



Cairns Road Runners and Triathlon Club Inc.

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November 2010 Newsletter

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President's Report

Welcome to the November 2010 issue of the Cairns Roadies Newsletter. We have more and more people following us on Facebook, so have a look and increase your 'social network'. You'll find the photos for the past few races there too.

We had a flurry of events – one per weekend for five weeks in a row! The Spiny Cray Ultra Trail Marathon attracted 29 runners in the 57k, 38 in the half marathon and another 8 in the 5k. Great for our first ultra marathon – ever! Numbers were up for all the other events as well. Freshie #2 (21 in 2009 to 36 in 2010) Northern Beaches Run (43 in 2009 to 51 in 2010). To read the full race reports and view all results, please go to our website.

A big thank you to Nathan Moore who stepped in to be the race director for the Northern Beaches 10k Race and Celia Mackenzie and Jo and Matt Carmen who will organise the Christmas run on 5 December.

We still have the FREE Zumba session, followed by Cheese and Wine on Thursday, 18 November (previously advertised as being on the 11th). Meet at the Active Health Club on Pease Street at 6.00pm. And another great social coming up is the Christmas Dinner on the 8th of December. You have to eat anyway, and the Cock 'n Bull has GREAT food, and lots of it! Thanks to Laura Gardner for organizing it!

2011 is around the corner and we are currently putting together the calendar. If you have any comments or suggestions, make sure you let me know NOW! Calendar will be finalized before Christmas. We have some new events for next year. There are also a couple of other events we are supporting such as the Paddy's Day Fun Run and the Millaa Millaa Half Marathon Centenary Celebrations.

Hand in hand with the calendar goes sponsorship. We are now looking for sponsors for next year. 2010 was great with lots of prizes at our races. If you can help out – even if it is just a gift for our volunteers, that will be great! I'll upload some information about sponsorship on our website to explain how it works. Current sponsors have first option to naming rights for the races they supported in 2010.

I hope you are all saving to sign up again as members in 2011! Get a singlet too, they are very nice. And if you didn't know – they make you run faster too.

When last did you come to a Wednesday night run? Now that racing is over for most of the clubs, maybe you want to come along to 'tick over' until next year. Our current format is fantastic and everyone gets to do exactly what they want! Thanks to our wonderful members, I frequently receive comments on how friendly and helpful everyone are at the Wednesday night runs. I think it's great to develop a positive, inviting atmosphere that instantly includes all runners and walkers. That's the main reason why I became a committee member in the first place, so it's great to see how the club has changed over the past few years to become very inclusive.



Building on my request at the AGM in October, I've had some great suggestions from members on how we can improve our Club. What ideas have you got? Make sure you share it with us!

Here are some of the suggestions:

1. The "Where's Larry" award. Larry Lawson (yes, he is my husband, and a 'real' runner) is out and about running often, and for some reason, many people seem to see him? **Fiona Campbell** suggested we introduce a "Where's Larry" section so people can send in photos of Larry when they spot him on the road. He hovers around at the Wednesday night run most weeks, and he has been a CRR for 10 years, so you probably know who he is!
To win the award, you must send in your pic via email or Facebook (the Roadies mobile is way to basic to accept images!). Winner will be the best pic for the month.
2. Handicap Race kitty. Committee member, **Ian Valentine**, suggested we have a kitty where people put in \$1 each. The person who gets the closest to their nominated time wins the kitty. This one will need some discussion – e.g. no watches allowed? Kids excluded, of course!
3. **Alan Courtney** – long standing sponsor (Trinity Family Chiropractic) and Millaa Millaa Centenary Half Marathon committee member – is thinking about a "Race the Train" event. Could be a good run/relay including road and trail.
4. Another suggestion from Alan – an Australia day/Waitangi Day Fun Run. This may also be a good day for our sign on?
5. **Gareth Smith** and **Christine Bell** - keen trail runners - are offering to do a trail run on weekends – different locations and distances starting next year. Easy one for the 'girls' who want to have a go, and a harder one of the 'boys' (keep in mind that that term definitely also includes women!) to have a longer harder run.
6. I've also roped **Larry** in to help out on a Tuesday night with a 'Speed Session'. Anyone is welcome to come along. We had three people there for the first session and we were all pretty sore the next day! Things like fartlek and hills, and other stuff that's hard to do on your own. Meet at 5.30pm at the corner of Greenslopes and Little Streets by the Botanical Gardens.
7. **Peter Morris** suggested I get a box that can lock to put all the keys in at the Wednesday night run. Good idea, but I have no idea where to get a box that can be chained to the table and locked while we are all away. May need to get Larry to make me one. His not one of the Club 'maintenance' men for nothing.

