

Cairns Road Runners It's Extreme Kuranda to Port Douglas Ultra Marathon, 28 August 2011

The inaugural It's Extreme Kuranda to Port Douglas Ultra Marathon was run in ideal conditions, although it did get a bit warm in the last 10km – worse for the back of the field. We had 32 starters in the race, one DNF. Competitors came from as far afield as Townsville, Brisbane, Sydney, Melbourne, Newcastle and Hobart. At least six people pulled out after entering because of illness in the last few weeks. (Always sad to see non-starters after doing the training).

The lead was hotly contested by Cairns Road Runners Club Members Ben Carter and Glen (Robbo) Robinson, with Ben finishing only two minutes in front of Robbo in a time of 5 hours 45 minutes and 14 seconds. Brad Bartich from Brisbane coming in third.

Independent local runner, Julie Sager easily won the ladies section by 17 minutes. Brisbanite Judith Briscoe second and Club President, Lorraine Lawson, third. One female team participated this year, but there is talk of making this a much bigger part of the event next year.

The FNQ Series Trophies were awarded to Ben Carter (50 points) and Lorraine Lawson (57 points). To qualify the competitor had to do at least one of the other events in the series: the 34km Black Snake Trail Race and/or the Trinity Family Chiropractic Mt Haig Trail Marathon. A special congratulations goes to the following runners, who completed all three signature events in the series: Ben Carter, Simon Dobbs, David Elms, Larry Lawson, Lorraine Lawson, Nathan Moore and Arnstein Prytz.

The course ran through some spectacular country, in many ways a showcase of the region. Although I was the designer of the course, it was harder than I thought it would be. The first 26km along the dirt on Black Mountain Road gave way to the Twin Bridges Track (also the course for the half marathon held on the day) which led the runners past the two dilapidated bridges, before reaching the top of the Bump Track. The decent down Slater's Pinch (the steep part of the Bump Track) after running 52km was bordering on the cruel side of difficult. The last 11km (including 3.8km on the beach) was the good old 'Survival Shuffle'. A state I am reasonably well familiar with. The finish on world famous Four Mile Beach back in Port Douglas may sound romantic, but it is a hard way to end an ultra. You cannot bludge outside the stadium and then rush in to cross the finish line. You can be seen from kilometres away on the beach.

The Twin Bridges Half Marathon was taken out by junior Club Member Philip Matthews and his mate, Daniel Wise (2.07.42 and 2.07.48 respectively). Tracey Mc Donald was the first woman home. The 16km Bump to Beach Race were well attended by local Port/Mossman residents, with Lucy Forbes coming in as the first female. Atherton runner, Paul Ryan, took out first place. All runners/walkers in the 5km Four Mile Beach Fun Run/Walk received a certificate.

A very big thank you to our major sponsor and Ultra participant Roy Willetts from It's Extreme. He donated four pairs of North Face Trail Running Shoes and various random draw prizes. Endura provided us with 90L of their Magnesium Rehydration Formula to support the runners along the way. Sarah Griffiths from High Performance Massage donated three massages.

Although my name was down as Race Director, the real person responsible for this event was Lorraine Lawson. A very big thank you to all the helpers. If one takes the ease in which we were able to get helpers as a sign of the health of the Cairns Road Runners Club, then we are in a very good position. I know we have many areas where we can improve, and we learn something new at each event.

The event would not have been possible, was it not for the following volunteers:

Name	Duty/Duties
Larry Lawson	Set the course
Lorraine Lawson	Paperwork, online registrations, publicity
Lorraine and Larry Lawson; Gareth Smith; John	Drove over course the week before the event

Guthrie; Trevor Buckley; Martin and Rosie Ball	
Marco Kiefer	Make money boxes
Lesa Hansen	Help pack bags, etc
Christine Bell	Slice!
Alison Smith & Tania Mitchell	Shopping
Sarah Griffiths, Alison Smith, Rosie Ball, Bec Tucker	Registration 64k
Gareth Smith (bicycle), Martin Ball and Christine Bell	Sweeps
Trevor and Sandra Buckley	Course set-up; Roving
John Guthrie	Course set-up; Top of the Bump Checkpoint
Sarah Griffiths, Pam and Bryan Palmer; Bec Tucker	Quaid Road Checkpoint, Registration 21k
Jim Cavill, Pam English, Bernie Hintz, Sally Dixon, Donna Lupson, Bec and Steve Mulqueen, Sue Benny, Steven Francis, Fiona Campbell, Heath Horobin, Natalie and Sean Smith, Mary-Ann Elkington, Bridget Fearon, Brian Hewett, Mike Kennedy, Tania and Connor Mitchell, Michael Rhodes	Marshals and water station people
SES Tablelands	Emergency stand-by
Lou Oliver, Heather Rogers	Registration 16k and Timing and Recording 21k at Top of the Bump
Katie Harlen	Tow trailer to and from the event
Kathy Kennedy, Helen Kinnane, Katie Harlen, Jane Kahler, Sally Dixon, Suzy Dowd, Bruno Bennett, Joni Bennett, Sam Cullen, Roy Willetts, Alison Smith, Nick Carling, massage lady, and others!	Port Douglas registrations, timing, presentation, catering, etc.

