



## Cairns Road Runners and Triathlon Club Inc.

Mobile: 0450 324 637

Email: [info@roadrunners.org.au](mailto:info@roadrunners.org.au)

Web: [www.roadrunners.org.au](http://www.roadrunners.org.au)

P.O. Box 7403, Cairns, QLD 4870

## February 2010 Newsletter

### Contents:

[President's Report](#)

[Shoelaces \(Gossip, News, Other Stuff\)](#)

[Sign On Update](#)

[Handicap Race Results](#)

[CBC Staff Selection Holloways Race Report](#)

[Cooloums on the Beach Special Offer](#)

[CBC Staff Selection Holloways Series Race](#)

[1 of 3 Results](#)

[2010 Suncorp NQ Games – proposed map](#)

[Half Marathon Training Program](#)

[Dirty Northern Trail Runs](#)

[Club Profiles:](#) Kristen LeRoux and Chris White

[Articles](#)

[Other Events/Training in the Region](#)

You receive this email because you are on the Cairns Road Runners and Triathlon Club email database. Please email the word "unsubscribe" in the subject line to [info@roadrunners.org.au](mailto:info@roadrunners.org.au) to unsubscribe. If your email address changes please us know.

## President's Report

Hi All, and welcome to the February Cairns Roadies Newsletter. Feedback from members is that they are really enjoying the newsletters. Access the newsletters online. Vouchers are sent to those on our database via *email*. Print them out and use them to support our sponsors. If you are reading this newsletter online and would like to be added to our database, please email us.

**Corrections/Apologies:** In the reminder email (sent on 5 February) I stated that Shane was helping me with the newsletter as a proof reader. It's not Shane, but his brother **Chris White**. Thanks Chris! Also for those who read the article I wrote for the January newsletter 'Who Wins?', the photo of Larry running the Comrades Marathon was taken in 1992, not 1998. And for those who picked up the Dirty Northern Trail Running pamphlet at Sign On, age groups are determined using your age as at **1 January 2010**. Error in ribbons for the CBC Staff Selection Holloways Race: **Louise Gale** came in 3<sup>rd</sup> for the 3k (16+). Sorry Louise, my mistake, I'll give you your ribbon at the next race.

Committee news: **Julie LeComte** has resigned as a committee member. Thanks Julie for the time you spent on the committee from September to January. **Keri** is back as the treasurer. **Rob** is now in his elected position as secretary and Kirsten as committee member. **Kirsten** will continue to do our minutes at the monthly meetings and collect the mail. Thanks Kirsten for stepping in to do the secretary job and Rob for being the treasurer until Keri was able to return.

**Our annual Sign On was a great success.** Thank you to everyone that came along on the night and joined! Unfortunately the ANQ bags weren't ready for delivery, but every member will still receive one. You'll also get your wrist band, tattoo, pen and activity book. We have produced a Cairns Roadies Information Booklet and you'll get a nice glossy copy of that too.

After some discussion with Club members, and Senior Sergeant Farbaek from the Cairns District Traffic Police, the course for the 2010 Suncorp NQ Games ½ marathon has been decided. A BIG thank you to **Jim Cavill** for drawing up the Traffic Management Plan. (See map and update later in newsletter).



We still need race directors for two races this year, so please let me know if you can help out with the 2010 Suncorp NQ Games 3k/5k Fun Run on the 10<sup>th</sup> of April and/or the first Little Street 10k on the 3<sup>rd</sup> of May. All of your out of pocket expenses are covered and you get paid \$50.00.

**Shane White** (trail running coordinator), **Chris, Adam and Shaun** are all working hard sorting out the Trail Runs for the year. (I've dubbed them 'The Dirty Boys', so any girls who want to join in and volunteer will have to be happy to be one of the 'boys'). Shane has submitted the permits for the Speewah Legend Foot Race, Gold Rush and Spiny Cray Races (AJ Hackett paperwork done). We are looking for sponsors for the Speewah Legend Foot Race and Spiny Cray races. **Do you know of someone that will put up some prizes?** Please ask around and let me know! Anything will be welcome, including prizes for the volunteers. Some details about the trail runs and the AJ Hackett Poker Run in particular is included in this newsletter.

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

Chris White – links to two articles, club profile and proof reading  
Shane White – Dirty Northern Trail Running Details  
Michelle Wellington – Half Marathon Training Program  
Ben Newman – Body Image article  
Kirsten LeRoux – club profile

Regards,  
Lorraine Lawson  
President



**HELP!** One of our members, Robert Leonforte, is looking for people to join him for runs in **Atherton/Tinaroo**. Could we get a group together for runs in the area? Send us an email and we'll put you in contact with him!

**Port Douglas Fun Run - 20 February**  
**5k or 10k Fun Run in Port Douglas.** Hosted by Sarah McConnell from Inspire Fitness. Race starts at 6:15am from Rex Smeal Park. \$15.00 entry fee (this is not a Roadies event). Please ring Sarah on 0409 171 221, or email [inspirefitnesspd@gotalk.net.au](mailto:inspirefitnesspd@gotalk.net.au) for more details.

**Did you know?** There is an 'opt out' clause in our Club's Rules of Association that requires all committee members to stand down at the AGM? A new committee is then elected during the AGM. If you are interested in helping out and promoting fitness in our region get on the committee and get involved! At least seven positions will be available on 6 October 2010: President, Vice President, Secretary, Treasurer, and three committee member spots.





## Shoelaces



### Relay for Life 5 - 6 June – special offer

Until 20 February registration is only \$10. Google 'Relay for Life', find Cairns and sign up to the **Cairns Roadies or Cairns Road Runners team**. Family and friends are welcome to participate too. You'll need to fundraise a minimum of \$100. A team meeting to decide on a theme and discuss a roster will be arranged for later in the year. We hope to have Jim Cavill running and Ian Valentine walking for most of the time. So you can go home to sleep and come back in the morning. Juniors, if you want a team of your own, let us know and we'll organise it. Minimum 10 junior participants required.

The **Race Director's meeting** on the 25<sup>th</sup> of January was attended by Marcel, Trees, Fiona (from Babinda), Rob, Jim, Martin, Rosie and Lorraine. Apologies from Sandra, Angela, Michelle, Shane, Julie and Jason. There is now a Race Director's folder that contains all the details about each race, a checklist and a count down to race day. So have a go at race directing, we'll give you all the support you need.

The **2010 FNQ Multisport Event Calendar** is now in distribution. There are only a couple of clashes. We have 1500 calendars and we would like to get them all out there for people to use. We had 17 people in Google Docs updating the draft calendar! **Gary Bryant** (Crocs member and recently acquired Roadies family member) did a wonderful job putting together the final document to be sent to the printers. Thanks, Gary for the hours of work invested in this activity.



