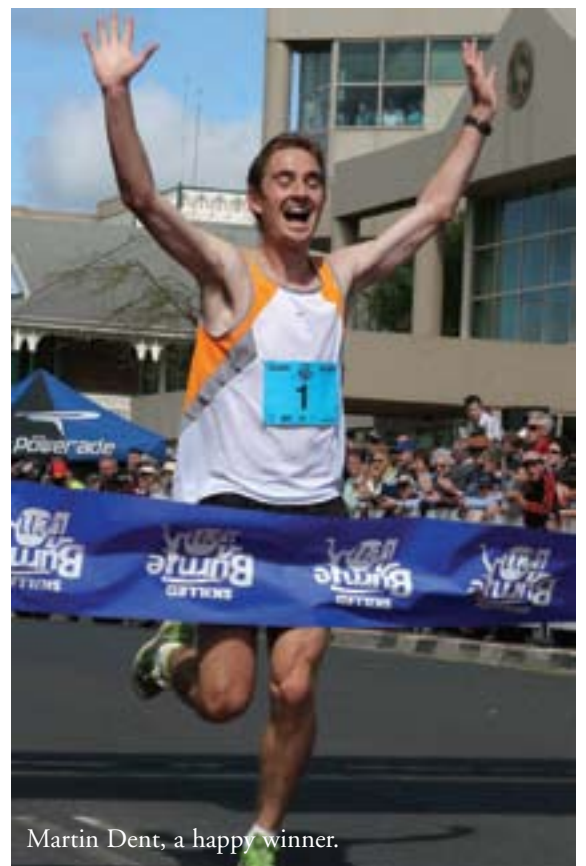
1. Donna Macfarlane	36.52
2. Lyn Saint-John	38.05
3. Lorna Gregory	42.38
4. Olivia Gillie	42.44
5. Danielle Nossiter	43.26



It's a great race for everyone



Kerryn McCann



Martin Dent, a happy winner.



The lead pack