

Cairns Road Runners Mt Haig Trail Race, 22 July 2012

Race Director and Race Report: Paul Ryan

A great turnout of nearly seventy runners contested the second annual Mt Haig Trail Race. The race was based at the Kauri Creek Day Use Area at Lake Tinaroo. The 45k runners had a challenging course. Starting at Kauri Creek following Danbulla Road then turning left up the Mt Edith Forestry Road before coming down the range along Mt Haig Road and returning to Kauri Creek. This scenic course had various vegetation and terrain changes, stunning views over Lake Tinaroo and the Tablelands and the odd creek crossing. Runners also had an altitude climb from 680m to nearly 1300m and back down again. Not great for the weary legs of the runners who completed the 3 Marathons in 3 Days Event two weeks prior. They all survived. Oliver Zambon scorched around the course in 3:20:39 with the evergreen Steve Cunningham in 3:39:52 and New Zealander, Matt Bixley, in 3:42:46 finishing the top three. Lorraine Lawson (5:34:09) backed up her 3 Marathons in 3 Days efforts to finish the first of the women home from first time ultra runner, Sarah Griffiths (6:09:36). Well done Ladies.

The Half Marathon course followed the Mt Haig Forestry Road up a tough climb to an altitude of about 1160m and then returned to the Kauri Creek Day use Area. Ben Gerhardy 1:37:00 cleared out to the front and finished ahead of Paul Ryan (1:44:26) and Todd Rutherford (1:44:26) who had a sprint finish to the line. Laura Whenmouth (2:08:07), Krystyna Glavinovic (2:14:05) and Stevie Johnston (2:15:24) were the winners for the women.

The 10k didn't escape a hill climb either. Their course also followed the Mt Haig Forestry Road out and back as did the 5km runners. Anthony Archie (54:55), Tony Black and Andrew Greenwood (doing his first 10km race in 24 years!) were the first three males home, but the race was dominated by the women, with Emma Skirving (56:29, second overall), Carmel Hickey (3rd overall) and junior Hannah Greenwood (5th overall and just beating her dad home). Good to see local runner from Kairi, Janette Jacob, come home right on the hour mark for the hilly 10km trail course. Congratulations to all the 5km fun runners. It was great to see junior runners and other runners just starting out having a go.

This race would not be possible without the efforts of many people. First and foremost Lorraine Lawson whose efforts and guidance helped clear many barriers. John and Janette Jacob who, between the two of them did the shopping, course set up/pull down, time keeping, registration and the 28km checkpoint. David Von Senden helped with transporting the gear and as a sweep on race day. Gareth Smith also helped out as a sweep – on his bicycle, and he ran the last 15km with Sarah to 'keep her company'. Todd Rutherford helped with course marking, registration and set up. Neil Harrison, Kathy Swinkles, Nami Matsuoka and Yuko Nakamura did the time keeping. Keith Fearon on photography and last but not least Daphne Green on catering, marshalling and photography.

I would also like to thank Trinity Family Chiropractic for their sponsorship of this event, they donated the trophies to the overall winners in all the events, as well as 8 heat packs as spot prizes and a chiropractic pillow. The pillow went to volunteer, John Jacob. Other sponsors were, Runners World Australia who donated one 5-issue subscription to a lucky runner and

a voucher for two free trial issue to every runner in the event. Endura provided the Endura and cups.

The event was well supported by local runners from Kairi, Atherton, Lake Eacham, Malanda, Yungaburra, Mareeba and Dimbulah. From a bit further afield, runners came from Brisbane, Townsville, Mission Beach, Tully Heads, Gordonvale, Cairns and Port Douglas. And it was a pleasure to have along runners from Melbourne (VIC), Port Macquarie (NSW) and international runners from Wanaka and Dunedin in New Zealand.

Overall Position	RACE #	Full Name	Time	Category	Category position
45km					
1	420	Oliver Zambon	03:20:39	M 19-29	1
2	25	Steve Cunningham	03:39:52	M 50-59	1
3	423	Matt Bixley	03:42:46	M 40-49	1
4	130	Ben Carter	03:51:39	M 30-39	1
5	433	Arnstein Prytz	04:02:54	M 50-59	2
6	431	Mark Brown	04:36:38	M 40-49	2
7	10	Larry Lawson	04:38:25	M 50-59	3
8	422	Ponder Swinkels	04:50:49	M 40-49	3
9	240	David OBrien	04:57:04	M 50-59	4
10	403	Richard Gaunt	05:13:57	M 30-39	2
11	74	John Vaughan	05:23:51	M 40-49	4
12	11	Lorraine Lawson	05:34:09	F 40-49	1
13	230	David Elms	05:54:24	M 50-59	5
14	98	Sarah Griffiths	06:09:36	F 30-39	1
n/a	338	Karl Gurnick	DNF	M 19-29	
21:1km					
1	406	Ben Gerhardy	1:37:00	M 19-29	1
2	100	Todd Rutherford	1:44:26	M 40-49	1
3	221	Paul Ryan	1:44:26	M 40-49	1
4	424	Ashley Carucci	1:56:19	M 19-29	2
5	104	Rod Fearon	1:57:16	M 40-49	3
6	429	Shane Teahan	1:58:31	M 30-39	1
7	177	Mark St Amand	2:04:58	M 40-49	4
8	436	Peter Campbell	2:07:57	M 40-49	5
9	426	Laura Whenmouth	2:08:07	F 19-29	1
10	439	Rod Green	2:13:43	M 50-59	1
11	425	Krystyna Glavinovic	2:14:05	F 19-29	2
12	12	Stevie Johnston	2:15:24	F 50-59	1
13	444	Sarah West	2:18:38	F 19-29	3
14	430	Dan Cruckow	2:27:57	M 40-49	6
15	271	Nami Matsuoka	2:30:10	F 30-39	1
16	428	Kylie Hempel	2:37:46	F 30-39	2
17	96	Jane Kahler	2:40:11	F 30-39	3
18	443	Yuko Nakamura	2:47:10	F 30-39	4
19	249	Deborah Drummond	2:53:03	F 50-59	2
20	250	Derek May	2:53:03	M 40-49	7
21	268	Marnie Carrison	2:55:03	F 40-49	1
22	258	Heidi Sweeting	3:02:00	F 30-39	5

