

Cairns Road Runners Trinity Family Chiropractic Mt Haig Trail Race and Tablelands Sign On, 22 May 2011

Race Report by Race Director Alan Courtney

Cool misty conditions ideal for trail running greeted the forty hardy souls at the start line at Kauri Creek, Tinaroo. With competitors from Cairns, Tablelands, Port Douglas, Innisfail, Brisbane and Melbourne, the greatly anticipated second event in the Cairns Road Runners FNQ Trail Running Series.

The 42.2km marathon course, which included more than 1500m of vertical climbing, was tamed in devastating style by Smithfield's Chris White in 3hr18min10sec, confirming him as major contender to Mike Le Roux, for the upcoming Cairns to Kuranda Train Race on 25 June. Club member, Ben Carter, from Townsville managed to stay on course for a well earned 2nd in 3hr45min49sec, followed closely by evergreen runners Steve Cunningham 4hr00min05sec and Amstein Prytz 4hr00min50sec. CRR president, Lorraine Lawson, took out the women's event in 5hr31min05sec, to make her untouchable in the CRR trail series points. Trail runner Emma Mills was 2nd in 6hr02min48sec.

A sprint finish in the 21.1km half marathon saw Atherton's Paul Ryan beat Ryan Hoskins by the narrowest margin of the day of 04 seconds in 1hr46min52sec. Scott Ratcliffe was a creditable 3rd on the difficult course. Third overall and covered in mud, first woman home Louisa Cordingley finished strongly in 1hr52min19sec. In her first attempt at the half marathon distance, local Chiropractor Andrea Collins took 2nd place ahead of Louise Oliver.

The ladies showed how it's done in the 10km race with Jacqui Dovale winning outright in 52min12sec, well in front of first man home, Martin Ball in 1hr01min18sec. Close behind was Christine Radcliffe in 1hr02min46sec, followed by young Adaline Storch in a great effort of 1hr06min07sec. David Groundwater claimed 2nd spot in the men's race in 1hr08min44sec.

Atherton middle distance track runners dominated the 5km events, with Wally Plath winning in 20min24sec in front of Codey Martin and ten year old Ronan Courtney. Coming off her gold medal performances the prior week at Barlow Park, Tenielle Dunbar won the women's 5km with ease in 24min41sec. Masters runners Janette Jacob and Gillian Marnock finishing just ahead of Nance Storch completed the field.

A special welcome to the Club to all the new members from Kairi, Dimbulah, Malanda and Ravenshoe who signed up this weekend.

A huge thanks to the very small team of volunteers who made this event happen, especially race director Alan Courtney, Craig Harriss, Helen Kinnane and Paul Ryan. And Team Lawson of course.

Support and Sponsorship was provided by TRINITY FAMILY CHIROPRACTIC (Atherton & Cairns), SPORTSNORTH (Atherton & Mareeba), and DELLAMARINE SKINCARE.

Full results and series points on the Cairns Road Runners Website (www.roadrunners.org.au), photos on our Facebook page (Cairns Runners).

This weekend sees runners competing over 1500m on Friday night at Barlow Park, and then 2km and 5km at the CANDLENUT STEINER SCHOOL fun run in Kuranda on Saturday morning. The weekend after, on Saturday afternoon, 4 June, join us for a great family fun run starting from Anzac Park on

Munro Street in Babinda as part of the Babinda Harvest Festival. A trophy is up for grabs for the first local runner across the line.

Results:

Overall placing	Time	Full Name	Category	Category placing	Points for this race	Accumulated points for the series
42.2km						
1	03:18:10	Chris White	M 30-39	1	25	25
2	03:45:49	Ben Carter	M 30-39	2	20	25
3	04:00:05	Steve Cunningham	M 50-59	1	16	16
4	04:00:50	Arnstein Prytz	M 50-59	2	13	33
5	04:15:10	Peter Cross	M 30-39	3	11	11
6	04:18:40	Larry Lawson	M 50-59	3	10	23
7	04:33:40	Simon Dobbs	M 30-39	4	9	34
8	04:45:59	Steven Titmus	M 40-49	1	8	8
9	04:46:42	Ian Valentine	M 50-59	4	7	7
10	05:20:23	John Dobson	M 60-69	1	6	6
11	05:21:10	Nathan Moore	M 30-39	5	5	13
12	05:31:05	Lorraine Lawson	F 40-49	1	25	41
13	05:32:52	Wayne Crase	M 40-49	2	4	4
14	05:37:20	David Elms	M 50-59	5	3	10
15	05:42:46	John Vaughan	M 30-39	6	2	8
16	06:02:48	Emma Mills	F 30-39	1	20	23
21.1km						
1	01:46:52	Paul Ryan	M 40-49	1	1	2
2	01:46:56	Ryan Hoskins	M 30-39	1	1	4
3	01:52:19	Louisa Cordingley	F 19-29	1	16	16
4	02:10:47	Andrea Collins	F 40-49	1	13	15
5	02:22:43	Scott Ratcliffe	M 40-49	2	1	1
6	02:36:11	Louise Oliver	F 30-39	1	11	11
7	02:38:58	Tanya Bassford	F 40-49	2	10	10
8	02:50:05	Donna Macleod	F 30-39	2	9	9
DNF	DNF:0:0	Shawn Depper	M 40-49			
10 km						
1	00:52:12	Jacqui Dovale	F 30-39	1	8	8
2	01:01:18	Martin Ball	M 50-59	1	1	2
3	01:02:46	Christine Ratcliffe	F 40-49	1	7	7
4	01:06:07	Adaline Storch	F 16-18	1	6	2
5	01:08:44	David Groundwater	M 30-39	1	1	1
6	01:15:27	Rosie Ball	F 40-49	2	5	6
5 km						
1	00:20:24	Wally Plath	M 40-49	1	n/a	0
2	00:22:32	Codey Martin	M 16-18	1	n/a	0
3	00:24:41	Tenielle Dunbar	F 16-18	1	n/a	0
4	00:27:38	Ronan Courtney	M U12	1	n/a	0
5	00:29:51	Janette Jacob	F 50-59	1	n/a	0
6	00:32:39	Alan Courtney	M 50-59	1	n/a	1
7	00:41:35	Gillian Marnock	F 40-49	1	n/a	0
8	00:42:14	Nance Storch	F 50-59	2	n/a	0