



WRATS Pub to Pub 2010.

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W.R.A.T.S. PUB TO PUB 30KMS , Sunday 17th January, 2010.

Two visitors to the Coffs Coast took out this year's Pub to Pub run from the Golden Dog, Glenreagh to the Amble Inn, Corindi Beach. While male winner, Kevin Duncan from Yamba is a familiar figure in local events the first female was making her first foray to the coast from Walcha specifically for the event. Nerina du Plessis made the long journey worthwhile with an impressive 2.32.31 clocking which saw her closing in on male runner-up Jim Bennington as he coped with knee problems in the final kilometers. Earlier Bennington had shadowed Duncan before the younger runner pulled away to record 2.19.38 for the 30 kms.

Du Plessis crossed in third with the third male Neil Burgess from Water View Heights looking comfortable with his 2.49.14.

Second female was Emerald Beach's Lyn Fulton in 2.39.54 followed by another Emerald Beach runner, Janie Mahoney who was having her first tilt at the Pub to Pub. Penny Burgess and Tina Thompson chased Mahoney to the finish.

Others to experience their first Pub to Pub were an exuberant Tina Benoit and a dogged Mick Nolan. The event also witnessed the swansong for a regular visitor to local events, Mark Kingsley of Gulmarrad who will be relocating to Tasmania this week.

Two teams also challenged the course on Sunday with the cycle/run trio of Michelle Randall, Eddie Harrod and John Hossack completing the crossing in 2.32.44. Each athlete ran approximately 10 kms swapping with a bike rider for the remainder of the distance. The father/daughter team of Gordon and Honey Abbott opted for an out-and-back version from Glenreagh running 15 kms before cycling back to the Golden Dog.

The next WRATS (Woolgoolga Running and Triathlon Society) event will be the Hiawatha Half-Ironman Triathlon to be held at Woolli with registrations taken at the Woolli Hotel-Motel from 6.00am on Sunday 7th February. Participants are asked to let Steel Beveridge or Lyn Fulton know their intentions before Friday 5th February to allow for adequate catering.

FULL RESULTS (MALE) : Kevin Duncan 2.19.38, 1; Jim Bennington 2.31.36, 2; Neil Burgess 2.49.14, 3; Mark Kingsley 3.33.48, 4; Mick Nolan 4.24.42, 5; Steel Beveridge 4.37.52, 6. (FEMALE) : Nerina du Plessis 2.32.31, 1; Lyn Fulton 2.39.54, 2; Janie Mahoney 2.51.43, 3; Penny Burgess 2.53.24, 4; Tina Thompson 2.55.21, 5; Tina Benoit 4.37.51, 6.

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