



## Canberra Runners 2023 Half Marathon

### Race wrap-Up

Congratulations to all participants in the 2023 Canberra Runners Half Marathon. It was a great community event despite bracing winds.

Of 353 runners who registered for the event, 309 started and all but two finished.

Michael Daly backed up from winning the race last year to win again this year, with Claire Ashworth a clear female winner.

- 1<sup>st</sup> Male – Michael Daly (1:11:56)
- 2<sup>nd</sup> Male – Alex Dreyer (1:12:25)
- 3<sup>rd</sup> Male – Zac Rosser (1:14:16)
  
- 1<sup>st</sup> Female – Claire Ashworth (1:19:57)
- 2<sup>nd</sup> Female – Penny Slater (1:24:09)
- 3<sup>rd</sup> Female – Tara Melhuish (1:26:13)

The above first three male and female winners were presented with cash prizes and shoe vouchers courtesy of sponsors, The Canberra Physio Clinic and The Runners Shop, with Ellie Brush and Nick Walshe from these organisations presenting the prizes.

The age group winners were most impressive. Notably, Bruce Graham in the 60+ category was only nine minutes behind the winner.

Age Group	Males	Time	Female	Time
U20	Ethan Oziemski	1:50:54	Francesca Clarke	1:37:33
20-29	Zac Rosser	1:14:16	Penny Slater	1:24:09
30-39	Michael Daly	1:11:56	Claire Ashworth	1:19:57
40-49	Jamie Hogg	1:19:34	Michelle Fletcher	1:33:57
50-59	Luke Grattan	1:15:40	Anita Scherrer	1:52:55

60-69	Bruce Graham	1:20:42	Clare Wall	1:50:22
70 +	Paul Mckeish	1:46:09	Caroline Campbell	2:41:41

## **Results**

For details of the race results and a finisher's certificate, please go to: <https://my.raceresult.com/245419/results>, courtesy of FlyerUltra Race Timing.

## **Photos**

Photos courtesy of volunteers, John Harding and Robert Davy, are available on the Canberra Runners Facebook Page. Go there to see yourself at your best and save a photo for posterity.

Thank you to all our volunteers, sponsors, suppliers and contractors, and to the ACT Government and the NCA for the necessary race approvals and their assistance.

## **Feedback**

We aim to improve the event each year. If you would like to provide feedback, please complete the short survey at:

<https://forms.office.com/r/57Wjr96SmK>

## **Children's Fun Run 1.6 km**

Finally, a successful children's fun run was held on the day, with 23 starters and an age range from 3 to 13 years.

Congratulations to the winners: Evan Minto (5:22 min) (males) and Saleena Ramboer (6:09 min) (females) and to the second and third place getters, for the boys: Callum Minto (6:03) and Peter Kay (6:47 min; and for the girls: Banjo Bluett-Jones (6:48 min) and Rui Ramboer (6:50 min).



Female and male winners, Claire Ashworth and Michael Daly



Step Up to Half Training Group participants in Half Marathon, and coach



Race start - early runners



Announcer, Dave Hobson

