April 2010 Newsletter

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President’s Report

Welcome to the April Cairns Roadies newsletter. How did you pull up after the Half Marathon? Or the 10k or the 5k or the 3k? If you didn’t run, thanks for volunteering your time – the race would not have been possible without our volunteers! If you were out of town, you missed a beautiful, exciting weekend in Cairns! And if you just sat at home, well, SHAME ON YOU...

I can’t do this all myself, so I’m pleased that some people have already approached me and offered to help. Muzza will put in place our online rego for the Sportsco Little Street Races. Darren Hargreaves will do some phone calls for me, as needed. Lenore Sims is going to train up to be our Volunteer Coordinator. And Helen Sachlikidis will help with races – and she’s not even a Cairns Roadies member!

We need the following:
• Volunteers for the Speewah Trail Run (26 April),
• Race director for the 1st Sportsco Little Street race (3 May),
• Race director for the Babinda Boulders Fun Run (29 May),
• People to sign up for the Relay for Life (5-6 June).

A bit of news about me – I have a new job and started on Monday as the SAS Science Curriculum Writer for the Curriculum Hub of the Distance Education schools in Queensland. I’ll be writing a one-year online course (blended model) for year 11 Science in Practice (Approach B) with the assistance of a reference group, editor, graphic artist and desktop publishers. (Don’t tell anyone, but I was so buggered from the weekend that on Monday I just moved stuff from one office to another and then sorted it out. Was still buggered the next day too, so continued with the task from the previous day. And then came Wednesday and people actually started to notice that I am STILL moving stuff! Well, I was in one spot for six years, so …) I’ll travel to Brisbane occasionally. My dad always said that if things run smoothly when you are absent, it shows how good a manager you are. So let’s see what next week brings as I’m away from Monday to Wednesday! I need someone to step in and help with the Beginners Running Clinic on Monday night. Pretty much just turn up and run with some of the new runners (around Smithfield area). Just don’t leave them behind… And I need someone to pick up the Wednesday Night gear at my house on the weekend and take it to the run at 5:15pm on Wednesday. Again, not hard to do!

Once again, a long newsletter with lots of interesting things to read. I hope you have fun and enjoy finding out what everyone has been up to.
I've not put in the results in the newsletter, just links to it, so that reduces the number of pages considerably. If you have photos to upload, please see if you can follow the instructions on the website under photos. If not, I'll put up a ‘Help Sheet’, but it will only be next week when I’m back from Brisbane. Sorry for any inconvenience. I’m dying to see all the action shots!

Have a look at the last page – information on the Oceania Championships. Will we have anyone qualified to run? I hope so! We had three of our members in the 1500m for the NQ Games. Good work! Find the results on the ANQ website.

Any feedback on the newsletter is greatly appreciated. Let me know what you like, what you don’t like and send ideas of things that can be included.

Thank you to the following people who have contributed to this newsletter:

Angela Graham – CBC Staff Selection Holloways Race #3 Report
Kev Morrissey – David Todd Awards
Mathew Werner - Australian Junior Athletics Championships, 14 March 2010
Deb Moll - Ironman China and 70.3 (Half Ironman) China, 14 March 2010
Ben Newman – What’s on at the Gym?
Chris White – Proof Reading of the Newsletter

Regards,
Lorraine Lawson
President

Upcoming Cairns Roadies Events April / May 2010

Beginners Running Clinics
See details later in this newsletter
19 & 26 April, then run the Sportsco Little Street Race on 3 May!

Speewah Legend Foot Race – part of our Dirty Northern Trail Running Series –
see details later in this newsletter
17k / 8k
26 April (Date CHANGED from 25th to 26th!)

Little Street Series Needs a race director!
10k / 5k / 3k
3 & 22 May

Cassowary Cup Time Trial #2
How much have you improved?
3k / 5k / 8k / 10k / whatever you like!
12 May

Babinda Boulders Burst - $2000 in cash prizes
11k / 5k / 3k
29 May

Gold Rush – part of our Dirty Northern Trail Running Series
42k / 21k / 5k
30 May

Check our website (www.roadrunners.org.au) for details on all events and how to enter.
Relay for Life

We have many new Club members, why not join us for our first social event! Sit back and enjoy the company of other runners and their family and friends. Occasionally run/walk around the track just for a bit of exercise and to support a great cause. You don’t have to be there the whole time. Larry and Jim are taking the midnight shift, so the rest of us can go home and sleep and then come back in the early hours to finish the whole thing off with some brekkie.

We already have 12 people signed on: Sandra, Lorraine, Larry, Jim, Dee, Jane, Rosie, Dot, Elizabeth, Julianne, Keiko and Chantelle.

Sign on today! Google Relay for Life and navigate to “Cairns Roadies” or “Cairns Road Runners”. A team meeting to decide on a name, theme, etc will be held early in May, so make sure you register soon. Speak to committee member and event organizer Sandra at the Wednesday Night Run, or send us an email.

Membership: 202 members as of 15 April 2010

Names of 2010 members signed on since the last newsletter: Neville, Anita & Ella; Ian, Emma & Tegan; Michelle; Lenore; Sally, Luke & Zoe; Russell D; Helen K; Dylan; Robert; Megan R; Edward; Margie. Hallo!

April Birthday Babies:
The big wishes go to: Martina Neher, Colin Jones, Samantha Atkinson, Yot Noopetch, Meyric Slimming, Peter Stanton and Peter Mountney, Enjoy the big “0”.
Noel Wilson, Anette Howe, Steve Brooks, Eileen Rothwell, Margie Shearer, Peter Dalziel, Liam Nolan, Maree Callaway, Kathrine Poole, Paul Crouch-Chivers, Dean Jones, Connor Trehearn, Ian Kraska, Jennifer Irving, Suzanne Jolley, Warren Eyre, Hannah Lea, Michael Hoare, Sue Rayner, Branden Brosseau, Chris Lauren, Michelle Gooiker, Renee Wilson, Reino Karvinene, Robbo Robinson, Bernice Pearsall, Steve Postma, Mat Scott, Larry Lawson, Alain Lochard, Rodney Greenhalgh, Fional Campbell, Adam Fakes, Netanya Godfrey, Luca Godfrey, Brodie Chaffeys, Elena Pilat.

