



The Rocks Overall 5km Series Winner – Phil Bradshaw (Left) accepting prize from Marcel DeKievith



Barron Gorge Trail Run (25/03/2012)



Cairns Road Runners and Triathlon Club Inc.

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Welcome to the April Newsletter. The introduction of our free 'runs' and 'training' options this year has been a great success, with runners of all abilities turning up for these social events. We have a *free* Fun Run/Walk on Wednesday, 25 April, for ANZAC Day. New sponsor Anytime Fitness has provided a couple of great lucky draw prizes. We also had an impromptu Social Evening at the Cock 'n Bull on Wednesday, 11 April, to farewell John, Tina and Ellie Musgrove; celebrate Larry's birthday. John wrote a lovely 'Runner's Testimonial on the Cairns Road Runners'.

The Mother's Day Classic Fun Run/Walk is on 13 May. Come along dressed in pink and bring the whole family. The Team Challenge is already attracting entrants keen to prove they are the best in town! Make sure you convince three of your work mates to come along and challenge your business rivals. Fantastic Prize from many local tourist companies. Online entries for these two events are on our website.

If you thought the Barron Gorge Trail Race was tough, we need to set the record straight and talk again after you've done the **34km Black Snake Trail Race** on 29 April. In my opinion this is one race on the CRR calendar you **MUST DO!** Race fees depend on the distance you are doing: 10km \$15, 21.1km \$20 or 34km \$25, **BUT ONLY** if you enter on or before **9.00pm, 19 April**. After that, it will cost you twice that! **Enter online NOW or bring your money to the Wednesday night run**. No exceptions, no race day entries (except for the 5km fun run – which is \$10). Independent runners pay more, of course. Just sign up as a Club member – you'll save HEAPS of money. The practice run for this event was on Sunday, 24 people came along and 10 did the full 34!

For those who prefer to run on a tartan track, we are looking for runners to represent the Cairns Road Runners later this year. The **2012 Oceania Area Championships** will be held in Cairns on the 27-29 June 2012. As part of this year's championships Oceania Athletics Association has included exhibition events for School and Masters athletes. CRR members can participate in the 1500m events.

There is a **ChiRunning Workshop** on 27 May 2012 with Melbourne coach JR teaching participants how to run injury free. If you are interested, contact me. Only 3 spots left, 9 already taken. We also have 20 runners participating in the **Intermediate Runners' Clinics** starting this week. The aim of these clinics is to improve running times. Another block of **Beginner Runners' Clinics** has also been added to the calendar in April-June to accommodate new runners keen to get started. Contact me if you are interested in coming along.

I would like to thank **Gareth Smith** and **Larry Lawson** – both committee members – for offering to help out with events: the Black Snake and the Black Friday Run. We are still looking for Race Directors for eight events this year. You will be doing me a personal favour by putting your hand up for one of these, as I get very stressed having to beg people to help!

At the Little Street Series (21 April and 5 May) we will be using a new electronic timing system. This allows us to record finish times at the click of a button, with results being available in real time. We are also purchasing two new digital race clocks that will be synchronised with the computer system.

We have some great new trail shirts on order. Only \$25 for the FNQ Trail Running Shirts and \$50 for a fantastic Three Marathons in Three Days Ultra Trail shirt.

See you out on the road, track or at our next event.

Lorraine Lawson
President

Event Highlights

BARRON GORGE TRAIL

Race Director and Report: Christine Bell
Location: Barron Gorge National Park, Stony Creek Road
Date: Sunday 25/03/2012 @ 8:00am

On a beautiful sunny Sunday morning, 48 dedicated trail runners (including some first timers) conquered the inaugural Barron Gorge Trail run sponsored by Runner's World magazine. This race, the first in the trail running series this year, was added to the calendar after an eventful training run along the same route during 2011. 32 of the 48 runners took on the 18 km challenge and the remaining 16 completed the 11 km event.

All competitors began the race at the Stony Creek car park at the head of the Douglas track. Running first along the road to the Smith's trailhead was a good warm up for the mighty climb that greeted the competitors. The 500m climb in the first 2 km rivaled the Pyramid Mountain in track gradient and was a shock to the system for first timers and veterans alike, but the very rewarding views of the Barron Gorge National Park from the top of the track and the Stony Creek crossing and swimming hole were more than worth the effort.

Once at the top of the track things got much more interesting as the runners sped up on the much needed downhill. Toby's Lookout brought with it the split in tracks for our competitors as the 18km runners took a left down past the Kauris Tree on the Yalbogie track and through the beautiful rainforest on the way to Speewah Campground. Once there, they found a very welcome crew (Tina, Ellie and Rhonda) and their table of food and water before starting their (mainly) gentle ascent back into the rainforest and joining back with the 11km runners at the Gandal Wandun track. Now on the home strait, a few new obstacles lay in the path after the heavy rains in the previous weeks. Competitors had to avoid the pull of the Wait-a-while vines, jump or duck under fallen trees, and keep moving to avoid the many millions of mosquito's that had flourished in the wet weather – not to mention the leeches! The top of the Douglas track signaled the relatively easy descent back to the car park and finish line, including amazing views of Cairns and the northern suburbs.

