



Cairns Road Runners and Triathlon Club Inc.

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May 2011 Newsletter

Contents:

Tales from the Rear End
President's Report
Upcoming CRR events
Shoelaces

Other upcoming events
Race Results, Reports, Photos
Our sponsors

Tales from the Rear End

Any race dubbed a Black Snake must be given some respect, spiced with a little trepidation, and within a kilometre of the excellently fired starter's gun (thanks Kev Morrissey) we were getting a taste of what was to come. However there were cakes and sweet buns to look forward to, idle banter between runners towards the back of the pack continued unabated. In fact the regularity of drinks and stops from those wonderful volunteers made a great difference to all us late developing yet still aspiring Haile Gaberselassies. It wasn't until the last third that the true magnitude of what the Garmin geospatial graph had already suggested was understood. Slope after slope, combined with severe erosion, making for an unsteady run (or by this time slog/crawl for us at the back).

But what a feast we found on arrival back at the group. Thanks for those who stayed to cheer us on, and a special thanks to Larry and Lorraine for making those sensational trophy's from the local stone.

Now some hot tips from the Rear End for those considering the marathon in two weeks...

1. Bring some dunny paper... (yes very important indeed in the wild)
2. Be prepared to channel your inner Bear Grills when confronting exotic, yet unhappy local wildlife
3. Gu is good, but those sweet buns at half way are better (so leave room)
4. Don't try to sneak in a poor substitute for a proper snake bandage - our president is uncompromising when life death is at stake.
5. Avoid getting to overexcited in the first third of the run, as this will inevitably lead to a rather gruesome conclusion.....

See you there.

John Vaughan (member 13)

Via Facebook: A frodo and smeagol moment on the (Mt Haig Practice) run



President's Report

Hi All Club Members and other readers of the Cairns Road Runners newsletter. Our members are going from strength to strength in developing as runners and it is a pleasure to see how runners, who but a year ago, were apprehensive about doing a 21k or marathon, are now enthusiastically training for their first ULTRA!

Print out the schedule of trail runs on the next page. It provides opportunities to train as a group for the upcoming Ultras in August and November. If you've not had a chance to come along yet, feel free to join us any time. It's not exclusive and we welcome anyone to have a go. Distances given is only a guide – you can go more or less.

The Track Running is a bit slow to get off the ground, but it's nice to see senior and junior members competing in the 800m and 1500m events on offer as Invitational Races by the Cairns Athletics Club. See the results later in the newsletter. Check the schedule on our website (under "Training") and come along for some good fun on a Friday night (and sometimes Sunday afternoon). Good luck to the CRR members competing this weekend at the **Cairns Athletics 2011 Student Invitational and All Comers Track and Field Carnival** at Barlow Park.

The **Black Snake Trail Race** on 8 May was a great event and well received by our Club members and a few independent competitors. A huge thank you to **Ian Valentine** and all the wonderful volunteers who made it possible for the rest of us to get out and have a run! The checkpoint and drink stop people (Marco & Tammy, Trevor & Jim, Darren, Rosie O & Reah) were amazing. Geoff, a workmate of mine, set up the course and made sure everything was ready for the runners. Check out the race report, results, FNQ Trail Running Series points and photographs later in this newsletter. It was great to catch up with **John** and **Maureen Melnyczenko** from the [Sydney Marathon Clinic](http://www.sydney-marathon-clinic.org.au/test/Newsite/index.html) (<http://www.sydney-marathon-clinic.org.au/test/Newsite/index.html>) and to meet **Colin** and **Yolanda Jefftha** (also from Sydney and enjoying a well-deserved break in sunny Cairns). John was a great help at the NQ Games in April last year. He ran the 10k race on Sunday. Colin and Yolanda both got trophies, coming in second in the 21.1k race. Colin is the race director for the [Six Foot Track Marathon](http://www.sixfoot.com/index.php) (<http://www.sixfoot.com/index.php>) in the Blue Mountains. The next 6th Foot Track Race is on 10 March 2012 – Larry and I are going, so check your calendar! More news on this to follow in the next newsletter.

