

***The Frontrunner* Three Peaks** **Sunday, 18 April 2010**

Weather conditions:
Wind: Cool and cloudy with light winds

Dunedin's 27th Three Peaks Mountain Race **Thorburn the King of the Mountains**



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By Wayne Parsons on Mon, 19 Apr 2010

Dougal Thorburn, having elected not to compete in the national mountain running championships in Motueka, ran away with Dunedin's Three Peaks Mountain race yesterday.

It was Thorburn's first time on the course and he wasted no time in attacking the demanding nature of its terrain, becoming locked in an uphill struggle with defending champion Norman Dunroy over the first two summits of Flagstaff and Swampy. Thorburn, a national mountain representative last year, quickly discovered he had a race on his hands when he was not able to shake the threat posed by Dunroy. However,

nearing Swampy summit Thorburn realised Dunroy was not as strong on the flat and downhill sections.

After leaving Swampy summit, Thorburn was able to take advantage and opened up a lead on Dunroy to hold a decisive lead at Mt Cargill for the run down to Bethune's Gully and the finish at Chingford Park.

With the course being extended this year, Thorburn's time of 1hr 55min 44sec will stand as a record. The chute and Thompson's farm sections have now been bypassed for a run down to Morrison's Burn before linking on to Leith Valley Rd.

This has added between two and three minutes to the original course.

Given these estimations, Thorburn could have gone close to breaking Aaron Strong's long-standing course record of 1hr 53min.

Dunroy finished in a quicker time than last year, despite the extended course variation.

His time of 2hr 4min 33sec, bettered last year's winning time by 1min 17sec.

"No wonder I feel a bit tired," he said at the finish.

Third home was Andrew Lonie in 2hr 6min.

A welcome respite from a niggling stress fracture saw Sarah Chisnall win the open women's section in 2hr 19min 56sec.

For Chisnall, it gives her back-to-back records in the event as she held the record on the original course of 2hr 9min 3sec.

It has been a battle with injury for Chisnall, who has only been able to achieve two months of quality running over the past two years.

She has had to accept that it is something that she will always suffer from, and that it is just a matter

of running when the pain has subsided.

"It felt good running today," she said at the finish yesterday.

"There was no pressure. No expectations. It was just awesome."

Chisnall finished with both her legs bloodied from a fall in the new section of the course.

Second in the women's section was Louisa Andrew in 2hr 31min 46sec, with Sue Cuthbert third in 2hr 37min 23sec.

Jet lag may have been a factor for Chris Sole, who said he felt unusually exhausted at the finish.

Sole, one of the personalities with the event over the past decade, only arrived back in Dunedin last Sunday.

He had spent the previous three weeks in South Africa, where he had competed for his old university athletic team in a relay around the Cape Town peninsula.

Sole had then competed in the 18km trail run up Table Mountain, where he finished 12th in 1hr 40min.

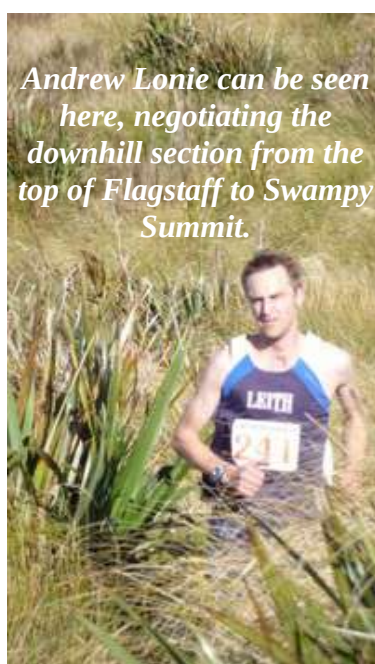
The winner's time was 1hr 30min.

Yesterday, Sole completed Dunedin's premier mountain race in 2hr 28min 22sec.

Defending Champion Norman Dunroy

It was great to see Norman Dunroy back again to defend his title.

Uphill running is one of his great strengths and he battled valiantly in a tussle with the winner Dougal Thorburn, but younger legs and a decided advantage in running downhill and on the straights gave Thorburn the edge. Dunroy eventually finished with a time of 2 hours 4 minutes 33 seconds which was an improvement of over a minute on his time from last year.



Andrew Lonie

Andrew Lonie who was in top form going into this race, finished third overall in 2 hours 6 minutes which was a personal best for him on the Three Peaks course. He also came second in the Master Men's 35 grade. Lonie is becoming a regular threat to anyone attempting to win the race and has constantly finished in the top three.

Sarah Chisnall

Sarah Chisnall again displayed her excellent mountain running skills especially a great ability on the downhill sections. The current Open Women's record holder finished with the time of 2 hours 19 minutes 56 seconds. Chisnall also won the Town Garage Queen of the Mountain title for being the fastest to the top of Swampy Summit and still finishing the race. Her time to Swampy was done in exactly one hour.



Report and results summary

Open Men's runner Dougal Thorburn won the 27th Three Peaks Mountain Race held over the new course in a time of 1 hour 55 minutes 44 seconds. Thorburn also won the **Town Garage King of the Mountain Title** (First Man to Swampy who completes the whole race). His time to Swampy was 52 minutes 49 seconds.