Have a look at the Letters to the Editor and the Shoelaces sections. There's lots of other news you need to know about, including Level 1 and 2 coaching courses next weekend (20-21 November). Contact me if you are interested as we have some sponsorships available through the Club.

Regards,

Lorraine Lawson

Upcoming Cairns Roadies Events November/December 2010

Thurs 18 Nov, 6:00pm Free Zumba class and Cheese and Wine social Active Health Club Pease Street.

Sun 5 Dec, 7:00am Christmas Run - Lake Placid. Dress Up for a prize. Breakfast afterwards.

Wed 8 Dec, 7:00pm [Christmas Dinner](#) - Cock 'n Bull.

Check the website (www.roadrunners.org.au) for more news and events.

Letters to the Editor

Received via email on 9/11/2010

Hi Lorraine.

Roy from Its Extreme here. I have been having a think about doing a better deal for a couple local clubs here in Cairns and have decided to do a 20% off deal at the Its Extreme store at 32 Spence street in the city, for all paid up "Cairns Road Runners" members.

Can you let your crew know that this has been changed and that they now get a 20% of deal on all non sale items in store please. If internet savvy members can let the Luddites know about the deal too, that would be great.

Hope that works well for you guys. Locals supporting locals and all that.

Regards, Roy Willetts
Its Extreme

Received via email on 20/10/2010

Dear Cairns Road Runners,

Host an Exchange Student

EF Education was founded over 30 years ago in the Swedish University City of Lund. Three decades later, EF High School Year is a multi-national group of nine companies and non-profit organisations. Our students come from over 34 different countries to study here in Australia and other countries around the world.

We are looking for volunteer host families around your area. We have some students coming from Europe and other countries in January 2011 and we thought perhaps some of you may be interested in hosting them. What we do is we will help a host family select a student who will fit in with their way of life. We will find a local school where the student can study during the school year (or half-year) and we will provide both families and students with ongoing support and guidance.

Aged between 15 and 18, students participate in an extensive application and interview process and are selected based on their academic achievement, maturity and adaptability. Students accepted to the EF program are fully insured, speak English, and bring their own spending money for clothes, transport, entertainment, etc. They are here to experience our culture and to share their culture with their host family – they are encouraged to participate in family, school and community life as well as improving their English.

Host families are as diverse as the students – they can be families with children, single parent households or retired couples, but they all provide food, accommodation and a caring environment in exchange for a lifelong international friendship. Our host families do host on a voluntary basis but as mentioned above students have all their own spending money for costs outside of the home.

We have Lilli who is 16 from Austria and is coming for 6 months. Lilli is a very active girl; she loves to run, cycle, walk, go hiking and playing sports with her large family. She also loves animals, music and fishing, and she would love to learn to surf and try out some diving. Lilli is well traveled and is very excited to experience Australia and its beauty.

If you are interested in hosting an exchange student or simply just want more information, please feel free to contact **Sandy** on toll-free 1800 251 877 or email sandy.hsieh@ef.com

If you have any questions, please do not hesitate to contact me by phone or email.

Kind Regards

Lars Wijers

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www.effoundation.com.au



Membership: 241 for 2010
Membership: 11 for 2011

New members since October: David C, Ros K and Anna C. Welcome to the Club!

November Birthday Babies: (list drawn from our database)

The big wishes go to: Susan Guerini and Ronan Courtney *Enjoy the big "0"*. **And Happy Birthday to the rest:** Vice President Kirsten Le Roux, Lynton Bowen, Andrea Collins, Paula Besgrove, Emma Rooke, Natalie Boddington, Russell Claremont, Idan Piercy, Emy DeZen, Laura Garner, Clayton Priddle, Kim Seccafien, Kate Cullen, Samantha Lo, Kelsey Smith, Dianne Power, Donna Papazian, Paul Ford, Catherine Mellinger, Peter Campbell, Jackie Quinn, Michael Martin, Angela Butler, Yuko Nakamura, Jamie Mackay, Lauren Turner, Nadine Nolan, Joshua Hawke, Travis McGuinness, Holly Sanderson

News from ANQ

phone: 07 47 214 998

email : admin@athleticsnorthqld.org.au

There are a few pdf files from ANQ on the CRR newsletter webpage under "November 2010" including:

- ANQ Competition Booklet
- ASADA advice - for all coaches and athletes likely to be involved in higher level competition
- Latest information from QA with regard to the Australian Junior Championships.

Level 1 Beginners Coaching Course on Saturday the 20th of November (Townsville) presented by Sharon Hannan (Director of Sports Credentials and coach of Olympic and Commonwealth medallist Sally Pearson). Sunday, 21 November may have a **Level 2 Middle/Long Distance course**, depending on numbers.