In the next newsletter (14 May 2010):
Babinda Boulders Fun Run. Who knows what else...I’m too tired to think about it now...Anything you want to include?

Who’s Travelling?

The deKievith’s are heading to their original homeland to brush up their Dutch. They’ll be away for 10 weeks travelling around a bit! Have fun. You deserve it after your brilliant efforts on the ½ and 10k runs at the NQ Games. Send a postcard for all of us left at the Wednesday Night Club Run!

‘I really enjoy getting this newsletter even though I am a runner all the way from Toronto in Canada. I was in Cairns last summer (actually at the university teaching high school Biology) and wanted to let you know that if any of your members are travelling to this part of the world for a visit or on business I could easily hook up with them and have them run with our group. We are getting ready for a full (marathon) in May, but do a number of smaller races as preparation.’

Mike (mike.tate@peelsb.com) via email
**Need some shoes?**

I just wanted to pass on a website that Jason and I use to buy our runners: [www.athleticedgeonline.com.au](http://www.athleticedgeonline.com.au)

We just recently bought our 2nd pair of runners each from these guys and they are the cheapest that I can find anywhere, and they arrive within a week. We ordered Asics 2140's for $147 per pair plus $10 delivery (total for both) - such a good deal. Both times we've ordered through these guys we have actually received the next model up for no extra charge – bonus.

Anyway, I thought you might want to pass this website onto all your members (I’m sure there are some people in need of new shoes after the weekend we all had - I know my soles took a pounding in the half marathon!)

Thanks heaps
Helen Banks and Jason Marino (via email)

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**News from the Committee**

No meeting was held on Tuesday, 13 April. And we will not be able to get quorum on Tuesday, 20 April either, so the committee meeting will be held over until next month.

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**Proposed Changes to the Wednesday Night Club Run**

It's coming up to nearly a year since we've moved from Tobruk Pool to the Esplanade for the Wednesday Night Club Run, time to assess what is working and what is not...

To decide:
- Sausage sizzle or no sausage sizzle?
- Entering own race results online
- 10k route
- Other?
- Talk to me and voice your opinion, I'll do what the members want!

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**The Pyramid Race and Festival Update**

Date: Saturday 14th August 2010

At the AGM held in February, several new committee members were elected. We take this opportunity to gratefully acknowledge the hard work and commitment shown by former president Cheryl Campbell, who is currently enjoying the retired life, travelling around Australia. The new committee members are as follows:

- Rhonda Martin – President
- Clive (Adrian) Murray – Vice-President
- Leanne Kruger – Secretary
- Karen Chaloner – Treasurer
- Ian Kruger – Race Director

However, we are always looking for creative, enthusiastic and community minded volunteers to join us on the committee and to come along to meetings with ideas and suggestions to ensure the successful running of this great Gordonvale event. Contact us at: [info@pyramidrace.com](mailto:info@pyramidrace.com)

Visit the new website: [http://pyramidrace.com/](http://pyramidrace.com/)
Dirty Northern Trail Running Series

The 2010 Dirty Northern Trail Running Series involves three Trail Running Events in Far North Queensland. These events include the Smithfield Poker Run, the Speewah Legend Foot Race and the Gold Rush.

The Speewah Legend Footrace (Race Two – Monday, 26 April)

Please note that this date is different from advertised previously! This is to allow everyone to attend the various Anzac ceremonies to be held on Sunday, 25th April.

Enter and pay online at https://extremephotography.wufoo.com/forms/k7x3z9/

The inaugural Speewah Legend Trail Run will be run on Monday, the 26th April. Anyone not familiar with the network of trails that intersect the Barron Gorge National Park will be amazed at the scenery and quality wilderness trails so close to Cairns.

The three courses on offer cater for those looking for a serious trail run (17km premier event), those looking for a great rainforest run (8km) or anyone chasing a shorter bash and taste of trail running action (4km event). Course maps and descriptions are online and runners are encouraged to get out there and familiarise themselves with their chosen course. Being the second event in the Dirty Northern Trail Running Series, Series Points are up for grabs. If you missed the Poker Run you can still qualify for the series by completing the Speewah Legend and the upcoming Gold Rush.

Online entries are strongly encouraged. Doing so greatly assists the organisation of the event and guarantees you a spot on the starting line. Permit conditions limit the event to 50 entrants so to avoid disappointment, get online, register and become one of the first Speewah Legends!

If you are unable to run or are going to be up at Speewah supporting friends and family, why not join the Dirty Northern Trail Running Series crew and volunteer to help the event run smoothly. We are looking for two Timekeepers, three Recorders, a Tail End Charlie (or sweep) for the 17km event and Track Marshalls for the following locations; Douglas – Smiths Track Junction (1st Aid Qual.), Glacier Rock (1st Aid Qual.), Cadagi Corner, Douglas – Djina Wu Track Junction and the Gandal Wandun – Douglas Track Junction. Please contact Shane if you can help out.

For more Dirty Details, results and series points go to the Trail Running page on our website (www.roadrunners.org.au) or email our Trail Running Coordinator Shane White at shane@adventuresportnq.info

tip: if you’re new to trail running, slow your pace.
Beginners Running Clinics, April 2010
By Lorraine Lawson

My new job has started and I’ll be in Brisbane from Monday to Wednesday. I need some club members to support the beginners and take them for a 20-30 minute run in Smithfield!

Please ring me on 0450 324 637 this weekend if you can help out.

Thanks to Jude from Amanda Gale Physio who came in and spoke to the 16 participants at our first clinic!

Clinic #2:
Meet at the Sportsco Shop in Smithfield Shopping Center (opposite Kmart) on Monday, 5:30 – 6:30 pm, 19 April. Derek will tell you about the various shoe companies and you can try on some shoes and other running gear.

You’ll then go for a 20-30 minute run/walk – please wear comfortable running gear and running shoes. Bring water.

Payment is $3.00 per clinic – bring your money along to each clinic.

Participants are not expected to attend each clinic, but bookings are essential. Go to http://tiny.cc/beginner_running_clinics.

Congratulations to our newest participants at the First Beginners Runners Clinic on 12 April 2010.