The Cairns Road Runners hosted the **Mother's Day Classic** this year. As it fell on the same day as the Black Snake, participants had to 'come to us'. They enjoyed the change of venue (from the Esplanade) and also the breakfast after the walk. Michelle from Hot Shotz Mobile Coffee Van also donated 50c for each coffee/hot chocolate sold on the day. Thanks for coming along!

Thanks to the initiative of Club Member **Paul Ryan**, all Tablelands Runners are invited to a "**Sign On**" day at Kauri Creek Day Use Area, Tinaroo Dam on 22 May. Please invite family, friends and work mates to come along on Sunday morning, 22 May to join the Club! Walk or run the 5km fun run, or join in the **Trinity Family Chiropractic Mt Haig Trail Marathon** (also a half and 10km). **Alan Courtney** – race director and sponsor - has put in a lot of work getting ready for the event. It's well worth doing the 42.2km - the spectacular views and varied terrain are unmatched in the region! It is great to have Club members, family and friends offer help, and we need more volunteers. Please give me a ring or send me an email. I got halfway through the members list last week, trying to find helpers for the Black Snake; so I'll keep going and I hope you'll be able to help out if you are not running! Join those of us who will be staying at Barrabadeen on Saturday night for an evening around the camp fire, sing-a-long and marshmallows. Book a camp site or try to find a spot in the dorms with bunk beds by phoning 07 4091 4387.

Committee member, **Kylie Colman**, is doing a great job as the team leader for Cairns Runners the Relay for Life team, make sure you contact her on social@roadrunners.org.au to get your name on the list – only \$15 to register. Or sign up online (our team name is Cairns Runners). Kylie has already distributed the first batch of shirts and raffle tickets.

There is a flurry of events coming up for our juniors in June. Check the website for details and invite friends and school mates to come along!

I frequently get comments about how welcoming and friendly our Club members are. Thank you for taking the time to make new comers and visitors welcome. If you have not come along to a race or social run in a while, do so, you'll be pleasantly surprised. See you out on the road or trail or at the next race!

Regards,

Lorraine Lawson

Upcoming Cairns Runners Events

2011 Cairns Road Runners Event Calendar – May/June

Day, Date	Start	Discipline	Sponsor & Event	Length	Start Location
Every Wednesday	5.30pm	Road Run, Social	Club Run (Everyone is welcome)	5k / 3k	Northern end of Muddy's Playground, Esplanade
Sat 14 - Sun 15 May		Track, Junior	Student Invitational Games – entries closed 9 th May	800m, 1500m, 2000m steeple race, 3000m, 5000m	Cairns
Sun, 22 May	7.30am & 8.30am	Trail Run Series, Race 2 of 3	Trinity Family Chiropractic Mt Haig Trail Marathon	42.2k / 21.1k / 5k	Kari Campground, Lake Tinaroo
Sat, 28 May	9.00am	Road Run, Fun Run	Candlenut Steiner School Fun Run	5k / 2k	Kuranda
Wed, 1 June	5.30pm	Road Run, Time Trial	Choice Australia Management Time Trial	10k / 5k / 3k	Northern end of Muddy's Playground, Esplanade
Sat, 04 Jun	4.00pm	Road Run, Fun Run	Babinda Boulders Burst Fun Run	12k / 3k	Anzac Park, Munro Street, Babinda
Fri, 10 – Sun, 12 Jun		Track, Club trip	Qld Masters Track Championships	800m, 1500m, 5000m, 10,000m	Townsville