### February Birthday Babies:

Jim Cavill – Big 50; Vice President, Julie Sager; CBC Staff Selection Race Director, Angela Graham and Klaus Ziemer, Silvio Martinico, Stephen Dean, Karen Short, Kathy Jenkin, Brian Matthews, Liz Moll, Chrissie Sarikas, Niels Ederveen, Richard Newton, Michael Conolly, Michelle Wellington, Cleo Brault, Anthony Day, Helen Kirby, Ben Abell, Sian Murphy, Thomas Briggs, Ryley-Kate Ross, Rorey Hunter, Malindi Trehearn, Nathan Readman

### In the next newsletter (15 March):

Do you have something to share? A good quote from one of our members? Send us an email or give us a ring! Contact details on the first page. What would you like to read about? On the list so far is some background information on our Juniors' Training Program.

### Upcoming Roadies Events to Remember:

**Each Wednesday Night** – Club Run, northern end of Muddys Playground, 5:30pm

**6 March** – CBC Staff Selection Holloways Series, Race 2 of 3

**13 March** – AJ Hackett Poker Trail Run

**17 March** – Inaugural Choice Australia Management Cassowary Cup Time Trial

**27 March** - CBC Staff Selection Holloways Series, Race 3 of 3

### Gossip

Good bye Hugh and Carrolyn Ireland! Hugh was a regular runner at the Wednesday night handicap runs. They've moved back to Brisbane. You will be missed, especially by your running 'partner' Martin.

**Congratulations Jordan Sievers. Not many people can say they went in to enquire about a job, got it on the spot and were full time within one week!**

*Got some gossip you can share? Don't be shy.*



Sign On 10 February 2010, 4-7pm

**Report by Lorraine Lawson**

On the evening of 10 February we had our annual Sign On. Approximately 100 people came along on the night and 50 ran the Handicap Race. As I've not ever been to a sign on myself, I cannot compare it to previous years. But I was very impressed with the attendance this year! Thank you everyone for taking the time to come out on the night.

A special welcome to all our NEW Cairns Roadies Members. I sincerely hope that you enjoy your time with us and that you become a life time member! And welcome back EXISTING members, thanks for renewing your membership. It's great to have you back. I hope it is an indication that you are happy with how the club is going, but remember ...

... this is YOUR club, and you have a say in what happens. Please speak to committee members and voice your opinion. The committee meets every second Tuesday of the month and you are welcome to attend the meetings (5:30pm, CBC Staff Selection). You can also request the minutes of the meetings by submitting a written application to the club secretary, Rob Mackenzie. Please email [info@roadrunners.org.au](mailto:info@roadrunners.org.au) or send a letter to PO Box 7403, Cairns 4870.

## Roadies make the running

CAIRNS Road Runners and Triathlon Club president Lorraine Lawson hopes a busy 2010 program will draw a rush of new members to the club.

Cairns Roadies, as the club has been affectionately dubbed by its members, will stage its 2010 season sign-on tomorrow and Lawson has invited runners and walkers of all fitness levels to share in an exciting year ahead.

The club will host more than 30 events this year, with the free Wednesday night runs, the trail running series and the North Queensland Games half marathon expected to draw the most attention.

Lawson said the half marathon, which will begin and finish at Barlow Park following a course along the Esplanade, Aeroglen and the botanic gardens, would be the club's signature event for the year.

"It's a road race and it will follow a flat, fast course," she said. "We've already got people from Melbourne,

Ayr and Brisbane, and from overseas, who have entered."

Lawson says the trail running series will take competitors to Smithfield, Speewah, Mt Lewis near Julatten, and Babinda.

In previous years, the club's trail running competition has been restricted to the mountain bike tracks at Smithfield, but Lawson expects the expanded series to draw competitors from throughout the FNQ region.

Marathon and ultra-marathon runs will also feature on the club's calendar of events but Lawson said there would also be many runs for those less serious about their running, including Halloween and Christmas in July fun events.

Tomorrow's sign-on will be staged from 4pm-7pm at the Esplanade skate park barbecues with a 3km and 5km run/walk at 5.30pm to be followed by a sausage sizzle at 6.15pm which is free for new members.

[www.cairns.com.au](http://www.cairns.com.au)

(Source: *The Cairns Post*, 9 February 2010)

**Craig Ross** from *The Cairns Post* wrote this article and it was in the paper the day before sign on. Thanks Craig, it definitely pulled in some new members on the night.



## Membership: 139 members as of 13 February 2010

Names of 2010 members who have signed on since last newsletter update:

Jarrold, Murray, Mark, Sala, Martin, Peter B, Anne, Paula, Sue B, Natalie, Lynton, Phil & Lorna; Gary, Amanda, Alexandra, Joshua and Nikita, Sandra; Jeff, Debra, Jackson, Brendan & Fiona B, Fiona C, Joanna & Matt, Bill, Jim, Tash, Russell, Michele, Andrea C, Melissa; Alan, Ronan, Amelie & Eamon, Avril, Stephen; Marcel, Trees & Moniek, Matthew D, Emy, Theresa, Niels, Warren, Adam, Louise; Laura, Derek, Gabriella & Danielle, Stephanie, Michelle G, Sue G; Chris G, James & Kate, Ian G, Sarah G; Susan, Stephen, Kelsi, Nicholas & Corey; Chanelle, Sharai & Sharon, Kylie, Bruce, Lesa; Andrea, Darren, Ella, Maddy & Isaac, Debra H, Matthew H, Jordan H, Bini, Kathy, Stevie, Brian, Grant, Danielle, Helen, Ian K, Eve, Larry & Lorraine, Kirsten & Mike, Julie L, Samantha, Craig, Rob & Celia, Robert, Kathryn, Elisha, Glenn M, Debra M, Liz, Nathan, Anna, Peter Morris, Kev, Peter Mounteny, Bryan, Ronan, Pam, Donna, Jessica, Idan, Elena, Glenys, Joe, Katerina, Dianne, Clayton, Amy & Nathan, Sarah R, Maria, Matthew R; Julie, Robert. Baiden & Whitney, Chrissie, Kim, Jordan S, Andrew, Gareth; Nance, Adaline & Monique, Rod, Max, Rebecca, Ian V, Michelle W, Chris, Ivan, Greg, Renee WOW!

Thank you to the volunteers who made the Sign On evening such a success:

*Prior to the event:*

**Marcel** had spent a lot of time (months according to him!) cleaning up the trailer ready for the new signage. Tammy and Jeff got the signs on in time for Sign on night. Great job. Please support Homan Signs!



**Larry** made three stands for the three new lights we got. And he spent the whole weekend welding and painting to get it all done. We tested it out on the night and it works brightly (brilliantly?).

*On the night:*

Larry – towed the trailer to and from event & picked up the bread I forgot in the fridge at home!

Larry, Jim, Chris & Cathie Brett - set up Sandra – Singlet sales  
Celia & Kirsten – registration Kev & Rob – Handicap Race  
Eve, Kylie & Clayton – sausage sizzle Julie S+kids, Jim, Larry & Idan – pull down  
*Anyone else I left out or didn't spot helping on the night? I'm sorry! But Thank You.*

We also had a couple of visitors from Townsville:

**Stuart Gibson**, Manager of the NQ Sports Foundation, encouraged everyone to participate in some of the 50 sports on offer for the 2010 Suncorp NQ Games. Thanks for coming along, Stuart.