The cost of the L1 or L2 course alone is \$185.00. The cost of the L1 and L2 course combined will be \$265.00.

ANQ Coach Scholarships can be applied for to assist with funding for the course.

A 50% deposit for the course costs can now be done with Athletics North Queensland.

Please list your name upon deposit and confirm with an email to state this has been done so we can mail you a receipt: CBA Hermit Park, A/C Name : Athletics North Qld, BSB. 064-819, A/C No. 10083749

To express your interest in attending please contact ANQs Development Manager Cameron Clayton at development@athleticsnorthqld.org.au or mobile 0421 807 787.

Challenge Cairns is coming to Cairns next June. USM kindly donated 2 tickets to the event.

Ticket #1 was auction off already

Ticket #2 will be raffled off at \$20 per ticket. Ticket is for any distance in the Challenge Cairns event you wish - Sprint, Olympic, Half or Full Ironman distance. Team entries are included on this ticket. All funds raised will go to the Cairns Crocs Movember fund raiser. Will be drawn Xmas day. Deposit \$20 into Bendigo Bank BSB 633000 Account number 114019706 & email your details to info@cairnscrocs.org.au.

View the 2010_rda_fnqts_roadmap pdf on the CRR Newsletter webpage.

CHANGING STRIDE ARTICLE

<http://www.newyorker.com/online/blogs/newsdesk/2010/11/video-alberto-salazar-dathan-ritzenhein.html#ixzz14NNaNmEZ>

The Kokoda Race in PNG (usually held in August) has been shelved for the time being. Gale is hoping to get a sponsor for the event.

Spiny Cray Ultra Trail Marathon

Cairns Road Runners Club Inaugural Spiny Cray Ultra Trail Marathon, 17th October 2010

A pleasant, crisp early morning greeted the 76 trail runners for the Inaugural Spiny Cray Ultra Marathon on Sunday morning, 17th October 2010. A tough race, with the 57k competitors claiming that it was "uphill all the way out to the turnaround point, and uphill all the way back – to the 47k mark, with a 10k downhill to the finish". Congratulations to all participants and in particular to the Cairns Road Runners who featured prominently in as winners in the 57k and 21.1k!

Overall results: 57k Males: Chris White 4.57.30; Ben Carter 5.14.10; Steve Cunningham 5.20.18; **57k Female:** Susan Crowe 5.35.41; Anita Gori 6.17.46; Julie Sager 6.25.27

21.1k Male: Andrew Compson 1.40.41; Heath Horobin 1.48.14; Bryan O'Mahony 1.50.07

21.1k Female: Megan Robb 1.56.32; Margie Shearer 2.04.31; Liz Need 2.07.47

5k Male: Martin Ball 30.36; Dave Skinner 32.00 Scott Cunnington 38.33

5k Female: Mary-Anne Elkington 26.20; Lisa White 35.01; Tammy Kiefer 35.03

5k Female (Junior): Michaela Cunnington 38.22

Cock 'n Bull Freshie Handicap #2

Cairns Road Runners Cock 'n Bull Freshie Handicap Race

23 October 2010

Race Directors Martin and Rosie Ball

Thank you everyone who turned up for the Cock 'n' Bull Freshie Handicap Race No. 2. What a great turn out to have for the final of the series. The fine weather attracted thirty-six runners in all and most came back to see if they could improve their times from race one. We also had a couple of overseas visitors to the race - Stefan Rothbauer (fastest time on the day) and Masaharu Igarashi.

A big thank you once again to the sponsor Stevie Johnston from Cock 'n' Bull who kindly donated the winning prize of \$25 meal voucher and awarding prizes to the winners and the lucky draw prizes.

Thank you to the following volunteers: our water stop girls Michelle Clark and Fiona Campbell, Kevin Morrissey our Timekeeper, Helen Kinnane and Margie Shearer for taking registrations and David Skinner for being Marshall and winner of the volunteer prize a Gloria Jean coffee voucher. Michelle from Hotshotz Mobile Coffee did a wonderful job providing coffees before and after the race.

Overall winners for Handicap 23 October 2010:

1st Nick Bradt 3 seconds off his nominated time; 2nd Peter Banaghan 9 sec; 3rd Stevie Johnston and Nathan Walmsley 15 sec.

Overall winners for Handicap Series (9 and 23 October):

1st Peter Banaghan 29 sec off his combined nominated times; 2nd Sam Ederveen 31 sec; 3rd Stevie Johnston and Ian Valentine 51 sec.

