

Dynamic Running 3 Marathons in 3 Days, Day 1, Day 2 and Day 3, 11-13 July 2014

In its third year, the 3 Marathons in 3 Days continues to be a gruelling event, testing competitors' technical skills on running singlet-track trails and hills. Of the original 48 entrants, 33 made it through all three days to receive the coveted 3M3D medal.

Dynamic Running, the newly established running club catering for runners in the Cairns region, did a spectacular job in putting the event together. Thanks to volunteers, sponsors and supporters around town, the event was a huge success.

Top male runners Shane Jordan and Gary Philpott (both from New Zealand) and AURA runner, Laurie Laine (Birkdale, Qld), stuck together like glue for the entire event, with the last 1km hill determining the overall winner after 125.6km of running together. Ultra runner Samantha Gash from Melbourne, took out first place for the females, followed by Jo Jackson from Bondi and Eloise Peach (Tumut, NSW). The event attracted other competitors from overseas and interstate, but that did not deter the locals coming out and giving it their best shot. Ronan OMahony was the first Cairns runner home, followed by Jeff Herbert and Larry Lawson. The first three local ladies home were Debbie Ord, Leah Davis and Debbie Moll.

Set the date in your diary and start training for the next event, which is on 10-12 July 2015.

Overall placing	Full Name	Overall time	Age Group	Age Cat Placing
1	Shane Jordan	12.56.40 (winner)	M 30-39	1
2	Gary Philpott	12.57.46 (2nd male)	M 40-49	1
3	Laurie Laine	13.00.30 (3rd male)	M 40-49	2
4	Samantha Gash	13.34.15 (winner)	F 30-39	1
5	Ronan OMahony	14.08.03	M 30-39	2
6	John Shirley	14.14.52	M 30-39	3
7	Michael Haseldine	14.18.16	M 40-49	3
8	Jo Jackson	14.38.37 (2nd female)	F 30-39	2
9	Craig Overend	14.41.32	M 40-49	4
10	Jared Day	14.59.39	M 18-29	1
11	Jeff Herbert	15.22.24	M 30-39	4
12	Larry Lawson	16.06.52	M 50-59	1
13	Eloise Peach	16.10.04 (3rd female)	F 40-49	1
14	Jarrold Ausburn	16.10.30	M 18-29	2
15	Rob Martin	16.10.31	M 40-49	5
16	Richard Peters	17.05.32	M 50-59	2
17	Steel Addison	17.17.55	M 40-49	6
18	Chantel Peacock	17.30.08	F 30-39	3
19	Seranica Williamson	18.02.01	F 18-29	1
20	Ben Aldous	18.02.02	M 30-39	5
21	Debbie Ord	18.03.36	F 40-49	2
22	David Elms	18.23.09	M 50-59	3
23	Leah Davis	18.58.15	F 40-49	3
24	Pamela Williams	18.56.56	F 60-69	1
25	Peter Watson	19.06.34	M 40-49	7

26	Debra Moll	19.18.48	F 50-59	1
27	Wendy Mackay	19.38.08	F 40-49	4
28	Lorraine Lawson	19.54.43	F 40-49	5
29	Fiona Harper	20.03.23	F 50-59	2
30	Heidi Sweeting	20.21.24	F 40-49	6
31	Wen-Hsiang (Vince) Shih	20.28.13	M 30-39	6
32	Jason Ferris	20.39.12	M 40-49	8
33	Stephen Lewis	22.27.02	M 50-59	4
DNF	David Bell	DNF	M 18-29	n/a
DNF	Ryan Burnell	DNF	M 30-39	n/a
DNF	Anna Liptak	DNF	F 40-49	n/a
DNF	Liesl Major	DNF	F 18-29	n/a
DNF	Richard McGrath	DNF	M 50-59	n/a
DNF	Sharon Waller	DNF	F 50-59	n/a
DNS	Rod Spinks	DNS	M 50-59	n/a
Withdrew	Sonya Alba-Miller	Withdrew		
Withdrew	Steven Brydon	Withdrew		
Withdrew	Marnie Carrison	Withdrew		
Withdrew	Mathieu Dore	Withdrew		
Withdrew	Nadia Mead	Withdrew		
Withdrew	Niamh O'Keeffe	Withdrew		
Withdrew	Nadine Seabrook	Withdrew		
Withdrew	Rhonda Zeylmans	Withdrew		

