



Townsville Running Festival Team (04/08/2012)



Mt Haig Champions (22/07/2012)



Cairns Road Runners and Triathlon Club Inc.

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Hi Everyone. The last of our trail races is on this weekend. I look forward to seeing everyone come along either as competitors, volunteers or supporters, as this is one of our signature events of the year. There is the 64km Ultra, 64km Relay, the Twin Bridges Half Marathon, the 16km Bump to Beach and the 5km Four Mile Beach Fun Run. Registrations for the trail runs are closed, but you can still come along to Port and do the 5km Fun Run! **We also need more volunteers, if you can help, let me know.**

Well done to all our CRR members who travelled down for the Townville Running Festival on 5 August. I want to congratulate those runners from our Beginner and Intermediate Clinics who competed: **Rosie Ball, Alisia Bean, Tony Black, Don Elmer, Lesa Hansen, Jane Kahler, Donna Lupson, Sarina Piercy, Dorothy Reeman, Joanne Van Gorp, Nicola Wilkins, Rhonda Zeylmans.** What a great achievement! The results for the Great Pyramid race last weekend is not up online, so I can't check which of our members participated. But there were plenty! Great job everyone. Those of us who were not competing did the "Faster today or tomorrow?" and it's clear that you are faster tomorrow. You'll need to try it yourself next year, if you don't believe us.

Come along to the **Father's Day Fun Run** on 2 September. Great location and nice road run before having a swim in the pool at Paradise Palms Country Club. Due to road works on Barron Gorge Road, the **Moonlight Gorge Gallop** with glow-sticks on Friday, 14 September will start and finish at Lake Placid. September also brings two Challenges. Every Club member should be at the **Team Challenge** on 16 September – either with three of your running buddies or three of your work mates. Entries for the **Canine Challenge** on 23 September is also now open.

Please check the second draft of the 2013 calendar on our website. Send through your suggestions and feedback or chat to one of the committee members.

The **AGM** is on 10 October. Please let me know if you intend to nominate for the President's position, as I need to arrange a hand over. I intend to nominate for a different position on the 2013 committee. Nomination forms will be available at the Wednesday night social run or online at <http://www.roadrunners.org.au/agm/>. Please note the following conditions (as per our Rules of Association) for those considering a position on the 2013 MC: A member of the management committee may only be elected as follows—

- any 2 members of the association may nominate another member (the **candidate**) to serve as a member of the management committee;
- the nomination must be in writing; and signed by the candidate and the members who nominated him or her; and given to the secretary **at least 14 days before** the annual general meeting at which the election is to be held;
- each member of the association present and eligible to vote at the annual general meeting may vote for 1 candidate for each vacant position on the management committee;
- if, at the start of the meeting, there are not enough candidates nominated, nominations may be taken from the floor of the meeting.

A person may be a candidate only if the person—

- is an adult;
- a member of the Association and
- is not ineligible to be elected as a member under section 61A of the Act.

I'll see you on the road or on the trails.

Lorraine Lawson
President (2010-present)

Event Highlights

MT HAIG TRAIL RACE

Race Directors: Paul Ryan
Location: Mt Haig, Danbulla State Forest
Date: Sunday 22nd July, 2012

A great turnout of nearly seventy runners contested the second annual Mt Haig Trail Race. The race was based at the Kauri Creek Day Use Area at Lake Tinaroo. The 45k runners had a challenging course. Starting at Kauri Creek following Danbulla Road then turning left up the Mt Edith Forestry Road before coming down the range along Mt Haig Road and returning to Kauri Creek. This scenic course had various vegetation and terrain changes, stunning views over Lake Tinaroo and the Tablelands and the odd creek crossing. Runners also had an altitude climb from 680m to nearly 1300m and back down again. Not great for the weary legs of the runners who completed the 3 Marathons in 3 Days Event two weeks prior. They all survived. Oliver Zambon scorched around the course in 3:20:39 with the evergreen Steve Cunningham in 3:39:52 and New Zealander, Matt Bixley, in 3:42:46 finishing the top three. Lorraine Lawson (5:34:09) backed up her 3 Marathons in 3 Days efforts to finish the first of the women home from first time ultra runner, Sarah Griffiths (6:09:36). Well done Ladies.

The Half Marathon course followed the Mt Haig Forestry Road up a tough climb to an altitude of about 1160m and then returned to the Kauri Creek Day use Area. Ben Gerhardy 1:37:00 cleared out to the front and finished ahead of Paul Ryan (1:44:26) and Todd Rutherford (1:44:26) who had a sprint finish to the line. Laura Whenua (2:08:07), Krystyna Glavinovic (2:14:05) and Stevie Johnston (2:15:24) were the winners for the women.

