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Cairns Road Runners and Triathlon Club Inc.

Mobile: 0450 324 637

Email: info@roadrunners.org.au

Web: www.roadrunners.org.au

P.O. Box 7403, Cairns, QLD 4870

July 2011 Newsletter

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Be a Race Director

by *Lorraine Lawson*

You might think that race directors are a special breed. And you might be right. But just what does it involved, and could YOU do it?

Everything revolves and evolves around the countdown and checklist – until on race day, all the boxes are ticked and you end up with a great event and happy runners. There is already a list so you don't have to worry that you'll forget something. Of course if some of the boxes were NOT ticked, you end up with complaints like – "Why didn't the clock work?" (oops*, I was suppose to put it on charge, right?), or "Why are there no ribbons for the age category winners?" (oops, I was suppose to write those out before the race and/or remember to bring them along), or "Where is the trailer today?" (oops, I should have bought that big four-wheel drive to tow it). The less oepses, the better the event.

Now if you started reading this to convince yourself race directors are a special breed, you'll not be convinced yet. They do get to tick boxes and practice time management.

With the refinement of our "Events Folders", the race director's job has shrunk over the past year or so. At one stage we were paying the Race Director \$50 per race, but it just was not equitable, as so many people are involved in helping out! These days the race director gets a \$10 voucher to use at their next race and maybe a coffee voucher. And unless it's a brand new event – which if you're the one that had shown the initiative to suggest it, you won't mind doing some extra bits to get it up and running – the Race Director's job is pretty easy: Drive over the course prior to the event (it does help if you know where your runners are going). Buy the fruit, lollies, sweet buns and ice to feed the hungry competitors (there's a list to help with this). Contact potential volunteers (another list). Be there on race day to set the course and do the race briefing (yes, you guessed it – use the list – and a map). Hand out prizes at the end. Pack up. And finally write the race report (ask for the proforma, it makes it really easy). But as you are the race DIRECTOR, you could appoint other people to do pretty much ALL these things!

Now if you continued to read this article to convince yourself race directors are a special breed, are you convinced yet? If not, read on to discover the other jobs that need to be done to make an event successful.

There are Traffic Police permits, DERM permits (that's for track running), Traffic Management Plans and Letters of No Objection (from the Cairns Regional Council, Main Roads, Queensland Rail, local land owners, etc.), Public Notices in the newspaper. Someone also needs to inform the Ambulance service and the SES (if applicable), advertising the events, organise the online entries and updates the race recording sheets prior to the event. Currently the Club President, - aka me, **Lorraine Lawson** - does all that!

With the introduction of our new recording sheets – which our Vice-President, **Nathan Moore**, designed - this process is so much quicker these days, and by the time we leave the event, results are ready to go online! The Club Secretary, **Kathy Kennedy**, usually sorts out this paperwork, which also includes the timing sheets. The Club Treasurer, **Rosie Ball**, organises the float, balances the books (good luck girl) and banks the money after the event.

* For those who don't speak Afrikaans (my mother tongue) "oeps" translates into "bloody hell", "crap", or similar.

Volunteers pick up many of the jobs on the day. Life members of the Club are fantastic people! **Kevin Morrissey** often helps with timing, **Jim Cavill** with set-up and pack-up and **Pam Palmer** do drink stops. And the **de Kieviths** will step in to help whenever they are asked. Although not a life member, poor old **Larry Lawson** is our 'reluctant' maintenance man. He helps out doing various things like making signs and fixing stuff – often late into the night prior to an event.

By now, I hope, you are wondering just what all the fuss is about Race Directors? Good question. They are no doubt a vital link in the chain required to make a great race. And it's great to have someone else at the helm so the rest of us can go for a run! But at the end of the day they are just another person helping out, giving others a chance to enjoy their race. So ANYONE can do it, even YOU. If you want to have a go, please let me know and I'll 'add you to the list'.

President's Report

Welcome to the July 2011 CRR Newsletter. Thank you for taking the time to read it. Please help us to get the word out by clicking on the "Forward to a Friend" option.

