

Matilda Bay Run, Western Australia

20th February 2006

by Simon Coates

WHETHER it was to compete in the WA Marathon Club's first 10km run for the year, or the promise of tasty pancakes and bacon and eggs washed down with icy fruit punch after the race, runners turned up in their droves for the Matilda Bay 10km, 4km and 'Joey's Run'.

In keeping with the WAMC ethos of running for fun - any distance - the morning started with the kids Joey's Run. Intended to encourage participation from the youngest of members, the clear winner for the 200m race was upcoming star, Phoebe McWhae.

Ten minutes later, the 10km and 4km race was underway. The usual second guessing of who was running the longer race was confirmed when 2005 Perth Marathon winner Miles Ferrell and Australia Day 8km winner, Matthew Riches ignored the 4km turnoff, pressing on with the 10km to a half way split of 16.10. From there, the race belonged to Ferrell. With Riches dropping off the 3.15 pace, and the trailing bunch too far back to launch a challenge, Ferrell pushed on to finish in 34.15. "My aim was to run as hard as I could for the first half, then do what ever I could for the second", said Ferrell, who in doing so recorded his best 5km time in recent years.



Rebecca Defiddes with a slight lead over Scott Ferrell

Georgina McWhae was determined not to be out shone by her daughter's win in the Joey's Run with a win of her own in the women's 10km. Although well outside her PB of 37.00, and a preference towards 15km to half marathons, Georgina was happy with her 41.56, commenting that the win was made even more enjoyable by all the food and drinks provided by the club.

Deborah Gardener, who placed 5th at Tasmania's Point to Pinnacle late last year, took out the women's 4km in 15.33, with Jack Denunzio winning the men's in 13.48. **RAYL**

RESULTS

Men 10km

1. Miles Ferrell	34.15
2. Simon Coates	34.55
3. Ian Thompson	35.14
4. Kyle Eagar	35.19
5. Andrew Brooks	35.26
6. Matthew Riches	35.40
7. Shane Scott	35.41
8. Tim Cradock	36.08
9. Luc English	36.11
10. Samuel May	36.28

Women 10km

1. Georgina McWhae	41.56
2. Jacqui McGovern	42.37
3. Nathalie Brooks	43.23
4. Mirella Tarulli	43.54
5. Sasha Pental	44.24
6. Kathleen Burt	44.37
7. Barbara Criddle	44.54
8. Mandy Collis	45.07
9. Sarah Dunnage	45.09
10. Elizabeth Neville	46.26

Men 4km

1. Jack Di Nunzio	13.48
2. Simon Faulkner	13.59
3. Neil Richardson	15.01
4. Ricky Billinness	15.03
5. Simon Marsiglia	15.20
6. Rob Bradsell	15.47
7. Andrew Dawson	15.49
8. Tom Savin	16.33
9. Samuel Defiddes	16.39
10. Brett Nener	16.48

Women 4km

1. Deborah Gardner	15.33
2. Sarah Fearnley	16.09
3. Sally O'dea	16.19
4. Sueli Amprino	16.55
5. Kyra Flynn	16.56
6. Fiona Leonard	17.04
7. Misha Richardson	17.08
8. Livey Chavon	17.27
9. Ashley Fearnley	17.29
10. Brooke Ferrell	17.55

Michel Burmedes leads Paul Odam and pack in 10k



Photos: Dallas Turner