SMC Road Race Series

Season 2022-23 Booklet

Welcome

SMC Road Race Series Club is proud to inform through this booklet the performances and achievements of our runners during the 2022-23 race season.

Hope this booklet will remind you of how great the 2022-23 season was.

We would like to take this opportunity to thank our volunteers as their consistent assistance and commitment were essential in making every race a successful one.

Our thanks also go to the members and runners for supporting us by participating in our monthly events.

Hope to see you all again at our next road race series season 2023-24!

2021-22 Committee Members

President	Rafic Awad
Vice President	Zenita Acaba
Secretary	
Treasurer	Graham Osborn
Public Officer	Rafic Awad
Registration/Publication Officer	Zenita Acaba
Volunteer Coordinator	Ann Owen
Timer	John Dahdah
Timing Results	Colin Jeftha
Web Administrator	Joal Taylor
Course Records	Michael Kammerer

Annual General Meeting (AGM)

2023 Annual General Meeting of SMC Road Race Series Incorporated will be held at XS Espresso, Wetherill Park on Saturday, 12th August 2023 at 11:00am.

Election of Officers for 2023-24 will be held during this AGM.

President's Report

SMC success flag is flying high again in 2022-2023 long after the doom and gloom of Covid-19.

A big thank you to my team. Each and everyone have worked hard to make this club so vibrant. I extend my appreciation to our vice president Zenita for wearing many hats and staying up late preparing for the registration list and bibs. To our volunteer coordinator, Ann Owen for organizing the volunteers even during her darkest time of sadly losing her dear brother and carrying out other tasks. To our treasurer Graham Osborn who keep checks and balances of the club's finances, marking and setting up of the course. To our racing director John Dahdah for setting up the timing and helping in the loading and uploading the equipment to and from the trailer.

My special thanks to our new boy on the block Shannon Disher who helped at registration, kept the fun and humour going, and for supporting runners to finish at a faster pace.

Thanks to Colin Jeftha for the race results and Lalita for helping with distribution of trophies and taking care of the food every race day.

Big thank you to the core volunteers and occasional volunteers.

Our AGM is coming up soon and no doubt we encourage members to take up leadership roles and take the club to new successful level.

I mentioned previously that our course would be certified in Season 2022-23 but unfortunately, we couldn't find any certifier. If any of our members know of any, please advise us of the contact details.

SMC is in a healthy financial position due to the increase in registrations. 2022-23 season is one of the best seasons we have. This year, we finally purchased a new electric bike to help the course markers finish their job as quickly as possible.

We finished the season with a fabulous BBQ and cash prizes were given out to the winners.

I would like to thank Cumberland City Council for allowing us to use the course facilities and amenities.

Wishing all the club runners and associates happy and successful experience for 2023-2024 season.

SMC WILL ALWAYS STRIVE FOR BETTER AND SAFER RUNNING ENVIROMENT

Rafic Awad
2022-23 Club President

Volunteers

There are not enough words to say THANK YOU to ALL our selfless and wonderful SMC volunteers.

These amazing volunteers turn up every month come rain, hail or heatwave!!

Every race day, our vollies start the setting things up – installing marquees, tables, drinking stations, timing equipment, marking our courses from 5am in the dark (while everyone is still in bed under their warm blankets) and then they stay on after the race to pack everything up!

Without these awesome vollies we could not put on these races for our amazing runners.

Thank you once again to all our Vollies and how much we truly appreciate you. We are soooo lucky to have you !!🥰

Thank you 😘

Ann Owen
Volunteer Coordinator

Core Volunteers

Ann Owen	Start area set up, Registration, Drink Station, Pack up
Colin Jeftha	Timely race time results
Graham Osborn	Course set-up and pack-up
James Fannon	Marshal (Fairford Rd), start area set up and pack up
Joal Taylor	Website and FB posts updates
Joseph Buttiguig	Marshall (2.5 km) turn-around
John Dahdah	Timing set up, start area set up, pack up
Lalita Devi	Registration, pack-up
Michael Kammerer	Maintaining course records data
Rafic Awad	Course set up and re-packing of SMC Van
Shannon Disher	Registration, area set up and pack up
Zenita Acaba	Race advertising, registrations, start area set up and pack up

