

Carmody on track for NY

Nick Kossatch RUNNING

IT has been a busy few weeks for Alice Springs runner Sarah Carmody as she prepares for the New York Marathon on November 2.

Last Sunday she competed a half marathon at the Running Festival, finishing the 21.1km with a time of 2:26.22.

Earlier this month Carmody was part of the Indigenous Marathon Project team of 10 that competed in their first Sydney City2Surf.

She joined Brendan Peeters (Cairns), Nathan Riley

(Dubbo), Raymond Ingram (Sydney), Harold Matthew (Thursday Island), Adrian Dodson-Shaw (Broome), Allira Braun (Katherine), Ruth Wallace (Adelaide), Elsie Seriat (Thursday Island) and Toni Daisy (Townsville).

The IMP will run camp in Alice Springs next month under the guidance of dual Olympic Aussie marathon runner Robert de Castella.

Carmody finished the 14km in 1:31.09 in Sydney and said while the Big Apple event will be a huge highlight, it's not the sole focus.

"It's not about the New

York Marathon but more about the program and at the camp we have to be able to run 30km ... just to complete it is part of the criteria to get a ticket for the New York Marathon," Carmody said.

She commits to waking up at 5.30am most days to run 10 to 15km and 5km on Mondays which are her "rest days".

Nutrition plays a big part in Carmody's training and Alice and Aussie mountain runner Emma Kraft has had input.

"Emma has helped me out a lot with my carb loading and I try to eat the right food," Carmody said.



Sarah Carmody (left) was all smiles with fellow City2Surf competitor Ruth Wallace

SCOREBOARD

Basketball

Under-20 Boys: Wallabies Storm 51 (D Orr 18, J Orr 11) d Rockets 35 (S Yamada 15, K Abbott 8).
Under-16 Boys: Rockets 35 (K Abbott 18, J Dunn 6) d Wallabies Storm 31 (J Orr 14, I Smith 6), Yirra College 43 (not supplied) d Suns Under-14 Girls 25 (T Fishook 11, T Pon 6), Memo Magic 54 (H Stephens 15, F Johnson 14, D Osborne 11) d Suns Under-14 Boys 41 (D Forbes 16, J Ward 10, T Ahfat 6).
Under-14 Boys: Wallabies Storm 37 (T Ahfat 10, K Richardson 8) d Rockets 33 (N Diemer 12, H Abbott 8), Nyewente 20 d Alice Under-12 Development 0 (forfeit).
Under-12 Boys: Wallabies Storm 33 (T Ahfat 17, S Byrne 6) d Rockets 26 (D Emami 12, H Abbott 8), Wallabies Thunder 42 (K Richardson 27, S Ward 12) d Nyewente 41 (A Kopp 14, J Bruce 10), Memo Magic 20 d Alice Under-10 Boys Development (forfeit).
Under-12 Girls: Nyewente 40 (K Foster, V Walker 12) d Memo Magic 9 (K Cardona 5), Wallabies Storm 44 (S Richards 14, M Jakubiszyn 10) d Alice Under-10 Boy's Development 9 (scores not supplied)

Football

Barkly Australian Football League
ELLIOTT 6.2 9.6 13.8 15.9 (99)
Y.D.U 2.0 5.1 8.4 14.5 (89)
Goals: Elliott: Gordon Jackson 6, Kurt Raymond 2, Kieran Kingston 2, Donovan Raymond 2, Joshua Jackson 1, Kendrick Albert 1, Randall Jackson 1.
Y.D.U: Damien Campbell 3, Dallas Campbell 3, Douglas Watson 2, Roderick Foster 1, Jason Burton 1, Leeson Dickenson 1, Warwick Waistcoat 1, Shane Hayes 1, Justin Dickenson 1.
Best: Elliott: Kendrick Albert, Lane Jackson, Donovan Raymond, Lenny Barton, Gordon Jackson. **Y.D.U:** Douglas Watson, Dion Burton, Jonathon Beasley, Nathan Duggie, Justin Dickenson
SPITFIRES 3.5 9.7 13.12 17.17 (119)
JANAPURLALKI 3.1 8.1 8.3 11.5 (71)
Goals: Spitfires: Andrew Baker 4, Richard Findlay 4, Archie Harvey 2, Kym Bracken 1, Aden Plummer 1, Marcus Maher 1, Troy Gillett 1, Kendrick Hogan 1, Michael Baker 1, Dane Nichols 1. **Janapurlalki Eagles:** Edwin Cook 3, Baiden Dawson 2, Mitchell Hayes 2, Warrick Raymond 1, Isiah Farrell-Nelson 1, Zane Foster 1, Noel Jones 1
Best: Spitfires: Kendrick Hogan, Owen Paterson, Joseph McCarthy, Troy Gillett, Michael Baker. **Janapurlalki Eagles:** Lucas Grant, Isiah Farrell-Nelson, Noel Jones, Edwin Cook, Darryl Waistcoat
ALI CURUNG v ARLPARRA: Both teams forfeited. No points or percentage added.

