



Cairns Road Runners and Triathlon Club Inc.

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July 2010 Newsletter



It's time to dust off your **Christmas Hat**
and remember what it's like to celebrate
Christmas in July!

Join us for a fun social evening for the **whole family**.

Date: Saturday, 31 July 2010

Time: 6:30pm

Venue: Ridges Esplanade Resort



Certificate Presentations – lots of people to thank and reward!
Be there, it may be YOU!

Please bring:



- Family, friends and the kids**
- \$25.00 entry per adult; \$15.00 per child**
- Money for drinks**
- Any Christmas decorations you have left over from last year**
- A wrapped \$5 Christmas Gift - this is the fun bit. Novel Secret Santa presentation – you may end up going home with your OWN gift, so bring something nice!**



July 2010 Newsletter

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President's Report

Welcome to the Cairns Roadies July Newsletter. **Nick Bradt** designed a great Excel table for recording our Wednesday night handicap run times. And **Kylie Colman** looked after everyone while I was away these past two weeks. Thanks Kylie!

A belated thank you to **Derek** from **Sportsco** for the two gift vouchers he donated to our overall winners for the Little Street Races. **Natalie Boddington** and **Kelvin Marion** both received \$50.00. Please support our sponsor and visit the Sportsco shop in Smithfield Shopping Centre soon.

We didn't record any results for the Moonlight Gorge Gallop on the 25th of June (it was lucky that I had the Police Permit there, as we used the back of the page to record participants' names!). The 40 odd runners run under the full moon with glow sticks and then had some FREE pizza. Thanks **Nev Appleby** for organising the two St Mary training runs. Thanks **Keve Morrissey** for overseeing the Goomboora Park run and David Todd Memorial Mile race. AND typing up the results!

Committee member **Eve Kusinski** is the race director for the Amanda Gale Physiotherapy Copperlode Cup. Please note the **NEW DATE – Sunday 25 July (previously advertised as Saturday, 24th July)**! You can pay online via the Roadies website. Send me an email if you want to run it as part of a team, and I'll link you up. *We need some volunteers.* You'll get your breakfast FREE. No prior skills required. Prizes up for grabs too, so make sure you are there.

Not a Roadies Member yet, but still thinking about signing on for 2010? We have a [great special membership offer](#). All CRR members can SAVE OVER 75% OFF 12-MONTH R4YL MAGAZINE SUBSCRIPTIONS – see the 'Shoelaces' section for more details.

The **Christmas in July social** is on **Saturday, 30 July at 6:30pm**. (in calendar as Friday, but it's been moved to Saturday!) Come along and enjoy the good company of other Cairns Roadies members. Meet some new people and catch up with old friends.

Active Health Club is having an Expo on Saturday, 31 July (see shoelaces section for more details). In August we are having a bit of a **cheese-n-wine social** at one of the Active Health Clubs – they are reserving the exercise room JUST FOR US! First you get to try out one of their fabulous classes, and then we get to stand around and chat some more – just in case you didn't get enough time at the Christmas in July social... We'll send out an invitation later this month or early in August. FREE! How great is it to be a Roadies Club member?

Shane White, our Trail Running coordinator, is looking at a date to have a meeting to discuss the Trail running calendar for next year. We would like to include more social trail runs, so make sure you come along. Date, venue and time to be announced. See the details on the Spiny Cray Trail Run on the next page.

Do you know someone who would like to be part of a walking group? We have someone who is keen to start up a morning walking group in the Whitfield area. Email me so we can get started!

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.

Regards, *Lorraine Lawson*



Upcoming Cairns Roadies Events July/August 2010

~~Saturday morning, 24 July~~ **Date change!** Sunday, 7:00am, 25 July 2010

Amanda Gale Copperlode Cup

16k – if you don't want to go all the way – organise a team! Great Breakfast and views at the top.

~~Friday, 7:00pm, 30 July~~ **Date change!** Saturday, 6:30pm, 31 July 2010

Christmas In July with Secret Santa

Wed, 5:30pm, 4 August

Choice Australia Management Cassowary Cup Time Trial

Date Claimer:

The *inaugural* Spiny Cray Ultra Trail Run will be held on **17 October, 2010**. The event starts and finishes at the Julatten 'Highlander Tavern'. The Spiny Cray Ultra webpage info has been updated, check it out at <http://adventuresportnq.info/events/trail-running/spiny-cray-ultra>. Registration is open, get in early only 89 spots left to fill DERM permit conditions!