Not in any order (as per usual I don’t remember everyone’s names!): Michelle, William, Bron, Bronwyn, Chris and Tash, Glen, Kathy and Mike, Christine and Russell, Craig, Kylie, Lenore and Katie. Nice to see so many couples coming along together. And also friends are supporting each other and joining in. Looking forward to hear how you go next week!

If you want to become the best runner you can be, start now.
Don’t spend the rest of your life wondering if you can do it:
- Priscilla Welch, 1987 winner, New York City marathon, at age 42
Just for the Kids - Poster competition

The Cairns Roadies have lots of runs this year that cater for our juniors. Do you want to design a poster we can get printed and put up around town and at schools to encourage other kids to join in our fun runs (like the Moonlight Gorge Gallop or Jason Hedges Halloween Run) and cross country runs (like the David Todd Memorial Mile)?

Well, get out the crayons, paint, pencils and get started! Use A4 or A3 paper.

Details that need to be included in the poster:

Name of event
Sponsor (if applicable)
Distance(s)
Day and Date
Time
Venue
Cost: Junior Club members free; Junior Non-members $5
Contact details: (leave a space for the name and telephone number)

Get your mum or dad to help and look at the 2010 FNQ Multisport Event Calendar – if you don't have a paper copy, you can find it online at our website (www.roadrunners.org.au), click on Calendar. Give me a ring if you need some help. My number is 0450 324 637.

Closing Date for the competition: Wednesday 12 May. Bring your entry to the Choice Australia Management Cassowary Cup Time Trial on the Esplanade on the 12th of May, or organise to get it to us in time for judging – which will be on that night!

At the moment we have no prizes, except of course that your artwork will be displayed all over Cairns!

If anyone has some prizes they would like to donate to our kids, give me a ring.

P.S. You must be a junior to enter this competition – that is U19. Mum and dad can help out with the little ones that can only draw and not write yet!

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**2k/5k Run / Walk – Sunday 16 May 2010**

**Registration:** 8:00-8:45am (No dogs or iPods, but prams and pushers welcome)

**Start:** 9:00am

**Place:** Candlenut Steiner School. 46 Boyles Road, Kuranda (a few kilometers past Kuranda State High School).

**Entry Fee:** $5 for the 2k and $10 for the 5k

All proceeds to Candlenut Steiner School. This is not a Cairns Roadies Event.

Get the entry form from [www.candlenutsteinerschool.qld.edu.au](http://www.candlenutsteinerschool.qld.edu.au) – look for the newsletter.

Please support Alan Courtney and Andrea Collins (Cairns Roadies Club members and sponsors) Ring Alan on 0418 759 318 or Andrea on 0418 759 381
Holloways Beach Race 3 of 3, 27 March 2010

Race Report by race director Angela Graham

Our third and final run for the CBC Staff Selection series at Holloways Beach was a wet and wonderful one. Thank you again to our many volunteers, competitors and sponsors which included:-

**CBC Staff Selection** (who had naming rights to the race - 150 bottles of water, pens, desk calendars)

1 x Dinner for Two drawn at last race on 27 March, 10% discount on dinners to all competitors and volunteers between 13 February and 31 March.

**Trinity Family Chiropractic**
(two gift packs with a book and hot/cold pack)

**Strait on the Beach Cafe**
(3 x Breakfast for two for volunteers - 1 per race)

**Smithfield Bakers Delight**
($70 worth of vouchers)

**Smithfield Choice Cuts Butchers**
(3 x $20 vouchers)

**Smithfield Local Fruit and Vege**
(discounted fruit supplied)

**Bogey's Bar and Grill** at Holloways Beach – 2 x dinner for two

**Hotshotz Mobile Coffee Van** (Michelle offering free tea and coffee to volunteers and a couple of lucky draw vouchers to runners)

Despite the heavy downfall, we had 98 competitors with impressive times, including U19 Emma Rooke with a 5k time of 19.33. Natalie shaved 20 seconds off her time and finished in 20.01 – equal to Fiona Campbell’s time for the first race. Our upcoming junior stars, Jarrod Ahern and Bini James both improved their times for the final race!

Congratulations to the overall winners for the series:

<table>
<thead>
<tr>
<th>MALE 5km</th>
<th>MALE 3km</th>
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<tbody>
<tr>
<td>1. Phil Bradshaw</td>
<td>1. Bini James</td>
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<tr>
<td>2. Mike LeRoux</td>
<td>2. Jarrod Ahern</td>
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</tbody>
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<table>
<thead>
<tr>
<th>FEMALE 5km</th>
<th>FEMALE 3km</th>
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</thead>
<tbody>
<tr>
<td>1. Natalie Boddington</td>
<td>1. Monique Storch</td>
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<tr>
<td>2. Andrea Heargreaves</td>
<td>2. Amy Readman</td>
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<tr>
<td>3. Fiona Campbell</td>
<td>3. Gabriella Garner</td>
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Please note that on Race Day an error was made in recording the times and hence some places were awarded incorrectly. Club members emailed us and we’ve fixed it up. It was raining heavily and difficult to hear the times being called, so a few were out by one minute.

**Race Results: CBC Staff Selection Holloways Series, Race 3 of 3 – see website!**

Kev Morrissey presented the Dave Todd Awards to three of our upcoming young athletes – see next article.
David Todd Awards for 2009
by Kev Morrissey

In the 26 years that I have been Peninsula Cross Country Coach there have been times when Cairns runners dominated and times when the mantle was taken over by Tableland Runners.

When I started as coach it was Brad Beven’s last year as a student. He came second in the Queensland 17-year cross-country at that time. This was followed by a period of almost ten years when Cairns runners dominated. There were four national champions in that time

- Ben Callum in 2,000 metre steeplechase,
- Travis George in 3,000 metres,
- Andrew Messina in 3,000. (Andrew ran 31 minutes for 10,000 as a student) All of these runners including Wally Plath and Bevan Tobler broke 16 minutes for 5,000 in our road racing series.
- Karen Nissen was both Australian cross country champ and triathlon champ in the same year (1993) All of them made it in the Queensland cross country team. At one point a quarter of the Queensland Cross Country team came from the Peninsula. Hardly a year went by when our runners did not win a medal at the state steeplechase. This was in large part due to the local Council’s installation of a steeple facility around lower lake in Centenary Park.

