

## Cairns Road Runners Barron Gorge Trail Race, 10/3/2013

Race Report by Dave Cuming

The Red Arrow - Call that a hill? That's not a hill ....*this* is a hill. Climbing from sea level to 500m in 1.8km welcome to Smith's Track, the lung busting, stomach spitting start to the Barron Gorge Trail Race. I reckon that's a 27% gradient – one percent more and pass my crampons!

Plagiarizing Crocodile Dundee badly this is the challenge that faced 82 trail runners on Sunday morning as the 18km/11km annual event, organised by the Cairns Road Runners, took place under glorious sunny skies. This year the race assumed celebrity status with one of the greatest South African runners of all time, Bruce Fordyce, having his nomination accepted and was privileged to run in God's own country, Far North Queensland.

Runners had two choices of course 18km or 11km, the latter avoiding the bitumen around Speewah. Runners also had the choice to avoid the wait-a-while, many chose not and will spend happy days picking spines it out of their ears.

If you don't know the course, this is 18km through tropical paradise; start at Stoney Creek Car Park then up, up, up Smith's Track to Toby's Lookout, across the crystal waters of Stoney Creek, through the Kauri Pines, Cadagi Corner and then a cooling rest at the Speewah Camp Grounds (if you're a pussy like me). All competitors carrying snake bandages, whistles and nutritional supplements then head off for the final leg; Douglas Track to Glacier Rock spur, descend to meet McDonald's Track then down, down, down across the railway line and eventually finish with trembling thighs at Stoney Creek Car Park.

Congratulations to all our competitors who grunted, sweated, and vomited their way around a grueling rain forest track. Special congratulations to all our winners, special thanks to all the volunteers: Race director was Christine Bell, loads of unseen hard work (including the trophies), minimal thanks on the day but heaps of gratitude from all competitors because deep down we do know. Lorraine Lawson – online registration and paperwork; Gareth Smith and Cheryl Hillier at the Speewah Checkpoint; Sioux Campbell, Deidre Bailey, Kaya – recording and timing, Marjo Simpson – Registrations and 11km sweep, Llana Hills – shopping, Gill Fordyce, Deidre Bailey and Chris Zeylmans - photographs and to God who kindly created such a paradise.

Singleton Russell defied gravity and won the 18km lad's race in 1 hr 54 min (breaking the record by 15 minutes), Nathan Sandford 2<sup>nd</sup> and Stevo Francis 3<sup>rd</sup>. Overall winner for the ladies 18km was Liz Maguire in 2hr 15 min, Teri Orr 2<sup>nd</sup> and Andrea Hargreaves 3<sup>rd</sup>. For the 11km David Obozil cruised through 1<sup>st</sup> for the gents in 1hr 22 min, Gavin Fee 2<sup>nd</sup> and Charlie Best 3<sup>rd</sup>. Stevie Johnson managed first place in the women in 1hr 48 min, Elsa Lim 2<sup>nd</sup>, Gerna Thompson 3<sup>rd</sup>. Full results and race report at <http://www.roadrunners.org.au/>

The Cairns Road Runners goes from strength to strength. If you love being fat and dying early then don't bother but if you want a better life then log on to Cairns Road Runners

website and be bold. Our next event, The Rocks #3 is on Saturday, 16 March followed by the Earth Hour Run on 23 March. Online registrations only.