Day 1, 11 July 2014

Overall placing	Full Name	Time	Age Category	Category placing
1	Shane Jordan	4.37.36 (winner)	M 30-39	1
1	Gary Philpott	4.37.36 (winner)	M 40-49	1
1	Loz Laine	4.37.36 (winner)	M 40-49	1
4	Samantha Gash	4.52.24 (winner)	F 30-39	1
4	Ronan OMahony	4.52.24	M 30-39	2
6	Jared Day	4.57.26	M 18-29	1
7	Michael Haseldine	5.03.34	M 40-49	3
8	David Bell	5.03.55	M 18-29	2
9	Craig Overend	5.06.04	M 40-49	4
10	Steel Addison	5.06.54	M 40-49	5
10	Jo Jackson	5.06.54 (2nd female)	F 30-39	2
12	Larry Lawson	5.08.27	M 50-59	1
13	John Shirley	5.14.22	M 30-39	3
14	Jeff Herbert	5.22.36	M 30-39	4
15	Elouise Peach	5.38.23 (3rd female)	F 40-49	1
16	Jarrold Ausburn	5.40.31	M 18-29	3
17	Rob Martin	5.40.31	M 40-49	6
18	Ryan Burnell	5.58.19	M 30-39	5
19	Seranica Williamson	6.00.57	F 18-29	1
19	Ben Aldous	6.00.57	M 30-39	6
21	Richard Peters	6.06.59	M 50-59	2
22	Delmsie Elms	6.16.14	M 50-59	3
23	Debbie Ord	6.18.41	F 40-49	2
24	Leah Davis	6.23.36	F 40-49	3
25	Jason Ferris	6.24.21	M 40-49	7
26	Peter Watson	6.27.17	M 40-49	8
27	Vince Shih	6.34.22	M 30-39	7
28	Fee Harper	6.44.14	F 50-59	1
29	Pamela Williams	6.49.07	F 60-69	1
30	Chantel Peacock	6.54.15	F 30-39	3
30	Anna Liptak	6.54.15	F 40-49	4
32	Heidi Sweeting	6.57.08	F 40-49	5
33	Lorraine Lawson	6.57.13	F 40-49	6
33	Wendy Mackay	6.57.13	F 40-49	6
35	Debbie Moll	6.59.30	F 50-59	2
36	Rich McGrath	7.12.08	M 50-59	4
37	Louie Lewis	7.50.18	M 50-59	5
DNF	Liesl Major	DNF	F 18-29	n/a
DNS	Rod Spinks	DNS	M 50-59	
DNS	Sharon Waller	DNS	F 50-59	