2011 Cairns Road Runners Event Calendar – Trail Runs leading up to the Ultras

Day, Date	Start	Discipline	Sponsor & Event	Length	Start Location
Sun, 15 May	8.00am	Trail Run	Glacier Rock and Speewah return	18km	Stoney Creek Road Car Park
Sun, 22 May	7.30am & 8.30am	Trail Run Series, Race 2 of 3	Trinity Family Chiropractic Mt Haig Trail Marathon	42.2k / 21.1k / 5k	Kari Campground, Lake Tinaroo
Sun, 29 May	7.00am	Trail run	Walsh's Pyramid	5km	Pyramid Car Park, off Moss Road
Sun, 12 Jun	7.30am	Trail Run	Smith's Track / Glacier Rock	18k	Freshwater Railway Station (7.30am) or car park at Stoney Creek Road (8.00am)
Sat, 25 Jun	tba	Trail Race	Man vs Machine Train Race	18km	Freshwater Railway Station
Sun, 03 Jul	7.00am	Trail Run	Walsh's Pyramid	5km	Pyramid Car Park, off Moss Road
Fri, 15 Jul	6.00pm	Trail Run/Walk, Social	Full Moon Glacier Rock Adventure! Bring a torch, snacks and a drink	12km return	Stoney Creek Car Park
Sun, 24 Jul	9.00am	Trail Run	Twin Bridges	18km	Black Mountain Road, past Quaid Road
Sat, 13 Aug	4.00pm	Cross Country, Race	Stoney Creek Race	10k	Bunny Adair Park (Freshwater Railway Station)
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 / 12k / 5k	Black Mountain Road, Bump Track, Four mile Beach
Sun, 25 Sep	8.00 am	Trail Run	Bump track and swim at the waterfall. Run into Port.	10-20km	Base of the Bump track
Sun, 09 Oct	8.00am	Trail Run	JCU - Saddle Mountain Weather Station - Kuranda – McDonald Track	30km	JCU Car park, Macgregor Road
Sat, 12 Nov	6.00am	Trail run, Ultra	Cairns to Port Douglas	74k / 21.1k / 10k / 5k	JCU car park for Ultra

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



Rare 'flat' moments on the Trinity Family Chiropractic Mt Haig Trail Marathon

Membership: 242 for 2011

Welcome to the Club: Suzie B, Wayne, Monique, Ryan, Jason T, David E, Ben C, Gus and the Guerini family.

May Cairns Runners Birthday Babies:

The big wishes go to: Sarah Griffiths, Glenys Pilat and David Elms *Enjoy the big "0"*.

And Happy Birthday to the rest: Life- member Ted Leitch, Lorraine, Alicia M, Emma, Danielle, Bryan O, Dayana, Ethan-Jack, Nathan W, Joe, Constance, Fiona T, Amber, Marni, James O, Debra B,

Good luck to all the runners who are participating in the **Wheelbarrow Race** from Mareeba to Chillagoe this weekend.

Email, 28/4/2011 – re Cairns Challenge

Hi Lorraine

Don't know if you know of anyone who wants to do the run leg for a very, very good triathlete. I was going to do it, but they reopened the half so am doing that now. Ask around, I think he is getting desperate.

Phil (Bradshaw)

ANQ news

On the weekend of the **10th, 11th and 12th June, 2011** - Athletics North Queensland will be hosting the annual **Student Games (sponsored by the North Queensland Sports Foundation)**, in combination with the **All Comers Athletics Championships** which cater for Open and Masters Athletes, the **Queensland Masters Athletics Championships** and the **Australian Masters and Samsung Oceania Athletics Combined Events Championships**. Competition will be held at the Townsville Sports Reserve located on the corner of Burke and Warburton Street, North Ward. Athletics North Queensland invites athletes and officials to nominate for this exciting Queen's Birthday weekend event. Townsville in the middle of winter is a great place to be! Please contact ANQ for further information or telephone 1300 309 230.

Please note the change of date - The Tableland Athletics Pentathlon Day has been moved back a week to Sunday 21st August, instead of the advertised 28th August. We feel that as the Peninsula Secondary Champs are being held on Friday 26th August we would not attract as many athletes.

It is with deep regret that we have to advise the passing of former Board member and senior official Brian Kersnovske. Brian passed away on 28 April following a massive heart attack. Our love and sympathies go out to Brian's family.

