

## Cairns Road Runners Copperlode Cup, 20 May 2012

*Race Report by Bec Tucker*

It was a perfect, cool, clear morning for Cairns to stage the annual Copperlode Cup along the winding and hilly Lake Morris Road, without a doubt the most beautiful road in Cairns. At 7:30am, 50 individual runners and two teams lined up to start the 16km (not quite) journey along the damp road, hoping to beat the record set by Brad BEVAN in 1996 of 54:45, or for the ladies, Marion CANUTE in 1997 1:03:34.

They're off and racing to get to the top, and John VAUGHAN already has his eyes set on the finishing line to get his share of the food. John has missed the Copperlode Cup for the last few years due to 'sleeping in' (thanks Heather for reminding him). One of the highlights of Copperlode Cup is the finish where competitors and their families can relax and enjoy the view in the picnic area with food, lollies, fresh fruit, tea and coffee, before making their way back down. What a great way to spend a Sunday!

Driving past all the competitors I notice, and this is something I haven't observed before, is that there is a lead 'pack'. What a strong group to lead the way! I'm used to seeing one or two dominant race leaders and this just goes to show what a great standard of fitness, camaraderie and competition we had enter this race. Who will battle it out and shake the others off to take the title?

At the top of the kiosk, our volunteers eagerly wait to see who will round the bend first. In first place, Steve CUNNINGHAM rounds the bend and crosses the line in 1:05:58. In a tie for second place was Paul Ryan and Tim McGrath (01:08:14) and third place for the men was Robbo Robinson (01:10:39). The ladies weren't far behind with Andrea HARGREAVES in first place (1:15:25), Emma Rooke in second place (01:15:58) and Moniek DeKievith in third place (01:26:12). A special mention goes out to team 'Tough Nuts' made up of junior Club members (Ronan Courtney, Rex Harriss, Kye Kudo and Trent St Amand) who absolutely smashed Lake Morris Road running approximately 4km each in an amazing total time of 1:20:33! Well done boys!

A huge thank you to our sponsor Amanda Gale Physiotherapy and Wellbeing for kindly donating the first place male and female prizes today. Steve CUNNINGHAM got first pick between a beauty treatment or massage. Steve chose the beauty treatment and very quickly changed his mind and took the massage. Andrea HARGREAVES will be pampered with a beauty treatment. We don't know this for sure, but Steve may have swapped with Andrea while no one was looking....

A big thanks to Alan Courtney for kindly donating the competitor spot prize of a free entry to the Cairns to Kuranda Train Race, won by Scotty Yeoman and to Steve Johnston for donating the volunteer prize of a \$25 Cock and Bull voucher won by Karen St AMAND.

Shout outs go to all the volunteers, without them this event would not have been possible! Rosie BALL, Lisa HANSEN, Kev MORRISSEY, Karen St AMAND, Sherilyn BROWN, Nick BRADT and special mention to Athletics North Queensland Development Officer, Dayne O'HARA. Thank you all so much for your help!

Congratulations all competitors and age group place winners! After inhaling some cold meat platters (IGA Pease Street) on rolls, fruit, lollies, tea and coffee, the day and journey was not over. Many competitors decided to run back down! Hope you had a great morning, you keen road runners!

For full race results and photos on the Cairns Road Runners Website and Facebook pages. The Babinda Boulders Bash has been cancelled, so our next events are the Koah 15km Race and the Relay for Life on 16 June, followed by the much anticipated Three Marathons in Three Days on 6-8 July.

Overall position	Name	Time	Category	Category placing
1	Steve Cunningham	01:05:58	M 50-59	1
2	Paul Ryan	01:08:14	M 40-49	1
2	Tim McGrath	01:08:14	M 30-39	1
3	Robbo Robinson	01:10:39	M 30-39	2
4	Stevo Francis	01:11:01	M 19-29	1

5	Bryan O'Mahony	01:11:32	M 30-39	3
6	Mal McCulloch	01:13:26	M 50-59	2
7	Ian Grant	01:14:04	M 50-59	3
8	Ronan O'Mahony	01:14:43	M 30-39	4
9	Keith Fearon	01:15:01	M 40-49	2
10	Andrea Hargreaves	01:15:25	F 40-49	1
11	Anthea Barrow	01:15:36	Team Barfee (adult)	1
11	Gavin Fee	01:15:36	Team Barfee (adult)	1
12	Emma Rooke	01:15:58	F 19-29	1
13	Mark St Amand	01:17:01	M 40-49	3
14	Simon Scarborough	01:17:01	M 30-39	5
15	Dave Wall	01:19:49	M 40-49	4
16	David Von Senden	01:20:29	M 50-59	4
17	Ronan Courtney	01:20:33	Team Tough Nuts (Junior)	1
17	Rex Harriss	01:20:33	Team Tough Nuts (Junior)	1
17	Kye Kudo	01:20:33	Team Tough Nuts (Junior)	1
17	Trent St Amand	01:20:33	Team Tough Nuts (Junior)	1
18	Gareth Smith	01:20:50	M 30-39	6
19	Larry Lawson	01:22:32	M 50-59	5
20	Rod Fearon	01:24:39	M 40-49	5
21	Scotty Yeoman	01:25:05	M 30-39	7
22	Bruce Hansen	01:25:15	M 40-49	6
23	Alan Courtney	01:25:26	M 50-59	6
24	Moniek DeKievith	01:26:12	F 30-39	1
25	John Vaughan	01:27:11	M 40-49	7
26	Craig Harriss	01:27:12	M 50-59	7
27	Joe Pilat	01:28:29	M 40-49	8
28	Robert Maddern	01:29:04	M 50-59	8
29	Andrea Collins	01:29:54	F 40-49	2
30	Cameron Ford	01:31:24	M 30-39	8
31	Lizzy Murrell	01:32:39	F 19-29	2
32	Alison Smith	01:33:05	F 30-39	2
33	Rachael White	01:34:05	F 30-39	3
34	Catherine Mellinger	01:34:21	F 40-49	3
35	Michael Graham	01:37:16	M 19-29	2
36	Kirsten Le Roux	01:38:10	F 30-39	4
37	Lorna Bradshaw	01:38:24	F 30-39	5
38	Michelle Sant	01:38:54	F 40-49	4
39	Chelsea Mee	01:38:54	F 19-29	3
40	Jason Maitland	01:38:54	M 30-39	9
41	Scott Ratcliffe	01:43:09	M 40-49	9
42	Christine Bell	01:43:38	F 19-29	4
43	Kate Houlahan	01:44:12	F 19-29	5
44	Jessica Houlahan	01:48:50	F 19-29	6
45	Lorraine Lawson	01:49:52	F 40-49	5
46	Rosie Campbell	01:50:24	F 30-39	6
47	Louise Gale	01:51:41	F 30-39	7
48	Natalie Smith	01:53:52	F 40-49	6
49	Katie Richards	01:58:24	F 30-39	8
50	Monique Storch	02:00:27	F 16-18	1
51	Nance Storch	02:16:58	F 50-59	1