A couple of quick reminders – on Friday evening we are running (I'm sure some of us will be walking!) up to Glacier Rock to watch the full moon come up over the ocean – Bring a torch!!! The Machans Beach Race scheduled for Saturday, 16 July has been cancelled.

The Beginner Runners Clinics started again this week. Congratulations to the participants who are all keen to start running, or return to running, or improve their running. It is a pleasure to be part of the group, encouraging our newest recruits. **Kathy Kennedy** is back as a mentor again, thanks Kathy. If you can help out, I will appreciate it! It's a bit hard to keep track of all 16 runners on my own.

Sarah Griffiths is donating some massages for our runners at our next race – the Stoney Creek Run on 13 August. It's great to have Sarah back as a sponsor after a brief absence. Her business "High Performance Massage" is based at Sportsworld in Manunda. Give her a ring on 0400 323 588 or speak to her that the next Wednesday night social run to book a great massage!



There are four main things I want to make you aware of this month:

- (1) Following a meeting with representatives from the Cairns Regional Council, Sport and Recreation & Community Development and the Cairns Crocs Triathlon Club last week, Sport & Rec has informed us that they have employed a "Sport and Recreation Coordinator". The person will support the CRR (and numerous other clubs) by providing advice on governance, developing networks, grant applications, sponsorships, fundraising and partnerships. They will also support the recruitment and training of volunteers and provide advice on marketing and promotional activities. This is great news for us as we were unable to meet the financial conditions stipulated in the grant that supports this position.

The second bit of news was not so good. From now on we need to submit a Traffic Management Plan to the CRC for approval prior to any race that involves crossing roads. Depending on the complexity of road use, the plan may need to be signed off by a Level 4 Traffic Controller. This is going to be at substantial financial cost to our Club, but the up side is that once the plans are approved, they remain in place unless the course for the event changes. These conditions do not apply to trail running – we go through DERM for those permits.



- (2) The 64km It's Extreme Kuranda to Port Douglas Ultra Trail Marathon is just around the corner on 28 August. We have introduced a relay option with five legs to allow everyone to participate in this iconic inaugural event. The five legs are 14km and 13km along Black Mountain Road, 21km along the Twin Bridges track, 6km down the bump track and 10km into Port Douglas. If you don't want to participate in the relay (or run the full 64km), you can opt to do just the Twin Bridges Half Marathon or the 16km Bump to Beach. Or bring the family and dog and do the 5km Beach Fun Run/Walk.

This is our main event for the year, so the expectation is that Club members will either be running (hopefully that's most of us!) or helping out (hopefully that's the rest of us!). You'll be excused if you are out of town, sick or working.

Thanks to our sponsor, trail running experts It's Extreme in Spence Street, we have four pairs of North Face trail running shoes and various random draw prizes. It's just \$20 to enter as a CRR member or \$30 for non-members. A late fee will apply if enter after Thursday, 25 August. As with the Black Snake, Larry and I will be donating the trophies for the event, including the perpetual trophies which are being designed and made by local artist Roland Nancarrow. Make sure you get your entry in, otherwise let me know where you can help – read the article "Be a Race Director" I wrote. Also have a look at the flyer for the 74km event in November – the course is exactly as for the 64km, except an extra 10km leg from Cairns to Top of the Range. So if you are planning to do the 74km, the 64km relay is a great training opportunity!



- (3) If you think we are all mad, maybe the CBC Staff Selection Team Challenge (see flyer) on 4 September will suit you better? As it was my idea, I'm keen to make it work and also to develop it over the next few years into a great local event. The idea is that we encourage workplaces to enter teams to compete against other 'like' businesses to determine "Who is the fastest in town?". If every CRR member encourages just three workmates to joint their team, we will have nearly 200 teams! CRR members get a discount, so make sure you quote the promotional code **CRRTeam11** when you do your team entry. If you work in a large company like Cairns Regional Council, Queensland Health or Telstra, there's a prize for the company that enters the most teams! There are also prizes for the 'best dressed' team and the various categories (refer to the flyer).

Competitors are invited to come along to Wednesday Night Social Runs to 'practice' their running. The courses for the 3km and 5km are identical to our regular Wed night runs, except we will start at the Fun Ship. So get organized – put up the flyer at work, sort out your team, pay your registration, and join us for yet another new event on our calendar.