Vollies

COURSE RECORDS
Long St Course starting in Season 2021-22

Kids 2 km Dash

Category	Name	Time	Date
Male	Sai Sravan Shailesh	0:07:57.6	20/11/22
Female	Sai Sraddha Shailesh	0:08:35.5	28/05/23

5 km

Category	Name	Time	Date
Male	Barry Carey	0:16:50.7	25/09/22
Female	Jo Mockford	0:20:30.6	19/03/23
Male (Junior -U16)	Martin Doak	0:20:06.7	19/03/23
Female (Junior -U16)	Chloe Grogan	0:21:15.2	19/03/23

10 km

Category	Name	Time	Date
Male	David Criniti	0:35:06.2	18/12/22
Female	Georgia Barr	0:38:54.5	22/05/22
Male (Junior -U16)	Rocco Bingley	0:39:39.5	24/04/22
Female (Junior -U16)	Yana Nikolaeva	0:52:51.9	24/04/22

Half Marathon

Category	Name	Time	Date
Male	Brendan Fink	1:13:19.9	28/05/23
Female	AuraLea Fain	1:23:10.3	20/03/22
Male (Junior -U20)	Cameron Dodds	1:28:11.0	24/04/22
Female (Junior -U20)	Millie Rigby	1:48:27.7	18/12/22

30km

Category	Name	Time	Date
Male	Sam Agnew	2:00:20.7	19/02/23
Female	Courtney Sherwood	2:38:49.2	19/03/23

ROAD RACE SERIES Award Winners

2km Kids Dash

Category	Position	Male	Female
Outright	1st	Sai Sravan Shailesh	Sai Sraddha Shailesh
	2nd	Hayden Bathurst	Grace Nguyen
	3rd	Daniil Jerdetski	n/a

5km

Category	Position	Male	Female
Outright	1st	Thomas Hills	Chloe Grogan
	2nd	Benjamin Jelavic	Amanda Harper
	3rd	Shane Clubb	Caitlyn Singh
U13	1st	James Singh	n/a
	2nd	Connor Bates	n/a
	3rd	n/a	n/a
U18	n/a	n/a	n/a
U20	n/a	n/a	n/a
20-29	1st	n/a	Lauretta Schembri
	2nd	n/a	n/a
	3rd	n/a	n/a
30-39	1st	Davor Zailac	Melanie Long
	2nd	Yuvash Singh	n/a
	3rd	n/a	n/a
40-49	1st	Michael Grogan	Tracy Hoey
	2nd	Michael Schembri	Gemma Holly
			Sharon O'Neil
	3rd	n/a	n/a
50-59	1st	Michael Mills	Wendy Clark
	2nd	Justin McAnulty	Bellinda Henderson
	3rd	n/a	n/a

Category	Position	Male	Female
60-69	1st	Brian Seaniger	Ramona Blacklock
	2nd	Charles Fellner	Linda Coe
	3rd	Michael Christie	Lalita Devi
70-79	1st	Terry Rose	Dot Siepmann
	2nd	Peter Allen	n/a
	3rd	n/a	n/a
80+	1st	n/a	Marie Rogers
	2nd	n/a	n/a
	3rd	n/a	n/a

10km

Category	Position	Male	Female
Outright	1st	Kieran Kirk	Roxanne Henry
	2nd	Kevin Smyth	Rhiannon Philp
	3rd	Joey Deguara	Catherine Bolshesolsky
U20	n/a	n/a	n/a
20-29	1st	n/a	Kelly Travers
	2nd	n/a	n/a
	3rd	n/a	n/a
30-39	1st	n/a	Chelsea Seddon
	2nd	n/a	Wendy Larsen
	3rd	n/a	Stephanie Dipietrantonio
40-49	1st	Steve Temmo	Amanda Singh
	2nd	Tim Peatman	Jenny Sullivan
	3rd	Graham Hand	n/a
50-59	1st	Martin Geach	Tracey ODonnell
	2nd	Michael Howarth	Dianne Kirk
	3rd	Emilio Rodriguez	Jacqueline Murray
60-69	1st	Ian Rose	Helen Collins
	2nd	Ken Flarrety	Jennifer Stagg
	3rd	Stephen Mifsud	Jennifer Launt

