



## Cairns Road Runners and Triathlon Club Inc.

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## March 2010 Newsletter

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Centenary Lakes Training Group

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## President's Report

Welcome to our March Newsletter. Please print it out and read it at your leisure. Remember you can select the pages you want to print!

You must nominate for the NQ Games within the next week! Closing date is Friday 26 March. Get the whole family involved, we have a gold, silver and bronze medal for the family with the best combined time.

Did you get your ANQ string bag? How about your Sportsco card? If not, I have them at the Wednesday night runs and also at races, so find me and get your freebies.

My sincere apologies to Angela for not mentioning her TWICE during the 2<sup>nd</sup> Holloways Race. She did a great job as the Race Director!

We are hosting three Beginners Runners Clinics in April. Do you know of someone who is just starting out? Do you want to attend? We also need existing members to come along and support the new runners in the club! Each Monday night in April, after the Suncorp NQ Games.

Do you want some extra income? There is also a **job offer** from AFL Cairns for those of you who want to take advantage of your running fitness.

Check out the Other Events/Training in the Region – it's right at the end of the newsletter, but has lots of information about things that has happened (such as the Port Fun Run and the Summers Weekend at Tinnaro – race report by one of our Juniors, Brendon Bunt) and things that is going to happen (such as the Townsville Running Festival – flyer attached, the Green Island Ocean Swim, and cycling).

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 #2 Report

Shane White – Dirty Northern Trail Running Information and Club Member Profile

Chris White – AJ Hackett Poker Run Race Report and Results

Kev Morrissey – Centenary Lakes Training Group

Jackson Bunt – Summers Weekend Race Report

Ben Newman – Planning for Success article

Chris White – Proof Reading of the Newsletter

Regards,  
**Lorraine Lawson**  
President





## Shoelaces



**Members Information Booklet** – there is a first version of a 2010 booklet out to inform members about the Club. If you didn't receive your copy, ask at your next event, email us, or access it on our website.

**New sponsor – HotShotz Mobile Coffee.** Welcome Michelle! Many of you would already have met Michelle at our races. She is one of our 2010 sponsors and provides FREE coffee to our volunteers. Please support her at our next event.

### Relay for Life

We have two teams signed up. This is a great social event and a time to sit back and enjoy the company of other runners and their family and friends.

Sign on today! Google Relay for Life and navigate to "Cairns Roadies" or "Cairns Road Runners".

Would you like to assist researchers at RMIT University in Melbourne who are currently collecting information about different exercise habits and how running shoes are used? If so, complete the following survey: [http://www.surveymonkey.com/s/Running\\_Shoe\\_Survey](http://www.surveymonkey.com/s/Running_Shoe_Survey)

If you require further information, please contact Dr. Mike Burton (mike.burton@rmit.edu.au), Senior Research Fellow and Principal Project Investigator at the School of Aerospace, Mechanical and Manufacturing Engineering, RMIT University.

## Membership: 181 members as of 13 March 2010

Names of 2010 members who have signed on since the last newsletter: Owen, Ben & Kelsey; Carla, Haydn, Serge, Trent, Adrian, Debra & Neil P, Wes, Zack, Greg K, Kallen, Kirsten L; Rosie, Tim, Annalese & James; Heath, Mathew W, Carla, Meyric



**March Birthday Babies: Special Happy 65<sup>th</sup> Birthday to Pam Palmer!!!! And Lifetime member Kev Morrisey, Past President Anne Beare.** Ben Smith, Haydn Frayne, Tim Omundsen, Tash Chapman, Rob Sager, Matthew Russo, Brian Jones, Nicholas Guerini, Amanda Bryant, Taras Jakubovsky

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

Update on the Babinda Fun Run and Gold Rush (29-30 May) – lots of prize money up for grabs! Details on the Oceania Championships to be held in Cairns later this year. Anything else you want to know?

### Cairns Roadies Reminders:

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

**26 March** – last day for entries into the 2010 Suncorp NQ Games. Late entry fee applies.

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

**30 March** – pack bags for Suncorp NQ Games participants (Barlow Park)

**9 April** – Athletes March Past (assemble at 6pm outside Barlow Park). ALL runners are invited!!!

**10 April** – 3k/5k Fun Run (2010 Suncorp NQ Games)

**11 April** – Half Marathon/10k (2010 Suncorp NQ Games)

### Gossip

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

A special welcome to **Serg** from Canada who has joined the club, participated in the 2<sup>nd</sup> Holloways Race, the Wednesday night run and the Poker Run – all in his first week in Cairns! And on top of that he got a job and put his name down to help with the Suncorp Games even though he will be running the half (more than likely).



# Shoelaces



**21 March – Bush Rogaine** (3hr or 6 hr), Atherton Tablelands. Contact Mike on 4032 4567 or go to <http://adventuresportnq.info/>

**21 March – Pete’s Bridge Triathlon**, Goldsbrough Valley. Go to [www.cairnscroc.org.au](http://www.cairnscroc.org.au) for details.

**Wanted: AFL Umpires.** The 2010 AFL season has started and AFL Cairns will pay reliable people to help with umpiring field, boundary and goal. You can earn anywhere from \$25-\$95 a game and all umpire uniforms provided consist of a shirt, shorts, socks, hat, wristbands, umpiring training singlet and a whistle, and are deducted from pays. Umpires train as a group every Tuesday and Thursday evening at Cazalys Stadium. Anyone can have a go, it doesn’t matter if you’re 13 or 65, male or female.

To take advantage of this offer, contact **Ray Hocking** on 4042 3005 or 0402 116 613 or email [ray@cafl.com.au](mailto:ray@cafl.com.au).

Thanks to Stephen Dry from **East Coast Traffic Control** for all his efforts in organising the quote for the Suncorp NQ Games. They have come on board as a sponsor for the event and are providing their services as a greatly reduced price.

Thanks to Garry Rumler from **Star Services International** on 115 Lyons Street (previously Dalton Packaging) we now have 2000 cups donated towards the Suncorp NQ Games.



**high performance massage**  
*"helping you achieve your best performance"*

Sarah Kate Griffiths  
0400 323 588

Welcome **Sarah Griffiths** as one of our newest Cairns Roadies sponsors!  
Sarah and two other qualified masseurs will be available at the Half Marathon.

**Sue Wilson** will also be providing Sports Massages on the day of the Half Marathon. So no excuses, everyone must run as fast as they can and get fixed up afterwards!

**Sports Leadership Grants and Scholarships for Women.** The grants include scholarships for women in upper sports management of up to \$10,000 a year for three years, one-off grants of up to \$5,000 for individuals and up to \$10,000 for approved organisations. Applications close on Friday 30 April 2010. Terms and conditions apply. For more information, visit [www.ausport.gov.au/women](http://www.ausport.gov.au/women) or call 1800 224 412

## Beginners Running Clinics, April 2010

By Lorraine Lawson

Whom do you know that will benefit from a **Beginners Running Clinic**? The Cairns Roadies will be holding their first **Beginners Running Clinics** in April. Please promote this to your family and friends, or come along yourself. Existing Club members are encouraged to come along and support our new runners.

