

Cairns Road Runners Active Health Clubs Northern Beaches Race, 6 November 2011

Race Director Lorraine Lawson

The rain didn't deter the 45 runners who participated in the Active Health Clubs Northern Beaches race on Sunday morning, 6 November. Congratulations to the winners of the 10k race: Phil Bradshaw (32:32), Nick Carling (34:23) and Steve Cunningham (37:12). Competition was strong, with Paul Ryan (37:37) and Gary Bryant (38:17) just missing out on the top spots. Independent, Gemma Hale, took out first place for the females (44:36) followed by Alison Smith (47:53) and Jodie Henley (48:29). Junior club member, Aiden Smith gets a special mention, as he ended up doing two of the four kilometre loops, rather than one! Great effort, Aiden. All results, including the four kilometre race is given below.

Thanks to our sponsor Active Health Clubs all participants received a 10-day pass to visit the gym! Active Health Clubs also donated two two-month memberships, who was won by Phil and Gemma. Congratulations.

The event was possible thanks to the efforts of the volunteers: Lorraine Lawson as race director, Alisia Bean on registration, Marcel deKievith on course set up, Alison Smith on catering, John Vaughan, Keith Fearon and Bec Tucker on marshalling, Martin Ball and Ian Kraska on water stations, Kev Morrissey, Josie & Ryan on timing and Gareth Smith took the photos. Everyone helped to pack up! A special thank you to the Peter Banaghan, who kept an eye on the runners at the start/finish.

Full results at www.roadrunners.org.au. Photos on the Cairns Runners Facebook page.

Upcoming events over the next few weeks are the Moonlight Gorge Gallop (11 Nov), the Great Barrier Reef Marathon Festival (12 Nov); the Beginners Runners Clinics 'Reunion' (13 Nov) and the Koah Race on 19 November. Register online for the Moonlight Gorge Gallop and Koah Race today!

Overall position	Category position	Time	Name	Category
1	1	32:32	Phil Bradshaw	M 30-39
2	1	34:23	Nick Carling	M 19-29
3	1	37:12	Steve Cunningham	M 50-59
4	1	37:37	Paul Ryan	M 40-49
5	2	38:17	Gary Bryant	M 40-49
6	1	42:28	Marcel deKievith	M 60-69
7	3	43:12	Don Elmer	M 40-49
8	2	43:22	John Musgrove	M 50-59
9	2	44:17	Rob Mackenzie	M 60-69
10	2	44:21	Nick Bradt	M 30-39
12	1	44:36	Gemma Hale	F 19-29
13	2	45:53	Daniel Warne	M 19-29
14	3	46:12	Matt Merritt	M 30-39
15	3	46:40	Peter Mountney	M 60-69
16	4	47:01	Justin Whyte	M 40-49
17	1	47:53	Alison Smith	F 30-39
18	2	48:29	Jodie Henley	F 30-39
19	3	50:10	Dave Cuming	M 50-59
20	4	50:16	David Rootsey	M 30-39

21	2	50:17	Lorna Bradshaw	F 19-29
22	3	50:18	Moniek deKievith	F 30-39
23	5	51:38	Jason Smith	M 40-49
24	5	52:01	Michael Rhodes	M 30-39
25	1	52:39	Michelle Farkas	F 40-49
26	2	52:47	Kelly McNamara	F 40-49
27	1	54:03	Trees deKievith	F 60-69
28	3	55:29	Lorraine Lawson	F 40-49
29	4	56:15	Lara Lewis-Stapleton	F 30-39
30	1	56:37	Deb Harrison	F 50-59
31	6	57:25	Graeme Lees-Smith	M 40-49
32	5	58:26	Sarah Griffiths	F 30-39
33	4	59:31	Julie Rose	F 40-49
34	3	59:32	Emma Cumins	F 19-29
34	5	59:32	Michelle Whyte	F 40-49
36	6	01:02:41	Donna Lupson	F 40-49
37	7	01:04:35	Bharat Gadhvi	M 40-49
38	7	01:04:42	Deepa Gadhvi	F 40-49
39	8	01:07:37	Rosie Ball	F 40-49
8km				
1	1	44:30	Aiden Smith	M U12
4km				
1	1	18:54	Ian Kraska	M 50-59
2	1	20:47	Erika Chilcott	F 12-15
3	1	21:37	Tania Mitchell	F 40-49
4	1	28:18	Connor Mitchell	M U12
5	1	30:36	Karen Thorp	F 30-39
6	2	32:03	Suzy Dowd	F 40-49