Central Australia FL

Premier League
FEDERAL 5.4 7.7 12.8 13.10 (88)
ROVERS 1.1 5.3 6.3 11.4 (70)
Federal: Goals: A.Ankers 3, B.Neil, C.Carroll, N.Kabia 2, J.Mapstone, B.Turner, C.Cooper, L.Relic 1. Best: J.Mapstone, A.Ankers, N.Foote, B.Neil, M.Axten
Rovers: Goals: E.Campbell 3, T.Kunoth, C.Marriott 2, G.Remfrey, J.Blab, M.Satur, D.Sandry 1. Best: G.Remfrey, A.Davis, C.Glover, A.Jolly, E.Campbell, T.Kunoth
PIONEER 5.4 13.5 18.7 27.11 (173)
WEST 1.2 3.2 7.4 7.5 (47)
Pioneer: Goals: D.Alice 6, T.Gorey 5, B.Cole, P.Abbott 4, W.Foster, R.Mallard 2, K.Renehan, P.Campbell, E.Liddle, J.Cole 1. Best: P.Campbell, D.Alice, T.Gorey, B.Cole, G.Turner
West: Goals: M.Cunningham 2, M.Gurney, H.Conway, R.Bartee, J.Johnny, E.Hampton 1. Best: S.Albury, L.Hislop, M.Cunningham, M.Gurney, W.Morris
W. ARANDA 1.3 6.5 7.10 14.11 (95)
L. APURTE 3.2 8.3 12.4 14.5 (89)

Western Aranda: Goals: F.Marks 3, C.Coulthard 2, D.Inkamala, S.Malbunka, J.Wheeler, A.Malbunka, C.Raggett, F.Ebatarinja, K.Ratara, K.Coulthard 1. Best: F.Marks, C.Coulthard, J.Wheeler, K.Ratara
Ltyentye Apurte: Goals: S.Mulladad 5, W.Simmons, J.McMillian 2, J.Campbell, N.Douglas, G.Hayes, D.Mulladad 1. Best: S.Mulladad, C.Lynch, D.Warrior, G.Mulladad, J.McMillian

Division One

NYIRRIPI 3.3 5.4 6.6 9.8 (62)
TITJIKALA 2.0 6.0 8.1 8.3 (51)
Nyirripi: Goals: S.Watson 3, R.White 2, J.Turner, U.Wilson, H.Wilson, M.Ralph 1. Best: J.Gibson, R.White, S.Watson, H.Wilson, J.Turner, C.Frank
Titjikala: Goals: Not listed. Best: Not listed

Division Two

ROVERS 5.2 8.5 13.6 19.8 (122)
FEDERAL 1.5 3.6 3.7 5.8 (38)
Rovers: Goals: S.Butler 6, J.Cleary 4, G.Christmas 3, B.Farrows 2, S.Richer, C.Palmer, J.Butler, J.Organ 1. Best: D.Bray, B.Farrows, R.Gorey, B.Morton, J.Kesby, J.Butler

Federal: Goals: D.Hayes 2, W.Shadforth, D.Palmer, R.Furber 1. Best: D.Pelsar, M.Robertson, J.Nolan, K.Forbes, G.Furber, M.Cameron

WEST 3.1 4.5 7.6 11.7 (73)
PIONEER 0.3 3.4 3.5 5.6 (36)
West: Goals: D.Pepperill. Best: A.Mill, J.Martin, T.Wegner, R.Fraser, S.Dick

Pioneer: Goals: H.McDonald 2, D.McCormack, D.Anderson, C.Walker 1. Best: T.Caldwell, H.McDonald

L. APURTE 4.3 8.5 10.6 14.6 (90)
AREYONGA 2.1 4.2 7.6 13.9 (87)

Ltyentye Apurte: Goals: J.McMillian, F.Hayes 3, D.Young 2, K.Gorey, D.Williams, M.Cavanagh, K.Kopp, T.Turner, W.Gorey. Best: B.Cavanagh, K.McMillian, T.Turner, J.Kopp, J.McMillian, B.Smith