Other Upcoming Events:

Day, Date	Start	Discipline	Sponsor & Event	Length	Location
Sat-Sun, 13-14 May	12pm – 12pm	Swimming	Cairns 24hr mega swim <u>CREATE A TEAM JOIN A TEAM</u>		TAS Aquatic Centre, Progress Road, White Rock
Sun, 29 May	7.00am	Triathlon Festival	USM Coral Coast Olympic and Sprint Distances Triathlon	750 / 20 / 5 1.5 / 40 / 10	Port Douglas
Sun, 29 May		Mountain Bike	USM 21st RRR	44k / 38k	Mt Molloy
Fri, 03 Jun	7.30am	Road Run, Fun Run	The Cairns Post Run for Cairns	10k / 5k	Lagoon, Esplanade
Sun, 05 Jun	6.00am	Triathlon Festival	USM Challenge Cairns	3.8 / 180 / 42.2 1.9 / 90 / 21.1	Yorkeys Knob – Pt Douglas – Cairns
18-25 Sept		Mountain biking	FNQ Wilderness Bike Tour Register Online	1 week	

Results, Race Reports and Photos:

Cairns Road Runners Invitational 1500m Track Race, Barlow Park, 6 May 2011



Name	Time	Position
James Omundsen	4.59.58	1
Emma Rooke	5.56.37	2
Connor Mitchell	6.01.31	3
Annalese Omundsen	7.11.07	4
Lorraine Lawson	7.16.05	5
Tania Mitchell	7.24.66	6
Susan Guerini	7.36.82	7

Photo of 800m race held on Sunday, 17 April.

Cairns Road Runners Black Snake Trail Race and Mother's Day Classic, 8 May 2011

Race Director Ian Valentine

One hundred and eight runners and walkers participated in the joint Black Snake Trail Race and Mother's Day Classic Walk on Sunday, 8 May 2011. Great cool conditions greeted the runners and walkers, who started the event from Copperlode Dam and everyone was warmed up quickly as they hiked up the steep 2km hill on the other side of the dam wall heading towards the Tablelands.

Congratulations to the 16 runners who ran the grueling inaugural 34km Black Snake Race. Club member Ben Carter came through 8 minutes ahead of the next runner at the 19.5km checkpoint, but unfortunately at an intersection (30km mark) turned left, instead of right! Club member Simon Dobbs came in first in a time of 3:39:26. Independent, Julie Sager, was the first female home (5th overall) in a time of 3:49:50.

The 21.1km race was won by Ryan Hosking (01:52:28) and the first female (3rd overall) was Fiona Campbell (02:02:43). Sydney visitors Colin Jeftha and Yolanda Jeftha both took out category positions in the 21.1km. Well done to Paul Ryan and Andrea Collins who came in first male and female in the 10km run.

The Mother's Day Classic Walk was very well received, and participants enjoyed the change of venue to participate in a 5km trail walk. Thank you for your support of this worthwhile cause. The Cairns Road Runners treated the walkers with a free breakfast after the event. Rebel Sport provided two \$50 Gift Cards and Cock-n-Bull the \$25 dinner voucher for a lucky volunteer.

The event was only possible through the efforts of the wonderful volunteers who gave up their morning to help out. Ian Valentine was the race director; Kev Morrissey timekeeper; Heather Vaughan, Rosie Ball, Fiona Campbell and Rebecca Tucker on rego and recording; Trevor Buckley, Jim Cavill, Marco and Tammy Kiefer at the checkpoints; Geoff Shannon set up the course; Darren Hargreaves, Rosie and Reah Omundsen helped at drink stops. Sarah Griffiths took the photographs and Gwilym, Ceiridwen and Llewellyn Vaughan did a great job helping with the sausage sizzle. Chris Chapman did the shopping prior to the event.

Overall placing	Name	Time	Category	Category placing	Series Points
34km					
1	Simon Dobbs	03:39:26	M 30-39	1	25
2	Arnstein Prytz	03:40:08	M 50-59	1	20
3	Taras Jakubovsky	03:42:03	M 19-29	1	16
4	Larry Lawson	03:48:54	M 50-59	2	13
5	Julie Sager	03:49:50	F 40-49	1	25
6	Sarah Warren	03:55:08	F 30-39	1	20
7	Glen (Robbo) Robinson	03:59:06	M 30-39	2	11
8	Idan Piercy	04:03:50	M 40-49	1	10