The series of clinics are designed for absolute beginners, runners with little experience and runners returning after a long absence. The clinics aim to prepare you to complete a running race at your own pace and injury free. Participants are also encouraged to come along to the Wednesday night club run each week.

Our target race is the **Sportsco Little Street Series Race #1**, Monday 3 May.

**It is not necessary to have prior experience or look athletic.**

**It is necessary to be medically capable of 20 - 30 min of mild activity.**

### Clinic Details

**Location:** Cairns School of Distance Education, Hoare Street.

**Day, Time and Dates:** Mondays, 5:30 – 6:30pm, 12 April, 19 April, 26 April and Race Day 3 May.

**Payment:** The cost is \$3.00 per clinic – bring your money along to each clinic. *Plus* race entry fee and dinner on the 3<sup>rd</sup> of May, if you choose to participate.

You'll receive:

- An email prior to each clinic with relevant information handouts
- A training schedule
- A 20-minute information session each week
- An opportunity to run for 15 – 30 minutes with other runners of the same ability
- A certificate upon completing the Sportsco Little Street Race #1
- An invitation to the Graduation Dinner on the 3<sup>rd</sup> of May

#### Clinic 1 (12 April) includes:

Information session (20 min)

- Clubs and associations
- Running gear (including shoe selection)
- Beginner runners training and preparation advice and tips

15 - 20 min run – please wear comfortable running gear and running shoes. Bring water.

#### Clinic 2 (19 April) includes:

Information session (20 min)

- Nutrition
- Hydration
- Running skills and technique
- The importance of a running community

15 - 20 min run – please wear comfortable running gear and running shoes. Bring water.

#### Clinic 3 (26 April) includes:

Information session (20 min)

- Motivation - how to continue with a training program
- Race day rules and regulations
- Warm ups, cool downs, stretching
- Injury prevention
- Cross training
- Massage

15 - 20 min run – please wear comfortable running gear and running shoes. Bring water.

Participants are not expected to attend each clinic, but **bookings are essential**. Go to [http://tiny.cc/beginner\\_running\\_clinics](http://tiny.cc/beginner_running_clinics) or email your expression of interest to [info@roadrunners.org.au](mailto:info@roadrunners.org.au) or call Lorraine on 0450 324 637.

## 2010 Suncorp NQ Games Update

By Half Marathon/10k Race Director Lorraine Lawson

# Nominations close 26 March.

Complete your registration form **TODAY** and get it in to the NQ Sports Foundation. Remember, Cairns Roadies don't take the nominations and we will charge you a late fee if you are not organised and try to enter late.

The courses have now been decided and we have verbal confirmation from the Traffic Police that they will grant us the permit required for the half marathon. They have put various conditions on the permit including:

- The need for 5 traffic police
- The need for 8 traffic controllers
- The need for 10 SES marshals
- The need for numerous club marshals
- Running on the cycle path along the Esplanade
- Running on the pavement past the traffic lights at Lake and Abbott Streets
- Unfortunately, with the new route, runners who do not make it across the train tracks at Draper Street by 8:00am, will be required to wait for the Kuranda Tourist Train to pass by on its way to the station.

The 3k and 5k fun run events on Saturday, 10 April will follow the same course as our normal Wednesday night handicap runs. Except, we will be starting at the Fun Ship. A big thank you to our vice president, **Julie Sager**, who has stepped in to be the **Race Director** for the 3k/5k Fun Run on Saturday afternoon.

The 10k will head out of Barlow Park, straight down Fearnley Street (next to Bunnings), and then the same way as the half marathon (along the Esplanade). You will miss out on the industrial loop and return along Fearnley Street into Barlow Park to finish.

The Half Marathon will still start and finish at Barlow Park. It will still go along the Esplanade, but we are unable to run on the road nor can we cross Sheridan Street, so we run up to Repco in Moffit Street and then back along the Esplanade. To make up the distance, there is a loop at the start as well as in the industrial area (down Draper Street and all the way to the end of Tingira Street by the boat ramp). Unfortunately the original proposed route was going to cost the Club \$8000 in traffic controllers and police. So we've had to compromise on the route. It's only going to cost half that now.

**We need helpers for registration, recording, water stops, marshaling and even someone to look after all the runners gear while they are out on the course. Many of these duties will only require an hour or so of your time. So, PLEASE, come along and support your club, support your runners, socialise and have some fun. Give me a ring on 0450 324 637 and I'll add your name to the list.**

**Thank you** to the following people who have already put their name on the list to help:

Jim Cavill – Jim is already helping with measuring the course

Larry Lawson – also helping with the course

Jean and Richard Lendon from the Cairns Athletics Club – time keeping and photo finish

Rob Mackenzie – paperwork

Mike Coleman from Adventure Sport NQ/Rogaining NQ (he'll delegate some people)

Sarah Griffiths – massage

Sue Wilson - massage

Pam Palmer – water stop

Kim Seccafini – recording

Peter Morris

John Vaughan

Lynton Bowen

Idan Piercy – at Barlow Park supporting his son, but will help on the day when possible

Serg Boisvert – before the event, as needed



We have 47 gold medals, 47 silver medals and 47 bronze medals!

There is a gold, silver and bronze medal for the **top families** who participate. So get everyone to do something. The winning family will be the ones with the best combined time.



## CBC Staff Selection Holloways Beach Race 2 of 3

Race Report by race director Angela Graham

Our second run for the CBC Staff Selection series at Holloways Beach was a fantastic turn out. Thank you again to our many volunteers, competitors and sponsors which over the two races included:



**CBC Staff Selection** (who had naming rights to the race - 100 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 you 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)



### **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.Chiro.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 ~

**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)

Despite that I was told it was 38°C, we reached yet another record number of 110 competitors with very inspirational times (see results) for Race 2. Phil Bradshaw (15.49 – seven seconds faster than Race 1) came in first in the 5k, followed by Mike Le Roux with a PB of 16.56. In the absence of Fiona Campbell (winner of the first series 5k), Natalie Boddington came in first in 20.23. Both ladies are newcomers to Cairns Roadies. Matthew Hawke (5k winner of Race 1) came in first in the 3k in 8.36 – an average of 2 minutes 52 seconds per kilometer! Second and third were two of our junior runners, Jarrod Ahern and Bini James in 9.47 and 9.48 respectively. Junior Monique Storch shaved 4 seconds of her time to reach 12.00 and come first in the 3k.

It is truly exciting to be amongst you fellow runners at such a beautiful location. Congratulations to all those first timers and the tenacious runners that keep 'chipping away' to enjoy the event with the good chance of improving their times. Thank you to the help of all the volunteers that were kept busy and made this event such a success (Lorraine, Jim, Larry, Stevie, Rob, Celia, Kim, Nance, Kev, Geoff, Tania, Margie, Idan and son, Jeff). Thanks to Sally from CBC Staff Selection for handing out the ribbons. Can't do it without you guys!

The next and final Holloways series race will be held on Saturday 27 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.