The 10k didn't escape a hill climb either. Their course also followed the Mt Haig Forestry Road out and back as did the 5km runners. Anthony Archie (54:55), Tony Black and Andrew Greenwood (doing his first 10km race in 24 years!) were the first three males home, but the race was dominated by the women, with Emma Skirving (56:29, second overall), Carmel Hickey (3rd overall) and junior Hannah Greenwood (5th overall and just beating her dad home). Good to see local runner from Kairi, Janette Jacob, come home right on the hour mark for the hilly 10km trail course.

Congratulations to all the 5km fun runners. It was great to see junior runners and other runners just starting out having a go. This race would not be possible without the efforts of many people. First and foremost Lorraine Lawson whose efforts and guidance helped clear many barriers. John and Janette Jacob who, between the two of them did the shopping, course set up/pull down, time keeping, registration and the 28km checkpoint. David Von Senden helped with transporting the gear and as a sweep on race day. Gareth Smith also helped out as a sweep – on his bicycle, and he ran the last 15km with Sarah to 'keep her company'. Todd Rutherford helped with course marking, registration and set up. Neil Harrison, Kathy Swinkles, Nami Matsuoka and Yuko Nakamura did the time keeping. Keith Fearon on photography and last but not least Daphne Green on catering, marshalling and photography.

I would also like to thank Trinity Family Chiropractic for their sponsorship of this event, they donated the trophies to the overall winners in all the events, as well as 8 heat packs as spot prizes and a chiropractic pillow. The pillow went to volunteer, John Jacob. Other sponsors were, Runners World Australia who donated one 5-issue subscription to a lucky runner and a voucher for two free trial issue to every runner in the event. Endura provided the Endura and cups.

The event was well supported by local runners from Kairi, Atherton, Lake Eacham, Malanda, Yungaburra, Mareeba and Dimbulah. From a bit further afield, runners came from Brisbane, Townsville, Mission Beach, Tully Heads, Gordonvale, Cairns and Port Douglas. And it was a pleasure to have along runners from Melbourne (VIC), Port Macquarie (NSW) and international runners from Wanaka and Dunedin in New Zealand.

Report: Paul Ryan

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



Upcoming Events:

- Sunday 26th August, 6:00am @ Black Mountain Road to 4mile Beach
K2PD Trail Ultra: 64km/21km/16km/5km
- Sunday 2nd September, 9:00am @ Paradise Palms, Kewarra
Father's Day Fun Run: 15km/5km/2km
- Friday 14th September, 7:00pm @ Lake Placid
Moonlight Gorge Gallop: 5km/3km/1km
- 16th September, 8:00am @ Funship Esplanade
Team Challenge: 5km

Come and meet Ultra Adventure runner Richard Bowles as he talks about his adventure so far.....being the first person to run the worlds longest trail; the remote and rugged 5,330km Bicentennial National Trail from Melbourne to Cooktown! By the time he hits Cairns he'll have run 5000km in 24 weeks! That's 120 marathons on trails, over mountains, across rivers, and along magnificent old stock routes that run along the Great Divide of Australia.

6pm - 8pm, Friday 7th September

@ Cairns Adventure Store, 133 Grafton Street

Please register your attendance via email runvixrun@gmail.com

Marathon Runners: "We are different, in essence, from other humans. If you want to win something, run 100 meters. If you want to experience something, run a marathon."

Emil Zatopek

Shoelaces



WEAR IT & SHARE IT

Emma Rooke is the winner of the August Club Shirt Competition.

Club member Andrea sent in this picture of Emma competing in the 3.5km race at Queensland Mountain Running Championships.

Who can top this in their club shirt... where will your shirt be running this month?

MEMO TO ALL CLUBS :

Carnivals that are happening in the ANQ region –
CORAL COAST TRACK & FIELD CARNIVAL FOR CAIRNS 27 -29 th JULY
(nominations closing today contact the CAIRNS
ATHLETICS CLUBS as a priority if you wish to enter.

WHITSUNDAY ATHLETICS PENTATHLON DAY – 28th JULY – if you haven't
yet nominated there is still time –
CENTRAL HIGHLANDS TRACK & FIELD CARNIVAL IN EMERALD – 4th and 5th
AUGUST – NOMINATIONS CLOSING 27th JULY –
Please contact the club for more information.