**Cameron Clayton**, Development Officer of Australia North Queensland (ANQ) encouraged members to participate in more field events. Of note this year is the Oceania Championships (more details on this in a newsletter later in the year).

**Bluee** from FNQ Grandstand ABC turned-up unexpectedly and did a radio interview with me (Lorraine). Not sure who organised it, but I'll give credit to Mike Coleman and Kirsten LeRoux for now!



## Sign on Photos



Kirsten

Cameron & Jarrod

Celia

## Handicap Race Results

Date: 10 Feb 2010						
		Distance	Nominated Time	Time Called (+/-)	Actual Time	Place
Cameron	Clayton	5	22.00	-1.58	20.02	
Jarrold	Ahern	5	22.00	-1.58	20.02	
Ivan	Whittle	5	21.00	-0.46	20.14	
Idan	Piercy	5	20.30	-0.05	20.25	2
Heath	Horobin	5	24.00	-3.24	20.36	
Fiona	Campbell	5	21.15	-0.34	20.41	
Adam	Fletcher	5	22.30	-1.30	21.00	
Andrea	Hargreaves	5	22.40	-1.32	21.08	
Rob	Mackenzie	5	21.00	0.32	21.32	
Greg	Wilson	5	22.00	-0.08	21.54	
Gary	Bryant	5	23.00	-0.35	22.25	
Paula	Besgrove	5	23.40	-0.36	23.04	
Jackson	Bunt	5	26.00	-2.22	23.38	
Martin	Ball	5	26.00	-1.46	24.14	
Alison	Smith	5	25.00	0.07	25.07	3
Jeff	Bunt	5	26.00	-0.46	25.14	
Michael	Martin	5	28.00	-2.35	25.25	
Rob	Martin	5	28.00	-2.35	25.25	
Marcel	Dekievith	5	29.30	-3.58	25.32	
Moniek	deKievith	5	27.30	-3.58	25.32	
Jordan	Hougan	5	26.00	-0.25	25.35	
Michelle	Wellington	5	30.00	-4.12	25.48	
Anne	Beare	5	25.30	0.58	26.28	
Emy	DeZen	5	29.00	-2.30	26.30	
Sarah	Roach	5	30.00	-2.36	27.24	
Russell	Claremont	5	26.30	1.26	27.56	

		Distance	Nominated Time	Time Called (+/-)	Actual Time	Place
Kathy	Jenkin	5	30.00	-0.32	29.28	
Lynton	Bowen	5	30.00	-0.03	29.57	1
Nathan	Moore	5	29.00	2.42	31.42	
Liz	Moll	5	34.00	-0.59	33.01	
Deb	Moll	5	30.00	??		
Ella	Hargreaves	5	22.35	??		
Gary	Cotter	5	26.00	??		
Jordan	Sievers	5	22.35	??		
Melissa	Cotter	5	27.00	??		
Sandra	Buckley	5	32.00	??		
Steve	Cunningham	5	20.30	??		
Stevie	Johnston	5	24.00	??		
Jim	Cavill	8	35.00?	9.08	44.08	
Max	Trounce	3	15.00	-1.06	14.54	
Brendan	Bunt	3	19.00	-2.54	16.06	
Brian	Jones	3	17.00	1.00	18.00	
Darren	Hargreaves	3	20.00	-1.14	18.46	
Kim	Seccafien	3	30.00	-9.45	20.15	
Theresa	Donnelly	3	30.00	-9.45	20.15	
Rosie	Ball	3	30.00	-8.43	21.17	
Bill	Carrodus	3	20.00	2.03	22.03	
Fiona	Bunt	3	27.00	1.44	28.44	
Debra	Bunt	3	27.00	1.45	28.45	

Closest to their nominated time  
Fastest 5k times



# CBC Staff Selection Holloways Beach Race 1 of 3

## Race Report from race director Angela Graham

Our first run for the series at Holloways Beach was an absolute success. Thank you again to our many volunteers, competitors and sponsors which included: -

**CBC Staff Selection** (who had naming rights to the race - 50 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 - please take the yellow voucher with when you go. Let us know if you didn't receive a voucher.

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



**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)

**Dr. Alan Courtney**  
B.App.Sc. (Clinical) B.Clin.Sc. (RMIT)  
Dip Hort (Massey NZ)  
Member SOTO & ASRF  
83 Sheridan St, Cairns CBD  
PO Box 1015, Smithfield, Cairns 4878  
TEL: (07) 4031 5550  
Fax: (07) 4031 5558

~ Gentle Wellness Care for  
babies, children and adults ~

We had a record number of 104 competitors with very inspirational fastest times as follows:

### MALE 5km

1. Matthew Hawke 15.38
2. Phil Bradshaw 15.56
3. Mike Le Roux 17.08

### MALE 3km

1. Bini James 9.40
2. James Omundsen 11.42
3. Max Trounce 13.09

### FEMALE 5km

1. Fiona Campbell 20.01
2. Natalie Boddington 20.21
3. Andrea Hargreaves 20.52

### FEMALE 3km

1. Monique Storch 12.04
2. Amy Readman 13.11
3. Gabriella Garner 14.08

Shaking hands with all the place getters certainly gave me immense pride and inspiration to be a part of such a great event and group of athletes. I would like to make a special mention of Keri's help and how inspiring it is to have her good company and help together with all the volunteers that were kept busy and made this event such a success. Thank you.

The next race will be held on **Saturday 6 March 2010** at the same starting time of 5pm and all helpers again will be very much appreciated.

I look forward to seeing you all then but until then, happy safe training to you all.

Angela Graham

**Volunteers:** Pam & Adaline (water stop), Lisa, Kev, Nance, Idan, Keri, Chris C, Rosie, Marcel and many others! Can't do it without you guys!



## Race Results: CBC Staff Selection Holloways Series, Race 1 of 3

### Male, 5k

Name	CRR# or NM (Non-member)	Time	Age Group	Place in Age group	Place overall
Hawke Matthew	51	15.38	19-39	1	1
Bradshaw Phil	228	15.56	19-39	2	2
Le Roux Mike	175	17.08	19-39	3	3
Dewar Matthew	92	19.10	19-39	4	4
Bryant Gary	294	19.16	40-49	1	5
Gould James	235	19.23	U19	1	6
Horobin Heath	??	19.38	19-39	5	7
O'Mahony Bryan	245	19.49	19-39	6	8
Grant Ian	194	19.52	40-49	2	9
Smith Gareth	277	19.53	19-39	7	10
Weaver Brad	NM	19.57	40-49	3	11
deKievith Marcel	2	19.59	60-69	1	12
Mackenzie Rob	17	20.13	60-69	2	13
McPhail Glenn	285	20.39	19-39	8	14
Carman Matt	321	20.48	19-39	9	15
Tindale Rod	64	21.23	50-59	1	16
Mountney Peter	35	21.27	50-59	2	17
O'Mahony Ronan	319	21.32	19-39	10	18
Banaghan Peter	99	21.57	40-49	4	19
Lawson Larry	31	22.14	40-49	5	20
Ball Martin	276	22.36	50-59	3	22
Hartley T.A.	NM	22.36	40-49	6	21
Bunt Jackson	241	22.44	U19	2	23
Muzza A-G	??	23.01	19-39	11	24
O'Neill Aaron	NM	23.04	19-39	12	25
Hermon Paul	NM	23.05	40-49	7	26
Jones Grant	34	23.12	40-49	8	27
Pilat Joe	148	23.33	40-49	9	28
Simpson Andrew	324	24.15	19-39	13	29
Hansen Bruce	49	24.39	40-49	10	30
Wakely Thomas	NM	24.45	19-39	14	31
Bunt Jeff	238	24.49	40-49	11	32
Lawrence David	NM	25.25	60-69	3	33
Morris Peter	117	26.18	50-59	4	34
Skinner David	NM	26.33	50-59	5	35
Bowen Lynton	288	29.14	60-69	4	36
Robinson Michael	NM	31.05	70+	1	37
Lucas Geoff	NM	DNF	60-69	5	38