Thank you  
Angela Graham

## Race Results: CBC Staff Selection Holloways Series, Race 2 of 3

5k Male						5k, Female					
	Name		Category	Category Place	Time		Name		Category	Category Place	Time
1	Phil	Bradshaw	M19-39	1	15.49	1	Natalie	Boddington	F19-39	1	20.23
2	Mike	Le Roux	M19-39	2	16.56	2	Susan	Crowe	F19-39	2	20.48
3	Wes	Swindale	M19-39	3	17.30	3	Andrea	Hargreaves	F40-49	1	20.54
4	Chris	White	M19-39	4	18.17	4	Joanna	Carman	F19-39	3	20.57
5	Steve	Cunningham	M50-59	1	18.30	5	Michelle	Wellington	F19-39	4	22.29
6	Adrian	Kuhne	M50-59	2	18.56	6	Ella	Hargreaves	FU19	1	22.34
7	Heath	Horobin	M19-39	5	19.13	7	Paula	Besgrove	F19-39	5	22.44
8	Glen	Robinson	M19-39	6	19.35	8	Anna	Morgan	F40-49	2	23.14
9	Russell	Singleton	M19-39	7	19.37	9	Adaline	Storch	FU19	2	23.36
10	Ian	Grant	M40-49	1	19.39	10	Margie	Shearer	F40-49	3	23.41
11	Brad	Weaver	M40-49	2	19.57	11	Brenda	Foley	F19-39	6	23.54
12	Gary	Bryant	M40-49	3	20.06	12	Kirsten	Le Roux	F19-39	7	24.24
13	Matt	Carman	M19-39	8	20.15	13	Alison	Smith	F19-39	8	24.35
14	Gareth	Smith	M19-39	9	20.20	14	Jordan	Hougan	F40-49	4	25.02
15	Serge	Boisver	M19-39	10	20.32	15	Sarah	Daggett	F19-39	9	25.10
16	Greg	Wilson	M40-49	4	20.41	16	Eve	Kusinski	F19-39	10	25.45
17	Glen	McPhail	M19-39	11	20.44	17	Renee	Wilson	F19-39	11	25.54
18	Rob	Mackenzie	M60-69	1	20.56	18	Laura	Garner	F40-49	5	26.07
19	Rod	Tindale	M50-59	3	21.03	20	Lorna	Bradshaw	F19-39	12	26.39
20	Adam	Fletcher	M19-39	12	21.11	21	Avril	Cross	F19-39	13	27.16
21	Peter	Mountney	M50-59	4	21.20	22	Sarah	Griffiths	F19-39	14	27.26
22	Ronan	O'Mahony	M19-39	13	21.23	23	Debra	Parker	F40-49	6	27.51
23	Martin	Ball	M50-59	5	21.39	24	Lorraine	Lawson	F40-49	7	28.08
24	Larry	Lawson	M40-49	5	21.43	25	Celia	Mackenzie	F50-59	1	28.19
25	Jason	Hedges	M19-39	14	21.45	26	Kirsten	Letts	F19-39	15	28.30
26	Trent	Gleeson	M19-39	15	21.55	19	Veronica	Lawrence	F19-39	16	29.13
27	Peter	Banaghan	M40-49	6	21.56	27	Julie	LeComte	F40-49	8	29.27
28	James	Gould	MU19	1	21.59	28	Debra	Bunt	F40-49	9	30.08
29	Jackson	Bunt	MU19	2	22.07	29	Sandra	Buckley	F60-69	1	33.27
30	Jordan	Sievers	MU19	3	22.13						
31	Chris	Foley	M19-39	16	22.15						
32	Robert	Johnston	M19-39	17	23.28						
33	Ben	Smith	M19-39	18	23.35						
34	Thomas	Wakely	M19-39	19	23.53						
35	Andrew	Simpson	M19-39	20	24.10						
36	Rob Von Hesselrode		M50-59	6	25.14						
37	Jim	Cavill	M40-49	7	25.34						
38	Peter	Morris	M50-59	7	25.37						
39	Clayton	Priddle	M40-49	8	27.11						
40	Neil	Parker	M40-49	9	27.52						
41	Lynton	Bowen	M60-69	2	29.27						
	Matthew	Dewar	M19-39		DNF						
	Bryan	O'Mahony	M19-39		DNF						

For photos please visit our website  
[www.roadrunners.org.au](http://www.roadrunners.org.au)





<b>3k, Male</b>					
<b>Overall Place</b>	<b>Name</b>		<b>Category</b>	<b>Category Place</b>	<b>Time</b>
1	Matthew	Hawke	M16+	1	8.36
2	Jarrold	Ahern	M12-15	1	9.47
3	Bini	James	M12-15	2	9.48
4	Sam	Ederveen	MU12	1	12.32
5	Mitchell	Tap	M12-15	3	12.42
6	Max	Trounce	M12-15	4	12.54
7	Matthew	Barnes	MU12	2	13.00
8	Sam	Colwell	M12-15	5	13.01
9	Niels	Ederveen	M16+	2	13.27
10	Ian	Kraska	M16+	3	13.38
11	Nathan	Readman	MU12	3	13.54
12	Max	Graf	MU12	4	14.46
13	Luke	Mlikota	MU12	4	14.46
14	Zack	Wilson	MU12	5	15.10
15	Brendan	Bunt	MU12	6	15.50
16	Luke	Davis	M12-15	6	15.57
17	Dylan	Walk	M12-15	7	16.42
18	Meyric	Slimming	M16+	4	17.43
19	Darren	Hargreaves	M16+	5	17.55
20	Jamie	Higgins	M12-15	8	19.40
<b>3k, Female</b>					
<b>Overall Place</b>	<b>Name</b>		<b>Category</b>	<b>Category Place</b>	<b>Time</b>
1	Monique	Storch	F12-15	1	12.00
2	Amy	Readman	F12-15	2	12.42
3	Hannah	Witten	F12-15	3	12.57
4	Gabriella	Garner	F16+	1	14.11
5	Eden	Valinoti	F16+	2	15.35
6	Nikita	Bryant	FU12	1	15.51
7	Kelly	O'Mahony	F16+	3	16.21
8	Kylie	Barnes	F16+	4	16.24
9	Debbie	Telfer	F16+	5	16.58
10	Kylie	Hamilton	F16+	6	17.24
11	Sally	Mlikota	F16+	7	18.43
12	Rosie	Ball	F16+	8	19.00
13	Karen	Doane	F16+	9	19.03
14	Dawn	Leary	F16+	10	19.57
15	Lisa	White	F16+	11	20.02
16	Lauren	Arenas	FU12	2	20.40
17	Alexandra	Bryant	FU12	3	23.13
18	Stephanie	Garner	F12-15	4	23.37

The Third and Final CBC Staff Selection Holloways Race is on 27 March 2010.

Overall winners for the 5k will receive the perpetual trophies for this Series event.

Kevin Morrissey will present the **Dave Todd bursaries** to three of our upcoming young athletes.

Please come along to support our top runners and wish them well.