Areyonga: Goals: G.Long 3, F.Ebatarinja, A.Donald 2, G.Windy, F.Marks, H.Abbott, A.Lyall 1. Best: G.Windy, L.Scobie, R.Djana, C.Carroll, C.Coulthard

Under-17s

ROVERS 2.3 2.7 7.11 10.14 (74)
FEDERAL 0.0 0.0 1.0 0.1 (1)
Rovers: Goals: C.Mariott 4, T.Shaw, D.Sandry 2, A.Hynes, T.Bailey 1. Best: D.Sandry, C.Smith, E.Dayman, K.Monkerud, B.Wade, T.Shaw

Federal: Best: R.Furber, M.Robertson, J.Steer, B.Weily

PIONEER 0.1 1.1 3.3 4.4 (28)
WESTS 0.5 0.6 1.7 2.10 (22)
Pioneer: Goals: T.Miller 2, R.Martin, R.Cole 1. Best: E.Liddle, R.Cole, R.Martin, J.Renehan, W.Bruce, B.Cole

West: Goals: H.Renzi. Best: J.Renzi, R.Burns, J.Smart, J.Lay, I.Montifiore

W. ARANDA 2.3 4.7 8.7 10.7 (67)
L. APURTE 1.1 4.2 5.3 8.4 (52)

Western Aranda: Goals: D.Abbott 8, D.Inkamala, J.Walker 1. Best: D.Abbott, M.Pareoroutija, K.Andrews, T.Pepperill, J.Walker, I.Ngalala

Ltyentye Apurte: Goals: D.Wongway, K.Fishook 2, F.Hayes, T.Hayes, S.Bloomfield, S.Young. Best: D.Wongway, K.Fishook, B.Palmer

Women's

ALICE SPRINGS 4.11 9.17 (71)
SOUTH 0.1 0.1 (1)
Alice Springs WFC: Goals: J.Price 6, K.Lovell 3. Best: K.Lovell, C.Barnes, J.Price, A.Hardy, D.Herwood

South: Best: K. Bird, S. Williams, L. Woodbury, M. Davies, R. Smith

PIONEER 10.4 14.7 (91)
ALKAMILYA 0.1 1.3 (9)
Pioneer: Goals: N. Dunn, K. Bathern 5, Ki. White 3, T. Holtze. Best: N. Dunn, K-A. White, E. Miller, K. Bathern, R. Liddle, A. Lewis

Alkamilya: Goals: C. Drover. Best: K. Armstrong, S. Armstrong, M. Maher, K. Beynon, A. Ryan

ROVERS 3.4 10.9 (69)
CENTRAL ARRENTE 1.1 1.1 (7)
Rovers: Goals: C. Lingen H. Bathern, A. Riley, K. Odgers 2, M. Gunn, K. Ellis, L. Lingen, - Best: K. Odgers, B. Schembr, A. Riley, C. Lingen, I. Constable, L. Lingen

Central Arrente: Goals: J. Turner. Best: J. Turner, C. Hayes, J. Marshall

Hockey

Men: Stunts 2 (K Ingerson; J Kenna) d Centrals 0; Warriors 9 (G Kean 4, J Hodgett 3, F Nash; C McDonald) d Desert Sharks 6 (K Farmer 3, M Dickson; D Falzon; T Falzon).

Womens: Gillen Divas 5 (S Lewis 2; L Maidment 2, H Bushell) d Desert Sharks; Centrals 1 (W Schwalger) drew with Legends 1 (Sally Leigo)

Motocross

17/8/2014
Division 2: 1st Austin Shaw, 2nd Reece Cole, 3rd Devan Lally. **65cc:** 1st Casey Lally, Casey Snelling (DNF). **85cc:** 1st Bradley Greenfield, 2nd Christopher Snelling, 3rd Blake Parkinson. **125cc:** 1st Eddie Gibson. Senior classes seen clubman 1st Glen Swain, 2nd Alan Hildebrandt, 3rd Terrence Conway. Prolites 1st Kenny Armstead, 2nd Zoran Elliott, 3rd Anthony Garraway. Pro-open 1st Luke Fullerton. Masters class 1st Matthew Butcher, 2nd Kit Ballan

Netball

Club Eastside Alice Springs NA
A-Grade
Rovers Scope 46 d Federal Trusty Glass 30
Best: Rovers: Lauren Parai, Codi Ford, Aimee Rodda. Federal: Tabbie Saville, Nadine Van Der Nest, Crystal Dixon

Seasons Lasseters 47 d Neata Glass Giants 17
Best: Seasons: Bec Ford, Darrelle Windsor, Carly Halkett. Giants: Lainie Hewitt, Vanessa Sim, Anna Ritchie.