Since then domination has passed to the Tableland. Katie Johnson from Malanda was Queensland Cross Country Champion on at least two occasions. After this there was the Mareeba push – Matthew Hawke was Qld cross country champ on at least three occasions and Thomas Briggs was runner up.

We should not forget that just prior to that Megan Mansfield was Australian Cross Country Champ.

I am happy to say that the Cairns region has now regained its position and is now the dominant force in distance running again. The three winners of last year’s David Todd Award which we presented at Holloways Beach on 27 March 2010 are responsible for this:

They are:

- Bini James
- Jarrod Ahern
- Rory Hunter

Bini is the current 14-year Queensland cross-country champion. He was the fastest 14 yr runner in the National Titles over 3 km recording a time of 9.14

Jarrod is the winner of this year’s 3 km Holloway’s Beach series. He is the 14-year Peninsula Champ over 800 and 1500. He placed 3rd in the 14 year cross country behind Bini and was unlucky not to be picked for the state team. But his great achievement was being pipped by 2 hundredth of a second in the 14 year Queensland 1500. His time was 4 min 11.

Rory had a great win finishing 1st in last years 16 year Queensland 1500 metre title. He ran a time of 4.04. More recently at a national meet he has run 4.00 flat. That time puts him up there in the pantheon of great Cairns 1,500 runners. (from memory Wally Plath and Wayne Hellmuth are the only school boys to have pipped four minutes.)

Each of the above runners received $350 as encouragement and in recognition of their achievements. The David Todd Bursary System was set up in 1987. It is in memory of a much loved athlete who was killed in a car accident on the Bruce Highway. Since then every distance athlete who has made the Queensland state or track team has been a recipient of the award.

Kev Morrissey
The lost bags were found. What a relief!

There is a bit of ‘background’ on how this event came about at the end of this report, so you can get into the fun stuff now...

The Cairns Road Runners and Triathlon Club has doubled its membership in 2010, enlisting many local runners to compete in the 2010 NQ Games. The Cairns Roadies pulled off two very successful events for the NQ Games with nearly 300 runners taking part. The 3k/5k Fun Run on Saturday attracted over 80 participants. Refer to the race report and results by race director Julie Sager.

The early Sunday morning road running event attracted record numbers with 135 entries in the half marathon and 71 entries in the 10k. International competitors from the USA, Canada, France, Ireland and Scotland joined in with interstate competitors from Morwell, Victoria and Darwin, NT. Queensland competitors came from as far a field as Brisbane and Mount Isa. Other Queensland towns represented included Mackay, Townsville, Tully Heads, Ayr, Ingham, Missions Beach, Port Douglas and Mareeba. But the locals held their own with Cairns runners taking out three of the four overall positions.

In a winning time of 1:16:50 for the 21.1k race Cairns Roadies’ Mike LeRoux beat rivals Constantin Schaaf (1:20:02) and Cairns Roadies’ Phil Bradshaw (1:21.02). (Phil did not have a good day). Susan Crowe was the first female home in a time of 1:31:25 (13th overall), followed closely by Elizabeth Maguire (1:31.30) and Cairns Roadies’ Natalie Boddington (1:32.05).

Townsville Road Runner, Tony Gordon was the first 10k male over the finish line in 35 minutes 47 seconds. Second Om Beacon-Halliday (36:53) and third Brad Patti (39:56) – Brad is probably just warming up for the ½ in Burdekin in May? Cairns Roadies’ Andrea Hargreaves was the first 10k female with a time of 42:51 (10th overall). Second Anne Ryan (44:00) and third Lauren Marino (45:21). NQ Sports Foundation board member, Ross Contarino and Federal Member of Leichard, Jim Turnour presented the medals. Thanks!

The course was flat, but had a few kinks in it, slowing runners down. The race started in Spence Street outside Barlow Park, did a 1k loop at the start and then headed out to the Esplanade. The 10k runners turned at Muddys Playground and finished back at Barlow Park. The 21.1k runners continued along the Esplanade to Moffit Street and then back to do a loop in the industrial area before finishing in Barlow Park. Thanks goes to Cairns Athletics who shared the grounds with us, allowing our runners to complete their race on the track and receive photo finish times.

The weather was kind and competitors in the 10k had a ‘cool’ run. The course was well marked and no-one got lost or injured due to the tireless efforts of the Cairns Traffic Police, East Coast Traffic Management Traffic Controllers and the 60+ volunteers (see list below). Numerous meetings and discussions with Stuart Gibson from NQ Sport Foundation, Councillor Margaret Cochrane from Cairns Regional Council, Inner City Facilities (Esplanade), Main Roads and Qld Rail ensured the race ran smoothly – only one runner was delayed by the Tilt train, and we’ve adjusted his time.

Twenty families participated in the Road Running events. I had introduced a couple of family categories to encourage more family participation. The requirement was one parent and one child minimum. We were looking for the fastest family and the biggest family. Ultimately the decision on who would be the winning families came down to a judgment call. The gold for the most family members participating went to the Bunts (5 competitors, 4 volunteers); Courtneys (5 competitors, 1 volunteers) – Silver; Ryan (3 competitors, 1 volunteer) – Bronze; Comas (4 competitors) – Bronze. The Fastest Families (based on top two competitors) were the Hargreaves – Gold, Ryans – Silver; Maguires – Bronze.

Congratulations go to all the runners. There were many competitors for whom this was their very first 10k or 21.1k race, and I am pleased that they could experience it in such a beautiful setting under near-perfect conditions. Please visit the Cairns Roadies website (www.roadrunners.org.au) for photos and details on our upcoming events. Our next race is a trail run at Speewah on the 26th of April and you can enter online using PayPal/credit card payment.

