This year was the second (and probably the final ) year that the Twin Bridges Trail Race was run.
As with last year's race, the sun shone and the air was cool. Perfect conditions for running. Unlike last year, the bus taking runners to the starting line was on time (Race Director Dave was driving it!) Also different from last year was the staggered start with 10 runners taking off when the hooter blew at 8.32 am. Why 8.32 you may ask? "I've lost my satellite connection!" yelled Michelle. What could I do? Delay the start, of course! The "greyhounds" started 30 minutes later, resulting in only 1 hour and 12 minutes between first and last runners crossing the finish line.

The race was not without incident. One of three mountain bikers also out on the track, crashed spectacularly just 50 metres in front of Bryan O'Mahony, with a suspected broken shoulder, bringing the race to a temporary halt for "good Samaritans" Bryan, Darelle, Giselle, Bruce, Michael and Dave who supplied snake bandages, sympathy and first aid before continuing on. One of the other cyclists rode on to the finish to organise a transport vehicle and enjoy a bit of Road Runners hospitality.

Jeff Herbert raced into the record books with his time of 1:38:17 smashing last year's record by more than 6 minutes and his own time by a whopping 16 minutes. And this in only his second year of racing! Visiting Sydneysider, Mark Abercromby, ran in exactly 4 minutes later and the "quiet man", Paul Weatherby, rounded out the podium finishers with a time of 1:51:57. Well done fellas!

For the ladies, Alena Scurrah (also in only her second year of running) crossed the line in 1:58:53 and smashed her time from last year also by 16 minutes! Well done Alena! Michelle Farkas obviously benefited from the 2 minute delay at the start to run into second place in 2 hours and 13 minutes and Debbie Ord claimed third spot with a time of 2:19:46.(Sorry, Emy, I made a mistake).

A huge "thank you" to Mark St Amand (my "right hand man") for all his help with advice pre-race and with Registration, Timing and Senior Chef and Transportation duties on the day. Couldn't have done it without you, mate! Thanks also to Colleen Harisson for pre race Registration and paperwork; Rod Fearon and son for their vital role as "Sweep"; Pieter Taylor for his assistance at the finish line and to my longsuffering wife Brenda and daughter, Kirby, for help with all those jobs that nobody else sees.

## Results

| Overall place | Bib \# | Runner's Name |  | Age group | Time | Category place |
| :---: | :---: | :--- | :--- | ---: | :--- | :---: |
| 1 | 608 | Jeff | Herbert | M 30-39 | $1: 38: 17$ | 1 |
| 2 | 601 | Mark | Abercromby | M 30-39 | $1: 42: 17$ | 2 |
| 3 | 616 | Paul | Weatherby | M 30-39 | $1: 51: 57$ | 3 |
| 4 | 610 | Bryan | O'Mahony | M 30-39 | $1: 53: 48$ | 4 |
| 5 | 607 | Bruce | Hansen | M 50-59 | $1: 57: 42$ | 1 |
| 6 | 613 | Alena | Scurrah | F 30-39 | $1: 58: 53$ | 1 |
| 7 | 617 | Michael | Xu | M 30-39 | $1: 59: 39$ | 5 |
| 8 | 609 | Dave | OBrien | M 60-69 | $2: 01: 12$ | 5 |
| 9 | 605 | Michelle | Farkas | F 40-49 | $2: 13: 00$ | 1 |
| 10 | 614 | Ben | Smith | M 30-39 | $2: 18: 55$ | 1 |
| 11 | 611 | Debbie | Ord | F 40-49 | $2: 19: 46$ | 6 |
| 12 | 604 | Emy | De Zen | F 40-49 | $2: 23: 28$ | 2 |
| 13 | 606 | Laura | Garner | F 40-49 | $2: 24: 25$ | 3 |
| 14 | 603 | Dave | Cuming | M 50-59 | $2: 29: 55$ | 4 |
| 14 | 602 | Lou | Cracknell | F 50-59 | $2: 29: 55$ | 2 |
| 16 | 612 | Giselle | Rossini | F 40-49 | $2: 50: 27$ | 1 |
| 17 | 615 | Darelle | Taylor | F 40-49 | $2: 50: 40$ | 5 |
|  |  |  |  |  | 6 |  |