- (4) Finally – the 2012 Calendar of Events. In the past I started planning the calendar in early December. It involved an intensive three weeks of planning and negotiation with other clubs/groups in town, as well as comparing dates with out of town events (marathons and trail runs in particular). This process has been very successful to prevent major clashes of events. But I've had enough of giving up three weeks of my holidays to do this, so this year **Nathan Moore** and **Alan Courtney** will be helping me out and we are starting to allocated dates for events early with the aim to have the calendar for Jan – June printed and ready for distribution on 12 November during the 74km Cairns to Port Douglas event.

You may or may not be aware that our events build on one another. We start the year with fun runs and Beginner Runners clinics, followed by a 5km series and a 10km series. Due to the Challenge Cairns, we did not offer a half marathon on the road in June this year. In the second half of the year we offer another Beginner Runners Clinics leading into the Team Challenge. The trail runs build in distance too from 5/10km to 34km to 42km to 64km or 74km and social trail runs on weekends when no races are scheduled. There are also cross country runs for the juniors and some charity/fundraising events like the Relay for Life and Mother's Day Classic.

Please read the "Shoelaces" section later in the newsletter for updates on the Relay for Life, the Gold Coast Marathon, the Port Douglas Runners and the Tablelands Runners. I'm waiting for someone in Innisfail to contact me so we can get a group started down there too!

If you have any questions or comments about anything I've written in this report, please speak to me at the next Wednesday Night Social Run or email me.

See you out on the road or trail or at the next race!

Regards,

Lorraine Lawson

Upcoming Cairns Runners and other running events, July/August 2011

2011 Cairns Road Runners Event Calendar					
Every Wednesday	5.30pm	Road Run, Social	Club Run (Everyone is welcome)	5k / 3k	Northern end of Muddy's Playground, Esplanade
Each Tue 12 July to 16 Aug	5.30pm	Road Run, Social	Beginner Runners Clinics	5k / 3k	Barlow Park
Each Fri, 15 July – 19 Aug	6.30am	Road Run, Social	Beginner Runners Clinics	5k / 3k	Cnr Greenslopes & Little St, North Cairns
Fri, 15 Jul	6.00pm	Trail Run/Walk, Social	Full Moon Glacier Rock Adventure! Bring a torch, snacks and a drink	12k return	Stoney Creek Car Park
Sun, 24 Jul	9.00am	Trail Run, Social	Twin Bridges	18k	Black Mountain Road, past Quaid Road
Sun, 24 July	App 2.00pm	Track Run, invitational	Cairns Athletics Meet	800	Barlow Park
Fri, 29 July	App 7.00pm	Track Run, invitational	Cairns Athletics Meet	1500	Barlow Park
Sat, 30 Jul	6.00pm	BYO Social	Christmas in July. Bring a \$5 Secret Santa present	n/a	Lagoon, Esplanade
Sun, 7 Aug		Running Festival	Townsville Marathon	various	Townsville
Sun, 7 Aug	App 2.00pm	Track Run, invitational	Cairns Athletics Meet	800	Barlow Park
Fri, 12 Aug	App 7.00pm	Track Run, invitational	Cairns Athletics Meet	1500	Barlow Park
Sat, 13 Aug	4.00pm	Cross Country, Race	Stoney Creek Race	3k / 5k / 10k	Bunny Adair Park (Freshwater Railway Station)
Fri, 19 Aug	App 7.00pm	Track Run, invitational	Cairns Athletics Meet	800	Barlow Park
Sat, 20 Aug		Trail Run	The Great Pyramid Race	12k	Gordonvale
Sun, 28 Aug	6.00am	Trail Run Series, Race 3 of 3 & Beach Fun Run	It's Extreme Kuranda to Port Douglas Ultra Trail Marathon	64k / 21.1k / 16k / 5k	Black Mountain Road
Sun, 4 Sept	7.00am	Road Run, Race	CBC Staff Selection Team Challenge	3k / 5k / 8k	Fun Ship, Esplanade

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

Letters to the Editor

Received via email on 16 June 2011

Hi Lorraine,

I bought some Vibram Fivefingers Sprint Women's skyblue/grey Size 39 online but they're too small and I would like to sell them.