If you were a competitor or volunteer, please provide feedback on the race by completing the short 10-question survey (go to: http://www.surveymonkey.com/s/5BGTV3D).
List of our Spectacular Volunteers:

Measuring of the course: Larry Lawson – he ran the ½ twice (once with the wheel) and also the 10k;
Pre- and Post-Data Entry/Results verification: Rob Mackenzie (spend hours entering data into the Meet Manager database, and participated in the Tri, ½, and 2hr metrogaine – what a champion!);
In-stadia manager and trouble-shooter: Peter Morris;
Out-of-stadia manager: Darren Hargreaves (thanks so much, Darren, I know you had just had an operation and couldn’t move around very well!);
Grounds coordinator & Volunteers’ Breakfast: John Vaughan;
Photo finish timing: Richard and Jean Lendon;
Stopwatch timing: Kevin Morrissey and Nance Storch;
Recorders/medals: Anne Beare and Celia Mackenzie;
Cyclist for Lead Runners: Gary Roberts;
Officials: Kathy Kennedy; John Melnyczenko, Helen Saccacidis; Kim Seccafien.
Masseuses: Sarah Griffiths, Sue Wilson, Ruth and Shauna;
Recovery Machine: Richie Littlefield;
Refreshments: Rosie Ball; Chris Chapman; (Stevie Johnston on Saturday night)
Water Station People: Jeff, Debra, Fiona and Brendan Bunt; Fiona Campbell; Natalie Duncan; Carissa Fairweather; Paul, Rachel and Matthew Leeson; Pam Palmer; Alison Smith; Owen Smith; Daryn Storch, Michelle, Paul and Jacob Wellington
Sweeps: Trent Gleeson; Jeff Bunt, Debra Harrison and Melissa Cotter; Jim Cavill
Marshals/Other: Holly Blyth; Serge Boisvert; Lynton Bowen; Tim Brain; Kim Close; Belinda Corbett; Alan Courtney; Carla De Domenico; Sarah Drewery; Brenda Foley; Louise Gale; Katie Harlen; T.A. Hartley; Jordan Houghan; Mark Ivory; Stevie Johnston; Robin Johnston; Niki Johnston; Brian Jones; Grant Jones; Rick Kendust; Ros Kerwin; Helen Kinnane; Leanne Kruger; Kirsten Le Roux; Julie LeComte; Jenny LeComte; Stefanie Loro; Kelsey Lovegrove; Paul Majer; Elisha McGuiness; Shanna Mcllwham; Nathan Moore; Ben Muir; David Ryan; Julie Sager; Linda Selman; Lenore Sims; Jill Steel; Tash Chapman; Adaline, and Monique Storch (what a great effort by our Junior Roadies, you do us proud!); Robbie Swain; Ian Valentine; Robin Volfuston; Lynette Walmsley;

Results: - please refer to the website

Photos – still need to sort out how to get it on the website. Email me your pics, but remember to resize them first!
This event would not have been possible without the generous contributions from various people around town. Negotiations and discussions took place with many people, here are some of those:

LOTS of emails flying around, but also –

**Cairns branch of the Traffic Police** – I had three meetings with them and we drove over the course together once. Result: three roads closed for the event, Police permit – five pages long. Cost to us: app. $1 800. What they did extra – sent out police on motorbike (huge saving for us!)

**East Coast Traffic Management** – I had two meetings with them and we drove over the course together once. Stephen Dry arranged the quote and Craig made sure everything went smoothly on the day. Result: As a sponsor, they gave us a great discount on the cost to put 9 traffic controllers on the road, put out all the cones/barriers. What they did extra: Craig (course manager) drove over the course and put out the cones on Saturday night, and checked it again on Sunday – he was NOT one of the nine personnel we were paying for! Cost to us: app $1 800

**North Queensland Sports Foundation** – numerous conversations with Stuart Gibson (I think he had his doubts whether I could pull this off!). He was very generous and also negotiated with East Coast Traffic Management; gave us a cash donation to help cover the cost; gave us nearly 100 bottles of Powerade for our half marathon runners. Gave us old corflute signs to use for signage along the course. They also donated four volunteer shirts and one Tshirt. Cost: None – they took their $10 sports levy and gave me the nomination fees, app $3 800

**Cairns Regional Council** – I had a meeting with Margaret Cochrane and Ian Pearl (Ian drove over the course with myself and the police). Result: Letter of No Objection to run on their roads. What they did extra: Negotiated with East Coast Traffic Management to get us a reduced rate.

**Inner City Facilities** (the council guys that look after the Esplanade) – I had two meetings with Prue Johnson. Result: They allowed us use of the cycle path and foot path along the Esplanade; they provided us with trestle tables and a wheelie bin for the water station. Cost: free (they waived the usual fee of nearly $400)

**The Cairns Post** – Gaynor Moran got the Road Closure Notice into the Weekend Cairns Post on 10 April. Cost: Free (they waived the fee of over $250.00)

**Main Roads** – I had a meeting with Lawrence Wah Day. Result: Letter of no objection to run on their roads.

**Queensland Rail** – I spoke to Darcy Benham. Result: Darcy arranged for the Tourist train to leave the depot prior to 6:30am (it normally goes out at 8:00 before the Tilt train). As it turned out the tourist trains were not running due to damage to the track. Glenn Currie was in charge on the day and organised two Qld Rail personnel to be at the two rail crossings – no cost to us!

**Barlow Park** – Martin Bayless gave me the keys to open up early on Sunday, free use of their facilities on race day.

**Sponsors/Other**

Tammy and Jeff Homan made the 60 signs to go up around the course. Extremely reduced cost: app $800.

Ben Newman gave me 2 x 3-month memberships to give away. He is such a nice guy and Active Health Clubs can be proud to have him as a member of their team! I didn’t even ask for it!
Choice Australia Management – T.A. Hartley is one of our regular sponsors, so I went past to get some water for the event. He has given me an ADDITIONAL 10 boxes (240 x 600mL bottles) of water for the NQ Games alone, on top of his donation to the club for our other events this year!

Sarah Griffiths (one of our club members) from High Performance Massage donated 3 x 30min and 1x 60 min massages as prizes. She also came along on Sunday morning to do massages. Cost: free

Star Services International - thanks to Garry Rumler who donated 2000 cups (app $60)

Snap Printing – Raj Patel printed 400 brochures to go into the NQ Games bags. Cost to us: $150

Piccones IGA Pease Street – thanks Adam Fitzpatrick for giving us $25 discount on the fruit for the Road Running events (Cost app $125)

Skippers Fish Café and Grill – they were going to give us a discount on their large serves of chips, but only two people put their name down, so it didn’t work out how I planned. Next time?