## 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.

### AJ Hackett Poker Run - Race Report and Results (13 March 2010)

by Chris White

Sixty Two hardy runners tackled the third annual Poker Run, the first ever AJ Hackett Poker Run and the first event in the all new Dirty Northern Trail Running Series (<http://www.roadrunners.org.au/trailrun.html> for details and a poster). Despite a wet and wild Saturday morning, a clear sunny afternoon ensured a dry trail (wet season dry) with cool (summer cool) and shady conditions.

A few wise local runners have long considered the Smithfield Mountain Bike Park the finest running and training location in the immediate Cairns area. This is no doubt due to the many and varied loop options, shady conditions and well maintained, often empty trails. This list of runners may well grow following the Poker Run, at least if the overwhelmingly positive response of many runners after the event is a reasonable guide.

Runners again had the choice of long (3km, 120m ascent) and short (2.2km, 75m ascent) loops with loops completed within 60minutes counting. The number of cards in each Poker Hand was determined by the number of loops completed within the hour (2 cards for long, 1 card for short) while category placings were determined by long loops, short loops if a countback was required and then the time of final loop completion in the event that loop numbers left two runners tied.

The very capable recording crew of **Paula Besgrove, Nance Storch, Julia McPhail and Irene Rooke** worked vigorously in occasionally hectic conditions to compile the extensive results (massive thanks to the recording crew!). **Shane White** cooked the sausages and lovely chickpea patties (made by **Chris White**). Further thanks go to **AJ Hackett** for major prize donations (Bungy Jumps and Minjin Swings), the **Wet Tropics Management Authority** for prize donations, **Hot Shotz Mobile Coffee** (for free coffee to the volunteers), **Choice Australia Management** (for bottles of water) and **Adam Fletcher** for collecting trail markers following the event. Thank you also **Idan Piercy** and all those helping at the water stop and the packing up after the event.

Being a different style of event, the organizers would love to hear your feedback. If you have thoughts on what you enjoyed or think you could tinker with any aspect of the course, the concept, the recording or the race in general then please email your ideas to [Shane <shane@adventuresportnq.info>](mailto:shane@adventuresportnq.info) - soon, so your ideas aren't forgotten

#### RESULTS SUMMARY – AJ Hackett Poker Run, 13 March 2010

<b>Poker Hand</b>	<b>Overall Male</b>	<b>Junior Male (U19)</b>	<b>Open Male (19-39)</b>	<b>Masters Male (40+)</b>
1 <sup>st</sup> Michelle Wellington	1 <sup>st</sup> Bini James	1 <sup>st</sup> Bini James	1 <sup>st</sup> Phil Bradshaw	1 <sup>st</sup> Steve Cunningham
2 <sup>nd</sup> Anita Appleby	2 <sup>nd</sup> Phil Bradshaw	2 <sup>nd</sup> Jarrod Ahern	2 <sup>nd</sup> Chris White	2 <sup>nd</sup> Ivan Whittle
3 <sup>rd</sup> Kallen Hardie	3 <sup>rd</sup> Chris White	3 <sup>rd</sup> Jordan Sievers	3 <sup>rd</sup> Shane White	3 <sup>rd</sup> Nev Appleby
4 <sup>th</sup> Ivan Whittle	<b>Overall Female</b>	<b>Junior Female (U19)</b>	<b>Open Female (19-39)</b>	<b>Masters Female (40+)</b>
5 <sup>th</sup> Allison Smith	1 <sup>st</sup> Andrea Hargreaves	1 <sup>st</sup> Emma Rooke	1 <sup>st</sup> Natalie Buddington	1 <sup>st</sup> Andrea Hargreaves
6 <sup>th</sup> Matthew Dewar	2 <sup>nd</sup> Anita Appleby	2 <sup>nd</sup> Ella Hargreaves	2 <sup>nd</sup> Michelle Wellington	2 <sup>nd</sup> Anita Appleby
7 <sup>th</sup> Emma Rooke	3 <sup>rd</sup> Natalie Buddington	3 <sup>rd</sup> Adaline Storch	3 <sup>rd</sup> Julie Sager	3 <sup>rd</sup> Anna Morgan

## Cairns Road Runners and Triathlon Club AJ Hackett Poker Run Results, 13 March 2010

J=Junior U19, O=Open, 19-39, Mas=Masters40+, M= Male, F=Female

Surname	First Name	CRR#		Long Loops	Short Loops	Finish Time	Overall
James	Bini	217	JM	4	0	58:38:00	1
Bradshaw	Phil	228	OM	3	0	44:42:00	2
White	Chris	193	OM	3	0	48:01:00	3
Cunningham	Steve	129	MasM	3	0	53:12:00	4
White	Shane	-	OM	3	0	53:26:00	5
Horobin	Heath	334	OM	3	0	53:40:00	6
Dewar	Matthew	92	OM	3	0	53:57:00	7
O'Mahony	Bryan	245	OM	3	0	54:29:00	8
Robinson	Glen	263	OM	3	0	54:53:00	9
Boisuert	Serge	342	OM	3	0	55:57:00	10
Whittle	Ivan	225	MasM	3	0	56:18:00	11
Appleby	Nev	-	MasM	3	0	56:33:00	12
Hargreaves	Andrea	120	MasF	3	0	56:48:00	14
Appleby	Anita	-	MasF	3	0	57:05:00	15
Boddington	Natalie	270	OF	3	0	58:02:00	16
Lawson	Larry	31	MasM	3	0	58:16:00	13
Rooke	Emma	30	JF	2	1	56:04:00	17
Ahern	Jarrod	231	JM	2	2	57:44:00	18
Smith	Gareth	277	OM	2	1	50:55:00	19
Depper	Shawn	-	OM	2	1	54:23:00	20
Anderson Clemence	Muzza	218	OM	2	1	56:36:00	21
Sievers	Jordan	268	JM	2	1	57:21:00	22
Fletcher	Adam	145	OM	2	1	58:35:00	23
Hardie	Kallen	345	JM	2	1	58:52:00	24
Smith	Ben	335	OM	2	1	59:26:00	25
Wellington	Michelle	126	OF	2	1	59:44:00	26
McPhail	Glenn	285	OM	2	0	37:15:00	27
McKenzie	Rob	17	MasM	2	0	41:04:00	28
O'Mahony	Ronan	319	OM	2	0	41:39:00	29
Simpson	Andrew	324	OM	2	0	45:30:00	30
Courtney	Alan	80	MasM	2	0	45:33:00	31
Rooke	Ian	29	MasM	2	0	49:59:00	32
Sager	Julie	132	OF	2	0	40:34:00	33
Howarth	Lauretta	-	OF	2	0	41:19:00	34
Morgan	Anna	315	MasF	2	0	44:26:00	35
Smith	Alison	262	OF	2	0	44:34:00	36
Bullen	Ruth	-	MasF	2	0	47:44:00	37
Narula	Anita	-	OF	2	0	48:24:00	38
Hougan	Jordan	269	MasF	2	0	48:31:00	39
De Jourdan	MF	-	MasF	2	0	50:00:00	40
Letts	Kirsten	346	OF	2	0	50:05:00	41
Mackenzie	Celia	18	MasF	2	0	55:20:00	42
Bradshaw	Lorna	229	OF	2	0	56:00:00	43
Hunter	Clare	-	OF	2	0	56:02:00	44
Kaehler	Sarah	-	OF	2	0	56:04:00	45