Second across the line was last year's winner Norman Dunroy in 2 hours 4 minutes 33 seconds. Dunroy was also the first Master Men's 35-49 runner.

Andrew Lonie (Leith) was third overall in a personal best time of 2 hours 6 minutes finishing second in the Master Men's 35-49 grade. Fourth overall and second Open Man was Simon van Rij in 2 hours 16 minutes 1 second. Fifth overall was Neale McLanachan who finished third in the Open Men's grade in 2 hours 18 minutes 7 seconds while sixth across the line was Richard Hendry who finished third in the Master Men's 35-49 grade 2 hours 18 minutes 12 seconds just 5 seconds adrift of Neale McLanachan.

Chris Sole won the Master Men's 50+ grade in 2hr 28min 22sec finishing 12th overall. Next runner in this grade was Bob Webster in 2:36:14 followed by Paul King in 2:49:14.

Open Women's runner Sarah Chisnall was the first women to finish. Chisnall ran the distance in 2 hours 19 minutes 56 seconds to finish seventh overall. Louisa Andrew was the second woman to finish. She was first in the MW35-49 grade in 2:31:46. Coming through in third place was the second Master Women's 35-49 runner Sue Cuthbert in 2:37:23. The second Open Women's runner Anna Gray finished in 2:41:06 with the third Open Women's runner Rosie Hodson finishing in 2:41:49. The third MW35-49 runner Wanphen Anderson came through in 3:20:59.

Sally Nicoll won the Master Women's 50+ grade in 3hrs 11.17mins. She was followed by fellow Master Women's 50+ runners Judith MacDonald in 3:24:42 and Carol Foote in 3:25:45.

2-Person Teams Race 26km

Woodhaugh Street, Flagstaff, Swampy Summit (changeover), Mt Cargill, Chingford Park

The Men's 2-person relay team of Elliot O'Sullivan (56min 35sec) and Ollie O'Sullivan (69min 37sec) was the first team to finish in a combined time of 2 hours 6 minutes 12 seconds. Second team home was the Men's team of Will Smith (60min 24sec) and Bryan Simpson (79min 43sec) for a combined time of 2:20:07. Third team across the line was the mixed team of David Rush (61min 16sec) and Julie Wilson (85min 9sec) for a combined time of 2:26:25. The first Women's team of Donna Young (1:15:30) and Evelyn Armstrong (1:30:37) finished in combined time of 2:46:07.

John Scoones finished his 25th run to be the runner with the most number of runs having run all but two of the runs over the last 30 years. Ian Bartley by completing his 18th race is the runner with the second most finishes. Thanks to all athletes, helpers, organisers and sponsors. See podium results below:

Open Men's

- 1 Dougal Thorburn OM Run 1:55:44
- 2 Simon van Rij OM Run 2:16:01
- 3 Neale McLanachan OM Run 2:18:07

Master Men's 35-49

- 1 Norman Dunroy MM35 Run 2:04:33
- 2 Andrew Lonie MM35 Run 2:06:00
- 3 Richard Hendry MM35 Run 2:18:12

Master Men's 50+

- 1 Chris Sole MM50+ Run 2:28:22
- 2 Bob Webster MM50+ Run 2:36:14
- 3 Paul King MM50+ Run 2:49:14

Open Women

- 1 Sarah Chisnall OW Run 2:19:56
- 2 Anna Grey OW Run 2:41:06
- 3 Rosie Hodson OW Run 2:41:49

Master Women 35-49

- 1 Louisa Andrew MW35 Run 2:31:46
- 2 Sue Cuthbert MW35 Run 2:37:23
- 3 Wanphen Anderson MW35 Run 3:20:59

Master Women 50+

- 1 Sally Nicoll MW50+ Run 3:11:17
- 2 Judith MacDonald MW50+ Run 3:24:42
- 3 Carol Foote MW50+ Run 3:25:45

Teams 2-person Relay

Men

- 1 Oliver O'Sullivan 0:56:35 Elliot O'Sullivan 1:09:37 Men Teams 2:06:12
- 2 Will Smith 1:00:24 Bryan Simpson 1:19:43 Men Teams 2:20:07
- 3 Michael Phillipps 1:11:07 Alastair Chisnall 1:20:33 Men Teams 2:31:40

Women

- 1 Donna Young 1:15:30 Evelyn Armstrong 1:30:37 Women Teams 2:46:07
- 2 Anna Stott 1:26:33 Emma John 1:26:42 Women Teams 2:53:15
- 3 Jacqui Fechny 1:26:49 Jessica Smart 1:29:34 Women Teams 2:56:23

Mixed

- 1 David Rush 1:01:16 Julie Wilson 1:25:09 Mixed Teams 2:26:25
- 2 Laura Smit 1:10:07 Gareth Benic 1:17:19 Mixed Teams 2:27:26
- 3 Reta Trotman 1:13:02 Andrew Riddell 1:17:26 Mixed Teams 2:30:28

Recreational Walk

- 1 Barrie Aberhart MM35 Walk 1:10:12
- 2 Katrina Jenkins MW35 Walk 1:10:18
- 3 Tim Buscall MM35 Walk 1:10:24