

Faster Today or Tomorrow? 11-12 August 2012-08

Race Director: Mark StAmand

Congratulations to the 14 runners who completed both races. Eleven runners were faster on the second day compared to the first, with special mention to junior runner Matthew Johnston who improved his 3km time from 20:59 to 18:54; Lesa Hansen who improved in the 5km from 32:42 to 29:55. It was harder for the 10km runners, however all of them, bar one, improved their times.

The quickest time in the 3km was Larry Lawson with 11:42. Ian Kraska ran the 5km in 24:08 and James Giugni (43:45) could not better Gavin Fee's time (42:22) set on the first day. The fastest female in the 10km was Gemma Hale in 48:09.

Thank you to the wonderful volunteers who helped out at the event.

The next Cairns Road Runners event is on Sunday 19 August, with a practice trail run up and down the Bump Track, followed by the Kuranda to Port Douglas Events on 26 August. Registration closes on 16 August, so don't miss out on these great races – 64km; 64km relay; 21.1km; 16km or 5km Fun Run.

Name	Age Group	Time 11/8/12	Time 12/8/12	Faster?
3km				
Larry Lawson	M 50-59	11:48	11:42	Yes
Daniel Johnston	M U12	15:31	15:02	Yes
Matthew Johnston	M U12	20:59	18:54	Yes
Tina Reagon	F 40-49	21:04	21:55	No
Luisa Johnston	F 40-49	21:48	22:17	No
Helen Simpson	F 40-49	18:22	n/a	
Maudi Bennett	F 50-59	n/a	19:36	
Nicola Ellis	F 40-49	n/a	21:53	
5km				
Ian Kraska	M 50-59	24:34	24:08	Yes
Jim Cavill	M 50-59	29:05	28:14	Yes
Lesa Hansen	F 40-49	32:42	29:55	Yes
Anthea Barrow	F 19-29	23:02	n/a	
Heather Rogers	F 40-49	27:36	n/a	
True Margach	F 19-29	n/a	25:27	
Rosie Ball	F 40-49	n/a	29:44	
10km				
James Giugni	M 19-29	44:35	43:45	Yes
Mark Lennon	M 40-49	48:54	46:38	Yes
Ian Campigli	M 50-59	48:57	48:25	Yes
David Von Senden	M 50-59	51:17	50:26	Yes
Greg Eldridge	M 50-59	59:11	59:48	No

Sue Rayner	F 40-49	1:09:29	1:07:20	Yes
Gavin Fee	M 19-29	42:22	n/a	
Brad Congdon	M 50-59	45:29	n/a	
Andrew Greenwood	M 50-59	54:18	n/a	
Alison Smith	F 30-39	54:51	DNF	
Ken Wrigley	M 40-49	56:25	n/a	
Bruce Hansen	M 40-49	n/a	48:00	
Gemma Hale	F 19-29	n/a	48:09	
Lorraine Lawson	F 40-49	n/a	1:03:13	
Donna Lupson	F 40-49	n/a	1:04:52	