Category	Position	Male	Female
70-79	1st	Bruce Sergent	n/a
	2nd	n/a	n/a
	3rd	n/a	n/a
80+	1st	Abdon Ulloa	n/a
	2nd	n/a	n/a
	3rd	n/a	n/a

Half Marathon

Category	Position	Male	Female
Outright	1st	Geoffrey Barnes	Stephanie Bilic
	2nd	Darth Dread	Julie Murtha
	3rd	Tipene Robinson	n/a
U20	n/a	n/a	n/a
20-29	n/a	n/a	n/a
30-39	1st	Warren Sergent	n/a
	2nd	Nathaniel Harding	n/a
	3rd	n/a	n/a
40-49	1st	Andrew Louden	n/a
	2nd	Andrew Farlow	n/a
	3rd	n/a	n/a
50-59	1st	Walter Jacobsohn	n/a
	2nd	Nicholas Ho	n/a
	3rd	n/a	n/a
60-69	1st	Daniel Tiyce	n/a
	2nd	n/a	n/a
	3rd	n/a	n/a
70-79	1st	Bob Fickel	n/a
	2nd	n/a	n/a
	3rd	n/a	n/a
80+	n/a	n/a	n/a

Guest Speaker
Andrew Lloyd

Andrew Lloyd was in born 1959. He represented Australia in 1988 Summer Olympics and IAAF World Cross Country.

Andrew Lloyd is best known for the 1990 Auckland Commonwealth Games 5000m final, where he came from behind in the last lap to beat Kenyan 5,000mtr. He won the Gold Medal in 13.24.86 just .08sec. in front of the Olympic Champion!!

Skinny white Aussie bloke with *porno moustaches (quoted from Herald Sun in news article July 24, 2014) don't beat guys like Ngugi and Ondieki at any major track meet. There were other top class runners in the field too, including the Olympic bronze medallist. But none of that bothered Aussie runner Andrew Lloyd.

www.sporting-heroes.net

Andrew Lloyd's determination to fight back against impossible odds was not only evident in the greatest victory of his career, but also in life itself. Although Lloyd had shown his distance running potential on the track early in his career, it was in the marathon that he achieved his earliest successes. He won the Melbourne marathon in 1979, 1980 and 1981, and recorded a career best of 2hr 14min 36sec in 1984. On the track, Lloyd's first major success was winning the 5000m/10000m double at the 1985 Australian Championships.

Five years earlier before his legendary win in 1990, Andrew suffered serious injuries in a car accident that claimed the life of his first wife. But LloyD (as he was called), never gave up and won the Commonwealth Games in 1990.

Lloyd slowly regained his fitness, although the injuries sustained in the accident would necessitate seven operations over time to his right ankle and right elbow. Lloyd participated at the 1988 Olympic Games in Seoul where he failed to finish in his heat of the 1,0000m, and was eliminated in the semi-finals of the 5000m. The 5000m final at Seoul was memorable because the winner John Ngugi (Kenya) established an enormous lead over the field in the early stages which he never relinquished.

Ngugi tried exactly the same tactics in the 5000m final at the Commonwealth Games in Auckland on 1 February 1990. Ngugi had a 40-metre lead at the bell, with the runners behind him, led by Ian Hamer (Wales), starting to make their moves as they fought for the minor medals. Lloyd battled Hamer for second place around the last lap, finally passing the Welshman soon after entering the straight. At this stage Ngugi's lead still seemed unassailable, but he was starting to falter, and sensing his chance, Lloyd produced an incredible finishing burst (see photo above), to just pip Ngugi at the line by a mere 0.08 seconds. (Ron Casey).

LloyD's Personal Bests.

1500m: 3:36.6 (July 1990, Barcelona) Mile: 3:56.52 (May 1990, London) 3000m: 7:45.94 (December 1990, Canberra) 5000m: 13:24.63 (February 1992, Melbourne) 10,000m: 27:57.34 (December 1987, Melbourne) Half marathon: 62.54 (January 1994, Tokyo) Marathon: 2:14.36 (June 1984, Sydney).