**Female, 5k**

Name	CRR# or NM (Non-member)	Time	Age Group	Place in Age group	Place overall
Campbell Fiona	266	20.01	19-39	1	1
Boddington Natalie	270	20.21	19-39	2	2
Hargreaves Andrea	120	20.52	40-49	1	3
Pickering Jessica	16	21.31	19-39	3	4
Robb Megan	NM	21.38	19-39	4	5
Carman Joanna	320	21.55	19-39	5	6
Sager Julie	132	22.16	19-39	6	7
Johnston Stevie	14	22.22	50-59	1	8
Gooiker Michelle	325	22.24	40-49	2	9
Morgan Anna	315	22.50	40-49	3	10
Shearer Margie	NM	23.02	40-49	4	11
Wellington Michelle	126	23.03	19-39	7	12
Besgrove Paula	305	23.08	19-39	8	13
Beare Anne	11	23.51	40-49	5	14
DeZen Emy	61	24.13	40-49	6	15
Le Roux Kirsten	161	24.35	19-39	9	16
Hargreaves Ella	119	25.19	U19	1	17
Omundsen Rosie	??	25.34	40-49	7	18
Cotter Melissa	168	25.37	19-39	10	19
Griffiths Sarah	286	26.08	19-39	11	20
Garner Laura	24	26.12	40-49	8	21
Cross Avril	283	26.24	19-39	12	22
Roach Sarah	303	26.56	19-39	13	23
Mackenzie Celia	18	27.56	50-59	2	24
Jenkin Kathy	186	28.28	50-59	3	26
Lawson Lorraine	118	28.28	40-49	9	25
Wilson Renee	322	29.36	19-39	14	27
Tucker Rebecca	333	31.35	19-39	15	28
Buckley Sandra	102	31.54	60-69	1	29
Lawrence Veronica	NM	36.22	19-39	16	30

**Male, 3k**

Name	CRR# or NM (Non-member)	Time	Age Group	Place in Age group	Place overall
James Bini	217	9.40	12-15	1	1
Omundsen James	??	11.42	12-15	2	2
Trounce Max	284	13.09	12-15	3	3
Kraska Ian	23	13.21	16+	1	4
Courtney Alan	80	13.31	16+	2	5
Hermon Jesse	NM	13.47	12-15	4	6
Ederveen Sam	273	13.48	U12	1	7
Readman Nathan	332	13.58	U12	2	8
Hermon Callum	NM	14.03	12-15	5	9
Ederveen Niels	274	14.13	16+	3	10
Bunt Brendan	242	15.12	U12	3	11
Robinson Daniel	NM	15.37	16+	4	12
Jones Brian	52	15.44	16+	5	13
Reaks Nick	NM	16.44	12-15	6	14
Hargreaves Darren	256	17.35	16+	6	15
Bryant Joshua	297	19.21	U12	4	16
Daly Jack	NM	37.55	U12	5	17

**Female, 3k**

Name	CRR# or NM (Non-member)	Time	Age Group	Place in Age group	Place overall
Storch Monique	141	12.04	12-15	1	1
Readman Amy	331	13.11	12-15	2	2
Garner Gabriella	27	14.08	16+	1	3
Collins Andrea	327	15.48	16+	2	4
Gale Louise	278	15.53	16+	3	5
Sager Whitney	149	16.19	12-15	3	6
Gould Kate	234	16.25	12-15	4	7
Poole Katerina	291	16.41	16+	4	8
Bunt Debra	239	16.59	16+	5	9
O'Mahony Kelly	??	17.00	16+	6	10
Bryant Alexandra	296	19.19	U12	1	11
Foley Beth	NM	19.30	16+	7	12
Bunt Fiona	240	20.57	12-15	5	13
Hansen Lesa	131	21.04	16+	8	14
Grant Kelsey	NM	23.12	U12	2	15
Chapman Tash	326	28.35	12-15	6	16
Trout Amy	NM	31.54	16+	9	17
Daly Taylah	NM	37.59	U12	3	18
Thomas Telita	NM	38.03	U12	4	19

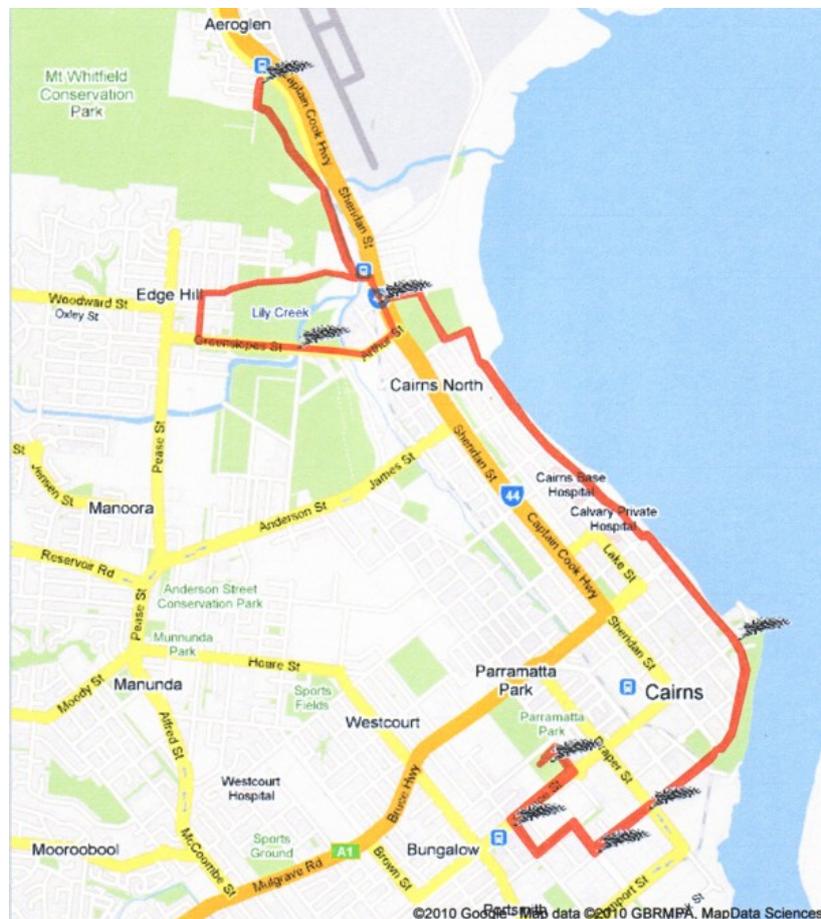


CBC Staff Selection  
Holloways Series  
Race 1 of 3  
13 February 2010



## 2010 Suncorp NQ Games Half Marathon

Proposed Route: Start Barlow Park, follow around the back of the Convention Centre, down the Esplanade. Cross Sheridan Street, run around the Botanical Gardens (down Greenslopes and back along Collins), loop along the concrete path at the base of Mt Whitfield towards Aeroglen. Cross Sheridan Street, return the same way.



