

## Cairns Road Runners Cock 'n' Bull Freshie Handicap Race #1, 1st October 2011

Race Report by race directors Martin and Rosie Ball

What was thought was going to be a small turnout, we were surprised to get an impressive group of 44 runners and one dog (Oscar).

The look on some of the runner's faces showed it wasn't an easy race as they crossed the finish line. Good race times were made in these warm conditions as the runners challenged themselves. Even our junior runners showed how tough they were with Montanna McAvoy running 3km in 11min 35sec. Also great to have four new members sign up on the day.

**Handicap Winners:** 1<sup>st</sup>: Sarah Griffiths & Oscar - 0.02 seconds off her nominated time – prize winner, a \$25 dinner voucher from Cock 'n Bull; 2<sup>nd</sup>: Margie Shearer - 0.06 seconds off her nominated time; Tied 3<sup>rd</sup>: Peter Banaghan + 0.14 seconds off his nominated time and David Ronelett - 0.14 seconds off his nominated time

The quickest times on the day for the 6km course were from Paul Ryan 22:02, Steven Francis 22:14 and Ian Web 23:40.

A big thank you to the sponsor Cock 'n' Bull for donating the winning prize of \$25 meal voucher. Thank you to the following volunteers: our water stop boys and course mapping, David Skinner and Martin Ball; Alison Smith, Mel Akmentins, Margie Shearer and Louise Gale for helping out on the registration desk. Congratulations Margie Shearer and Louise Gale winning a double movie vouchers for volunteering.

Farewell to Nathan Moore, our vice president, who is moving to Brisbane.

The next Cairns Road Runners event is a trail run on 9 October from JCU car park to Saddle Mountain Weather Station. Thank you runners for your efforts and hope to see you all back on the 15 October for the second race of the series. A reminder that the CRR AGM is on at 7.00pm, 19 October, at LaPorchetta.

Position in Handicap	Position based on best time	Name	Nominated Time		Time Out			Actual Time	
			min	sec		min	sec	min	sec
<b>6km</b>									
1	27	Sarah Griffiths	34	10	-	00	02	34	08
2	18	Margie Shearer	30	00	-	00	06	29	54
3	10	Peter Banaghan	26	30	+	00	14	26	44
3	17	David Ronelett	30	00	-	00	14	29	46
4	22	Tony Black	31	30	-	00	18	31	12
5	21	David Lawrence	31	30	-	00	25	31	05
5	32	Lena Zaltash	37	00	+	00	25	37	25
6	33	Naomi Merritt	38	00	-	00	32	37	28
7	16	Alison Smith	30	00	-	00	45	29	15
8	15	Jason Gwillim	30	00	-	00	48	29	12
8	25	Lorraine Lawson	34	00	-	00	48	33	12
9	34	Nicola Wilkins	37	00	+	00	52	37	52
10	5	Nick Bradt	26	09	-	00	53	25	16
10	14	Jarred Black	30	00	-	00	53	29	07
11	4	Rod Tindale	26	00	-	00	57	25	03
12	36	Lesa Hansen	43	00	+	00	59	43	59
13	35	Sandra Buckley	40	00	+	01	08	41	08
14	19	John Vaughan	32	00	-	01	38	30	22

15	20	Kerry	Bray	32	00	-	01	37	30	23
16	2	Steven	Francis	24	00	-	01	46	22	14
17	22	Michelle	Farkas	34	00	-	01	48	32	12
18	9	Nathan	Moore	28	00	-	01	50	26	10
19	1	Paul	Ryan	24	00	-	1	58	21	02
20	11	Larry	Lawson	30	00	-	02	03	27	57
21	24	Jim	Cavill	30	30	+	02	05	32	35
22	7	Bruce	Hansen	28	00	-	02	13	25	47
23	6	Matt	Merritt	28	00	-	02	19	25	41
24	3	Ian	Webb	26	00	-	02	20	23	40
25	26	Mike	Kennedy	36	00	-	02	29	33	31
26	29	Marsha	Upton	40	00	-	03	28	36	32
26	30	Neil	Candice	40	25	-	03	28	36	57
27	28	Sandy	Roberts	40	00	-	03	51	36	09
28	8	Gemma	Hale	30	30	-	04	21	26	09
29	12	John	Musgrave	33	00	-	04	42	28	18
30	31	Donna	Lupson	43	00	-	05	45	37	15
31	13	Jason	Smith	35	00	-	05	59	29	01
<b>3km</b>										
1	1	Montana	McAvoy	11	25	+	00	10	11	35
1	4	Mackenzie	McAvoy	14	30	-	00	10	14	20
1	8	Tina	Freeman	20	00	-	00	10	19	50
2	7	Ellie-Jae	Freeman	20	00	-	00	20	19	40
3	6	Arafa	Bahar	18	00	-	00	29	17	31
4	5	Eymen	Bahar	18	00	-	01	00	17	00
5	3	Aiden	Smith	12	30	+	01	08	13	38
6	2	Stirling	McAvoy	11	45	+	01	12	12	57
7	9	Ceiridwen	Vaughan	20	00	+	01	55	21	55