Could you please keep an ear out in road runners for anyone who would like a pair?

Only worn once around the house. Still have original box and tags. Will hand-wash before sale. \$60 ono.

Thank you so much.

Regards,

Paula Besgrove

Editor's Note: Send me an email (info@roadrunner.org.au) if you are interested.

Received via email on 15 June 2011

Good afternoon all...

Just a quick note to advise you that as part of the 2011 "Xstrata Great Western Games" we have a number of running events on offer.

Details of all event are also on www.nqsports.com.au (under Western Games).

Mount Isa Rats will be hosting the Mine 2 Mine Half Marathon on Sunday 24 July

Contact for further details and the nomination form is available on the IsaRats website –

Steph McDonald

Phone: 4743 3917

Email: isarats@gmail.com

Mount Isa Roadrunners are hosting a cross country event on Sunday 31 July over two distances - 3.5k and 7k

Contact for further details –

Aidan Hobbs

Mobile: 0449 236 786

Email: aidan@afootc.com.au

Charters Towers Regional Council are hosting a Fun Run (10k and 3k options) on Sunday August 14

Col Kenna or Sally Lambert

Phone: 4724 2500

Received via email on 13 July 2011

Dear Regional event organisers

I'm pleased to announce that the 2011 *Women in Super Mother's Day Classic* has raised a record \$3 million for breast cancer research. Today's record announcement brings to \$10.8 million the total funds raised by the Mother's Day Classic since it commenced in 1998.

Congratulations to you all on another successful year in the regional areas around the nation, as always it has been a pleasure working with you – and thank you for helping the many women and families affected by breast cancer.

Many thanks

Kylie Allan

Event Coordinator

Women in Super Mother's Day Classic



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, 30 July 2011

Time: 7:00pm

Venue: The Lagoon, Esplanade

Please bring:

- **Family, friends and the kids**
- **BYO food and drinks**
- **Any Christmas decorations you have left over from last year**



A wrapped \$5 Christmas Gift to be handed out by Santa to a lucky recipient



Membership: 269 for 2011

New members since June: Tanya R, Michelle D, Alisia, Janette, Sharlene, Marjo, Mex, Shona, Sarah and Rebecca W, Heather R, Adam L, Belinda D, Jane K and Adam F. Welcome to the Club!

July Cairns Runners Birthday Babies:

The big wishes go to: Alan C, Caleb, Sheryl *Enjoy the big "0"*.

And Happy Birthday to the rest: Montanna, Andrea, Brad, Lorien, Jeff B, Sam E, Adaline, Christine B, Ros, John V, Michael R, Celia M, Kelly M, Alison S, Sala, Christine A, Matt C, Phil B, Lucy, Tania, Helen K, Sharlene, Rebecca W

Fundraiser – For \$50 you receive over \$10 000 in valuable offers! You can support the CRR by buying or selling the Entertainment Book 2011/2012. For each book sold, the Club makes \$10! See the flyer. There will be a sample of the **Entertainment Book** at the Wednesday night social runs for those who want to have a look. For example you can:

- Take the family down to **Cableski** Estimated value: **\$47**
- Then enjoy a family lunch at **Cactus Jack's** Estimated value: **\$30**
- Catch a movie at **Birch Carroll & Croyle Cinemas** Estimated value: **\$11**
- Enjoy a coffee and breakfast with friends at **bb's café** Estimated value: **\$5**
- Take the family out on the reef snorkling with **The Silver Series** Estimated value: **\$179**
- Dinner with friends at **Blue Sky Brewery** Estimated value: **\$30**
- Enjoy a special dinner at **Salt House** Estimated value: **\$50**

Runners in Port Douglas Area – Join Nick Carling and other runners on Monday and/or Friday mornings for a FREE Club Run at 6am. 3km, 5km or 7.5km social run. May include beach running too. Meet at Julian Park (Beach end of Macrossan St). All Locals and Visitors to Cairns/Port Douglas are invited to come along.