Other Clubs/Organisations/Individuals that helped out:

Cairns Athletics – Jean and Richard Lendon did our photo finish timing on the day. (No cost). Cairns Athletics canteen personnel also did our volunteers’ breakfast ($400)

Townsville Road Runners – use of 14 visibility vests, discussion with Brian Armit re race directing

Cairns Crocs Triathlon Club – buns left over from Triathlon, use of 5 water barrels

DPI – Thanks goes to Brenda Foley (one of our Cairns Roadies members) who organised for Natalie Duncan and a few other DPI employees to come into work on Sunday morning, set up a couple of their tables and do the Tingira Water Station! Their ice cost $7.20, I’m still waiting for the receipts from the other water stations.

Sue Wilson, who does sports massage, contacted me and offered her services. She helped out on Sunday morning. Cost: free

Total Fitness Management’s Ritchie Littlefield brought along his vibrating machine that helps with recovery. I didn’t get to try it, but I’ve had some good reports. Cost to us: free

Some other expenses: Gala dinner ($220); phone calls (app $80); can’t remember what else now.

Publicity:

Emails went out to everyone on our email database. I had advertised the event on a few websites such as Coolrunning, WOMF and Eventful. Stuart Gibson gave us some good coverage in The Cairns Post. Townsville RR put the event in their newsletter.

Win TV Leanne from NQ Sports Foundation set up the interview. Nikki interviewed myself and Cairns Roadies club member Serge Boisvert.

Channel 7 TV interview with Luke – not sure who set that up. I haven’t actually spoken to anyone that has seen that footage, so I’m not sure if we even made it on (Friday night, 8 April).

ABC Far North Morning Show Radio interview with Fiona on Wednesday 7 April – (not sure who set this up, could have been Leanne)

Zinc FM interview – not sure who set it up either (could have been Kirsten LeRoux). Adam and Jamie interviewed me on Saturday morning (10 April)

As you can see, it’s not my strength to negotiate air time, thanks to those people working BEHIND the scenes (literally, as not even I know who they are!), to get the word out about our wonderful club and all our great events!
A bit of background on the Half Marathon for the 2010 Suncorp NQ Games

You may wonder how I came to be the race director for this event? Actually, you probably couldn’t care less? I joined the Cairns Roadies in about 2005. After being in the club for a few years I really wanted to see more people getting together to enjoy doing something they love, so I put my name down to be on the committee for 2009. I didn’t have to be elected, as only a couple of other people put their names down, and we just all got the job. No surprises there. Last year I put my name down to be president and got the job as no one else wanted it. One of my first tasks was to get the entry in for the NQ Games. After that I asked around for about two months to find a race director, but no luck. So the job fell onto me. By this time I had only organised one race – the Freshy Handicap (3k/6k) – I forget the figures, but about 15 people ran and there were 3 or 4 volunteers helping. I drove out and did the water stop myself because I was too embarrassed to ask anyone else to do it. A bit different this time round!

I know my strengths, and dealing with people is NOT one of them! I’m good at doing paperwork and organising things. I found it very stressful to ring people up and ask them to help. I also had to negotiate various parts of the course and costs with various people, and on top of that I’m not good in crises situations (as some of you can attest to after the ‘bag’ episode on Sunday morning – I can’t believe that four bags went missing, and were then found! What a relief, I can readily admit that I had no skills to deal with that crisis!)

Originally I wanted a course that would give visitors to Cairns exposure to our great city and surrounding suburbs. The course I proposed followed the Esplanade and then went around the Botanical Gardens and out along the cycle path to Aeroglen along the canal at the base of Mount Whitfield. But the Traffic Police would not close Sheridan Street and it was going to cost $8000 to run on the Esplanade road itself, so we had to compromise. The result is the course the runners ran on Sunday. We were boxed in and went as far out as we could – we were not allowed to cross Sheridan Street, Comport Street or Mulgrave Road. Hence the loops at the start and finish of the race. The third option (and there was a short time where it looked as if that may happen) was to do our normal half marathon – out in the suburbs by Brinsmead. Fortunately I managed to pull off the Esplanade run, so although a compromise to what I would have liked, visitors to Cairns did get experience part of what I had hoped for.

No doubt there are many aspects of the event that can be improved. I just had my checklist and followed it. If it wasn’t on the list, it didn’t get done! Thanks to everyone who came up to me after the race and thanked me. And those who sent text and email messages. I must admit that on Monday afternoon when I checked my emails, I was dreading opening an email with a complaint of some sort. Fortunately that has not happened. But please let me know what you think can be improved upon – and HOW that can be achieved. I will certainly take it into account in the future! Fill in the survey at http://www.surveymonkey.com/s/5BGTV3D - only takes a few minutes.

“Laugh when it hurts, turn setbacks into momentum, embrace a packed schedule, and check your confidence.”
- James Blame, U.S. Olympic tennis champion, on overcoming adversity
What’s our members been up to?

Australian Junior Athletics Championships, 14 March 2010
Race Report by 16-year old Mathew Werner

The Australian Junior Athletics Championships and was held from the 11th to the 14th of March. I competed in four races, I had a 800m and 1500m heat on the first day of competition where I won the 800m heat and came 6th in the 1500m heat. I then had my 800m final on the third day of competition were I came 8th. On the 4th day of the competition I had my 1500m final were I also came 8th.

Here are my times
800m heat: 1:56.38
1500m heat: 4:06.93
800m Final: 1:56.49
1500m Final: 4:03.70

Mathew Werner

Ironman China and 70.3 (Half Ironman) China, 14 March 2010
Race Report by Deb Moll

Chris & Liz Moll, Debbie Moll and Dianne Power headed overseas again to compete in Ironman China and 70.3 (Half Ironman) China (Deb & Chris did IM, Di & Liz did 1/2 IM) on Hainan Island just of the China mainland. Flew from Cairns to Singapore where we stayed the night then flew out the next morning with Tiger Airways direct to Haikou (Hainan Island). We did not stay at the host hotel, stayed in town at the Boa Harbour Hotel which was convenient to most things. Beware no facebook access in China.

Weather was a chilly 11°C when we arrived but it warmed up as the week went on and got to about 40°C on race day, 14 March 2010. The wind also decided to blow about 40 knots on race day (cooling breeze).The IM started at 7 am and the half started about 2 hours later on the same course.