Cairns Half Marathon 2010 NQ Games - proposed route

Are you running the 2010 Suncorp NQ Games ½ marathon or 10k? If not, you're on the roster to help! So far I have one volunteer – **Pam Palmer**. Please consider helping out. As a Club I anticipate that we will run at a loss for this race, so any help you can give us in terms of time or expertise will be gratefully accepted.

**“The most important aspect of training is consistency.”**  
Jennifer Toomey, U.S. 800-metre runner.

The next page contains some inspiration and advice from **Michelle Wellington**, one of our members and regular Wednesday night runners. Thanks, Michelle!

(A reminder that there is a beginner's training program in the January Newsletter. Access it via our website.)



If you've never run a Half Marathon, this could be the time. The North Queensland Games are being held in Cairns and this is a great opportunity to have a go and compete in your own town against runners from all around the place. For those who are unsure about a training program read on - the following is a tried and tested program used by runners including myself and my mates. We have used it to race (and I use that term loosely!) in locations including Sydney, the Gold Coast and Townsville.

The program is 8 weeks and you will need to start training on **15<sup>th</sup> of February 2010**.

### Help with your half *(Source: July 2002 Runner's World)*

Below you'll find 3 different half-marathon training programs, each 8 weeks long. Pick the one that's right for you, make a copy of it to keep handy. then get busy. For more half-marathon tips and advice, go to [www.runnersworld.com](http://www.runnersworld.com) and click on "Training & Racing."

**KEY:** EZ easy run, XT cross-train, TMP tempo run, SPD speedwork, LNG long run, RP race pace, RC race

#### Beginner half-marathon program

This 8-week training program is simple and easy. You run 3 days a week (Tuesdays, Thursdays, Sundays), and alternate resting and cross-training on the remaining days. The cross-training can be swimming, cycling, walking, strength training, or some combination. Rest is important so you recover adequately for the next run. The long runs on the weekends begin at 6k and peak at 16k the week before your race. Run the "easy" workouts at whatever pace feels comfortable.

WEEK	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
1	Rest	3km	EZ 30-min	XT 3km	EZ 30-min	XT 3km	EZ 6km LNG
2	Rest	4km	EZ 30-min	XT 4km	EZ 30-min	XT 4km	EZ 8km LNG
3	Rest	5km	EZ 30-min	XT 5km	EZ 30-min	XT 5km	EZ 10km LNG
4	Rest	5.5km	EZ 30-min	XT 5.5km	EZ 30-min	XT 5.5km	EZ 11km LNG
5	Rest	6.5km	EZ 30-min	XT 6.5km	EZ 30-min	XT 6.5km	EZ 13km LNG
6	Rest	7km	EZ 30-min	XT 7km	EZ 30-min	XT 7km	EZ 14.5km LNG
7	Rest	8km	EZ 30-min	XT 8km	EZ 30-min	XT 8km	EZ 16km LNG
8	Rest	3km	EZ Rest	3km	EZ Rest	Rest	Half-marathon

#### Intermediate half-marathon program

If you are an experienced runner who has run a few marathons and half-marathons, this program is designed to improve your time. Because you run fewer kilometres than in a marathon program, run them somewhat faster. Your Wednesdays are for speedwork, alternating repeats on the track with tempo runs. Do speed workouts at around 5k race pace. Do tempo runs slightly slower than 10k race pace, with a 2 to 4 minute recovery jog between each one. Run your "race pace" workout at the pace you plan to run the half-marathon. Do Sunday long runs at a super-easy pace. Run the 5k "easy" workouts at whatever pace feels comfortable.

WEEK	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
1	Rest	5km	EZ 7 x 400	SPD 5km	EZ 5km	RP 5km	LNG 13km
2	Rest	5km	EZ 2 x 10-min	TMP 5km	EZ 5km	RP 5km	RC 5km
3	Rest	5km	EZ 8 x 400	SPD 5km	EZ 5km	RP 6.5km	LNG 14.5km
4	Rest	5km	EZ 2 x 10-min	TMP 5km	EZ 5km	RP 8km	LNG 16km
5	Rest	5km	EZ 9 x 400	SPD 5km	EZ 5km	RP 10km	RC 10km
6	Rest	5km	EZ 20-min	TMP 5km	EZ 5km	RP 8km	LNG 17.5km
7	Rest	5km	EZ 10 x 400	SPD 5km	EZ 5km	RP 5km	LNG 19km
8	Rest	5km	EZ 2 x 5-min	TMP 5km	EZ 5km	Rest	Half-marathon

#### Advanced half-marathon program

For an experienced racer, this program can help you run a peak performance, not only in the half, but in any marathon that follows. Do speed workouts at around 5km race pace. Do your Thursday tempo runs slightly slower than 10km race pace with a 1- to 2-minute recovery jog between each one. Run "race pace" workouts at the pace you intend to run in the half-marathon. On Sundays, forget distance and simply run for the time prescribed. If you're feeling strong, run faster at the end; otherwise, cruise. Do your Monday, Wednesday, and (occasionally) Friday runs at a comfortable pace.

WEEK	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
1	5km	EZ 3 x 800	SPD 8-11 km	EZ 4 x 5-6-min	TMP Rest	5km	RP 1:30 LNG
2	5km	EZ 6 x 400	SPD 8-11 km	EZ 8 x 5-6-min	TMP 5km EZ	Rest	10km RC
3	5km	EZ 4 x 800	SPD 8-11 km	EZ 4 x 10-12-min	TMP Rest	6.5km	RP 1:45 LNG
4	5km	EZ 3 x 1600	SPD 8-11 km	EZ 2 x 15-min	TMP Rest	8km	RP 1:45 LNG
5	5km	EZ 5 x 800	SPD 8-11 km	EZ 2 x 15-20-min	TMP 5km EZ	Rest	15km RC
6	5km	EZ 4 x 1600	SPD 8-11 km	EZ 8 x 5-6-min	TMP Rest	8km	RP 2:00 LNG
7	5km	EZ 6 x 800	SPD 8-11 km	EZ 4 x 10-min	TMP Rest	5km	RP 2:00 LNG
8	5km	EZ 6 x 400	SPD 8-11 km	EZ 1 x 10-min	TMP Rest	5km	EZ Half-marathon

On a Wednesday night ask around, there are quite a few people who are aiming to compete in this race. It may be that you find someone to train with, do the Sunday long runs with, offer some words of encouragement or simply chat about your love of running. We look forward to seeing you and your supporters at Barlow Park on the 11<sup>th</sup> of April and chatting about how you went.