Congratulations to our 18 km race winners, Steve Cunningham coming in at an incredible time of 2:09:35 followed three seconds later by Glen (Robbo) Robinson (2:09:38) and Keith Fearon (2:17:52) in the men's and Alison Smith coming in at 2:55:45 followed by Ruth Bullen (3:09:40) and Anna Morgan (3:12:33) in the women's. Congratulations also to our 11 km race winners, Stevo Francis in a time of 1:20:30 followed by Paul Ryan (1:30:13) and Dave Wall (1:42:38) in the men's and Andrea Hargreaves (1:40:06) followed by Lucy Forbes (1:59:01) and Ivonne Nathan (1:59:09). Stevo and Andrea will represent the Cairns Road Runners at the Queensland Mountain Running Championships in Brisbane later this year. Finally, big congratulations to all competitors for not giving up on the first gruelling hill!

A big thanks to all of the volunteers: Steve Bailey (marshal), Christine Bell (Race Director), Cathy Black (Marshal), Sioux Campbell (11km Sweep), Jake Cashion (set course), Jane Kahler (Timing), Lorraine Lawson (admin; set course), Larry Lawson (Set course), Pete Morris (timing/recording), Tina and Ellie Musgrove (Speewah checkpoint), John Musgrove (18 km Sweep), Bre Purton (timing/recording), Robbo Robinson (set course), Gareth Smith (set course), Alison Smith (Shopping), Rhonda Zeylmans (Speewah Checkpoint).

For full race results please visit: www.roadrunners.org.au and for photos see our Facebook page www.facebook.com/cairns-runners



Upcoming Events:

- **Tuesday 17th April**, 5:30pm @ Corner Greenslopes and Little Streets, North Cairns
Intermediate Runners' Clinic 8 week Course - FULL
- **Saturday 21st April**, 5:00pm @ Corner Greenslopes and Little Streets, North Cairns
Little Street 10K Series #1: 10km/5km/3km
- **Wednesday 25th March**, 5:30pm @ Esplanade
Anzac Day Fun Run: 5km/3km
- **Sunday 29th April**, 8:00am @ Lake Morris
FNQ Trail Series – Black Snake: 34/21/10/5km
- **Saturday 5th May**, 5:00pm @ Corner Greenslopes and Little Streets, North Cairns
Little Street 10K Series #2: 10km/5km/3km
- **Sunday 13th May**, 8:00am @ Parklands at Fun Ship, Esplanade
Mother's Day Classic: 5km/3km/1km
- **Sunday 20th May**, 7:30am @ Base of Lake Morris Road
Copperlode Cup: 16km/4x4km

For more information click the link:
<http://www.roadrunners.org.au/events/>

“EVERYONE IS AN ATHLETE. THE ONLY DIFFERENCE IS THAT SOME OF US ARE IN TRAINING, AND SOME ARE NOT.”
– Dr George Sheehan

Shoelaces



WEAR IT & SHARE IT

Connor O'Sullivan is the winner of the April Club Shirt Competition. This is Connor descending down the Barron Gorge railway crossing bridge. Double thumbs up for Connor who has won himself a fabulous prize...

..... where will your shirt be running this month?

SOLAR ECLIPSE MARATHON

For sign up, you just have to follow this link for local club members;

<http://solar-eclipse-marathon.com/local-runner-registration>

Congratulations to Linda Adams who raced at Mooloolaba Triathlon on Sunday 25th March completing her fastest 10km run ever of 49:53

".....I would just like to thank both Larry and Lorraine for their training and guidance over the past few months....."

Which resulted in Linda getting a PB and an overall time of 2:55:53

Stamford Financial Hilly Half Marathon

Sunday, 6 May 2012

Hit the long-distance running trail and be cheered on by the crowds on the annual Stamford Financial Hilly Half Marathon. Held each May, the challenging Stamford Financial Hilly Half Marathon follows road, fire trails and walking tracks through Hamilton Island's undulating interior.

Following a rugged 21-kilometre route uphill and down dale, the marathon puts individual and team relay competitors (3x7km) to the test.

There are prizes for place winners, spot prizes and a less challenging kids fun run. Registration are now open. View the Race Details page for more information or Register Online.

The Hamilton Island Junior Fun Run will be held on Sunday morning the 6th May, with race kit collection starting at 10:15am at the Hesperus Lawns opposite the Manta Ray cafe, on the Marina.

<http://www.hamiltonisland.com.au/marathon/>

MEMO TO ANQ CLUBS

The following information has been received from Oceania - at the OCEANIA CHAMPIONSHIPS - CAIRNS 2012 on the 27, 28, 29 June - AWD events- Masters

Events and School Age events will be added to the program - these will exhibition events -nominations for these events will be through the ANQ OFFICE for Masters or your Club.

