



DAY OFF: Carolyn Bieman-King, Kaye Purdon, Alex Cook and Stef Kinsey get ready for Sunday's River Run.

Picture by PERRY DUFFIN 300414PD079

Work on backburner as girls tackle River Run

MAITLAND RIVER RUN

Josh Callinan

Many people dream of the day when they can run past their office door and not have to work.

These four women will get that chance in Maitland on Sunday – three times over.

Valley Homes quartet Carolyn Bieman-King, Kaye Purdon, Alex Cook and Stef Kinsey will take the 12 kilometre event as part of the 2014 Maitland River Run.

"We will be able to leave a note on the door saying we were here on Sunday, not Monday," Cook joked.

The team was assembled after a pamphlet promoting the annual event was dropped at their High Street office.

"One person said they were interested and then another, and it just went from there," Kinsey said.

Now in its fifth year the Maitland River

Run, which incorporates four, eight and 12 kilometre distances as well as the Maitland Mile, provides a welcome injection to the local community.

"It's a great thing for the town," Purdon said.

"No doubt people finish and then go to local businesses as well."

The popularity of such events could be in some way contributed to a love of outdoors according to Bieman-King.

"Everyone loves being outside these days, both for the activity and the social event," she said.

The work colleagues will walk the course along the banks of the Hunter River and through the Maitland Heritage Mall.

The 12km race starts at 9am, the 8km at 10.15am and the 4km at 11.30am.

The Maitland Mile will take off at 12.10pm.

UP TO 700 COMPETITORS

Maitland River Run organiser Paul Humphreys said there was a multitude of reasons why numbers were down this year.

Humphreys expects about 600 to 700 runners to line up on Sunday, almost half the number from last year's record participation.

"Numbers are down on last year but we're not too worried," he said.

"We had a change of date, it wasn't long after our Newcastle event

[Hill2Harbour], Total is on the same weekend and Parkrun has grown dramatically as well.

"So the timing wasn't quite right but we'll wear that and we're not too worried because we're here for the long term and we'll be back bigger and better next year."

Humphreys said people were still able to enter and could do so by visiting the race office at the Belmore Hotel on Saturday between 1pm and 4pm.