Happy running

Michelle

# 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 Gold Rush and the Speewah Legend Foot Race.

## Dirty Details

Runners are awarded the number of points equal to their category placing (i.e. the open men's winner is awarded one point towards their series total, the second place getter is awarded two points etc). To be eligible for series prizes, runners must participate in at least two of the three events. The **best two** performances will be used to calculate total series points and the runners with the lowest totals are declared Dirty Northern Trail Champions in each category.

Where an event has multiple distance options, the longer event is the **premier event**. Competitors completing shorter distances can still gain points towards the series total. For example, if there are 10 master females finishers in the premier event, the first competitor in the next longest distance would receive 11 points.

## Age Categories

Open Competitors are those aged 19 – 40 years inclusive and masters competitors are 41+. It is recommended that Junior Competitors (U19) participate only in races 8k and less. Age is not your age on the day, but rather your age as on 1 January 2010.

## AJ Hackett Poker Run (13 March 2010)

The AJ Hackett Poker Run is a multiple loop run through the Smithfield Conservation and Mountain Bike Park at the end of Macgregor Road, Smithfield. The loop options include a long and short loop on a single dirt track through rainforest and pine plantations with occasional creek crossings and mild to steep climbs and descents. Participants choose the number and order of loops they complete with the final loop being completed before the 60 minute cut off.

Upon registration, participants are dealt a playing card. Another card is awarded at the end of each short loop with two cards being awarded for each long loop. The runner with the best hand at the completion of the event is declared the winner of the AJ Hackett Poker Run and is showered with admiration, praise and the choice of the two major prizes – a Bungy Jump or a Minjin Swing. The holder of the second best Poker Hand receives the other prize.

As seen in the naming rights, AJ Hackett have 'jumped' aboard as sponsor for the poker run. Apart from the Bungy jump and a Minjin swing, they are also catering for the post event BBQ, making the licensed bar available and possibly offering special 'jump' rates for event participants and volunteers following the event – watch this space. Winners can claim prizes at the completion of the event OR return with renewed courage at a later date.

For details on the other runs in the Dirty Northern Trail Series, as well as the Spiny Cray Ultramarathon in October, visit [our website](#). The Pyramid Race has its own organising committee.

# Who Is Kirsten Le Roux?

## Club Member Profile

Today's Date: 5<sup>th</sup> February 2010

1. Male or Female? Female
2. Favourite Race / Run? Round Lake Eacham or Barrine with a jump in the cool water afterwards
3. PBs? I think in FLs instead (finish lines)
4. If you could go anywhere in the world for a run, where would it be and who would it be with? I love runs where you have access to a place you wouldn't normally be allowed to run, just because it's a race: like Run to the MCG in Melbourne, Great Wall of China Marathon and the Inca Trail marathon in South America or a special bridge or national park.
5. What would you call yourself if you could choose your own name? Maybe something French like Vivienne, Genevieve, Gabrielle, Isabelle or Madeleine - to match my surname.
6. Favourite Website? [www.morethanthefinishline.com.au](http://www.morethanthefinishline.com.au)
7. What is the kindest thing that someone has ever done for you? My mum came to stay and did all my ironing
8. Most hated job on the household chore list? Ironing - no contest
9. Where is your bloodline originally from? Irish on my Father's side, South African on my mothers
10. Name one thing that not many people know about you. When I get into a good book, I'll read throughout the night to finish it - a very bad habit!
11. How many towns have you lived in? Six
12. Why do you like living in Cairns? The wild adventure waiting on your doorstep, the natural beauty in any direction, and the fact that many people here are international orphans just like us
13. Have you been told you look like someone famous? Who? Nope
14. Are you a morning person or a night person? Morning
15. Pets? Nope, we would really love a dog but we're never at home
16. Any new and exciting news you'd like to share with us? My parents are coming out from South Africa in April to visit Cairns for the first time.
17. How many keys on your key ring? Too many
18. Last person you spoke to on the phone? Mike's parents on Skype
19. Wet season or Not-wet season? Non-wet season
20. Coffee or tea? Tea - Rooibos (definitely no milk or sugar with it)
21. Salty or Sweet? Sweet
22. Favourite day of the week? Saturday
23. Name one thing that you miss about being a kid. Having the ironing done for you!

# Who Is Chris White?

## Club Member Profile

Today's Date: 9<sup>th</sup> Feb 2010

1. Male or Female? Male
2. Favourite Race / Run? Pyramid Race. Like a toxic harmful drug that causes serious physical impairment the Pyramid Race is strangely addictive.
3. PBs? 1:28 for Pyramid Race, Don't really know any others, Half marathon is around 1:23 I think. My old training run (9.5kms) from Lockhart River along the dirt road to Taylors Landing on the Claudie River (return) I got down under 32 minutes (twice).
4. If you could go anywhere in the world for a run, where would it be and who would it be with? Being summer somewhere cooler and with someone with a sure fire cure for plantar fascia injuries. Or maybe Craig Mottram along the Great Ocean Walk from Johanna Beach to Milanesia Beach - a very scenic run.
5. What would you call yourself if you could choose your own name? Probably Eddy, after Edmund (EJ) Banfield (the Beachcomber) and Edmund Kennedy - both inspirational namesakes.
6. Favourite Website? Based on number of visits probably the BOM site but Google answers plenty of questions also.
7. What is the kindest thing that someone has ever done for you? A few different times when travelling, people who are materially 'poor' have looked after me and offered everything they had - that's as kind as it gets I think.
8. Most hated job on the household chore list? Probably the big clean when about to move houses.
9. Where is your bloodline originally from? Africa originally, Great Britain in more recent colonial times.
10. Name one thing that not many people know about you. In Summer, I grow the tastiest Snake Beans this side of the Barron River - and I am keen to try and give barefoot running a go.
11. How many towns have you lived in? Seven
12. Why do you like living in Cairns? Variety of natural attractions close by provide plenty of fun activities, friendly climate for growing wide variety of native and food plants and active adventure sport and running communities.
13. Have you been told you look like someone famous? Who? No, unless Shane is famous.
14. Are you a morning person or a night person? Fowl, definitely not an Owl.
15. Pets? Two Dogs - both former running partners, now steady jog companions.
16. Any new and exciting news you'd like to share with us? The Dirty Northern Trail Running Series is going to be great, don't miss the chance to be part of the inaugural Gold Rush marathon - the toughest yet most scenic race around.
17. How many keys on your key ring? Four.
18. Last person you spoke to on the phone? A nice lady from the subcontinent who helped transfer phone account.
19. Wet season or Not-wet season? Both are great. Love the rapid growth, clean creeks and hive of activity kickstarted by the wet but winters' long hours of physical activity friendly daylight is always keenly awaited.
20. Coffee or tea? Never got into hot drinks, cold water man.
21. Salty or Sweet? Sweet, sweet, sweet.
22. Favourite day of the week? Probably Friday, for the excitement of the approaching weekend.
23. Name one thing that you miss about being a kid. Running barefoot all day long without tiring. Where the energy came from remains a mystery.