Lawson	Lorraine	118	MasF	2	0	58:13:00	46
Hargreaves	Ella	119	JF	1	1	36:48:00	47
Storch	Adaline	142	JF	1	1	39:33:00	48
Storch	Monique	141	JF	1	1	39:34:00	49
Hansen	Silas	-	JM	1	1	42:45:00	50
Cavill	Jim	89	MasM	1	1	49:29:00	51
Sager	Whitney	149	JF	1	1	50:12:00	52
Rooke	Tegan	114	JF	1	1	50:12:00	53
Slimming	Meyric	338	OM	1	0	27:49:00	54
Frecklington	Zoe	-	JF	1	0	32:14:00	55
Sager	Breiden	208	JM	1	0	32:17:00	56
Hartley	Todd	-	OM	1	0	41:05:00	57
Johnson	Stevie	14	MasF	1	0	42:13:00	58
Smith	Kelsey	347	OF	0	2	43:59:00	59
Smith	Stephanie	-	OF	0	2	47:16:00	60
Hargreaves	Darren	256	MasM	1	0	29:28:00	61
Smith	Owen	339	MasM	0	2	47:19:00	62

**77% of the Runners at the AJ Hackett Poker Run were Cairns Roadies Members – what a fantastic turnout by our club members. It was wonderful to see each and every one of you there!**

For detailed results and series points, go to [www.roadrunners.org.au](http://www.roadrunners.org.au)

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, 25<sup>th</sup> April.**

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

**For more Dirty Details go to the Trail Running page on our website ([www.roadrunners.org.au](http://www.roadrunners.org.au)) or email our Trail Running Coordinator Shane White at [shane@adventuresportnq.info](mailto:shane@adventuresportnq.info)**



## Time Trial Racing

*It's easier to run fast when you're up against the clock and there are lots of people around you.*

The Inaugural Choice Australia Management Cassowary Cup Time Trial running race was on 17 March 2010. Were you there, or were you square? Don't miss the next one! As these time trials are part of the Cairns Roadies Wednesday Night Social Run, it's **free**. Just turn up, sign up and run.

Did you know that injecting some speed into your training schedule, for example as a time trial, is more beneficial than the long slow plod? Novice runners - did *you* know that 50 per cent of people give up on exercise programs within six months? Yet this figure is drastically reduced if you monitor your results and can see an improvement over time. [1]

**What's a time trial race?** First up, it's not a race against other people. It's used to measure your current level of performance against the clock. You don't need to run time trials flat-out all the time. At the regular Wednesday Night Social Handicap Races, some participants are extending their training program by adding several kilometres beforehand/or afterwards - this training format has shown to be very effective in improving race times.

### Rules:

- You must record your own time.
- You must have a parent/guardian present if you are under 19.
- You must be 12+ to run the 5k.
- You must be 16+ to run the 10k.
- You must sign to indicate you have read the waiver. If you are under 19, your parent or guardian must sign.
- No racing with headphones - especially the 5k and 10k.

Not racing? Volunteers needed!

### What do I do?

- Turn up at the northern end of Muddys Playground at 5:15pm on race day. The course follows the normal Wednesday night handicap race route - 3k, 5k or 10k (two loops of the 5k).
- Pick a distance.
- Add your name to the registration sheet. Nominate a time (if you want to).
- SIGN to indicate you have read the waiver. (Parent/guardian please sign for kids U19) Newcomers - be sure you print email address neatly.
- As per the usual Handicap format, set out when your nominated time comes around. Run as fast as you can. For the 10k, this is a bit different - everyone goes out together at 5:30pm.
- *You are responsible for your own timing!* Once you've finished, check the timer and record your time. Work out your actual time.
- After the event, hang around and chat about how it's all going. Remember that this social part of the evening is as vital as any other factor in getting you to return every week, and hence keeping your training on track.
- For the next time trial, repeat all the above steps and see how much you've improved. Use the time of your first race as a benchmark.

### Time trial dates for 2010:

17 March - St Paddy's Day; 12 May; 16 June; 4 August; 1 September - Spring!

**Prizes:** We will have a brief awards ceremony as soon as everyone finishes (~6:10pm for the 3k/5k and again at 6:30pm for the 10k). There are two perpetual trophies and some novelty prizes for a bit of fun.

[1] Time Trial Training by Nick Morgan <http://www.runnersworld.co.uk/general/time-trial-training/3189.html> (Accessed: 14 March 2010)



## Cassowary Cup Time Trial, Sponsor: Choice Australia Management

*Race Report by Race Director Lorraine Lawson*

The weather turned out to be to our advantage tonight as the few drops of rain kept the Esplanade relatively free of other traffic compared to other Wednesday night runs.

After some confusion about how to do the timing, the 10k and some 5k runners set off at 5:30pm. It was all over for most of the 3k and 5k runners by 6pm – we ran the same format as always, setting off on our nominated time. Rosie Ball was only 2 seconds over her nominated time of the 3k and John Dearlove 3 seconds over his for the 5k. Most of the twelve 10k runners started in a bunch at 5:30pm and had to check their time on the counter and add on the difference at the end of the race. No nominated times were recorded for them. There were some good times for the fastest 10k runner with newcomer, Yot Noopetch completing the 10k in 41.54, Heath Horobin 42.15 and Serg Boisvert 42.28. Six ladies also had a go at the 10k and Andrea Hargreaves came in on 43.59.

I forgot to take photos during the run, but volunteer Idan, had a good time at the Cock 'n Bull after the run!

Idan Piercy enjoying his Guinness Beer, Guinness Pie and Guinness Hat after his help as a marshal at the Choice Australia Management Cassowary Cup Time Trial, 17 March 2010.



# Choice Australia Management Cassowary Cup Time Trial Results

## 1st Choice Australia Management Cassowary Cup Time Trial

Wednesday Night Handicap Results for March:

Name		Date: 17 March 2010					Date: 10 March 2010					Date: 3 March 2010				
		Distance	Nominated Time	Time Called (+/-)	Actual Time	Place	Distance	Nominated Time	Time Called (+/-)	Actual Time	Place	Distance	Nominated Time	Time Called (+/-)	Actual Time	Place
Adam	Fletcher	5	25.00	0.30	25.30						5	22.30	-0.55	21.35		
Aleisha	Barnes	3	15.00	-0.35	14.25											
Alison	Smith	10			49.33		5	24.30	0.29	24.59		5	25.00	??		
Andrea	Hargreaves	10			43.59		5	No time recorded								
Avril	Cross	5	26.30	-0.48	25.42		5	27.00	-1.00	26.00						
Brian	Jones	5	30.00	-1.27	28.33		5	15.00	-0.17	14.43	3					
Ben	Smith	5	25.00	-1.57	23.03							5	28.00	3.37	31.37	
Brenton	Fuessel	10	No time recorded													
Carla	De Domenico	5	32.00	??												
Celia	Mackenzie	5	28.00	0.28	28.28						3	18.00	-0.51	17.09		
Ella	Hargreaves	5			21.46											
Eve	Kusinski	5	25.45	-0.33	25.12											
Fiona	Campbell	5	22.00	-0.49	21.11		5	21.00	-0.27	20.33						
Gareth	Smith	5	22.00	-0.58	21.02						5	22.00	0.07	22.07		
Geoff	Jenkin	3W	25.00	2.10	27.10											
Heath	Horobin	10			42.15		5	21.00	-0.47	20.13		5	20.30	-0.25	20.05	
Ian	Campigli	10	No time recorded													
Jim	Cavill	5	25.30	-0.22	25.08		5	26.00	-0.54	25.06						
John	Dearlove	5	27.00	0.03	27.03	1					5	27.00	-0.12	26.48		
John	Vaughan	5	30.00	??							5	30.00	2.10	32.10		
Jordan	Hougan	5	25.00	1.36	26.36		10			56.25		5	25.00	0.10	25.10	
Jordan	Sievers	5	23.00	-1.16	21.44		5	23.00	-0.30	22.30		5	23.00	-0.20	22.40	
Kathy	Jenkin	5	29.00	0.45	29.45		5	31.00	-1.39	29.21						
Kelsey	Smith	5	32.00	-2.06	29.54						5	32.00	0.02	32.02		



## Juniors: Centenary Lakes Training Group

by Kev Morrissey

For the past 26 years, groups of dedicated young athletes have gathered at Centenary Lakes to enjoy each other's company and to improve their running performances. These sessions take place on Mondays, Tuesdays, and Wednesdays and sometimes on Thursday.

The group was formed in 1983 or 1984 the year I became Cross Country Coach. The program has not changed much over time and is based on the "complex" system devised by National Cross Country Coach, Pat Clohessy. Both Pat and I were inspired by the coaching techniques of Percy Cerutti and the New Zealand coach, Arthur Lydiard.

Let me explain the "complex" system, as I understand it. Every session is preceded by a warm up which is made up of slow jogging and a lot of stretching. Most of the warming up is done on the Red Arrow (a well-known rainforest bush track). Mondays are severely anaerobic. The aim is to develop raw speed. Athletes run successive, 200s, 400s, and sometimes 800s with a long recovery between efforts. As they get fitter the recovery jogs become faster.

Tuesdays are hills. This session is aerobic. Runners run a series of hills usually on the Red and Blue Arrow track but sometimes up that merciless hill on Junction Street. "Form" is what hill sessions are all about. Usually they run odd hills with a "high knee action" and on the even legs they practice "ankle extension". These ideas have been shamelessly stolen from Arthur Lydiard.

Wednesday is Tempo training. This consists of running at "race pace". "Race Pace" is an important concept – runners are expected to know what their optimum pace is for every distance that they run. So Wednesday is all about endurance and as Percy Cerutti says "practicing the race". Our Thursday runs are the most popular. On that day we run from Centenary Lakes to the end of the Esplanade and back a distance of about 8 kilometres. We call this training LSD – Long Slow Distance. The only difference is that our athletes are encouraged to "stretch out" for 2 km as they return along the Esplanade with the wind behind them.

The groups have always been very sociable though sometimes, with hormonal young people, personal rivalries do get in the way. For many it is form of relaxation after having spent the day listening to the meandering ramblings of their teachers.

Success! Many successful runners have emerged from our group. Brad Beven was the world's best triathlete until sidelined by that terrible accident. Since then he has returned to Cairns and won the Coral Coast Triathlon when he was pushing 40. Leanda Cave was another of our athletes. She won the World Cup Triathlon Championship in Cancun, Mexico 2002. Apart from that we have had quite a number of national Champions. Karen Nissen was National junior champion in triathlon and cross-country. Ben Callum and Travis George were respective national champions in steeple and 3 km. Wayne Hellmuth was one of our best runners, who never won a national title, but he was state 800 metre champion three years in a row.

The hope of the group at the moment is Jarrod Aherrn. He was pipped by one or two hundredths of a second in 14-year state 1500 title last year. His time of 4 min 15 is exceptionally promising for a runner of his age.

I pride our group on its informality. We only know each other by our first names and no roll is kept. About 16 weeks before the state cross country titles we come together and write a program which is published in a little book.

Anyone can join though we like to restrict our training to secondary students. All you have to do is turn up at Centenary Lakes opposite the Choral Society at 4.00 pm on Monday, Tuesday and Wednesday. If you are interested and want to know ring me, Kev Morrissey, at home on 4053 5101.

# Who is Whitey?

Club Member Profile of Shane White

Today's Date: 16/2/10

1. Male or Female? Male
2. Favourite Race / Run? Favourite race umm there is lots of them. Kennedy Walking Track to Mouth of Hull River - Start at Mission Beach Surf Club, or full length of beach at Wangetti. Anything offroad, looped course and new/different come to think of it.
3. PBs? Run for endorphins not time!
4. If you could go anywhere in the world for a run, where would it be and who would it be with? Any alpine or seaside route with great views, best enjoyed with like minded people.
5. What would you call yourself if you could choose your own name?
6. Favourite Website? The site with all your important trail running info -<http://adventuresportnz.info/events/trail-running>
7. What is the kindest thing that someone has ever done for you? thanks Mum.
8. Most hated job on the household chore list? Washing up!
9. Where is your bloodline originally from? the primordial soup, mixed bloodlines in recent generations British (mostly), Scot and a little German (chris you should do more research)
10. Name one thing that not many people know about you. my interest in edible (tropical) food plants.
11. How many towns have you lived in? six
12. Why do you like living in Cairns? Weather - there is good in it at any time of the year.
13. Have you been told you look like someone famous? Who? Chris Munce jockey? can;t see it personally.
14. Are you a morning person or a night person? bit of both, mostly morning.
15. Pets? Dog, Summit. Cattle cross something (Bull arab or similar) from YAPS, nearing 12months of age coming along as training partner nicely.
16. Any new and exciting news you'd like to share with us? the world will run out of Petroleum! And runners will rule the world (with bicyclists)
17. How many keys on your key ring? 1
18. Last person you spoke to on the phone? my Partner Kylie.
19. Wet season or Not-wet season? Wet Season for tropical fruit and clean cool creeks. Non wet for cool mornings and adventure.
20. Coffee or tea? Coffee (tea sometimes).
21. Salty or Sweet? Salty.
22. Favourite day of the week? any RDO, well they are my weekends as a shift worker!
23. Name one thing that you miss about being a kid. running absolutely everywhere.

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





## PLANNING FOR SUCCESS

With so many athletes in Cairns wanting to see visual impact results, FEEL INVINCIBLE in their chosen sports and fields of fitness, and local/state competitions coming up, I thought it would be appropriate to quickly talk about planning for success.

**WRITE IT DOWN** when you want to visualise your goals, understand the steps needed to arrive, and to help you stay focused and motivated. Put a copy of your ten step plan on your fridge or wardrobe mirror.