9	Gareth Smith	04:07:40	M 30-39	3	9
10	Nathan Moore	04:26:58	M 30-39	4	8
11	Lorraine Lawson	04:36:49	F 40-49	2	16
12	David Elms	04:40:43	M 50-59	3	7
13	Christine Bell	04:45:38	F 19-29	1	13
14	John Vaughan	04:47:30	M 30-39	5	6
15	Ben Carter	04:51:51	M 30-39	6	5
16	Nick Bradt	04:57:03	M 30-39	7	4
21.1km					
1	Ryan Hoskins	01:52:28	M 30-39	1	3
2	Colin Jeftha	01:58:59	M 40-49	1	2
3	Fiona Campbell	02:02:43	F 30-39	1	11
4	Marcel deKievith	02:03:38	M 60-69	1	1
5	Neil Harrison	02:12:11	M 30-39	2	1
6	Yolanda Jeftha	02:19:29	F 40-49	1	10
7	Melissa Akmentins	02:20:12	F 30-39	2	9
8	Stevie Johnston	02:20:54	F 50-59	1	8
9	Kerry Bray	02:22:13	F 19-29	1	7
10	Martin Ball	02:27:08	M 50-59	1	1
11	Alison Smith	02:28:00	F 30-39	3	6
12	Matsuoka Nami	02:32:31	F 30-39	4	5
13	David Skinner	02:46:00	M 50-59	2	1
14	Lauren Jennings	03:01:25	F 19-29	2	4
15	Emma Mills	03:01:45	F 30-39	5	3
16	Peter Morris	03:02:30	M 50-59	3	1
17	Wayne Bowes	03:07:15	M 40-49	2	1
10km					
1	Paul Ryan	00:49:27	M 40-49	1	1
2	Connor O'Sullivan	00:56:23	M 30-39	1	1
3	Peter English	01:04:50	M 30-39	2	1
4	Alan Courtney	01:05:56	M 50-59	1	1
5	Andrea Collins	01:06:22	F 40-49	1	2
6	Michelle Farkas	01:06:48	F 40-49	2	1
7	Alex Farkas	01:06:59	M 40-49	2	1
8	Richard Gray	01:08:52	M 19-29	1	1
9	Adaline Storch	01:09:35	F 16-18	1	1
10	Rebecca Tucker	01:10:12	F 19-29	1	1
11	John Melnyczenko	01:14:07	M 50-59	2	1
12	Monique Storch	01:18:42	F 16-18	2	1
13	Jude Henwood	01:20:59	F 40-49	3	1
14	Vanessa King	01:24:12	F 40-49	4	1
15	Louise Gale	01:25:48	F 30-39	1	1
16	Rosie Ball	01:29:23	F 40-49	5	1
17	Sarah Griffiths	01:54:03	F 30-39	2	1
18	Sandra Buckley	01:54:03	F 60-69	1	1

Mother's Day Classic Participants

Julie Adil, Monica Adil, Tracie Bizant, Catherine Brown, Ben Chilcott, Erika Chilcott, Hellen Chilcott, Jon Chilcott, Baden Crathern, Joanne Darker, Leah Felstead, Annette Frumento, James Glaspy, Kelly Glaspy, William Glaspy, Nathan Gough, Corey Guerin, Susan Guerin, Regina Holden, Asha Hughes, David Hughes, Eva Hughes, Judi Hughes, Maya Hughes, Rebecca Hughes, Ryan Hughes, David Jarvis, Sandra Jarvis, William Mathews, Sheridan Mead, Deborah Michael, Peter Michael, Tania Mitchell, Michael Ortiz, Penny Pelfrey, Christine Ratcliffe, Scott Ratcliffe, Margaret Reveleigh, Kay Rivers, Whitney Sager, Ashley Sangster, Zoe Sheild, Rebecca Shield, Mikaela Small, Tamara Stewart, Nance Storch, Gillian Tap, Debbie Telfer, Lauren Vico, Richard Vinen, Brenda Warwick, Sharon Wilesmith, Aleerah Zammit, Bailee Zammit, Christine Zammit, Jada Zammit, Jordana Zammit **Photos for the MDC, 10km and 21.1kkm will be available on**

Facebook soon! (<http://www.facebook.com/pages/Cairns-Runners/115131855206686?v=wall>)

Black Snake Tail Practice Runs and Race, 8 May 2011





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