The swim was unusual in that it was 4 laps in a Y shape. Wetsuits were allowed as it was a bit chilly. Lucky there wasn't too many competitors as it would have been a bit crowded otherwise.

Headed out on the bike course 2 x 90km loops, for the most the course was mainly on the highway but we did pass through a couple of old Chinese villages where we had lots of supporters lining the narrow roads. Bike course was a little bit hilly, not too bad though, it was the wind that made it a tough day on the bike, trying to stay down on the aerobars was a bit scary at times.

What a relief when finally off the bike, only have to run a marathon now, YEH! It was a bit hot out there but nothing too extreme. We did seem to get a lot of strange looks from the Chinese locals. Also had our photos taken a fair bit by the same people, I always wonder what they do with those.

We all finished so the next day we cracked a bottle of Moet to celebrate.

We had a few challenges such as language and food, and the Chinese still smoke a lot, absolutely everywhere, restaurants, hotels etc. This was a second time competing in China for Chris & Liz and first time for Deb & Di. Probably won't go back again, quite an experience but not one of the best organised races I have been too.
What’s our members been up to? - continues

We all then headed over to Singapore. Deb and Di to compete in the **70.3 Ironman Singapore** the next weekend, somebody thought that would be a good idea, for some reason.

Well organised race, host hotel the Grand Mercure Roxy was very handy location, be warned though if you are going to do this race the complimentary airport shuttle will not take your bike to the hotel you will have to hire a maxi cab and pay $50.00 extra to get yourself and your bike to the hotel.

The swim course was good, no wetsuits as the water was warm. It was 2 rectangular loops, the first one on the inside the second on the outside of the marker buoys. Pros went off first, then all age group women next, then 8 mins later the waves of men started. This worked well.

The bike course was 3 x 30km loops, this was a bit tight for the 1500 odd competitors and caused a few accidents as they went out on single lanes. There was a few climbs so not as fast and flat as I thought it would be.

They run was 3 x 7km loops it was getting pretty steamy by this time, probably about 35°C.

The presentation took place on the same day, good for those wanting to head home the next day.

Got some great medals & trophies and lots of stories to keep us all going till next trip.

Di qualified for the 70.3 World Championship in Tampa, Florida in November, Congratulations Di! Well done.

Safe training
Debs

**Australian Rogaine Champs, 27-28 March 2010**

*Shane White*

Shane will get this to me for the next newsletter. Ask him about it at the Speewah Trail Run on Monday, 26th April!

“It is by that which cannot be taken away that we measure ourselves.”

*Mia Farrow*
Who Is …?

Oeps, forgot to send this out to some people, so got nothing to put here this month. Sorry!

But this is a popular section of the Newsletter, so why don’t you contribute???

Who Is …?

Club Member Profile

Today’s Date:
1. Male or Female?
2. Favourite Race / Run?
3. PBs?
4. If you could go anywhere in the world for a run, where would it be and who would it be with?
5. What would you call yourself if you could choose your own name?
6. Favourite Website?
7. What is the kindest thing that someone has ever done for you?
8. Most hated job on the household chore list?
9. Where is your bloodline originally from?
10. Name one thing that not many people know about you.
11. How many towns have you lived in?
12. Why do you like living in Cairns?
13. Have you been told you look like someone famous? Who?
14. Are you a morning person or a night person?
15. Pets?
16. Any new and exciting news you’d like to share with us?
17. How many keys on your key ring?
18. Last person you spoke to on the phone?
19. Wet season or Not-wet season?
20. Coffee or tea?
21. Salty or Sweet?
22. Favourite day of the week?
23. Name one thing that you miss about being a kid.
Active Health: Sponsor of NQ Games
Active Health realises the importance of supporting our local Road Runners as they endure the tests and trials of this season's exciting races. We donated two FREE three month full membership prizes, so one lucky volunteer and one lucky runner can visit any of our health clubs to accelerate their potential. Well done to those who ran. We hope your were fearless and made some new friends!

POST EASTER WEIGHT LOSS SOLUTIONS
If you gave in to temptation over Easter, and temporarily retired from your special training diet ahead of the upcoming races, read ahead...

CALORIE INTAKE Vs. EXPENDITURE
It's OK to have cheat days, but just be ready to work off the additional calories you take on board. Try some cardiovascular exercise first in the morning when you must rely on fat stores as opposed to meal calories as fuel.

LIFT WEIGHTS
It is your body’s muscular system which burns fuel, so if you want faster weight management results, you need regular workouts using moderate/heavy resistance.

HAVE YOU HAD A CUPPA LATELY?
Everyone knows drinking Tea is good for you, but do you really understand why?

WHITE TEA – QUERCETIN. Powerful anti-inflammatory and anti-histamine agent for those with allergies; and has anti-viral properties when paired with Vitamin C.

GREEN TEA – CATECHINS. Amazing polyphenol which is both a metabolism booster (increases use of body fuel), antioxidant (removes free radicals), and angiogenesis inhibitor (shrinks fat cells). Helpful with weightloss.

BLACK TEA – L THEANINE. This amino acid keeps your mind calm but alert, improving cognitive ability.

RED TEA – SUPEROXIDE DISMUTASE. The SOD enzyme fights ageing and boosts your immune system.

BODYCOMBAT
The ultimate in sweat! Mixed Martial Arts blended with music to test speed and strength. It's a total Knockout! No experience necessary
- Tues 9:30am Active Edge Hill
- Wed 5:30pm Active Edge Hill

BODYBALANCE
Combines benefits of Yoga, Pilates and Tai-Chi to challenge/stretch the body. An invigorating workout with sweet music. Suits all fitness levels
- Mon 10:30am Active Edge Hill
- Wed 5:30pm Active Health Smithfield
- Thurs 9:30am Active Edge Hill
- Fri 9:30am Active Health Smithfield

BODYVIVE
Combines music from 60's to 90's with low impact aerobics, resistance bands and stretching to improve heart health and back care. Suits Beginners
- Mon 9:30am Active Health Smithfield
- Tue 5:30pm Active Women McLeod
- Fri 9:30am Active Women McLeod
- Sat 9:30am Active Health Smithfield

