

## Cairns Road Runners The Rocks Series Race #1 of 3, 16 February 2013

157 dedicated runners braved dank humidity and startling blue skies for the season's first road race, the Rocks 5km in the Redlynch valley.

Commanding performances from race winners Thomas Briggs (15:58) and Rachel Effeney (19:23) have thrown down the gauntlet in what proved to be an entertaining start to the three race series. No time for resting on laurels for these two however, as 2<sup>nd</sup> and 3<sup>rd</sup> placegetters Phil Bradshaw (arguably Cairns fittest man) and Tony Vogler for the men and Iron woman Leanda Cave and Andy Hargreaves lead out a formidable array of potential challengers.

In the 3km event, Montanna McAvoy continues to prove herself a dedicated all round sportswoman with an exciting 11:16 finish. Second and third place getters Aiden Smith (11:53) and Jason Smith (12:14) will be undoubtedly training hard in preparation for a rematch in two week's time.

Hearty thanks as always to the many volunteers (many of whom also competed!). John Vaughan as race director, Lorraine Lawson on admin, Linda Adams, Margie Shearer, Katie Osmond and Karren Russo on registration and recording, David von Senden, Jim Cavill, Mark St Amand and Larry Lawson on set up/pull down, Deb Harrison and Ella Hargreaves on timing, Pam Palmer and Catherine Mellinger on water stop, Rob Mackenzie, Tony Black and Adele Wright on marshalling, Alicia Bean on shopping and Caroline Hardy on catering.

Special mention also of series sponsor O2 magazine – thankyou everyone!

Upcoming Cairns Road Runners events are The Rocks #2 on 2 March and the Barron Gorge Trail Race on 10 March – with Bruce Fordyce as an invitational runner and motivational guest speaker at the dinner on 10 March. Book your spot today on <http://www.roadrunners.org.au/events/>.

### Results: 5km

Overall position	Full Name	Time	Category	Category position
1	Thomas Briggs	15:58	M 19-29	1
2	Phil Bradshaw	16:13	M 30-39	1
3	Tony Vogler	18:22	M 40-49	1
4	Steve Cunningham	18:32	M 60-69	1
5	Paul Ryan	18:43	M 40-49	2
6	Bryan O'Mahony	18:50	M 30-39	2
7	Mark Wade	19:04	M 30-39	3
8	Mike Lennon	19:17	M 40-49	3
9	Rachel Effeney	19:23	F 19-29	1
10	Ian Grant	19:27	M 50-59	1
11	Leanda Cave	19:42	F 30-39	1
12	Todd Rutherford	19:49	M 40-49	4
13	Andy Hargreaves	20:16	F 40-49	1
14	Julian Oates	20:17	M 40-49	5
15	Clio Ozanne-Jaques	20:35	F 12-15	1
16	Marcel De Kievith	20:46	M 60-69	2
17	Adam Fox	20:50	M 30-39	4
18	Max Graf	21:02	M 12-15	1

19	John Gordon	21:06	M 12-15	2
20	David Valkhoff	21:14	M 30-39	5
21	Idan Piercy	21:16	M 50-59	2
22	Karen Ebdy	21:20	F 30-39	2
23	Paula Besgrove	21:43	F 30-39	3
24	Rod Fearon	21:48	M 40-49	6
25	John Heenan	21:54	M 50-59	3
26	Mark St Amand	21:55	M 40-49	7
27	Teri Orr	21:58	F 30-39	4
28	Larry Lawson	21:59	M 50-59	4
29	Shona Jones	22:02	F 30-39	5
30	Bluey Quirk	22:03	M 50-59	5
31	Jill Boltz	22:04	F 40-49	2
32	Dino Gallo	22:12	M 40-49	8
33	Davo Giordimaina	22:12	M 40-49	9
34	Moniek De Kievith	22:22	F 30-39	6
35	Rob Johnstone	22:44	M 30-39	6
36	Rudy De Vos	22:45	M 60-69	3
37	Peter Banaghan	22:47	M 40-49	10
38	Nick Bradt	22:52	M 30-39	8
39	Kate Hardy	22:56	F 16-18	1
40	Caroline Hardy	22:58	F 40-49	3
41	David Von Senden	23:05	M 50-59	6
42	Bruce Hansen	23:06	M 50-59	7
43	Stevie Johnston	23:11	F 50-59	1
44	Margie Shearer	23:16	F 50-59	2
45	Dave Cuming	23:22	M 50-59	8
46	Samuel Carmody	23:25	M 12-15	3
47	Joel Little	23:37	M 30-39	9
48	Sandro Soncin	23:48	M 40-49	11
49	Fiona Dix	24:00	F 30-39	7
50	Ian Kraska	24:02	M 50-59	9
51	Alisia Bean	24:14	F 30-39	8
52	Paul Spray	24:20	M 30-39	10
53	Marc Brown	24:40	M 19-29	2
54	David Skinner	24:42	M 60-69	4
55	Mel Akmentins	24:46	F 40-49	4
56	Josh Taylor	24:51	M 19-29	3
57	Christopher Macdonald	24:52	M 19-29	4
58	Steve Bailey	24:55	M 40-49	12
59	Debbie Gifford	25:06	F 30-39	9
60	Alex Lennon	25:07	M 12-15	4
61	Tennille Farnsworth	25:14	F 30-39	10
63	Jess Conroy	25:20	F 19-29	2
64	Dom Bancilhon	25:35	M 50-59	10
65	Judy O'Donahoo	25:40	F 50-59	3
66	Fiona Harper	25:45	F 40-49	5
67	Neil Parker	25:47	M 50-59	11
68	Lorna Bradshaw	25:52	F 30-39	11
69	Jen Shults	25:55	F 30-39	12
70	Bharat Gadhvi	26:04	M 40-49	13
71	Eve Kusinski	26:21	F 40-49	6