10km					
1	446	Anthony Archie	0:54:55	M 30-39	1
2	438	Emma Skirving	0:56:29	F 30-39	1
3	432	Carmel Hickey	0:57:14	F 40-49	1
4	313	Tony Black	0:57:24	M 40-49	1
5	113	Hannah Greenwood	0:59:55	F 12-15	1
6	50	Janette Jacob	1:00:12	F 50-59	1
7	440	Asha Davidson	1:01:14	F 30-39	2
8	110	Andrew Greenwood	1:02:17	M 50-59	1
9	421	Deidre Bailey	1:02:32	F 40-49	2
10	445	Rob McCarthy	1:02:34	M 30-39	2
11	442	Kath Kinneally	1:02:50	F 40-49	3
12	437	Stephen Mackay	1:02:54	M 40-49	2
13	441	Jen McCarthy	1:03:30	F 30-39	3
14	447	Willie Williams	1:03:38	M 60-69	1
15	274	Steve Bailey	1:04:24	M 40-49	3
16	435	Ron Philp	1:11:22	M 60-69	2
17	142	Linda Adams	1:12:55	F 40-49	4

5km Fun Run

Maddy Brown

Caleb and Lorien Fearon

Rohan Hickey

Marcelle Indy and Saskia Mackay

Katie Osmond

Tanya Roneberg

Neil and Kate Rungert

Kristian Ryan

Karen, Scott and Trent St Amand

2012 FNQ Trail Series Points

Name	Barron Gorge	Black Snake	Mt Haig	FNQ Series points to date
Steve Cunningham	25	20	20	65
Lorraine Lawson	13	13	25	51
Oliver Zambon	n/a	25	25	50
Ben Carter	13	9	13	35
Arnstein Prytz	n/a	11	11	22
Karl Gurnick	10	10	0	20
Sarah Griffiths	n/a	n/a	20	20
Jane Kahler	11	n/a	7	18
Larry Lawson	4	4	9	17
Laura Whenmouth	n/a	n/a	16	16
Matt Bixley	n/a	n/a	16	16
David OBrien	5	2	7	14
Nami Matsuoka	n/a	4	9	13
Krystyna Glavinovic	n/a	n/a	13	13
Stephanie Johnston	n/a	n/a	11	11
Mark Brown	n/a	n/a	10	10
Sarah West	n/a	n/a	10	10
Marnie Carrison	5	n/a	4	9
Kylie Hempel	n/a	n/a	8	8
Ponder Swinkels	n/a	n/a	8	8
Richard Gaunt	n/a	1	6	7
John Vaughan	n/a	1	5	6
Yuko Nakamura	n/a	n/a	6	6
David Elms	1	n/a	4	5
Deborah Drummond	n/a	n/a	5	5
Paul Ryan	1	1	2	4
Mark StAmand	1	1	1	3
Ben Gerhardy	n/a	n/a	3	3
Todd Rutherford	n/a	1	2	3
Mark StAmand	1	1	1	3
Heidi Sweeting	n/a	n/a	3	3
Linda Adams	n/a	1	1	2
Tony Black	1	n/a	1	2
Rod Fearon	n/a	1	1	2
Emma Skirving	n/a	n/a	2	2
Anthony Archie	n/a	n/a	1	1
Deidre Bailey	n/a	n/a	1	1
Steve Bailey	n/a	n/a	1	1
Peter Campbell	n/a	n/a	1	1
Ashley Carucci	n/a	n/a	1	1
Dan Cruckow	n/a	n/a	1	1
Asha Davidson	n/a	n/a	1	1
Rod Green	n/a	n/a	1	1
Andrew Greenwood	n/a	n/a	1	1
Hannah Greenwood	n/a	n/a	1	1
Carmel Hickey	n/a	n/a	1	1
Janette Jacob	n/a	n/a	1	1

Kath Kinneally	n/a	n/a	1	1
Stephen Mackay	n/a	n/a	1	1
Derek May	n/a	n/a	1	1
Jen McCarthy	n/a	n/a	1	1
Robert McCarthy	n/a	n/a	1	1
Ron Philp	n/a	n/a	1	1
Shane Teahan	n/a	n/a	1	1
Willie Williams	n/a	n/a	1	1