Check out Tropical Walking Tracks by Kym Dungey & Jane Whytlaw (Footloose Publications) for a plethora of trail running options.

Trail Running tip: 'you'd be surprised what you can achieve if you're prepared to push your limits'

Cheers

Shane White

Cairns Road Runners Trail Run Department

shane@adventuresportnq.info

0438 758 862

Check the website (www.roadrunners.org.au) for details on all our events.

Letter to the Editor

Just letting you know about the Simpson Desert Multimarathon 15 marathons in 15 days across the Simpson Desert. 3 men and a lady all over 50 running to raise money for breast cancer. This will now be an annual event and the Simpson Desert Marathon group are looking for runners next year.

Currently Barry, Glenn, Mark and Jaynie are into day 10 of the 15 day event, you can see how the Impossibles are going (that's what they are calling themselves) on <http://www.multimarathon.com>

Would it be possible for you to let all your people know what the impossible are doing and to follow them on their journey. Emails of support is what is keeping them going now! Any money they would like to donate is always appreciated.

If anyone is interested in running next year could you ask them to contact me at zabre51@bigpond.com

Regards

Chris Pet

Received via email on 10 July 2010

Note from the Editor: Barry has one the event! Check out the website for an update.



Shoelaces



Membership: 230+ members for 2010

Sorry, I don't have the latest database so cannot add any new member's names.

July Birthday Babies: (list drawn from our database)

The big wishes go to: Jeff Bunt *Enjoy the big "0"*.

And Happy Birthday to the rest: Alan Courtney; Phil Bradshaw; Andrea Hargreaves; Celia Mackenzie; John Vaughan; Helen Kinnane; Rod Tindale; Sam Ederveen; Adaline Storch; Chris Keir; Alison Smith; Mo Billy; Joshua Lees; Michele Clark; Ian Rooke; Clayton Ortamond; Anne Ryan; Brett Gray; Sala Ayrey; John Kling; Colleen Penny; Adrian Pearce; Sharon Haddock; Nick Sommerlad; Fiona White; Sally Lim; Melissa McQuillan; Caitlyn Truong; Andrew Simpson; Gabrielle Gill; Matt Carman; Tony Gordon; Kelsey Dalziel; Jacob Monaghan; Emma Jones; Kevin Christiansen; Lachlan Hunter; Natasha Chaffus; Marley Lazzaroni; Jesse Callaway; Reece Comas Jenny Hadleigh; Eric Coull

Did *you* do the **Gold Coast marathon**? please let me know how you went! **Phil Bradshaw** did it in 3:26:03 and **Nathan Moore** (first marathon) in 4:24:34. Good work!

News from the Committee:

Membership Fees options (effective from 1 August 2010):

19-59: \$30 (2010 only) or \$40 (2010 + 2011!)

U19 and 60+: \$20 (2010 only) or \$25 (2010 + 2011!)

Families: \$65 (2010 only) or \$85 (2010 + 2011!)

Only two more meetings left for the 2010 Cairns Roadies Committee. All committee member spots will be vacant at the AGM in October, so think about putting your name down and helping out to make this club even greater than it already is!

The countdown begins for the **Great Pyramid Race** and Country Fair, to be held in Norman Park this year on Saturday 14th August. The management committee is pleased to report that market stalls are nearly at capacity, the entries to the Great Race stand at 72 and counting fast, and the line up of fantastic entertainment is now finalised.

A new addition to the entertainment this year is the funky **Masquerade Cocktail Party** to be held at RIVERSTONE HOTEL on FRIDAY 13th AUGUST. Tickets are on sale NOW at Riverstone Hotel and Popular News agency. Don a mask and come along to celebrate the beginning of the Great Pyramid Race Fun Weekend.

Active Health Club is having a Health Expo on the **31st July** from 8am - 1pm at our Edge Hill Club in Pease Street.

The Cairns Road Runners will be there too!

You are invited to come along as there will be running classes throughout the morning and specials on memberships.