72	Chris Simmons	26:29	M 40-49	14
73	Trees De Kievith	26:40	F 60-69	1
74	Nejo Ferik	26:49	M 30-39	11
75	Shelley Peden	26:54	F 30-39	13
76	Lorraine Lawson	27:01	F 40-49	7
77	Karen Lloyd-Collins	27:24	F 40-49	8
78	Mel Cave	27:26	F 30-39	14
79	Lou Gale	27:47	F 30-39	15
80	Tania Mitchell	27:47	F 40-49	9
81	Fiona Bunt	28:03	F 12-15	2
82	Sharon Waller	28:13	F 50-59	4
83	Sarah Griffiths	28:19	F 30-39	16
84	Jeff Bunt	28:20	M 50-59	12
85	Jessica Lenehan	28:20	F 19-29	3
86	Deepa Gadhvi	28:39	F 40-49	10
87	Marjo Simpson	28:52	F 50-59	5
88	Susan Carmody	29:03	F 40-49	11
89	Celia Mackenzie	29:11	F 50-59	6
90	Scott Ratcliffe	29:13	M 40-49	15
91	Marian Webster	29:15	F 40-49	12
92	Jo Van Gorp	29:31	F 30-39	17
93	Debra Bunt	29:32	F 40-49	13
94	Tara Diversi	29:42	F 30-39	18
95	Helen Kinnane	29:46	F 40-49	14
96	David Bragg	29:47	M 50-59	13
97	Lizzie Reeves	29:50	F 40-49	15
98	Sally Dixon	30:05	F 40-49	16
99	Karen St Amand	30:20	F 40-49	17
100	Ziggy Clark	3 21	F 50-59	7
101	Steve Betesta	30:25	M 50-59	14
102	Jim Cavill	30:47	M 50-59	15
103	Jodie Lucas	31:02	F 40-49	18
104	Mitchell Smith	31:17	M 19-29	5
105	Rozita Hiatt	31:21	F 50-59	8
106	Tracey Brax	31:25	F 40-49	19
107	Celeste Conway	31:58	F 19-29	4
108	Jayne Barrett	31:59	F 30-39	19
109	Susan Wells	32:10	F 50-59	9
110	Nadia Mead	32:15	F 40-49	20
111	Rhonda Zeylmans	32:30	F 40-49	21
112	Pauline Taylor	33:40	F 50-59	10
113	Sherri Soncin	33:46	F 30-39	20
114	Sandra Buckley	33:54	F 60-69	2

Results: 3km

Overall position	Full Name	Time	Category	Category placing
1	Montanna McAvoy	11:16	F 12-15	1
2	Aiden Smith	11:53	M 12-15	1
3	Jason Smith	12:14	M 40-49	1
4	Felix Graf	12:35	M U12	1
5	Scott St Amand	12:38	M U12	2

6	Grace Duffy	13:05	F 12-15	2
7	Hannah Hardy	13:09	F 12-15	3
8	Poppy Boltz	13:10	F 12-15	4
9	Elton Bozkurt	13:11	M U12	3
10	Mackenzie McAvoy	13:35	F 12-15	5
11	Rex Harriss	13:47	M 12-15	2
12	Ollie Boltz	13:52	M U12	4
13	Jazzy Shults	14:24	F U12	1
14	Caleb Fearon	14:47	M 12-15	3
15	Alex Moore	15:01	M U12	5
16	Isabella Dix	15:16	F U12	2
17	Nicholas Banaghan	15:22	M U12	6
18	Max Piercy	15:25	M U12	7
19	Gwilym Vaughan	15:34	M 12-15	4
20	Maddy Hargreaves	16:12	F 12-15	6
21	Dean Gallo	16:15	M 12-15	5
22	Renee Christison	16:18	F 12-15	7
23	Domenic Gallo	16:23	M U12	8
24	Dazza Hargreaves	17:24	M 40-49	2
25	Lorien Fearon	17:29	F 12-15	8
26	Shirlee Gallo	17:32	F 40-49	1
27	Llewellyn Vaughan	18:44	M U12	9
28	Nicollette Lum	18:50	F 40-49	2
29	Bully Clark	19:25	M 60-69	1
30	Georgia White	19:34	F U12	3
31	Dianne Power	19:35	F 50-59	1
32	Sharon Jones	20:14	F 40-49	3
33	Nikki Field	21:05	F 40-49	4
34	Courtney Banaghan	21:25	F 12-15	9
35	Mim McAuliffe	21:45	F 40-49	5
36	Melanie Little	21:48	F 30-39	1
37	Heather Vaughan	24:14	F 40-49	6
38	Katie Osmond	24:27	F 19-29	1
39	Ceiridwen Vaughan	25:17	F 12-15	10
40	Imogen Fearon	25:21	F U12	4