

The Rocks 5km/3km Series; Race #1, 18 February 2012

Race Report by John Vaughan

What a turn out for the first of three event sponsored by Active Health Clubs! The decision to move from Holloways Beach to Redlynch Valley Estate has been endorsed with the largest turn out for a Road Runner event in many years 119 competitors dug deep and put in a speedy effort on the 5 km. A further 47 enthusiastic runners, including many children, competed in the 3 km event.

The scenic 5 km course followed Freshwater creek from the tennis courts at the Rocks via the bike path to the Redlynch Valley Estate. With two small inclines and two creek crossings between rainforest and water it showcased what is best about our Cairns lifestyle. Many competitors chose to relax on the grass (not straying too far from the groaning food table) or go for a dip after the race (some of our kids actually dipped before the race as well!)

A sensational finish from Phil Bradshaw with a blistering 15.25 finish on the 5km. Followed by rising star Bini James (16:12) and Wes Swindale (17:01).

A great effort from the girls too, Carmel Bakurski (19:53) pushed though to win round one, setting up an exciting battle for next time, with Susan Crowe (19:56) and Corinne Smith (20:16) hot on the heels. Eleven year old Montanna McAvoy did the 5km in 20:29, Marcel deKievith will need to live that one down – he was 2 seconds behind her! Still, not bad for some hitting 65 this year.

One of the benefits of the separate 3 and 5 km starts was the chance for the many kids in our club to see the “real runners “ (as dubbed by Ceiridwen Vaughan) come through. The kids provided a cheering honour guard to support the runners through.

The favour was returned by many adults with the three km race also well supported. Our 3 km runners put in a big effort. Well done winner Clio Ozanne-Jaques (11:59), Aiden Smith crossed first for the boys (12:33). Poppy Boltz (12:56) and Mackenzie McAvoy (13:13) completed the top three for the girls.

Many parents voiced their delight at the separate starts for the 3 and 5 km races. According to one mum (and loyal runner) it was the first time they'd actually seen their children cross the line. Many photos were undoubtedly taken.

A big thanks to our many volunteers. The many people who helped set up, and pull down, including the official helpers: Mark St Amand, David von Senden; Tony Black; Jim Cavill and Ian Kraska. The great trooper award must go to Pam Palmer for “walking out” with a trolley laden with cups and other items to her turn-around water station. Pam you'll be happy to know we've found a way to get stuff into that point for Rocks#2!

With such a big turn out the patience and persistence of those courageous souls who volunteered to (wo)man the registration, timing and recording must be mentioned: Meagan Cross; Heather Vaughan; Margie Shearer; Alisia Bean; Andrew Simpson; Rhonda Zeylmans; Jake Cashion; Scooter Taylor, Helen Kinnane, Bridget Fearon, Alicia McAvoy, Rob Mackenzie and Lucy . Lorraine Lawson sorted out the paperwork and typed up the results after the race. The popularity award though goes to shoppers Sally Dixon and Donna Lupson and caterers, Dayana Fearon, Nejo Ferik and Jenny

Watson, who produced the awesome spread at the end of the event (the pineapple was particularly good).

What a start to our 3 race series! See you at round 2 – 5 March same time, same place. But before that, you have three other runs to attend! This Saturday, 25 February is the Poker Run (pray for rain!); the following day there is a fun run on the Esplanade to raise funds for Rare Disease Day and on Wednesday, 29 February, come along to the Wednesday night run for a “Leap Year” twist on the regular handicap race.

