

Cairns Road Runners Barron Gorge Trail Race, 25 March 2012

Race Director and Race Report: Christine Bell

On a beautiful sunny Sunday morning, 48 dedicated trail runners (including some first timers) conquered the inaugural Barron Gorge Trail run sponsored by Runner's World magazine. This race, the first of four events in the trail running series this year, was added to the calendar after an eventful training run along the same route during 2011. 32 of the 48 runners took on the 18 km challenge and the remaining 16 completed the 11 km event.

All competitors began the race at the Stony Creek car park at the head of the Douglas track. Running first along the road to the Smith's trailhead was a good warm up for the mighty climb that greeted the competitors. The 500m climb in the first 2 km rivalled the Pyramid Mountain in track gradient and was a shock to the system for first timers and veterans alike, but the very rewarding views of the National park from the top of the track and the Stony Creek crossing and swimming hole were more than worth the effort.

Once at the top of the track things got much more interesting as the runners sped up on the much needed downhill. Toby's Lookout brought with it the split in tracks for our competitors as the 18km runners took a left down past the Kauris Tree on the Yalbieg track and through the beautiful rainforest on the way to Speewah Campground. Once there, they found a very welcome table of food and water before starting their (mainly) gentle ascent back into the rainforest and joining back with the 11km runners at the Gandai Wandun track. Now on the home straight, a few new obstacles lay in the path after the heavy rains in the previous weeks. Competitors had to avoid the pull of the Wait-a-while vines, jump or duck under fallen trees, and keep moving to avoid the many millions of mosquito's that had flourished in the wet weather – not to mention the leeches! The top of the Douglas track signalled the relatively easy descent back to the car park and finish line, including amazing views of Cairns and the northern suburbs.

Congratulations to our 18 km race winners, Steve Cunningham coming in at an incredible time of 2:09:35 to beat his rival Glen (Robbo) Robinson (2:09:38). Keith Fearon (2:17:52) came in third as the third male. Alison Smith was the first female home, coming in at 2:55:45 followed by Ruth Bullen (3:09:40) and Anna Morgan (3:12:33). Congratulations also to our 11 km race winners, Stevo Francis in a time of 1:20:30 followed by Paul Ryan (1:30:13) and Dave Wall (1:42:38) in the men's and Andrea Hargreaves (1:40:06) followed by Lucy Forbes (1:59:01) and Ivonne Nathan (1:59:09). Finally, big congratulations to all competitors for not giving up on the first gruelling hill!

Each competitor and volunteer received 2 trial issues from Runners World. One lucky winner also received another 5 trial issues from Runners World. The winners in the 18km and 11km received a free entry into the Queensland Mountain Running Championships in Brisbane on 29 of July 2012.

A big thanks to all of the volunteers: Steve Bailey (marshal), Christine Bell (Race Director), Cathy Black (Marshal), Sioux Campbell (11km Sweep), Jake Cashion (set course), Jane Kahler (Timing), Lorraine Lawson (admin; set course), Larry Lawson (set course), Pete Morris (timing/recording), Tina Musgrove (Speewah checkpoint), John Musgrove (18 km Sweep), Bre Purton (timing/recording), Robbo Robinson (set course), Gareth Smith (set course), Alison Smith (Shopping), Rhonda Zeylmans (Speewah checkpoint).

Overall Position	Name	Time	Category	Category position	FNQ Series Points
18km					
1	Steve Cunninigham	2:09:35	Male 50-59	1	25
2	Glen (Robbo) Robinson	02:09:38	Male 30-39	1	20
3	Keith Fearon	02:17:52	Male 40-49	1	16
4	Ben Carter	02:20:45	Male 30-39	2	13
5	Jake Cashion	02:21:59*	Male 19-29	1	11
6	Karl Gurnick	02:24:56	Male 19-29	2	10
7	Gareth Smith	02:27:45	Male 30-39	3	9
8	Idan Piercy	02:31:26	Male 40-49	2	8
9	Crawf Crawford	02:39:05	Male 30-39	4	7
10	Connor O'Sullivan	02:45:08	Male 30-39	5	6
11	David OBrien	02:49:46	Male 50-59	2	5
12	Larry Lawson	02:49:59	Male 50-59	3	4
13	Alison Smith	02:55:45	Female 30-39	1	25
14	Cliff Johnstone	02:56:37	Male 30-39	6	3
15	David Von Senden	03:02:42	Male 50-59	4	2
16	Ruth Bullen	03:09:40	Female 50-59	1	20
17	David Ryan	03:10:58	Male 30-39	7	1
18	Anna Morgan	03:12:33	Female 50-59	2	16
19	Craig Warren	03:15:59	Male 40-49	3	1
20	Lorraine Lawson	03:18:50	Female 40-49	1	13
21	Jane Kahler	03:20:32	Female 30-39	2	11
22	David Elms	03:29:15	Male 50-59	5	1
23	Chelsea Mee	03:57:55	Female 19-29	1	10
24	Michelle Sant	03:57:55	Female 40-49	2	9
25	Cameron Ford	04:25:58*	Male 30-39	8	1
26	kate Houlahan	04:33:45	Female 19-29	2	8
27	Jessica Houlahan	04:33:45	Female 19-29	3	7
28	Marni Liddell	04:33:45	Female 19-29	4	6
29	Marnie Carrison	04:38:10	Female 40-49	3	5
30	Neil Harrison	04:53:02	Male 30-39	9	1
N/A didn't go through Speewah checkpoint	Tracey McDonald	02:56:43	Female 40-49	na	na
N/A didn't go through Speewah checkpoint	Stu McCormick	03:00:45	Male 19-29	na	na

* includes a 10 minute penelty for taking the wrong turn

Overall Position	Name	Time	Category	Category position	FNQ Series Points
11km					
1	Stevo Francis	01:20:30	Male 19-29	1	1
2	Paul Ryan	01:30:13	Male 40-49	1	1
3	Andrea Hargreaves	01:40:06	Female 40-49	1	4
4	dave Wall	01:42:38	Male 40-49	2	1
5	Mark St Amand	01:56:04	Male 40-49	3	1
6	Lucy Forbes	01:59:01	Female 19-29	1	3
7	Ivonne Nathan	01:59:09	Female 30-39	1	2
8	Kim Vine	02:02:49	Female 30-39	2	1
9	Pete Morris	02:12:27	Male 50-59	1	1

10	Emma Rooke	02:12:53	Female 19-29	1	1
11	Orlagh O connor	02:14:48	Female 30-39	3	1
12	Mardi Pritchard	02:21:36	Female 19-29	2	1
13	Christine Bell	02:21:39	Female 19-29	3	1
14	Tony Black	02:26:07	Male 40-49	4	1
15	Gemma Hale	02:29:08	Female 19-29	4	1
16	Donna MacLeod	03:11:28	Female 30-39	3	1

Volunteers

Name		Duty
Steve	Bailey	Marshal, Stoney Creek/Railway bridge Track
Christine	Bell	Race Director
Cathy	Black	Marshal, Smith's track trailhead
Sioux	Campbell	Sweep, 11km
Jake	Cashion	Set course on Saturday
Jane	Kahler	Timing/recording
Lorraine	Lawson	Admin; set course
Larry	Lawson	Set course on Saturday
Morris	Pete	Timing/recording
Tina	Musgrove	Speewah checkpoint
John	Musgrove	Sweep, 18km
Bre	Purton	Timing/recording
Robbo	Robinson	Set course on Saturday
Gareth	Smith	Set course on Saturday
Alison	Smith	Shopping
Rhonda	Zeylmans	Speewah checkpoint