*Would you like to submit your Club Member Profile? Download a copy of the document from the internet and email it to us!*

## Articles:

### Redesigning Your Body Image

We live such busy lives, trying to achieve the "SUCCESS FORMULA" – perfect income, perfect family, perfect car, and of course PERFECT BODY IMAGE. This is actually the first image we think of when hearing the word "success". Happiness is directly related to our health and fitness, which is why we strive to excel in running, triathlons, swimming, working out in the gym, etc.



Have you ever stopped to ask WHY? Why do the body types in magazines, television programs, and movies all seem flawless? Why does advertising use models who live unrealistic lifestyles? Are we perpetuating a cycle of body image over body health on our children?

As I always say: "My little Mazda 2 gives me satisfaction with fuel efficiency, CD player in reach, and years of good service – I don't need to waste time and money on a luxury car – I don't need a status symbol, I need something reliable which suits my lifestyle, and the same goes for my body!!". The next time you are envious of someone else's status symbols, maybe you should be asking: What can their body do for them?

You do not need to be a celebrity to reinvent yourself, get satisfaction elevating your body image with the support and convenience of your local Active Health club. Attached to the email all members on our database receive was a free visit coupon for BODYPUMP, a fun dynamic weightlifting group class, which will strengthen and sculpt your whole body.

What do interior designers and health clubs have in common? Both are experts at redesigning your visual space, and take all the planning and hassle out of the equation, leaving you with more time to enjoy life and get a great eye-catching result!

Find your nearest Active Health club today <[www.activehealthclubs.com.au](http://www.activehealthclubs.com.au)> or call 13-000-FITNESS and see the experts about redesigning your body image. The next time you take a look in the mirror, you should see results and pride!

Yours in fitness,

Big Ben.

Benjamin Newman is the Business Development Manager for Active Health Clubs, and is qualified in Certificate III Fitness, specialising in group fitness. Ben has been keeping our community healthy and fit since 2001.



*Sally, Kate and manikin 'Roxanne' at Active Health Club in Peace Street to promote our Annual Sign On, 10 February. Thanks, Ladies.*

## Running shoeless is better, says study

If running is your thing, you may want to throw away those pricey sports shoes and just do it barefoot, according to a new study.

Three-quarters of runners who wear shoes land squarely on their heels - about 1,000 times for every mile run. But even well-cushioned sports shoes that help distribute weight across the foot cannot fully absorb the shock of these blows: 30 to 75 per cent of regular runners each year suffer repetitive stress injuries.

By contrast, the vast majority of unshod runners don't hit the ground with their heels, landing instead on the sides or balls of their feet, the study found. The practice is especially common in several east African countries where long-distance running is nearly a national past time.

In 1960, for example, a shoeless Abebe Bikila of Ethiopia won the 1960 Olympics marathon in record time.

By not 'heel-striking,' barefoot runners avoid painful and potentially damaging impacts that concentrate the equivalent of two or three times one's body weight on to a coin-sized surface. 'People who don't wear shoes when they run have an astonishingly different strike,' said Daniel Lieberman, a professor at Harvard University and lead author of the study. 'By landing on the middle or front of the foot, barefoot runners have almost no impact collision,' he said in a press release. The merits of shoelessness are hotly debated in specialty magazines and online forums, and major manufacturers have started to make thin-as-skin shoes in anticipation of new markets.

But up to now, there has been little scientific evidence supporting the claim that barefoot is better. Lieberman and colleagues helped fill this void by studying the gaits of three groups of runners in the United States and Kenya: barefoot, shod, and those who had converted to shoeless running. 'Most people today think that barefoot running is dangerous and hurts, but actually you can run barefoot on the world's hardest surfaces without the slightest discomfort and pain,' the study found. 'All you need is a few calluses to avoid roughing up the skin of the foot.'

But making the switch to barefoot running is not simply a matter of kicking off one's shoes, the authors caution. Running unshod or in so-called 'minimal shoes' requires the use of different muscle groups. 'If you've been a heel-striker all your life, you have to transition slowly to build strength in calf and foot muscles,' Lieberman said. The study, published in the British science journal *Nature* on Wednesday, also bolsters evidence suggesting the human foot evolved for rapid upright motion, said William Lungers, a professor at Stony Brook University Medical Centre in New York.

'Bipedalism' - walking on two feet - 'has been around for millions of years, and we have been unshod for more than 99 per cent of that time,' he wrote in a commentary, also in *Nature*. A radical reshaping of the foot about two million years ago, including shorter toes and a fully-arched foot, probably occurred to enhance our ability to move quickly over sustained periods. 'Our endurance running abilities may have evolved to enable our ancestors to engage in 'persistence hunting', the ability, in other words, to run down one's prey, he said.

Date Accessed: Thursday, January 28, 2010

Source:

[http://bigpondnews.com/articles/Health/2010/01/28/Running\\_shoeless\\_is\\_better\\_says\\_study\\_422080.html](http://bigpondnews.com/articles/Health/2010/01/28/Running_shoeless_is_better_says_study_422080.html)

## Start running and watch your brain grow, say scientists

- Aerobic exercise triggers new cell growth – study
- Region of brain affected linked to recollection

The health benefits of a regular run have long been known, but scientists have never understood the curious ability of exercise to boost brain power. Now researchers think they have the answer. Neuroscientists at Cambridge University have shown that running stimulates the brain to grow fresh grey matter and it has a big impact on mental ability.

A few days of running led to the growth of hundreds of thousands of new brain cells that improved the ability to recall memories without confusing them, a skill that is crucial for learning and other cognitive tasks, researchers said. The new brain cells appeared in a region that is linked to the formation and recollection of memories. The work reveals why jogging and other aerobic exercise can improve memory and learning, and potentially slow down the deterioration of mental ability that happens with old age.

"We know exercise can be good for healthy brain function, but this work provides us with a mechanism for the effect," said Timothy Bussey, a behavioural neuroscientist at Cambridge and a senior author on the study. The research builds on a growing body of work that suggests exercise plays a vital role in keeping the brain healthy by encouraging the growth of fresh brain cells.

Previous studies have shown that "neurogenesis" is limited in people with depression, but that their symptoms can improve if they exercise regularly. Some antidepressant drugs work by encouraging the growth of new brain cells.

Scientists are unsure why exercise triggers the growth of grey matter, but it may be linked to increased blood flow or higher levels of hormones that are released while exercising. Exercise might also reduce stress, which inhibits new brain cells through a hormone called cortisol.

The Cambridge researchers joined forces with colleagues at the US National Institute on Ageing in Maryland to investigate the effect of running. They studied two groups of mice, one of which had unlimited access to a running wheel throughout. The other mice formed a control group. In a brief training session, the mice were put in front of a computer screen that displayed two identical squares side by side. If they nudged the one on the left with their nose they received a sugar pellet reward. If they nudged the one on the right, they got nothing.