Competitors and finish times

Overall Position	RACE#	Full Name	Time	Category	Category Placing	Points for Race #1
5km						
1	37	Phil Bradshaw	0:15:25	M 30-39	1	25
2	45	Bini James	0:16:12	M 16-18	1	20
3	149B	Wes Swindale	0:17:01	M 30-39	2	16
4	144B	Benjamin Lerhardy	0:17:28	M 19-29	1	13
5	143	Tim McGrath	0:17:38	M 30-39	3	11
6	107B	Matt Franks	0:17:44	M 30-39	4	10
7	155	Jake Cashion	0:17:48	M 19-29	2	9
8	221	Paul Ryan	0:17:51	M 40-49	1	8
9	129B	Nathan Sandford	0:18:08	M 30-39	5	7
10	113B	Mario Sell	0:18:12	M 19-29	3	6
11	99	Stevo Francis	0:18:27	M 19-29	4	5
12	322	Dave Wall	0:18:30	M 40-49	2	4
13	165	Craig Mann	0:18:41	M 30-39	6	3
14	61	Bryan O'Mahony	0:18:48	M 30-39	7	2
15	151B	Adrian Kuhne	0:19:02	M 50-59	1	1
16	128B	Fredrik Edman	0:19:15	M 19-29	5	1
17	137B	Malcolm McCulloch	0:19:19	M 50-59	2	1
18	284	Rowan Tattersall	0:19:20	M 40-49	3	1
19	139B	Todd Rutherford	0:19:33	M 40-49	4	1
20	118B	Ben Cavin	0:19:42	M 19-29	6	1
21	169	Keith Fearon	0:19:50	M 40-49	5	1
22	140B	Carmel Bakurski	0:19:53	F 30-39	1	25
23	156B	Susan Crowe	0:19:56	F 40-49	1	20
24	147B	John Brimstone	0:20:08	M 30-39	8	1
25	138B	Steven Christiansen	0:20:09	M 19-29	7	1
26	131B	Olle Johansson	0:20:10	M 19-29	8	1
27	227	Simon Scarborough	0:20:14	M 30-39	9	1
28	146B	Rob Tideman	0:20:14	M 40-49	6	1
29	294	Corinne Smith	0:20:16	F 40-49	2	16

30	275	John Musgrove	0:20:17	M 50-59	3	1
31	140	Montanna McAvoy	0:20:29	F 12-15	1	13
32	1	Marcel deKievith	0:20:31	M 60-69	1	1
33	80	Sam Ederveen	0:20:48	M 12-15	1	1
34	62	Ronan Omahony	0:20:59	M 30-39	10	1
35	210	Stu McCormick	0:21:03	M 19-29	9	1
36	157B	Robbie Swain	0:21:05	M 30-39	11	1
37	10	Larry Lawson	0:21:06	M 50-59	4	1
38	312	Don Elmer	0:21:07	M 50-59	5	1
39	106B	Andrew Firman	0:21:02	M 40-49	7	1
40	3	Moniek deKievith	0:21:25	F 30-39	2	11
41	174	Daniel Loder	0:21:29	M 16-18	2	1
42	81	Gareth Smith	0:21:40	M 30-39	12	1
43	56	Andrea Hargreaves	0:21:42	F 40-49	3	10
44	158B	Tim Omundsen	0:21:43	M 50-59	6	1
45	104	Rod Fearon	0:21:52	M 40-49	8	1
46	145B	Laura Whenmouth	0:21:57	F 19-29	1	9
47	116B	Brendan Styles	0:21:58	M 19-29	10	1
48	318	David Von Senden	0:21:59	M 50-59	7	1
49	198	Andrew Simpson	0:22:04	M 30-39	13	1
50	86	Paula Besgrove	0:22:15	F 30-39	3	8
51	290	Emma Miller	0:22:16	F 30-39	4	7
52	282	Jason Smith	0:22:20	M 40-49	9	1
53	135B	Melissa Cotter	0:22:29	F 30-39	5	6
54	108B	Davo Giordimaina	0:22:31	M 40-49	10	1
55	122B	Matt Baker	0:22:34	M 40-49	11	1
56	46	Peter Banaghan	0:22:38	M 50-59	8	1
57	83	Mel Akmentins	0:22:45	F 30-39	6	5
58	7	Peter Mountney	0:22:51	M 60-69	2	1
59	297	Rob Johnstone	0:22:59	M 30-39	14	1
60	12	Stevie Johnston	0:23:19	F 50-59	1	4
61	23	Ian Kraska	0:23:20	M 50-59	9	1
62	32	Bruce Hansen	0:23:24	M 40-49	12	1
63	133	Margie Shearer	0:23:33	F 50-59	2	3
64	39	Alan Courtney	0:23:38	M 50-59	10	1
65	123B	Nicole Baker	0:23:45	F 40-49	4	2
66	151	Craig Harriss	0:23:48	M 50-59	11	1
67	114B	David Smyth	0:23:49	M 40-49	13	1
68	115B	Helen Smyth	0:23:58	F 40-49	5	1
69	260	Scott Shults	0:24:00	M 30-39	15	1
70	38	Lorna Bradshaw	0:24:03	F 30-39	7	1