CORPORATE WELLNESS
Get your workmates in and be more active. Send us an email for more details: info@activehealthclubs.com.au

BODYJAM AT YOUR PARTIES!
The greatest fitness DANCE sensation is now FREE to Cairns Road Runners! We're giving you an exclusive invitation to our BODYJAM classes at Edge Hill Club during April... want to learn more about BODYJAM? visit www.lesmills.com/

FREE BODYJAM TRIAL
Time to get ready for your post-race parties, and have fun learning the latest Latin moves, hip-hop grooves, house dance styles for your niteclub adventures, and Tribal funk fusion to impress someone special! No experience necessary! Just come along Thursday 5:30pm or Saturday 9:00am
Other sporting events/training in the region:

Real Hanndful Rogaine
Rogaining NQ are running a 3hr and 9hr bush hike rogaine on Sunday the 9th of May at the Hann Tableland near Mareeba. Event info and entry procedures will be posted very shortly on the QRA website (http://www.qldrogaine.asn.au/qraonline/html/home.htm) or contact Mike (rogainingnq@adventureracing.com.au) or Chris (cwhit123@eq.edu.au) with any queries.

PLEASE NOTE: Redlynch Multisport Event [RVEMSR] postponed till June 20th. Regrettably we have been forced to postpone our 7th running of the Redlynch Valley Estate Multisport Race for reasons beyond our control [like the cause of a Kuranda train derailment]. There will be a course change which will be advised when the reconnoitering is completed.

Happy Trails, Mike
rogainingnq@adventureracing.com.au

Sport and Recreation Workshop

Sports Strapping
Cairns

Date: Thursday 29 April 2010
Time: 6pm – 9pm
Venue: Brothers Leagues Club, Cairns
         99-105 Anderson Street, Manunda

This workshop is part of a series of Queensland Government initiatives to discuss current issues facing the sport and recreation industry. This workshop is a great learning opportunity for coaches, administrators, instructors and volunteers operating at the grassroots level.

Presented by Sports Medicine Australia

| Topics Covered | This workshop is a community education program designed to introduce course participants to the basic techniques of taping a thumb, finger and ankle for the prevention of sports injuries. The program is aimed at all sporting participants including teachers, coaches, parents, students and more. Participants will receive their Elastoplast StrapSmart Certificate |

Join us to help make our community more active!

Contact the Department of Communities, Sport and Recreation Services on (07) 4039 8299 or email srfarnorth@communities.qld.gov.au before Tuesday 27 April 2010 to register your place.

There is no charge to attend this Sports Strapping Workshop
Light refreshments will be provided
Cairns
Get Active Queensland Accreditation Program

8:15am – 5:00pm
Saturday 29 May 2010
Trinity Bay High School
Hoore Street Manunda

Provides teachers, school staff and volunteers, community members, tertiary and senior school students with FREE training that can lead to accreditation in coaching, officiating and sports first aid.

<table>
<thead>
<tr>
<th>Courses Offered Saturday May 29 2010</th>
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<tbody>
<tr>
<td>Athletics Coaching – Part A</td>
</tr>
<tr>
<td>Football (Soccer) Coaching</td>
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<tr>
<td>Touch Coaching</td>
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<tr>
<td>Swimming Teaching</td>
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<tr>
<td>Sports Strapping</td>
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<tr>
<td>Netball Coaching</td>
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<tr>
<td>Touch Coaching</td>
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NB: Participants are to choose one course to attend on the day


Participants registered for any coaching courses, who are NOT Registered Teachers OR a current Level 1 Coach in any sport, will need to attain the Beginning Coaching General Principles Certificate. This can be completed online at [www.atencert.gov.au/participating](http://www.atencert.gov.au/participating)

For more information visit [www.sportrec.qld.gov.au/gaqap](http://www.sportrec.qld.gov.au/gaqap) or contact Sport and Recreation Services, Department of Communities on (07) 3235 8442 or email jenny.collins@communities.qld.gov.au

Attendance is FREE for the Get Active Queensland Accreditation Program
(NB: Some courses do have a post course accreditation fee. More information is on the website)
Oceania Championship

The Oceania Under 20 and Open Area Championships will be conducted in Cairns on the 23, 24, 25th September 2010. The track and field events will be conducted at Barlow Park, the home of athletics in Far North Queensland whilst there will be a 10,000 metre Road Walk conducted in the greater Cairns area.

The event will attract athletes from 22 Pacific Islands Federations and promises to be one of the biggest and best Oceania Athletics events the region has witnessed. The track events will include a 10,000 metre event and 5,000 metre event which may attract some of our North Queensland out-of-stadia athletes. The selection process for the Australian team will be released through Athletics Australia in the coming week. Athletes who are registered with Athletics North Queensland (ANQ) will be eligible for selection, but must have track performances to be considered for track events.

The Open Age group is likely to be hotly contested with Australia and New Zealand being invited (for the first time) to select their top athletes, whilst the Under 20 age group will continue to be a Developmental / Regional Australian and New Zealand selection.

This is a great opportunity for all athletes who are registered with ANQ to be part of an International event on their home soil!

Best Regards,
Yvonne Mullins
Executive Director, OAA
Mobile Telephone: +61 418885496
Email: oceania@attglobal.net
Webpage: http://www.athletics-oceania.com/index.cgi

2010 Gold Coast Airport Marathon – 3-4 July

Join more than 25,000 people from 40 countries in the 32nd annual Gold Coast Airport Marathon to be held on the first weekend in July (3-4 July).

The Gold Coast Airport Marathon has dubbed 2010 the ‘Year of the Marathon’ to celebrate the 2,500th anniversary of the marathon’s origin.

The Gold Coast Airport Marathon will feature an event for all ages and abilities, including the full 42.195km Airport Marathon, ASICS Half Marathon, Wheelchair Half Marathon, Southern Cross University 10km Run, Gold Coast Bulletin 5km Challenge, Queensland Health Junior Dash over 4km and the 2km.

For more information or to enter visit www.goldcoastmarathon.com.au or phone Queensland Events Gold Coast on (07) 5668 9888.

No one masters the marathon. Anything can happen on its long tortuous course, which is why it is such a seductive and exciting event. It’s in your interest to arrive at the starting line with this humility.