After training the mice went on to do the memory test. The more they nudged the correct square, the better they scored. At the start of the test, the squares were 30cm apart, but got closer and closer together until they were almost touching. This part of the experiment was designed to test how good the mice were at separating two very similar memories. The human equivalent could be remembering what a person had for dinner yesterday and the day before, or where they parked on different trips to the supermarket.

The running mice clocked up an average of 15 miles (24km) a day. Their scores in the memory test were nearly twice as high as those of the control group. The greatest improvement was seen in the later stages of the experiment, when the two squares were so close they nearly touched, according to a report in the Proceedings of the National Academy of Sciences.

"At this stage of the experiment, the two memories the mice are forming of the squares are very similar. It is when they have to distinguish between the two that these new brain cells really make a difference," Bussey said. The sedentary mice got steadily worse at the test because their memories became too similar to separate. The scientists also tried to wrongfoot the mice by switching the square that produced a food reward. The running mice were quicker to catch on when scientists changed them around.

Brain tissue taken from the rodents showed that the running mice had grown fresh grey matter during the experiment. Tissue samples from the dentate gyrus part of the brain revealed on average 6,000 new brain cells in every cubic millimetre. The dentate gyrus is part of the hippocampus, one of the few regions of the adult brain that can grow fresh brain cells.

Date Accessed: 18 January 2010

Source: <http://www.guardian.co.uk/science/2010/jan/18/running-brain-memory-cell-growth>

## **Aerobic exercise 'a waste of time'**

MILLIONS of people who try to keep fit by jogging, cycling or going to the gym could be wasting their time, a study revealed today.

The international research, led by the University of London, found that aerobic exercise does not benefit everyone in equal measures, and its usefulness is determined by a person's genes.

According to the results, published in the Journal of Applied Physiology today, 20 per cent of people do not receive any health benefits from aerobic exercise.

The study, which stretched from London to Ontario, saw an international team of researchers from 14 institutions examine the human genome to find a way of predicting who would benefit the most from exercise.

The work built on the belief among researchers that one of the best predictors of health was a body's ability to take in and use oxygen during maximum exercise.

In theory the more blood a heart can pump, and the more oxygen muscles use, the less risk there would be of early disease and death.

James Timmons of the Royal Veterinary College at the University of London, who headed the study, said aerobic exercise would not help certain people ward off heart disease, diabetes and other potential ailments.

Mr Timmons argued this new research could help advance and improve healthcare.

"If a patient is not likely to benefit much from aerobic exercise, the physician could turn to other types of exercise or alternative therapies. This would be one of the first examples of personalized, genomic-based medicine," he said. Alternative types of exercise include anaerobic pursuits such as weightlifting, push-ups and pull-ups.

Participants in the study were asked to undergo rigorous aerobic training, while researchers took muscle tissue samples before and after. Using new procedures the team then identified a set of about 30 genes that predicted the increase of oxygen their body consumed.

By the end of the study 20 per cent saw their maximum oxygen increase by less than five per cent.

Around 30 per cent showed no increase in insulin sensitivity, meaning that the exercise did not reduce their risk of diabetes.

"We know that low maximal oxygen consumption is a strong risk factor for premature illness and death, so the tendency is for physicians and public health experts to automatically prescribe aerobic exercise to increase oxygen capacity," Mr Timmons said.

"Our hope is that before too long, they will be able to target that prescription just to those who may stand a greater chance of benefiting, and prescribe more effective preventive or therapeutic measures to the others," he added.

Date Accessed: February 05, 2010

Source: <http://www.dailytelegraph.com.au/news/breaking-news/aerobic-exercise-a-waste-of-time/story-e6freuyi-1225826943907>

## Other sporting events/training in the region:

1. 21 Feb – cycling: The next female masters Criterium training session & race is in Cairns on the. Contact Sue Rayner M: 0407967975 or e-mail [susan.rayner@ergon.com.au](mailto:susan.rayner@ergon.com.au)
2. 20 – 21 Feb - Sports Medicine Australia QLD Branch courses in Cairns (a) Level One Sports Trainer (b) Sports Trainer Reaccreditation. For a full list of upcoming courses go to <http://www.smaqld.com.au/extra.asp?id=5043&OrgID=119>
3. 27-28 Feb – Rogaining weekend at Barrabadeen. (For details see below)
4. 21 March – Bush Rogaine, Atherton Tablelands
5. 21 March – Pete's Bridge Triathlon, Goldsbrough Valley

### **27-28 Feb – Rogaining weekend at Barrabadeen.**

Adventure HQ is hosting a “Come n Try” weekend based at Barabadeen, Tinaroo.

A highlight of the weekend will be an **Outdoor and Adventure Sport Expo** to be conducted on the Sunday morning from approximately 9.00 am until 11.00 am. This will provide some activity and interest for spectators while the off-road triathlon/multi-sport race is in progress.

In keeping with the “come n try” theme of the weekend we are also looking at offering relay team entry to the off-road triathlon as we believe this will expand the appeal of the event and maximise participation.

If you would like to have a spot at the Expo please contact [adam@adventureracing.com.au](mailto:adam@adventureracing.com.au) or phone Kim on 0407 725 909.

If you are unfamiliar with our events, below is a brief description of each of the event types included in the proposed program.

#### ***What is a Metrogaine?***

Urban navigation – participants are given a street map with the street names deleted and a clue sheet. Numbered checkpoints are marked on the map and the clue sheet provides description of the feature/object on which they will find coloured dot. Once located, participants mark off the relevant colour against the clue on the clue sheet. They hand in the clue sheet and the team with the highest score wins. In the case of a tie, the placings are assessed on time. The race time (eg 2 hours) is the maximum time participants are allowed on the course before points are deducted as a late penalty. **No compass navigation required.**

#### ***What is a Rogaine?***

Bush navigation – participants are given a topographical map and a clue sheet. Again numbered checkpoints are marked on the map and the clue sheet provides a description of the feature/object at which they will find a unique punch or electronic tag which they use to punch their scorecard or electronic tag. The scorecard or tag is handed in at the conclusion of the event to determine scores and placings. The aim is to accumulate as high a score as possible in the allotted time (or less). As above, time is also considered where there is a tie of scores. **Compass navigation is required.**

#### ***What is a Multi-Sport Race?***

A multi-sport race is essentially any race that has more than one discipline to it, but generally refers to an event that includes trail running/hiking, mountain biking, and canoeing/kayaking but may also include abseiling, rock climbing or other forms of traversing various geographical features. Compass navigation is generally not required as courses are linear in nature and well signposted by the course designer.

#### ***What is an Off-Road Triathlon?***

Triathlon is also considered a multi-sport race as it comprises the three disciplines of swim, run and ride. In an off-road triathlon the swim leg may be substituted for a canoe or kayak. The run is usually on a trail through the bush rather than on a marked road and the ride is completed on a mountain bike rather than a road bike or triathlon specific bike and again the course is generally on trails through the bush rather than on a marked road.