71	127B	Ben Taylor	0:24:07	M 19-29	11	1
72	136B	Ivonne Nathan	0:24:14	F 30-39	8	1
73	256	Craig Warren	0:24:15	M 40-49	14	1
74	155B	Jason Maitland	0:24:30	M 30-39	16	1
75	133B	David Skinner	0:24:51	M 60-69	3	1
76	264	Rachael White	0:25:13	F 30-39	9	1
77	259	Jen Shults	0:25:35	F 30-39	10	1
78	40	Andrea Collins	0:25:47	F 40-49	6	1
79	11	Lorraine Lawson	0:25:51	F 40-49	7	1
80	168	Rohan Cross	0:26:10	M 30-39	17	1
81	90	Scott Ratcliffe	0:26:24	M 40-49	15	1
82	2	Trees De Kievith	0:26:24	F 60-69	1	1
83	152B	Pete Morris	0:26:25	M 50-59	12	1
84	82	Christine Bell	0:26:43	F 19-29	2	1
85	211	Orlagh O'Connor	0:26:43	F 30-39	11	1
86	181	Dom Bancilhon	0:26:44	M 50-59	13	1
87	132B	Kathy Jenkin	0:26:55	F 50-59	3	1
88	119B	Duge English	0:26:56	M 40-49	16	1
89	69	Sala Ayrey	0:27:17	F 40-49	8	1
90	303	Baz Gadhvi	0:27:22	M 40-49	17	1
91	159B	Rosie Omundsen	0:27:27	F 40-49	9	1
92	148B	Margaret Hoff	0:27:31	F 40-49	10	1
93	148	Robyn Hakelis	0:28:17	F 30-39	9	1
94	96	Jane Kahler	0:28:29	F 30-39	13	1
95	9	Celia Mackenzie	0:28:31	F 50-59	4	1
96	130B	Josefine Alfredsson	0:28:43	F 19-29	3	1
97	266	Sally Dixon	0:28:50	F 40-49	11	1
98	252	Marjo Simpson	0:28:52	F 50-59	5	1
99	142	Linda Adams	0:28:55	F 40-49	12	1
100	158	Ralf Dutton	0:29:05	M 50-59	14	1
101	316	Andrew Godfrey	0:29:25	M 50-59	15	1
102	269	Donna Lupson	0:29:35	F 40-49	13	1
103	268	Marnie Carrison	0:30:16	F 40-49	14	1
104	317	Susan Wells	0:30:18	F 50-59	6	1
105	121B	Cameron Ford	0:30:20	M 30-39	18	1
106	6	Jim Cavill	0:30:24	M 50-59	16	1
107	299	Janette Laver	0:30:28	F 30-39	14	1
108	276	Tina Musgrove	0:30:30	F 40-49	15	1
109	64	Jeff Bunt	0:30:37	M 50-59	17	1
110	65	Debora Bunt	0:30:37	F 40-49	16	1
111	278	Sandy Roberts	0:31:21	F 40-49	17	1

