

W.R.A.T.S. Pub to Pub, 30km Run

15th January, 2006

by Steele Beveridge

THE W.R.A.T.S. (Woolgoolga Running and Triathlon Society) Pub to Pub from the Golden Dog Hotel at Glenreagh to the Amble Inn at Corindi Beach was held in relatively mild mid summer conditions for the North Coast of NSW, with a hardy dozen distance devotees toeing the start line although at different times with the final group getting underway at 6.00am. The course crosses the Corindi Range from west to east passing through forest and farmland after crossing the Orara River. The major obstacle is a 2km climb from Sherwood Creek to the top of the range.

Neil Vaughan and Melissa Bulloch were the first two to reach the carpark at the Amble Inn, Corindi. Vaughan covered the 30 kilometres in a solid 2.12.50 with Bulloch finishing only 36 seconds later to claim the women's title.

Andrew Rowlings followed Bulloch in less than a minute later, while Jim Bennington

Neil Vaughan Striding to victory



had one of his more conservative runs to come in next in 2.23.57. Like several others in the twelve strong field he was backing up after the cross country edition of the Bunch of Fives held in sweltering conditions on the Friday evening.

Second lady was Jenni Williams who used the run to kick start her running training for the

RESULTS

Male

1. Neil Vaughan	2.12.50
2. Andrew Rowlings	2.14.16
3. Jim Bennington	2.23.57
4. Gordon Abbott	3.02.08
4. Doug Willis	3.02.08
6. Murray Lawrence	3.03.51
7. Ross Donald	3.14.00
8. Brett Taylor	3.18.27
9. Tom Holbut	3.56.00
10. Steel Beveridge	4.37.43

Female

1. Melissa Bulloch	2.13.26
2. Jenni Williams	4.37.43

Australian Ironman Triathlon so speed was not the issue in her case, merely time on the legs.

A number of strong efforts were recorded by the mid-pack of runners but none more so than that of 67 year old Ross Donald whose 3.14.00 represented a nine minute personal best. **RAYL**

Australia Day Fun Run, Brisbane, Queensland

26th January, 2006

by Matt Phillips

THE inaugural Brisbane Australia Day Fun Run attracted solid support for a first time event, no doubt helped by some well placed newspaper advertising and a lack of other races on the January race calendar. A total of 994 contestants lined up at Brisbane's South Bank Cultural Forecourt to tackle a lap course that took in the Clem Jones Promenade next to the Brisbane River, followed by the Goodwill Bridge and Botanic Gardens.

Spectators saw another clash between friendly rivals, 2004 Australian Half Marathon Champion, Helen Stanton and rising star Clare Geraghty in the Women's 8km event. After a number of runner-up performances behind Stanton last year, Geraghty turned the tables for the second time this year in warm conditions on a technical two lap course with multiple turns. Geraghty overcame a fall upon reaching the Goodwill Bridge, sustaining grazes to one palm and knee but still reached the 1km mark eight

seconds ahead of Stanton. After passing through 3km in 10.43, the twenty year old Geraghty continued to steadily pull away to win in 29.23. Following the race, the delighted winner cited the recent addition of speedwork to her program for the first time and the influence of her coach, Chris Gale as the significant factors enabling her to compete with the classy Stanton.

Alastair Stevenson may have been controversially disqualified for winning the Bridge to Brisbane 4.25k last year after backing up from a third placing in the main event, but Brian Livingston had no such problems after winning the 8km/4km double. Livingston, fresh from a 30.51 9th placing in the Zatopek 10,000m in December, started his day by dueling with Melbourne Marathon second place-getter, Andrew Walters in the 8km event. The duo went through 3km in 9.32, but Livingston was able to pull away for a comfortable win in 26.00 from Matt Daley and Scott Carlson after Walters succumbed to a toe injury. Thirty-four minutes later, Livingston backed up to win the 4km event from Danny Carson and David Hill. Commenting on the tactical aspects of running back to back races, Livingston said "Today, it wasn't about trying to control the races, but about trying to control myself." **RAYL**

RESULTS

Men's 8km

1. Brian Livingston	26.00
2. Matt Daley	26.49
3. Scott Carlson	27.04
4. Daniel Nunan	27.42
5. Jason Hall	29.22
6. Jeremy McDonald	29.26
7. Ed Mounsey	30.16
8. Matthew Wolstencroft	30.32
9. David Johnston	30.37
10. Ian Anderson	30.43

Women's 8km

1. Clare Geraghty	29.23
2. Helen Stanton	30.02
3. Bethany Van Loenen	31.17
4. Elizabeth Colwell	32.43
5. Julia Davies	33.14
6. Ellen Wilson	33.24
7. Elizma Lambert	33.52
8. Glenda Banaghan	33.57
9. Lisa Anne Flint	34.21
10. Angela-Rose Burton	34.26

Men's 4km

1. Brian Livingston	12.48
2. Danny Carson	12.54
3. David Hill	13.39
4. Michael Chay	13.49
5. Mark Knight	14.24

Women's 4km

1. Genevieve Lacaze	14.52
2. April Sloan	15.44
3. Sarah Lonsdale-Cooper	15.48
4. Alicia Cole	16.22
5. Martina Kren Fitzpatrick	16.29