Should you require any further information please contact the ANQ office 47 214998 or email admin@athleticsnorthqlld.org.au

If you would like to feature a 'Post-It Note' on the Member's "Shoelaces" Pin Board, please email your details to: newsletter@roadrunners.org.au with the email subject line as "Post-It Note".

Club Crusaders



Roadies Birthdays

As a member of the Club we like to treat you like family..... That's why we embarrass you with our special "Roadies Birthday" wishes:

APRIL 2012

Steve Anderson
Trevor Cheesman
Natalie Dixon
Kate Hardy
Isabella Heenan
Larry Lawson
Matt Looker
Derek May
Peter Mountney
Gordon Paris
Robbo Robinson
Maya Shepherd
Jen Shults
Heather Vaughan

Ollie Boltz
Meagan Cross
Andrew Godfrey
Rex Harriss
Ian Kraska
Joel Little
Nicole Martin
Emma Miller
Teri Orr
Conor Puri
Margie Shearer
Elise Shepherd
Jason Thomson
Christine Zammit

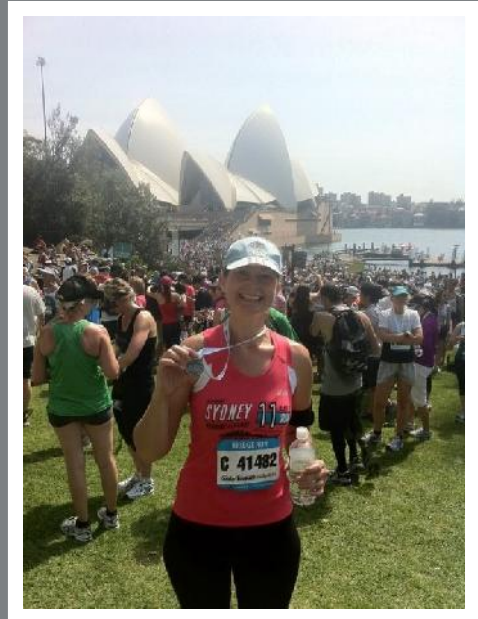
New Members

A big Roadies welcome to all the new members joining this fun filled, action packed club: The names of the new members will be updated after our Management committee meeting tomorrow night.

Welcome to our Club, we hope your passion for running is infectious and we reach record numbers this year.

So grab your work colleagues, neighbours, family, kids, dogs, friends (or make new ones) and bring them along to our next event.

*Please note that 2012 Cairns Road Runners Members' names published in the newsletter are those who have been accepted by the Management Committee at their monthly meeting. Take note of your **new membership number**, you'll need it at your next event!*



MEMBER PROFILE: Jane Kahler

I signed up for the Beginners Runners Clinic last July after being inspired by Mike Le Roux who was guest speaker at a luncheon I attended. I graduated 6 weeks later with a 5km run - yay! :-)

Since then I have not looked back. I ran the Great Barrier Reef half marathon in November and I did my first Trail Run race in March, the Barron Gorge 18km, and I LOVED IT!

Cairns Roadrunners really is the friendliest club in town and had I known seven years ago when I first moved from England I would have joined back then. I have made so many lovely friends and the encouragement and support I have received from day one has been amazing.

I love the outdoor lifestyle that Cairns has to offer and getting out there and giving anything a go.

In December I climbed Mt Kilimanjaro in Tanzania, a summit of 5,895 meters and in May I am heading to Nepal to trek to Everest Base Camp.

I really want to give the Pyramid Race a go this year (here's my public commitment!) and hopefully now build up to running a full marathon.

Sponsor's Splash

CAIRNS COCK & BULL

Enjoying a big, hearty meal at the Cock & Bull is a Cairns tradition. This iconic Cairns pub offers patrons the charm and style of a traditional English tavern, the atmosphere of a vibrant country bar and a décor that is unique... alone worth a visit!

Super value, tasty meals served in generous portions by friendly staff, are standard features of another great night out at the award winning Cock & Bull

Locally owned and operated, the Cock n Bull is perfect for families wanting a fun, affordable night out, budget conscious backpackers, wanting a big meal at a great price and sporting groups, who can enjoy the action on the big screens while kicking back with a cold one.

Known for its traditional pub fare, served in generous quantities with a smile since 1988, the Cock & Bull has recently added a second kitchen to its repertoire, the Carnivore Grill. This is Cairns and North Queensland's answer to the famous Brekky Creek Hotel and provides premium quality steaks, seven days a week.

Cairns number 1 tavern gaming room has 40 pokies with the latest games jackpots and promotions.

Boasting two kitchens, two bars, a tropical beer garden, tables for 2-40, indoor and outdoor dining, pokies, pool tables, multiple big screen televisions, Keno, a piano, friendly staff, hearty meals and great value, there is little wonder the Cock & Bull is a favourite Cairns pub with the locals... and all visitors are very welcome!



**PLEASE SUPPORT
THE CLUB'S LOYAL
AND GENEROUS
SPONSORS**

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