A-Reserve
Federal Firebirds 37 d Wests' 30
Best: Federal: Jenny Montgomery, Gabby Coffey, Karina Akarana. Wests': Bec Smith, Sharna Ryan, Corinne Kelly.

Federal Trusty Glass 40 d Seasons Gapview 31
Best: Federal: Abbie Sayer, Amy Wilmot, Christina Lena.

Rovers T-Rex 56 d Sundowners Alice Springs Helicopters 20
Best: Rovers: Emily Smith, Taylor Chalker, Kate Ernest. Sundowners: Kara Eaton, Meg Black, Jade Cunningham.

B-Grade
Federal Pulse 61 d Seasons Centralian Sports 21
Best: Federal: Kat Harrison, Kara Dennis, Ngwai Chown. Seasons: Jodee Rayner, Alexis Coleman, Marie Cambell.

Rovers Notballers 39 d Federal Falcons 23
Best: Rovers: Rhiannon Parker, Sinomoana Horner, Victoria Gates. Federal: Sarah Codrington, Kylie Henderson, Dana Schembr.

Rovers B-Rex 45 d Wests' 27
Best: Rovers: Sara Jentsch, Charlotte Sankey, Caitlin Iggleden.

Rovers ROTs 47 d Sundowners LJ Hookers 20
Best: Rovers: Sally Trigg, Sara Keays, Paula Branford. Sundowners: Kerry Thompson, Carly Eden, Ashlea Gosling.

Framptons First National Real Estate B2-Grade
Federal Framptons 47 d Rovers Illusions 11
Best: Federal: Cherie Hughes, Mandy Rudd, Tracey Hayes. Rovers: Michelle McEwan, Caitlin LeRossingnol, Suzi Nitschke.

Neata Glass Giants 45 d Rovers Randoms 14
Best: Giants: Teresa O'Connell, Angela Copland, Taylor Rhodes. Rovers: Gayle Simpson, Carli Pearson, Lizzy Satour.

Centralian Masters 41 d Seasons Fa-No 33
Best: Masters: Monique VandenBoom, Zoe Groves, Beth Aldridge. Seasons: Manui Ford, Tam Bryers.

Federal Lightning 31 d Rovers Vipers 21
Best: Federal: Amanda Greville, Clare Ryan, Ashlee Healey. Rovers: Samantha Pett, Kirsty Slattery, Mikalea Bennion.

C-Grade
Federal P&V Flames 25 d Rovers Mixed Nuts 19
Best: Federal: Peta Shay Richardson, Simone Elliott, Kelly Smith. Rovers: Jacki Raybould, Keeley Thomas, Mez Pearson.

Rovers Randoms 46 d Rovers Pups 26
Best: Randoms: Maria Strawbridge, Lisa Lewis, Kim Smith. Pups: Tammy Shields, Leia Ashley, Jo Nitschke

Sundowners Uncles/Diplomat 52 d Wests' Golden Home Loans 7
Best: Sundowners: Chantelle Klarenbeek, Laissa Crowley, Dee Fenton. Wests': Seraphina Cavanagh, Jessie Furletti, Fiona Furletti

D-Grade
Federal Purple Pool 54 d Rovers Aztecs 28
Best: Federal: Chris Endgoose, Shelley Watts, Tanya Laker. Rovers: Kari Brown, Keiana Rokeni, Miranda Cochinos.

Neata Glass Giants Jazz Hands 49 d Seasons Avis 13
Best: Giants: Anna Reichenbach, Alice Malseed, Connie Warren. Seasons: Kaylah Holden, Kaymani Sheldford, Corrina Betschart.

17-&-Under
Rovers Fever 61 d Fierce Feds 12
Best: Rovers: Chloe Southam, Courtney Summers, Molly Southam. Feds: Shannon Cross, Maddy Ieml, Jaimee Frost.

Seasons Shaedz of Alice 56 d Wests' 30
Best: Seasons: Bonnie Usher, Iesha Smith, Krydenne Schwalger.

Federal Fusion 40 d Rovers Rebels 16
Best: Federal: Ruby Farthing, Vanessa Smith, Anastasia Pannell. Rovers: Tegan Copland, Mia Hattam, Bec Lightowler.

15-&-Under Div 1
Federal Thunder 50 d Rovers 16
Best: Federal: Mckealy Thiller, Alice Lambley, Georgia Brown.