Runners on the Tablelands. Paul Ryan is doing a great job and he organizes a fortnightly run. Venue changes, so keep an eye on our website and facebook page. The next run is at **9.00am on 17 July at Lake Barrine**. Various distances, so come along to meet the other keen, local runners.

Relay for Life – congratulations to Ian Valentine who completed THREE marathons, back-to-back during the Relay for Life! He also took out the trophy for the most laps completed by an individual. The Cairns Road Runners took out the trophy for the most laps completed as a team too – new record: 1100 laps!

Results:

Name - Distance (km) – Laps

Ian Valentine	126.8	317
Duane Colman	54.8	137 (club supporter)
Jim Cavill	48.4	121
Tanya Mitchell	40	100
Kylie Colman	32.8	82
John Vaughan	32	80
Nathan Moore	30	75
Connor Mitchell	22	55 (club supporter)
Lorraine Lawson	19.6	49
Jurdy Dugdale	13.6	34
Sandra Buckley	10	25
Rosie Ball	10	25
Totals	440	1100





Shoelaces



Gold Coast Marathon (2-3 July 2011)

Great job, all the Cairns Road Runners who went down to the Gold Coast Marathon.

Marathon Results – 4, 550 finishers

Craig Mann M35-39 **03:05:14** 228th
Taras Jakubovsky M18-24 03:22:18 555th
Nick Carling M25-29 03:24:14 623rd
Kryssi Marriott F30-34 03:51:31 1,615th
Amanda Lee-Ross F45-49 03:59:06 2,014th
Laura Garner F40-44 04:19:27 2,720th
Nathan Moore M30-34 04:11:34 2,425th
Lorraine Lawson F40-44 04:41:46 3,488th
John Vaughan M35-39 04:48:38 3,670th
Rebecca Tucker F25-29 04:55:24 3,812th

Half Marathon Results – 8, 006 finishers

Phil Bradshaw M30-34 **01:09:13** 7th
Lorna Bradshaw F25-29 01:47:03 2,104th
Moniek De Kievith F30-34 01:55:00 3,500th
Andrea Collins F45-49 01:57:34 4,037th
Alan Courtney M45-49 01:57:37 4,049th

10k Run – 5360 finishers

Danielle Garner F21-24 52:03 1,358th

2km Junior Dash – 686 finishers

Ronan Courtney M09-10 **08:36** 39th

Apologies if I've forgotten anyone! Darren Lee-Ross was injured and didn't run. No result recorded for Tammy Hansford.

Here is a hilarious conversation any one of these runners may have had with a work mate who understands NOTHING about endurance running: <http://www.youtube.com/watch?v=Cw5MHsO-JI8> (Thanks to Michelle Farkas who put us onto the link!)

Other events in the region and beyond

James Grant Memorial Adventure Race 17 July 2011

Western Games, Mt Isa, 30-31 July 2011

Pump 'n Pedals Yorkey's Knob #2 Triathlon, 31 July 2011

Herberton 8hr Mountain Bike Race, 7 August 2011

Bike or Hike Metrogaine, 14 August 2011, Duplock Park 5:30pm

Outback Sunset Carnival, 20-21 August 2011. Hosted by Longreach Athletic Club Inc.

Nominations close 12th August 2011. Please contact Lorraine on info@roadrunners.org.au if you need a nomination form.

The Far North Wilderness Bike Tour, 17-24 September 2011. Eight unforgettable days of cycling: climbing through the rainforest – covered mountains in the Wet Tropics area between Cardwell and Cairns. There is about 2 and a half days riding which is brand new for the bike tour. Online Registration at <http://www.fnqbiketour.org.au/registration/registration-form.html>. Note numbers are limited to a maximum of 65 adult riders.