112	217	Rhonda Zeylmans	0:32:08	F 40-49	18	1
113	120B	Katie Richards	0:32:47	F 30-39	15	1
114	26	Sandra Buckley	0:33:23	F 60-69	2	1
115	220	Tonia Marquardt	0:33:39	F 40-49	19	1
116	145	Trudy Meeking	0:34:16	F 50-59	7	1
117	110B	Kelly Moody	0:34:33	F 30-39	16	1
118	117B	Di Lennon	0:35:04	F 40-49	20	1
119	292	Karen Russo	0:37:13	F 50-59	8	1
3km						
1	111B	Clio Ozanne-Jaques	0:11:59	F 12-15	1	25
2	283	Aiden Smith	0:12:33	M 12-15	1	25
3	247	Poppy Boltz	0:12:56	F 12-15	2	20
4	139	Mackenzie McAvoy	0:13:13	F U12	1	16
5	134B	Chelsea Schroter	0:13:23	F 12-15	3	13
6	180	Scott St Amand	0:13:24	M U12	1	20
7	152	Rex Harriss	0:13:42	M 12-15	2	16
8	107	Caleb Fearon	0:14:06	M U12	2	13
9	149	Scooter Taylor	0:14:22	M 40-49	1	11
10	160B	Annalese Omundsen	0:14:25	F 12-15	4	11
11	306	Brooke Baister	0:14:32	F U12	2	10
12	179	Trent St Amand	0:14:41	M 12-15	3	10
13	254	Alisia Bean	0:14:50	F 30-39	1	9
14	41	Ronan Courtney	0:15:04	M 12-15	4	9
15	150B	Shauna McCulloch	0:15:09	F 19-29	1	8
16	104B	Larissa De Paauw	0:15:10	F 12-15	5	7
17	112B	Faye Ross	0:15:10	F 12-15	5	6
18	143B	Alex Moore	0:15:31	M U12	3	8
19	209	Bre Purton	0:15:39	F 19-29	2	5
20	101B	Rose Cash	0:15:46	F 12-15	7	4
21	305	Ambika Gadhvi	0:16:08	F 12-15	8	3
22	142B	Max Piercy	0:16:08	M U12	4	7
23	277	Ellie Musgrove	0:16:31	F 12-15	9	2
24	304	Deepa Gadhvi	0:16:33	F 40-49	1	1
25	153B	Sachar Blake	0:16:33	F 30-39	2	1
26	75	Gwil Vaughan	0:17:17	M 12-15	5	6
27	141B	Kelly Omahony	0:17:33	F 30-39	3	1
28	146	Helen Kinnane	0:17:45	F 30-39	4	1
29	124B	Linda Shannon	0:17:54	F 40-49	2	1
30	125B	Amelia Britton	0:17:54	F 30-39	5	1
31	77	Lew Vaughan	0:17:55	M U12	5	5
32	172	Niamh Fearon	0:18:12	F U12	3	1

33	161B	Alice Watson	0:18:39	F 12-15	10	1
34	261	Kaya Shults	0:19:12	F U12	4	1
35	126B	Raiyam Payne	0:19:12	F U12	4	1
36	154B	Terese MacFarlane	0:19:25	F 40-49	3	1
37	68	Brendan Bunt	0:19:28	M 12-15	6	4
38	33	Lesa Hansen	0:19:30	F 40-49	4	1
39	270	Will Lupson	0:19:45	M 12-15	7	3
40	291	Sharyn Phillips	0:19:56	F 40-49	5	1
41	76	Cherry Vaughan	0:20:13	F U12	6	1
42	171	Aislinn Fearon	0:20:13	F U12	6	1
43	253	Debbie Houston	0:20:42	F 50-59	1	1
44	273	Francoise Pieltain	0:20:43	F 40-49	6	1
45	262	Jazzy Shults	0:22:02	F U12	8	1
46	114	Katie Osmond	0:22:36	F 19-29	3	1
47	231	True Margach	0:26:36	F 19-29	4	1