

## Cairns Road Runners 3 Marathons in 3 Days, 6-8 July 2012

*Race Directors Larry and Lorraine Lawson*

Race Report by Larry Lawson

32 participants started the inaugural running of the 3 Marathons in 3 Days Stage Race on 6 July 2012. 25 made it through the 126.6km to finish three days later at the top of Park Ridge. About 20 runners travelled from all over Australia and 2 from New Zealand to compete in the event. The weather was cold by local standards, but very good for running. The course over the three days took you over some spectacular, but gruelling country. Total ascent over the three days is more than 3600m and descent about 3800m, that is like climbing from sea level to the top of Mount Kosciusko 1.63 times, and descending 1.7 times. Only 30km of the event was on bitumen, the remaining 96km was on terrain ranging from rocky, rutted and tree rooted single tracks to good dirt roads.

There was a very good spirit of comradery amongst the competitors. Many out of town competitors commented on the friendliness of the locals and how nice the Cairns Road Runners Club is. Our volunteers did an excellent job and we are grateful to them all. All the visitors I spoke to were raving about this event. I recall words like 'awesome' being used. One competitor, within hours of finishing, and after texting his running mates, said he is coming back next year with three of them.

Cairns Road Runners Club Members did us proud, with Robbo Robinson coming in first overall (11:28:56), Ben Carter second (12:13:34) and Karl Gurnick third (13:22:53). I personally could not hold on to my fourth place on the descent down Lake Morris Road, to be beaten into 5<sup>th</sup> place by three minutes. Predictably because I could not descent as well as young Matt Baker can. I did however hang on to win the 50-59 age category. Steve Cunningham – running Marathon 3 only – came in in a time of 3h24min28sec. New Zealand Road Runner, Fleur Bromley, was the overall winner of the women (15:40:10). Club member, Corinne Smith, was a strong contender, but did not compete in Marathon 3. Lorraine Lawson was second overall (17:08:58) followed closely by Jane Trumper (17:12:02).

The next Cairns Road Runners events are the Black Friday 13<sup>th</sup> Run, the David Todd Memorial Mile and the Mt Haig Trail Run. Check out the Cairns Road Runners website for locations, dates and times.

Results:

RACE #	Full Name	Marathon 1 of 3	Marathon 2 of 3	Marathon 3 of 3	Cumulative time for Day 1, 2 and 3	Age Group	3M3D Overall Placing	3M3D Placing in Age Group Overall
71	Robbo Robinson	04:01:20	03:49:33	3:38:03	<b>11:28:56</b>	M30-39	1	1
130	Ben Carter	04:21:12	04:04:40	3:47:42	<b>12:13:34</b>	M30-39	2	2
338	Karl Gurnick	04:57:00	04:24:14	4:01:39	<b>13:22:53</b>	M19-29	3	1
408	Matt Baker	04:59:56	04:46:59	4:08:20	<b>13:54:15</b>	M19-29	4	2

10	Larry Lawson	04:50:00	04:52:12	4:15:21	<b>13:57:33</b>	M50-59	5	1
401	Mike Fenton	05:05:42	04:56:27	4:17:25	<b>14:19:34</b>	M40-49	6	1
414	Scotty Yeoman	05:07:43	05:06:12	4:29:09	<b>14:43:04</b>	M30-39	7	3
417	Lindsay McCord	06:09:23	05:06:40	4:02:20	<b>15:15:03</b>	M30-39	8	4
416	Chris O'Brien	05:26:10	05:22:48	4:49:42	<b>15:37:40</b>	M50-59	9	2
412	David Jones	05:26:10	05:22:48	4:49:42	<b>15:37:40</b>	M30-39	10	5
418	Fleur Bromley	06:09:40	05:10:42	4:19:48	<b>15:40:10</b>	F30-39	11	1
406	Edwardo Flores	05:39:16	05:14:51	5:14:20	<b>16:08:27</b>	M50-59	12	2
176	David Ryan	06:09:24	05:21:50	4:41:26	<b>16:12:40</b>	M30-39	13	6
419	Adam Connor	06:00:23	05:49:15	5:10:44	<b>17:01:27</b>	M40-49	14	2
11	Lorraine Lawson	05:51:15	06:02:14	5:15:29	<b>17:08:58</b>	F40-49	15	1
411	Jane Trumper	06:09:24	05:52:08	5:10:30	<b>17:12:02</b>	F50-59	16	1
230	David Elms	06:30:36	06:00:12	5:26:33	<b>17:57:11</b>	M50-59	17	3
272	Neil Harrison	06:12:23	06:26:48	5:28:11	<b>18:07:22</b>	M30-39	18	7
413	Steven Brydon	06:12:19	06:31:25	5:43:36	<b>18:26:20</b>	M40-49	19	3
405	Jason Ferris	06:12:23	06:26:48	5:55:36	<b>18:34:47</b>	M40-49	20	4
407	Pamela Williams	06:40:50	06:31:25	5:43:12	<b>18:55:27</b>	F60-69	21	1
410	Pete Watson	06:09:24	06:26:48	6:19:19	<b>18:55:31</b>	M40-49	22	5
189	Steven Titmus	06:55:53	07:04:01	5:31:52	<b>19:31:44</b>	M40-49	23	6
400	Debra Gehring	07:05:10	07:57:26	6:24:59	<b>21:27:35</b>	F40-49	24	2
72	Debbie Moll	8:07:30	08:33:33	6:36:30	<b>23:17:33</b>	F50-59	25	2
294	Corinne Smith	05:32:07	05:25:23	DNS		F40-49	N/A	N/A
402	Jan Bekker	05:50:35	DNS	4:29:14		M30-39	N/A	N/A
403	Marlize Viviers	05:50:35	DNS	4:29:19		F30-39	N/A	N/A
420	Mark Brown	05:30:33	DNS	4:20:57		M40-49	N/A	N/A

404	Josh Cooper	05:18:52	DNS	DNS		M19-29	N/A	N/A
386	Rod Spinks	06:17:50	DNS	DNS		M50-59	N/A	N/A
169	Keith Fearon	DNF	N/A	N/A		M40-49	N/A	N/A

**Other results:**

RACE #	Full Name	Marathon 2	Marathon 3	Cumulative time for 2 and 3	Age Group	Overall placing Marathon 2 and 3 only
358	Cameron Ford	05:06:38	5.51.54	<b>10.58.24</b>	M30-39	1
RACE #	Full Name	Marathon 1			Age Group	Overall placing Marathon 1 only
409	Roy Willetts	<b>05:09:37</b>			M50-59	1
RACE #	Full Name	Marathon 3			Age Group	Overall placing Marathon 3 only
25	Steve Cunningham	<b>3.24.28</b>			M 50-59	1
100	Todd Rutherford	<b>3.55.52</b>			M40-49	2
221	Paul Ryan	<b>3.55.52</b>			M40-49	2
303	Baz Gadhvi	<b>5.52.09</b>			M40-49	3