Fastest 6k (23 October):

1st Stefan Rothbauer 22.27 (overseas visitor); 2nd Nathan Walmsley 23.15; 3rd Gareth Smith 23.31

Jason Hedges Halloween Fun Run

Cairns Road Runners Jason Hedges Halloween Fun Run

30 October 2010

Race Director Jason Hedges

Thirty-six runners participated in the Halloween Fun Run held in Freshwater. Thanks to sponsors Jason Hedges, who donated three massages and Rebel Sport who donated two \$50 vouchers. Once again it was a great run with volunteers helping out with course set-up, registration, cutting the fruit, etc.

Overall winners for 6k Handicap:

1st Lorraine Lawson exactly on her nominated time; 2nd Rod Tindale 9 sec; 3rd Gareth Smith 10 sec.

Fastest 6k:

1st Wayne Love 23.50; 2nd CRR Junior Emma Rooke 24.52; 3rd Larry Lawson 25.05

Active Health Clubs Northern Beaches Race

Cairns Road Runners Club Active Health Clubs Northern Beaches Race, 10k, 7

November 2010

Race Director Nathan Moore

Kewarra Beach delivered good conditions for the 2010 Active Health Club Northern Beaches Race last Sunday morning. The runners enjoyed a cool morning (for early summer) and the overcast weather held off the heat until racing was complete.

51 people took part in the two events –34 in the 10km and 17 in the 4km.

In the 10km event was dominated by Cairns Road Runners Members who took all six top positions!

First place went to Phil Bradshaw 31.56; with Steve Cunningham second in 37.22 and Gary Bryant third in 39.37.

Jo Carman the first female in 43:40; Stevie Johnston second in 45.50 and Anne Beare thirds in 50.08.

The 4km event saw Ian Kraska back in 18:18 as the first male, and Rebecca Barnes take out first female in 23:27.

Thanks to race sponsor Active Health Clubs for providing a 2 month membership as a lucky draw prize. They also provided a free gym pass for each participant and volunteer.

Thanks also to Hotshotz coffee for the coffee vouchers for the volunteers.

We had a lot of assistance from volunteers on the day. Thanks to the following people for their help: Rosie Ball for helping with registration, record keeping, food preparation, and prize giving; Marcel deKievith for his help with set up, running the second water stop and marshalling the 10km turn around point ; Pam Palmer and Kathy Osmond for setting up and running the 2km water stop, and helping with taking down the course; Nick Bradt for towing the trailer and helping with course setup; Rob Mackenzie for help with paperwork and timing; Kevin Morrissey as chief timekeeper; Mel Cashman and Lorraine Lawson for help with set up and registration; Ian Valentine and Jim Cavill for help with setup; Kylie Colman for helping with food preparation; Michelle Gooker for running the coffee van. Apologies if I have missed anybody.

Other sporting events/training in the region and beyond:

2010 Annual General Meeting of Athletics North Queensland will be held at Townsville Sports House Conference Rooms, on Saturday November 13 2010, commencing at 9.15 am.

Cairns Crocs Movember Time Trial, Sunday the 14th November. Rego from 7, racing from 8. 5,11.23 & 40km events. Held on the Yarrabah rd so nice & flat & fast.

Final Rogaine event for 2010 plus Xmas Function

What: Tinaroo 4 hour Paddlegaine; *When:* November 14th 0900; *Where:* Tinaroo Lake Southern reaches. Go to <http://adventuresportnq.info/events/rogaining> for event info then click the 'Paddlegaine Rego' button to go to the QRA webpage/ events / ev10032 to enter your team in the Paddlegaine.

21 November – Lake Placid Triathlon Crocs. www.cairnscrocs.org.au

Aquathon (e.g. swim/run/swim/run) every Friday afternoon starting at 4.30pm at the Mareeba Swimming Pool. Run by June Cotter, the Mareeba Swimming Coach, and Joe Pilat. The only cost is pool entry (\$3 adults, \$2 students). All levels of ability and fitness will be catered for and it is probably best if the kids are 7 years and older. Various distances.

BRUNSWICK HEADS FESTIVAL OF FISH AND CHIPS ATHLETICS CARNIVAL

Stan Thompson Oval Brunswick Heads Sports Fields, Brunswick Heads
Sunday 9th January 2011 Commencing at 8.00am

The entry fee is \$10 first five events, then \$2.50 per each additional event.

Any athlete NOT REGISTERED with an affiliated athletics club MUST fill out a TRIALING member form. Please make cheques/money orders payable to Brunswick-Byron Athletics Club. Send nominations to: Brunswick-Byron Athletics Club, PO Box 221, Brunswick Heads 2483