**MAKE AN ANNOUNCEMENT** to your friends, sign up for a competition, advertise for a training buddy. If you have some obstacles, hire personal trainer to show you how to overcome those obstacles, and treat yourself occasionally to a remedial therapist to iron out any kinks and knots in your body.

**GO SHOPPING** and buy the best clothing, shoes and equipment to make your journey easier. Never feel guilty for having a good home, fine food, smart clothing, or good health, as these are necessities in life. See a podiatrist if you are concerned about foot care.

**SPORTS CONDITIONING TRAINING** requires practice at what your body needs to adapt to. If the weather does not permit your sports, try some indoor exercise alternatives which mimic your sports conditioning. You are going to need to diversify your training to be successful anyway, as you will have to train your support muscles just as much as the prime movers involved in your sports conditioning.

As an example, a runner will need strong glutes, calves, shoulders and thighs, as these are the muscles constantly moving during running. However, you will also need to do some weight-bearing exercises to strengthen the upper back muscles and biceps to stabilise the upper body against fatigue, the lower back and oblique abdominals to strengthen posture, the inner and outer thighs to protect the knee joint.

**MAINTAIN YOUR BODY** protecting muscle length with some BODYBALANCE or yoga classes to prevent injury and assist recovery from training. Hydration and good nutrition will be the fuel you need to get your body performing to it's full potential.

Lastly, **HAVE A CHEAT DAY** where you can enjoy some rest, treat yourself to "sometimes food". Variety with your training plan will prevent you from getting bored and sabotaging your results.

If you would like to try some fitness classes with ACTIVE HEALTH CLUBS to assist your cross-training results and have some fun trying something new, all clubs are having an Open Day with free fitness classes on **Saturday 20<sup>th</sup> March**. To find our nearest health club and investigate the different classes on offer just visit: [www.activehealthclubs.com.au](http://www.activehealthclubs.com.au)

**REMEMBER:** Those who fail to plan, should plan to fail. Make your plan exciting and fun, and look forward to enjoying the ride.

Yours in Fitness,  
Big Ben  
Fitness Guru – Active Health group  
E: [ben@activehealthclubs.com.au](mailto:ben@activehealthclubs.com.au)



## Other sporting events/training in the region:

21 March – Bush Rogaine, Atherton Tablelands  
21 March – Pete's Bridge Triathlon, Goldsbrough Valley

### **Port Douglas Fun Run (Saturday, 20 February 2010)**

*Race Report by Sarah McConnell*

## Big turnout for Port's Fun Run

With the rain holding off, the Port Douglas Fun Run started without a hitch on Saturday February 20th at the very early start of 6.15am. 44 participants showed up to give the Fun Run their best shot and help raise money for The National Breast Cancer Foundation and Pink in the Tropics.

There were 33 participants in the 5km race and 11 participants in the 10km race which included tourists traveling from Canada and a vision impaired competitor who crossed the line in the very good time of 1hour 18 minutes.

Brian Delaney was the first male across the line for the 5km run with a time of 25.36 minutes and the first female across the line was Angela Dwyer with a time of 26.10 minutes. Lyle Scott was the first male across the line for the 10km run with a time of 55.27 minutes and Liz Need was the first female across the line with a time of 48.49 minutes. A special mention goes to Tory Botha & Monique Tooth our youngest participants of 11 years who both completed the 5km fun run.

This was a great turnout for the Port Douglas Fun Run and together we raised over \$450 for The National Breast Cancer Foundation and Pink in the Tropics.

Sarah McConnell from Inspire Fitness did a fantastic job putting the event together with the help from Blood Orange, The FNQ Independent, Newsport daily, Radio Port Douglas and Tourism Media Services, Port Douglas AFL Football club, Port Douglas Muddies Cricket Club and of course the help of some great volunteers that manned the water stations and helped with the registration early in the morning. "It was amazing to have so many people turn up on the first event and I must say a big thank you to all the people that helped out with equipment and their time and of course to all the competitors that achieved success of their own and also raising money for a much needed cause" Sarah said. "The next event will also feature some donated spot prizes from local businesses"

Due to the success of the Fun Run we will be organising a series of these runs every 3 to 4 months, which will lead up to the 14km Fun Run from Mossman to Port Douglas in December this year with Deborah De Williams from Running Pink. [www.runningpink.com.au](http://www.runningpink.com.au)

For more information contact Sarah McConnell on email:  
[inspirefitnesspd@gotalk.net.au](mailto:inspirefitnesspd@gotalk.net.au)

## Adventures on a Summer Weekend (27-28 February 2010).

Race Report by Jackson Bunt

The Adventures on a Summer Weekend started off like any other North Queensland weekend...it rained during the kick off event, the 1-hour "Tear around Tinaroo" Metrogaine. This event was a huge success. It was set up for anyone, with the course able to be done within the hour, for the elite athletes. The course had a variety of different point markers scattered about to attract anyone to give it a crack.

Then after at 4:30 out at Barabadeen there was the 2-hour "Bash around Barabadeen" Rogaine out in the scrub. This was supposed to be good fun, which it was, and be filled with beautiful sites, which I missed out on because my partner and I got lost. Our team was called "The Lost Boys". All this was followed by a successful BBQ, which had every one talking about their day and the big day ahead.

Sunday was huge with four different events, the "Off-road Multisport long and short course. The multisport and triathlon long course, called the "TERRA" consisted of a canoe paddle or swim, an off road mountain bike leg, a run leg and finish on the bike. The short courses were 500m paddle or 300m swim, 10km mountain bike ride and finish with a 3km run. The mountain bike ride was quoted as "different" and "hard". By the end of the events almost everyone was ready to go home and rest but despite this fact, everyone was generally happy with the way the weekend went, with thanks to the people who made it happen, they way it did. I really enjoyed the weekend of sport and hope that this "weekend" continues in the future.

Race results for Cairns Roadies members who participated. Full results and details on the races are available at <http://adventuresportnq.info/events/results>.

Name	Position, Sex, Race	Time
Mike Le Roux	1st M Terra_Tri	1:26:48
Phil Bradshaw	2nd M Terra_Tri	1:30:53
Adam Fletcher	6th M Terra_Tri	1:51:46
Steve Cunningham	7th M Terra_Tri	2:00:38
Jo Carman	1st F Terra_Tri	2:07:30
Trent Gleeson	12th M Terra_Tri	2:10:15
Greg Wilson	13th M Terra_Tri	2:11:02

Matt Carman	3rd M Terra_Multi	1:46:10
Muzza Anderson-Clemence	12th M Terra_Multi	2:12:15
Pete Morris	19th M Terra_Multi	2:23:39
Rob Mackenzie	23rd M Terra_Multi	2:34:35
Lorraine Lawson	7th F Terra_Multi	2:56:33
Melissa Cotter	9th F Terra_Multi	3:13:26

Name	Position, Sex, Race	Time
Jackson Bunt	2nd F C&T_Tri	0:49:53
Juls Le Comte	1st F C&T_Tri	0:50:31
Kirsten Le Roux	2nd F C&T_Tri	0:52:11
Gabrielle Garner	3rd F C&T_Tri	0:53:44
Monique Storch	4th F C&T_Tri	0:53:44
Adeline Storch	5th F C&T_Tri	0:53:44
Kylie Hamilton	6th F C&T_Tri	0:57:16
Debra Bunt	8th F C&T_Tri	1:00:59
Pam Palmer	10th F C&T_Tri	1:03:52
Theresa Donnelly	12th F C&T_Tri	1:06:08
Jeff Bunt	2nd M C&T_Multi	1:00:52
Kathy Jenkin	9th F C&T_Multi	1:09:39
Celia Mackenzie	10th F C&T_Multi	1:10:27

## Adventure Racing News from Across The Divide

<http://www.acrossthedivide.com/>

Fantastic competition to mark the launch of their new website - [ENTER HERE](#).

