

Beginner Runners Clinics, 23 January – 5 March 2012

Coach: Lorraine Lawson

Sponsor: High Performance Massage

Twenty nine participants completed the Beginner Runners Clinics, held each Monday from 23 January to 5 March. Seventeen of those went on to compete in their first 5km race – the target of the clinics! Congratulations to all the participants, who demonstrated fantastic resilience and determination to take up running as a sport. All participants received a \$10 massage voucher from sponsor, High Performance Massage. Amy Malsem receive a special gift from the sponsor as the ‘most improved’ participant during the clinic. Five presenters provided the new runners with information relating to running and staying fit and healthy. Volunteers came along to help out and provided great support to the new runners. If you are interested in joining in the next beginner runners clinics – to be held from 16 July to 3 September – register your interest online on the Cairns Road Runners Website. Due to the popularity of the clinics, you must be a Cairns Road Runners Club member to gain entry as a participant.

CRR#	Role	Full Name	Attendance	Race: The Rocks #3 on 17 March 2012
11	Coach	Lorraine Lawson	6/7	26.26
244	Volunteer, coach	Kathryn Meldrum	5/7	n/a
98	Sponsor / Presenter	Sarah Griffiths		n/a
275	Presenter, Volunteer	John Musgrove	7/7	19.42
10	Presenter; Volunteer	Larry Lawson	4/7	21.5
301	Presenter, sponsor	Cynthia Xu		n/a
109	Volunteer	Nicola Wilkins	6/6	n/a
266	Volunteer	Sally Dixon	5/6	28.07
6	Volunteer	Jim Cavill	5/7	n/a
142	Participant	Linda Adams	7/7	30.12 (Rocks #2)
101	Participant	Mandy Anderson	7/7	31.43
274	Participant	Steve Bailey	5/7	28.43
183	Participant	Julie Bates	7/7	31.00
296	Participant	David Berry	7/7	31.00
190	Participant	Jode Bolleurs	5/7	n/a
161	Participant	Greg Eldridge	6/6	27.14 (Rocks #2)
148	Participant	Robyn Hakelis	5/7	n/a
33	Participant	Lesa Hansen	6/7	32.27
204	Participant	Colleen Harisson	7/7	32.39
286	Participant	Isabella Heenan	7/7	n/a
285	Participant	John Heenan	7/7	n/a
253	Participant	Debbie Houston	7/7	31.45

299	Participant	Janette Laver	6/7	31.15 (Rocks #2)
174	Participant	Daniel Loder	5/7	21.36
255	Participant	Amy Malsem	6/7	n/a
231	Participant	True Margach	7/7	26.24 (3km)
276	Participant	Tina Musgrove	4/7	30.30 (Rocks #1)
114	Participant	Katie Osmond	4/7	22.26 (3km)
291	Participant	Sharyn Phillips	6/7	n/a
273	Participant	Francoise Pieltain	3/7	20.43 (Rocks #1, 3km)
319	Participant	Sarina Piercy	7/7	n/a
242	Participant	Dorothy Reeman	6/6	n/a
278	Participant	Sandy Roberts	6/7	30.08
292	Participant	Karen Russo	6/7	24.54
315	Participant	Carolyn Sandaver	1/7	n/a
252	Participant	Marjo Simpson	5/7	28.52 (Rocks #1)
203	Participant	Jo Van Gorp	7/7	29.08
217	Participant	Rhonda Zeylmans	7/7	31.29
145	Withdrew	Trudy Meeking	3/7	n/a
216	Withdrew	Anna Colquhoun	2/6	n/a
157	Withdrew	Betty Martins	2/7	n/a
229	Withdrew	Christina Hanson	0/7	n/a
215	Withdrew	Tamara Mouldey	0/7	n/a
102	Withdrew	Steve Anderson	0/7	n/a