Wests' Yeperenye 38 d Federal Sweetcheeks 15
Best: Wests': Bena Byrne, Aaliyah Luong, Tarlya Fishook. Federa: Imogen Hall, Rani Marshall, Delph SanRogue.

15-&-Under Div 2
Seasons AYSASS 34 d Federal Phantoms 28
Best: Seasons: Shania Burdett, Angel Camerio, Munatji McKenzie. Federal: Tiana Tupou, Taylah Mcgregor, Molly Weeks.

Fearless Feds 20 d Wests' Central Fruit & Veg 17
Best: Feds: Daisy Barry, Anousha Cavalier, Annie Coffey. Wests': Lena Thompson, Zara Milton, Hayley Feaver.

13-&-Under Div 1
Wests' Tyeright 20 d Federal Thunderbirds 9
Best: Wests': Kantarina Turner, Shoneeka Abbott, Hannah Smith. Federal: Ashlea VanLuenen, Tiahnee Bell, Annie Coffey.

Rovers Tigers 34 d Wests' Red Rooster 0
Best: Rovers: Jayme-Lee McKay, Casey bell, Molly Southam. Wests': Miranda Drover, Angelina Baker, Jodie Pon.

13-&-Under Div 2
Federal Fairies 10 d Neata Glass Giants 6
Best: Federal: Meg Cassidy, Alice Raymond, Sarah Kennedy. Giants: Casey Schneider, Ainslee Pollitt, Triphy Rue.

Rovers Thunder 9 d Federal Fireflies 7
Best: Rovers: Skylia Geraghty, Erin Geraghty, Taylah Staniforth. Federal: Chloe Sutton, Amy Tillard, Shar Leisak.

Seasons Prime Cut 15 d Sundowners Territory Loans 3
Best: Outback: Dolly Nayyar, Portia Strawbridge, Jamie Prior.

Rugby League

Central Australia RFL
Preliminary final: VIKINGS 58 (Tries: J McDonald 3, J Saena; S Parai 2, T Tanumalpea; M Kafu; T Aroha Davis; J Schwalger. Goals: S Parai 6, J McDonald) d **MEMO BULLS 26** (Tries: J Caspani 3, B Taylor-McInnes; K Caspani. Goals: B Taylor-McInnes 3)

Soccer

21/8/2014
Adelaide United 10 (B Kamau 8'; 75'; B Djite 24'; A Mabil 31'; J Jeggo 47'; S Cirio 51'; J Elsey 78'; M Ochieng 85'; P Sanchez 88'; D Smith 91') d **Alice Springs Allstars 0**.

A-League pre-season: Adelaide United 1 (S Cirio 1') Melbourne City 0, at Anzac Oval

Under-16: Darwin 1 (M Jackson 68') Alice Springs 0

Tennis

Tuesday Pennants Results
Division One: Luke Horsfall/Axel Varnaly def. Jake Johan/Bonnie Usher 2 sets to 1; Jake Woods/Kylan Bishop def. Matt Campbell/Bradley Duke 2 sets to 1; Ethan Scobie/Jingjo Brown def. Andrew Schubert/Steve Russell 2 sets to 1

Gillen Club Thursday Social Mixed
Round 10
Division One: Beez 4 sets 31 games def. Bundy Bears 2 sets 22 games; Hard Yakka 5 sets 33 games def. Powerballs 1 set 19 games

Division Two: Rusty Racquets 4 sets 32 games def. Airswings 2 sets 23 games; NT Gees 4 sets 30 games def. Cowboys 2 sets 24 games; Wackers 4 sets 33 games def. Tom's Team 2 sets 28 games

Division Three: Phantoms 5 sets 32 games def. Sets in the City 1 set 20 games; Elders 5 sets 33 games def. Herbie Goes Bananas 1 set 16 games

Security & Tech Services Fri Jnr Badge
Round 9
Premier Division: Jake Johan/Kylan Bishop def. Bonnie Usher/Evan Di Maria 2-1; Jake Woods/Anina Conradie def. Justin Black/Will Thomas 2-1

Division One: Robbie Dienelt/Jackson Whyte def. Matty Bielefeld/Jingjo Brown 2-1; Patrick Findlay/Tyson Usher def. Ulysses Thiviso/Nelson Connelly 2-1

Division Two: Rory O'Dwyer/Jacob Stokes def. Darlyhne Lillico/Caitlin Conradie 2-1; Josiah Butter/Julian lay def. Tom Nixon/Sam Dick 2-1; Boaz Swao/Will Thomas def. Ashley Diemer/Ainsleigh Bilato 2-1