For more details phone 13-000-FITNESS

www.activehealthclubs.com.au

SAVE OVER 75% OFF 12-MONTH R4YL MAGAZINE SUBSCRIPTIONS

R4YL Magazine is offering runners all Athletics North Queensland members (i.e. Cairns Roadies members) a special 12-month subscription for just \$9.95. (normally \$40) with 6-issues of R4YL mailed to your door.

To redeem this offer you will first need to **email us** at info@roadrunners.org.au so we can supply you with your promotional code. Then click on the link below and follow the prompts.

www.runforyourlife.com.au/subscribe

GOOMBOORA PARK CROSS COUNTRY RESULTS:

Saturday, 3rd July, 2010 @ 4.00 pm
CONDITIONS: Cool and overcast slight breeze.
Light showers an hour before race.
Date clashed with athletic carnival Barlow Park.

TWO KILOMETRE RACE

1. Isabel Paterson	7.54
2. Sandra Vicchio	7.56
3. Lachlan Paterson	7.58
4. Jacob Lang	8.14
5. Hannah Hardy	8.28

4 KILOMETRE RACE

1. Jarrod Ahern	12.22
2. Hayden D`Addona	14.42
3. Kate Hardy	14.43
4. Sam (Ederveen?)	15.21
5. Jack Webb	15.22
6. Ella Hargreaves	15.52
7. Katie Bignil	16.23
8. Andrina Lui	16.52

TWENTY-FOURTH DAVID TODD MEMORIAL MILE RESULTS:

DATE: Saturday, 10th July, 2010

VENUE: Centenary Lakes, Greenslopes Street, Cairns

GIRLS RACE

1. Emma Rooke	5.33
2. Zoe Henderson	5.49
3. Katie Bignell	6.09
4. Ella Hargraves	6.09
5. Andrina Lui	6.15
6. Isabel Patterson	6.24
7. Amy Readinari	6.33
8. Hannah Lambert	6.39
9. Aedin Gray	6.46

BOYS RACE

1. Rory Hunter	4.43
2. James Amundsen	5.31
3. Max Trounce	5.34
4. Cahn Butler-Chenell	5.35
5. Hadon D`Adonna	5.43
6. Sam Ederveen	5.45
7. Jack Webb	5.51
8. Ben Chilcott	5.55
9. Lachlan Peterson	6.43
10. Max Piercy	7.39
11. Idan Piecy	7.39
12. Nathan Readinari	8.00

Other sporting events/training in the region and beyond:

Sun, **18 July 7.30am** Multisport Race **James Grant Memorial** 4hr / 7hr at the Goldsborough Valley

Sun, **08 Aug McDonald's Townsville Running Festival** 42.2k / 21.1k / 10.5k / 5k Tobruk Pool, Townsville

Herberton 8hr mountain bike race

Sun, **08 Aug 9.00am**

Tepon Equestrian Park

Tableland Cycle Sports Inc is hosting the 6th running the Herberton 8 Hour mountain bike race. Full details of the event can be found at www.tablelandcyclsports.com.

Registrations are online and close at midnight on **28 July, 2010**. Total number of competitors is limited to 250.

A link to the MTBA registration page is at <https://www.registernow.com.au/mtba/ERegister.aspx?S=&E=354>

David Prete

PRESIDENT

Tableland Cycle Sports Inc

0418 878 391 or 4091 3838

Each Thursday, **12 Aug-16 Sept** 5:30pm Rogaining NQ Metrogaines **Winter Series** 1hr, Cairns

Sun, **15 Aug 9.00am** Rogaining NQ Metrogaine, **Hike/Bike Mossy Metrogaine** 3hr Mossman

Sun, **05 Sept 6.30am ONAMISSION** Multisport Short/Long option Mission Beach South

Sun, **03 Oct 9.00am** Cairns MTB Mountain Bike **20th RRR** 100k / 44k Mt Molloy to Port Douglas

"Whitelion Jungle Bike Ride", Saturday 30th October 2010

Port Douglas to Cape Tribulation (90k or 180k).

Ride commences and finishes at the Port Douglas Surf Club. Sealed road all the way.

Registration \$60 per rider. Commemorative T-shirts \$25.

For further information contact Lesley Stephens las56@bigpond.net.au