### **Namibia 24hour Ultra, 24 - 31 May 2010**

This is the 3rd successful year of the Namibia 24 hour Ultra Marathon (126km), which is rapidly becoming known as the ultimate endurance test for distance runners. Our challenging route will take you into the northern Namib Desert, the oldest desert in the world and the largest and most remote National Park in Africa.

### **Iceland Ultra, 15 - 19 July 2010**

The Laugavegur Ultra Marathon course is one of the most beautiful in Iceland, stretching from Landmannalaugar in the highlands to Thorsmork, a natural reservation area. The distance from Landmannalaugar to Thorsmörk is approximately 55km and the marathon course is multi-terrain (sand, gravel, grass, snow, ice, rivers and streams).

### **Grand Canyon Ultra Marathon, 19 - 26 September 2010**

This fantastic new ultra marathon race (126km) will be run in 24 hours across the vast, wild and remote area of the Grand Canyon North Rim, which remains untamed and isolated.

## 2010 Great Adventures Green Island Ocean Swim

Sunday 29th August.

1.5km and 3km swims as the main events. Swimmers need to pre-register.

The Nippers Swim (11yrs and under) is free and registration is on the day.

Online registrations <http://www.green-island.com.au/oceanswim.htm>

Contact Sonya Clarson on 07 4052 7841; Email: [sonya@quicksilvergroup.com.au](mailto:sonya@quicksilvergroup.com.au)

Web: <http://www.quicksilvergroup.com.au>

**Queensland Cycle Survey** Please complete the following survey [www.carrsq.qut.edu.au/cyclingsurvey.jsp](http://www.carrsq.qut.edu.au/cyclingsurvey.jsp). The pre-requisite is anyone who has been on a bike, in Queensland, in the last 12 months. Currently the data that the Far North riders has submitted is about 1/3 of the South East. This means that we will be represented by riders from the South East corner who have a different set of issues than ours.

**Cairns To Karumba Bike Ride** – register now. Great fundraising event where you cycle for a week and just have fun doing it! Peter Morris and Lorraine Lawson did it last year as part of the Dirty Boys pack – great fun in on the dirt roads to Karumba. <http://www.ridefnq.com/>

Event Organiser Dale Brouwer from Cairns School of Distance Education, [dbrou9@eq.edu.au](mailto:dbrou9@eq.edu.au), phone: 40809 189.



# "Cycling Far North"

Dear cycling club leader, cyclist or supporter of cycling,

## What has happened?

Five of your fellow cyclists have formed one group to represent all cyclists and to be a strong voice for them. It all started when they came together last December to discuss how to support cycling in our region. The members are: Richie Bates, Judi Phillips, Glenys Duncombe, Susan Rayner and David O'Loughlin

## Why?

It was agreed that although an estimate of more than 3000 residents may actively participate as members of cycling groups, clubs, annual riding teams and sporting groups there is no one body actually representing them, - a body that is linked to each rider through a formal link with their club, group or organisation. We would like "Cycling Far North" to be that group.

## Can you support them?

We have met a few times and now ask you and your club to support us in being a strong and united voice to represent you in negotiations with representatives of local, state and federal governments. The massive increase in cycling over the past few years is not just in our region but throughout Australia. In our region we want to work positively and constructively with our politicians and councillors. We particularly want to help them establish safe infrastructure and facilities that will meet our needs now and in the future.

Currently we have in our own region the development of the Aeroglen to CBD bikepath. On behalf of our region's cyclists we will engage with Councillors to ensure they consider what is best for us.

## A meeting to formalise the group by the end of April.

It is planned to hold a meeting by the end of April where we can discuss this idea, elect members and formally establish the group. This will be appropriately advertised. In the interim period we trust that you will be happy to have us represent you.

## Interim structure of "Cycling Far North"

Position	Name	Email	Mobile
President	Richie Bates	richie.bates@gmail.com	0430 516 862
Secretary	David O'Loughlin	david@betteroutcomes.com.au	0400 041 916
Executive Officer	Susan Rayner	Susan.Rayner@ergon.com.au	0407 967 975
Executive Officer	Judi Phillips	jmphillips@austarnet.com.au	0423 523 561
Executive Officer	Glenys Duncombe	fundraising@fnqhf.com.au	0438 355 821

If you would like to be on the email distribution group for 'Cycling Far North' then please email the secretary, David O'Loughlin with a request to be added.

I look forward to your support.  
Yours in cycling,

*Richie Bates*

President.

Friday, February 26, 2010





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**Townsville**  
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**Festival**

**Sun 8 Aug 2010**

Tony Ireland Holden  
**Marathon**  
Queensland Country Health Fund  
**Half Marathon**  
SportsMed  
**10km Fun Run**  
Townsville Bulletin  
**5km Adult Fun Run/Walk**  
McDonald's<sup>®</sup>  
**5km Junior Fun Run/Walk**  
Barrier Reef Institute of TAFE  
**5km Corporate Teams Fun Run/Walk**

**Live it Love it**  
**Run it!**



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

See our website for course and prize money details.  
On-line entry from 1st April  
Contact Tony Hockings 0427 99 9801  
festival@townsvilleroadrunners.com.au

**Early Bird Entry Fee** until 18.7.2010  
**Normal Entry Fee** 19.7.2010 – 4.8.2010  
**Late Entry Fee** 5.8.2010 – 7.8.2010

**Marathon**  
Early Bird \$65/Normal \$85/Late \$100  
**Half-Marathon**  
Early Bird \$55/Normal \$70/Late \$85  
**10km Fun Run**  
Early Bird \$22/Normal \$30/Late \$40  
**5km Adult Fun Run/Walk**  
Early Bird \$10/Normal \$25/Late \$30  
**5km Junior Fun Run/Walk**  
Early Bird \$15/Normal \$20/Late \$25  
**Corporate 5km Teams Fun Run/Walk**  
Early Bird \$45/Normal \$55/Late \$70  
**Family Entry for 5km Run/Walk Races**  
(2 adults & 2 children under 18)  
Early Bird \$60/Normal \$90/Late \$100

**NO REGISTRATIONS ON RACE DAY**  
(Entry subject to terms and conditions in Entry Form)

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