

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 |

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|----------|-------------------------|----------|---------|-----|
| 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'Keefe | 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 | Jarrod 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 | Jarrold 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 |

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|-----|---------------|-----|---------|-----|
| 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 |

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|-----|----------------|---------|---------|-----|
| 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 |