Results

64 km It's Extreme Kuranda to Port Douglas Ultra Marathon, 28 August 2011					
Overall position	Time	Name	Category	Category Position	FNQ Series Points
1	05:45:14	Ben Carter	M 30-39	1	50
2	05:47:14	Glen (Robbo) Robinson	M 30-39	2	31
3	06:11:10	Brad Bartsch	M 40-49	1	DNQ
4	06:15:52	Matthew Herrmann	M 19-29	1	DNQ
5	06:17:17	Arnstein Prytz	M 50-59	1	44
6	06:34:46	Tynan Naryweczyk	M 19-29	2	DNQ
7	06:36:57	Keith Fearon	M 30-39	3	DNQ
8	06:38:44	Peter Cross	M 30-39	4	19
9	06:41:58	Julie Sager	F 40-49	1	50
10	06:47:31	Robert Scoines	M 50-59	2	DNQ
11	06:48:17	Larry Lawson	M 50-59	3	29
12	07:01:28	Ben Cavin	M 19-29	3	DNQ
13	07:05:01	Weaver Brad	M 40-49	2	DNQ
14	07:09:31	Judith Briscoe	F40-49	2	DNQ
15	07:20:03	Roy Willetts	M 50-59	4	DNQ
16	07:20:04	Mike Le Roux	M 30-39	5	DNQ
17	07:27:00	Kevin Duncan	M 50-59	5	DNQ

18	07:28:21	Taras Jakubovsky	M 19-29	4	17
19	07:31:10	Robert Miller	M 30-39	6	DNQ
20	07:38:58	Terry McClelland	M 50-59	6	DNQ
21	07:40:32	Steven Titmus	M 40-49	3	9
22	07:47:57	Neil Hawthorne	M 50-59	7	DNQ
23	07:55:17	Ivan Whittle	M 50-59	8	DNQ
24	08:02:00	Ian Valentine	M 50-59	9	8
25	08:05:25	Stephen English	M 50-59	10	DNQ
26	08:49:38	Idan Piercy	M 40-49	4	11
27	08:54:53	Nathan Moore	M 30-39	7	14
28	08:54:53	Simon Dobbs	M 30-39	8	35
29	09:30.17	Lorraine Lawson	F 40-49	3	57
30	09:42:09	Emma Mills	F 30-39	1	36
31	09:42:34	David Elms	M 50-59	11	11
32	DNF	Daniel Wojciechowski	M 19-29	DNF	DNQ
1		Moniek de Kievith	F 30-39	1	DNQ
1		MF de Jourdan	F 50-59	1	DNQ
1		Doon McColl	F 40-49	1	DNQ
1		Helen McLaren	F 40-49	1	DNQ
1		Sonya Barber	F 30-39	1	DNQ

Twin Bridges Half Marathon, 28 August 2011

Overall position	Time	Name	Category	Category Position	
1	02:07:42	Philip Matthews	MU19	1	DNQ
2	02:07:48	Daniel Wise	MU19	2	DNQ
3	02:13:29	Tracey Mc Donald	F 40-49	1	DNQ
4	02:15:48	Diane Owens	F 40-49	2	DNQ
5	02:25:34	Scott Radcliff	M 40-49	1	2
6	02:26:45	Chloe Hawthorne	F 19-29	1	DNQ
7	02:34:44	Melissa Akmentins	F 30-39	1	17
8	02:42:02	Nami Matsuoka	F 30-39	2	12
9	02:51:01	Chrissy Radcliff	F 40-40	3	13

16km Bump to Beach, 28 August 2011

Overall position	Time	Name	Category	Category Position	
1	01:20:11	Paul Ryan	M 40-49	1	3
2	01:25:18	Lucy Forbes	F 19-29	1	DNQ
3	01:26:22	Stewart Green	M 30-39	1	DNQ
4	01:28:03	Tim Read	M 30-39	2	DNQ
5	01:30:18	Connor O'Sullivan	M 30-39	3	2
6	01:33:01	Shearer Margie	F 40-49	1	DNQ
7	01:44:48	Danielle Read	F 30-39	1	DNQ
8	01:44:56	Cindy Holmes	F 40-49	2	DNQ
9	01:47:34	Debbie-Anne Bender	F 30-39	2	DNQ
10	01:51:04	Lisa Dwyer	F 40-49	3	DNQ
11	01:57:09	Tanya Roneberg	F 30-39	3	DNQ
12	02:05:25	Zofie Lowenstein	F 50-59	1	DNQ
13	02:05:25	Jessica Lawler	F 30-39	4	DNQ
14	03:38:57	Janette Guthrie	F 60-69	1	DNQ

5km Four Mile Fun Run/Walk Participants

Caleb Fearon
Imogen Fearon
Lorien Fearon

Rod Fearon
Jessica Houlahan
Kate Houlahan
Annaleice Rose
David Rootsey
Julie Rose
Alison Smith
Matthew Werner
Chloe Whyte
Justin Whyte
Tim Wild