Day 2, 12 July 2014

Overall placing	Full Name	Time	Age Category	Category placing
1	Shane Jordan	4.24.48 (winner)	M 30-39	1
1	Gary Philpott	4.24.48 (winner)	M 40-49	1
1	Loz Laine	4.24.48 (winner)	M 40-49	1
4	Samantha Gash	4.31.06 (winner)	F 30-39	1
5	Michael Haseldine	4.58.33	M 40-49	3
5	Jared Day	4.58.33	M 18-29	1
7	Ronan OMahony	5.00.06	M 30-39	2
8	Craig Overend	5.03.06	M 40-49	4
8	Jo Jackson	5.03.06 (2nd female)	F 30-39	2
10	John Shirley	5.05.37	M 30-39	3
11	Jeff Herbert	5.26.40	M 30-39	4
12	Elouise Peach	5.29.04 (3rd female)	F 40-49	1
13	Chantel Peacock	5.29.50	F 30-39	3
14	Jarrod Ausburn	5.33.34	M 18-29	2
14	Rob Martin	5.33.34	M 40-49	5
16	Larry Lawson	5.48.34	M 50-59	1
17	Richard Peters	5.59.03	M 50-59	2
18	Seranica Williamson	6.10.34	F 18-29	1
18	Ben Aldous	6.10.34	M 30-39	5
20	Delmsie Elms	6.26.25	M 50-59	3
21	Vince Shih	6.31.34	M 30-39	6
22	Debbie Ord	6.32.01	F 40-49	2
23	Peter Watson	6.49.22	M 40-49	6
24	Pamela Williams	6.55.48	F 60-69	1
24	Debbie Moll	6.55.48	F 50-59	1
26	Wendy Mackay	6.56.31	F 40-49	3
27	Steel Addison	7.05.52	M 40-49	7
30	Lorraine Lawson	7.07.36	F 40-49	5
28	Leah Davis	7.09.29	F 40-49	4
29	Fee Harper	7.09.29	F 50-59	2
31	Heidi Sweeting	7.14.36	F 40-49	6
32	Louie Lewis	7.44.34	M 50-59	4
33	Jason Ferris	7.48.55	M 40-49	8
DNF	Ryan Burnell	DNF	M 30-39	DNF
DNS	Anna Liptak	DNS	F 40-49	DNS

DNS	Liesl Major	DNS	F 18-29	DNS
DNS	Rich McGrath	DNS	M 50-59	DNS
DNS	Rod Spinks	DNS	M 50-59	DNS
DNS	Sharon Waller	DNS	F 50-59	DNS

Day 3, 13 July 2014

Overall placing	Full Name	Time	Age Category	Category placing
1	Shane Jordan	3.54.16 (winner)	M 30-39	1
2	John Shirley	3.54.53 (2nd male)	M 30-39	2
3	Gary Philpott	3.55.22 (3rd male)	M 40-49	1
4	Loz Laine	3.58.06	M 40-49	2
5	Samantha Gash	4.10.45 (winner)	F 30-39	1
6	Ronan OMahony	4.15.33	M 30-39	3
7	Michael Haseldine	4.16.09	M 40-49	3
8	Jo Jackson	4.28.37 (2nd female)	F 30-39	2
9	Craig Overend	4.32.22	M 40-49	4
10	Jeff Herbert	4.33.08	M 30-39	4
11	Anna Liptak	4.47.55	F 40-49	1
12	Jarrold Ausburn	4.56.25	M 18-29	1
13	Rob Martin	4.56.26	M 40-49	5
14	Ryan Burnell	4.56.27	M 30-39	5
15	Richard Peters	4.59.30	M 50-59	1
16	Elouise Peach	5.02.37 (3rd female)	F 40-49	2
17	Jared Day	5.03.40	M 18-29	2
18	Steel Addison	5.05.09	M 40-49	6
19	Chantel Peacock	5.06.03	F 30-39	3
20	Larry Lawson	5.09.51	M 50-59	2
21	Pamela Williams	5.11.50	F 60-69	1
22	Debbie Ord	5.12.54	F 40-49	3
23	Debbie Moll	5.23.30	F 50-59	1
24	Leah Davis	5.25.10	F 40-49	4
25	Sharon Waller	5.28.03	F 50-59	2
26	Delmsie Elms	5.40.30	M 50-59	3
27	Wendy Mackay	5.44.24	F 40-49	5
28	Lorraine Lawson	5.49.54	F 40-49	6
29	Peter Watson	5.50.08	M 40-49	7
30	Seranica Williamson	5.50.30	F 18-29	1

31	Ben Aldous	5.50.31	M 30-39	6
32	Fee Harper	6.09.40	F 50-59	3
33	Heidi Sweeting	6.09.40	F 40-49	7
34	Jason Ferris	6.25.56	M 40-49	8
35	Louie Lewis	6.52.10	M 50-59	4
36	Vince Shih	7.22.17	M 30-39	7
DNS	David Bell	DNS	M 18-29	n/a
DNS	Liesl Major	DNS	F 18-29	n/a
DNS	Rich McGrath	DNS	M 50-59	n/a
DNS	Rod Spinks	DNS	M 50-59	n/a