He has won many prestigios Australian Road Races in 1980s 1990s including 1983,1984,1986,1993 C2S. He also won 1979,1980 and 1981 Melb.marathon and Gold Coast Marathon 1980.

It's been over 30 years since Andrew Lloyd won the first *Sydney Morning Herald* Half Marathon, in 1992. Countless kilometres, at least 20 marathons and 15 half marathons later - as well as 16 kilograms heavier - at age 56 the former professional athlete is getting ready to return to the 21.1km course in 2016.

His advice for half marathon first-timers is to "make sure you've got lots of fluid on board before you start" and "don't go out too fast".

"It's a long way," said Lloyd, "If you feel good in the last 5km then let it go."

Lloyd spent his career winning races all over the world and remembers the Sydney Morning Herald Half Marathon as "a pretty easy race". But he has his sights set more modestly this time around: he's aiming to finish without any injuries.

Photo of Andrew Lloyd at 56 years old, won the first Sydney Morning Herald Half Marathon in 1992.

CLUB SERIES Award Winners

Maiden Marathon Award

Jenny Sullivan
Blackmores, Sept 2023

Matt Bates
Canberra Marathon, April 2023

Tipene Robinson
Gold Coast Marathon, July 2023

Maiden Ultra Marathon Award

Jenny Sullivan
UTA 50, May 2023

Wendy Clark
UTA 50, May 2023

Tipene Robinson
6ft Track, March 2023

Outstanding Achievements

Bob Fickel
300th marathon
Celebrated at Blackmores Running Festival, Sept 2023

Dot Siepmann
NSW Athletics Championships
Feb 2023, Campbelltown Athletics Stadium,
2nd place for women 75-79 age category
40m, 100m, 200m, 400m and 800m

Tipene Robinson
3 marathons
Gold Coast, July 2022
M7 Blacktown Running Festival, July 2022 (3hrs 32mins), and
Blackmores Sydney Running Festival, Sept 2022 (3hrs 33mins

6ft track Trail (45kms)
Blue Mts, March 2023 (6hrs, 17mins)

4 half marathons
Sydney Half Marathon, Sept 2022m (1hr 34mins)
Ultra Trail Australia UTA22, May 2023 (3hrs, 04mins),
Hoka Runaway Sydney Half, May 2023 (1hr 40mins)
SMC Road Race Series 2022-23, 3rd place Male Outright

NSW Masters Championship 2023
State Silver Medallist Men's 35-39, 400m and 800m,
Bronze medallist Men's 35-39, 1500m and 5000m

CLUB SERIES Award Winners

Outstanding Volunteer

James Fannon

Shannon Disher

President's Award

Shannon Disher

Mulga Bill Award

Shannon Disher

Jack Black Award

John Dahdah

FLAMIN' LOT T-shirts

SMC club members who completed all 9 runs in the series and our volunteers who helped in all 9 races. CONGRATULATIONS!!

5km	James Singh, Justin McAnulty, Lalita Devi, Linda Coe, Michael Christie, Michael Mills, Ramona Blacklock, Yuvash Singh
10km	Amanda Singh, Bruce Sergent, Ian Rose, Jennifer Stagg, Ken Flarrety, , Kevin Smyth, Tim Peatman
Half Marathon	Tipene Robinson, Warren Sergent
FLAMING LOT VOLUNTEERS	Zenita Acaba, Lalita Devi, James Fannon, Colin Jeftha, Michael Kammerer

SMC Road Race Series 2023/24 CALENDAR

Events: 2 km Kids Dash, 5km, 10km, 21.1km, 30km*

Race 1	10-Sep-23
Race 2	15-Oct-23
Race 3	19-Nov-23
Race 4	17-Dec-23
Race 5	21-Jan-24
Race 6*	18-Feb-24
Race 7*	17-Mar-24
Race 8	21-Apr-24
Race 9	26-May-24

***30km race in February and March 2024 only.**

Note: Dates are subject to change without prior notice for circumstances that are beyond our control.

Another great season at SMC!!

SMC Road Race Series

2022-23

www.smcroadraceseries.org.au

Prepared by Zenita Acaba