SUNSET CARNIVAL LONGREACH 18th & 19th AUGUST – LONGREACH
ANQ Track and Field CHAMPIONSHIPS 28th/29th/30th SEPTEMBER
nomination forms will be available by the end of the Month
– start organising accommodation if you are travelling to TOWNSVILLE.

Dear All,
The Junior Australian Championships has now been confirmed to be held in Perth between the 12-17 March 2013.
Regards, Dayne O'Hara Development Officer ANQ

Queensland Mountain Running Championships 2012

Race day and we're up before the dawn farewelling Turkey's Nest and its cosy fire on the slopes of Mt Glorious and driving towards a magnificent sunrise and Jeez it is cold.



All extremities are well wrapped up, car heater pumping and Jim Reeves is crooning some country and western drivel in the background. OMG can't we find something a little more inspiring? Some R & B hip hop fusion funk (I've no idea) with crap lyrics but an ok beat... that'll do. Half an hours drive later and we rock up to beautiful Bellbird Grove in The Gap for registration. Unbelievable - people are actually wearing shorts, it must be 5 degrees even though the sun is out and there is little breeze. Time for a nervous one before the race, clean loos – essential for early jitters. Line up for rego and there's a slight problem with race numbers. Official's Officials being less than welcoming insist on some ANQ number that I've never been issued with, after a few tense minutes it seems I'm allowed to run. Walk around the corner and run into a friendly couple of faces - Ian Rooke and daughter, Emma who's in town to have a crack in her last year as a Junior. We run off and get our pre-race routines under way. Line up for a quick briefing, tear off the excess clothing and then we're away in the first race 8.2km up and down a gently sloping Camp Mountain. The first section is 1.2km up a fairly gentle slope like Lake Morris road without the asphalt, legs are a bit icy as everyone tries to settle into a rhythm. Hube (Hubertien Wichens) had already left the building at the end of this section – she is a machine and looked uncatchable in her own back yard. After a few undulations at the 3km mark it gets a little steeper, about the same grade as some of the driveable parts of the Douglas track and then it's a case of letting go and flying down the other side. About 2km to go another runner just flashes past and I'm trying to will the legs to go faster. I see her ahead and try and sprint past but she hears me coming and holds on to take silver. I chat to Emma about her race and find that the short (only 3.2km) race was a little short for her to really get those long legs going but she finished a very close 4th. Here she is in full flight near the finish line. A quick handing out of the medals, and some photo opportunities and then we're on our way home.



It was a great day – special thanks to Hube who made me very welcome – showing me around the course a couple of days beforehand before showing us all a clean pair of heels on race day. She looked like she was fresh enough for another lap!!! Congratulations to her and Mel, I look forward to having another go next year if the body holds together. Andrea Hargreaves

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:

AUGUST 2012

Linda Adams	Trudi Margach
Matt Baker	Xavier Martin
Rachel Bromage	Margaret Neville
Bill Carrodus	Orlagh O'Connor
Eamon Courtney	Ronan O'Mahony
Steve Cunningham	Sandy Roberts
Keith Fearon	Tania Van Hoofstadt
Siobhan Fearon	Anja Von Keyserlingk
Stephanie Garner	Donal Watters
Debbie Houston	Roxanne West
Bini James	Rhonda Zeylmans

New Members

A big Roadies welcome to all the new members joining this fun filled, action packed club:

406 Ben Gerhardy
407 Renee Muller
408 Fiona Harper
409 Deidre Bailey
410 Luisa Johnston
411 Naoko Ikeda
412 Jane Willmott
413 Selina Leong
414 Jeremy Hawke

*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!*



Sponsor's Splash



IT'S EXTREME

Travel and Adventure Store

32 Spence Street - Travel, Hike, Trail run, Ski, Snowboard and much more
Cairns - PH 07 4051 0344

Shop Opening Hours

Monday - Friday 9.00 to 5.30
Saturday - 9.00 to 5.30
Sunday - 10.30 to 3.30

Street, Skate, Surf Store

Cairns Central - Street, Surf, Skate and Urban
Cairns Central Shopping Centre,
Cairns PH 07 4041 2936

Shopping Hours

Mon 9am - 5.30pm
Tues 9am - 5.30pm
Wed 9am - 5.30pm
Thurs 9am - 9pm
Fri 9am - 5.30pm
Sat - 9am - 5.30pm
Sun - 10.30 - 4pm

Please support the business's that support your Club