Race Reports, Results and Photos

Cairns Road Runners 25th David Todd Memorial Cross Country Mile, 9 July 2011

Venue: Centenary Lakes, Greenslopes Street, Cairns

Race Director Kev Morrissey

25th running of the David Todd saw the introduction of primary school athletes in the competition. This has become possible because both primary and secondary students now compete in the state championships on the same date. They were a welcome addition and bulked up the number of competitors. Medals and perpetual trophies were awarded to the first boy, **Bini James** 4.50 and girl, **Hannah Lambert** 6.10 in secondary school. **Emma Rooke**, who has held the perpetual trophy for the past five years passed it on to Hannah. **Wally Plath**, winner of the event in 1989, came in second this year. Wally also hold the record for the course: 4 minutes 16 seconds set in 1990. Medals were awarded to the first boy, **Stirling McAvoy** 5.46 and girl, **Montanna McAvoy** 5.37 in primary. An interesting feature of the race was that a wedding party decided to take pictures on the bridge that competitors had to run over. Our runners, being polite and sensitive types, managed to dodge and avoid both the bride and groom. Happily the wedding party were not upset. Rather they were bemused by the coincidence and took it in the right spirit.

Full results on our website.

Cairns Road Runners Amanda Gale Physiotherapy and Wellness Clinic Copperlode Cup, 10 July 2011

Race Director Lorraine Lawson

Perfect running weather greeted the runners on the start line at the base of Lake Morris Road for the 23rd Copperlode Cup sponsored by Amanda Gale Physiotherapy and Wellness Clinic. With the 2010 winners absent at this year's event, the perpetual trophies were eyed at the start by the keen runners. Independent **Chris White** took out the first place in a time of 1.03.17 and **Melissa Akmentins** claimed the spot for the fastest female in 1.23.22. Her first ever win, and what a great effort. Amazingly the first five spots in the race were represented by five different age categories! **Steve Cunningham** finished second overall (1.10.20). **Brad Weaver** and 15-year old **James Omundson** came in together to take out third place in a time of 1 hour 14 minutes 40 seconds. **Emy DeZen** was the second lady home (1.28.39) followed by **Catherine Mellinger** (1.29.46).

A special congratulations goes to the first team home – consisting of three 11-year old mates. These boys had a great run and were very pleased with their efforts! **Ronan** and **Rex** took the first leg and **Gus** the middle, which is a great achievement as between the three of them they completed 26km rather than the required 16!

Thank you to Amanda Gale Physiotherapy and Wellness Clinic who sponsored three prizes for the event. A 1-hour massage; a 1-hour beauty treatment; and a cycle or running assessment. Steve Cunningham donated a bottle of wine. And thanks to the Cock 'n Bull, Nathan Moore received the \$25 meal voucher for his help on the day. The other **volunteers** who made the event a great success were: Lorraine Lawson (race director), Kathy Kennedy (rego and cooking breakfast), Rosie Ball (rego and photos), Mel Akmentins (rego, crowd control), Nathan Moore (set-up and timing), Bec Tucker (timing), Peter Morris (announcer), Aylie Fakes (breakfast), Michelle Farkas (shopping), Life member Pam Palmer (drink stop), Rosie Omundsen (drink stop) and Mark Matthews (set up). Everyone helped pack up which makes the going home a pleasant experience for everyone.

Full results on our website. Photos on Facebook.



David Todd Memorial Mile Participants, Bride on the Bridge and Senior Race Start, 9 July 2011



23rd Copperlode Cup, 10 July 2011



Winner Chris White with Peter Morris and Lorraine Lawson



1st Female: Melissa Akmentins



Which Way?



3rd Male: Brad Weaver (tied with James Omandson)



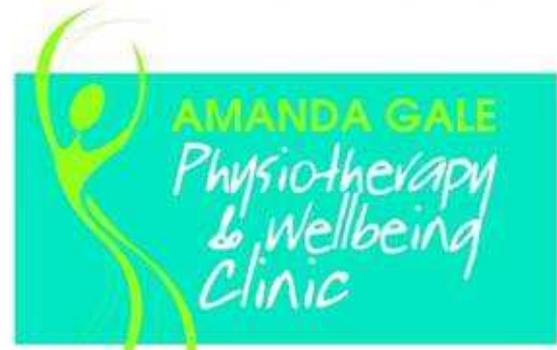
2nd Female: Emy DeZen



2nd Male: Steve Cunningham



3rd Female: Catherine Mellinger



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