Results – 18km

Overall position	FNQ Trail Running Series points	RACE #	Full Name	Time	Category	Category position
1	25	44	Singleton Russell	1:54:50	M 30-39	1
2	20	181	Nathan Sandford	1:57:09	M 30-39	2
3	16	92	Stevo Francis	1:57:57	M 18-29	1
4	13	71	Glen Robinson	1:58:42	M 40-49	1
5	11	25	Steve Cunningham	2:02:50	M 60-69	1
6	10	143	Tim Mcgrath	2:04:41	M 30-39	3
7	9	144	Crawf Crawford	2:13:43	M 30-39	4
8	8	22	Mark Wade	2:13:56	M 30-39	5
9	n/a	2	Liz Maguire	2:15:22	F 40-49	1
10	7	104	Keith Fearon	2:19:19	M 40-49	2
11	25	153	Teri Orr	2:20:38	F 30-39	1
12	6	4	Cos Zwart	2:22:38	M 30-39	6
13	5	49	Julian Oates	2:24:56	M 40-49	3
14	n/a	166	Connor O'Sullivan	2:26:14	M 30-39	7
15	20	56	Andrea Hargreaves	2:27:01	F 40-49	2
16	4	54	Adam Fox	2:35:32	M 30-39	8
17	3	81	Mark St Amand	2:38:43	M 40-49	4
18	2	5	Larry Lawson	2:41:01	M 50-59	1
19	16	120	Anthea Barrow	2:41:50	F 18-29	1
20	1	8	Craig Overend	2:42:35	M 40-49	5
21	13	28	Jordan Anderton	2:43:38	F 18-29	2
22	1	32	Bruce Hansen	2:43:49	M 50-59	2
23	1	15	Neil Harrison	2:46:13	M 40-49	6
24	1	18	Jack Koci	2:46:43	M 18-29	2
25	11	51	Margie Shearer	2:47:53	F 50-59	1
26	1	39	James Giugni	2:49:02	M 18-29	3
27	10	41	Karen Best	2:49:02	F 18-29	3
28	9	176	Catherine Mellinger	2:49:06	F 40-49	3
29	8	43	Shona Jones	2:49:40	F 30-39	2
30	1	10	Kevin Frisch	2:52:43	M 40-49	7
31	7	180	Rachael White	2:53:50	F 30-39	3
32	1	74	John Vaughan	2:57:05	M 40-49	8
33	6	19	Lisa Murfin	2:57:14	F 30-39	4
34	n/a	174	Rod Tindale	3:00:59	M 50-59	3
35	5	40	Nami Matsuoka	3:07:41	F 30-39	5
36	1	27	David Skinner	3:08:10	M 60-69	2
37	n/a	42	Damien O'Grady	3:09:13	M 40-49	9
38	1	155	Dave Cuming	3:09:20	M 50-59	4
39	1	1	Bruce Fordyce	3:13:07	M 50-59	5
40	1	53	Ryan Burnell	3:17:03	M 30-39	9
41	4	285	Leah Davis	3:17:58	F 40-49	4
42	3	263	Tennille Farnsworth	3:18:18	F 30-39	6
43	2	193	Fiona Harper	3:18:53	F 40-49	5
44	n/a	3	Gerry Maguire	3:19:25	M 40-49	10
45	1	240	Matt Mitchell	3:29:16	M 40-49	11
46	n/a	17	Barry Simmonds	3:32:37	M 40-49	12

47	1	251	Marian Webster	3:34:44	F 40-49	6
48	n/a	258	Heidi Sweeting	3:44:09	F 40-49	7
49	1	109	Baz Gadhvi	3:48:08	M 40-49	13
50	1	110	Deepa Gadhvi	3:48:08	F 40-49	8
51	n/a	205	Sharon Waller	3:49:44	F 50-59	2
52	1	6	Lorraine Lawson	3:52:10	F 40-49	9
53	1	159	Deborah Drummond	3:56:56	F 50-59	3
54	1	24	Sarah Griffiths	4:04:44	F 30-39	7
55	n/a	160	Derek May	4:11:49	M 50-59	6
56	n/a	21	Rhonda Zeylmans	4:34:13	F 40-49	10
57	1	31	Marnie Carrison	4:34:14	F 40-49	11
DNF		89	Ben Gerhardy	DNF	M 18-29	

Results – 11km (those in FNQ Trail Running series each receive 1 point)

Overall position	RACE #	Full Name	Time	Category	Category position
1	34	David Obozil	1:22:17	M 18-29	1
2	119	Gavin Fee	1:28:24	M 18-29	2
3	187	Charlie Best	1:28:38	M 30-39	1
4	275	David Moreno	1:28:43	M 30-39	2
5	93	Todd Rutherford	1:32:04	M 40-49	1
6	61	Bryan O'Mahony	1:33:22	M 30-39	3
7	85	Idan Piercy	1:38:15	M 50-59	1
8	50	Paul Ryan	1:40:53	M 40-49	2
9	48	Stevie Johnston	1:48:38	F 50-59	1
10	125	Steve Bailey	1:55:49	M 40-49	3
11	9	Elsa Lim	1:57:33	F 30-39	1
12	45	Andrew Greenwood	2:16:44	M 50-59	2
13	7	Gerna Thompson	2:17:37	F 30-39	2
14	26	Kelly Gaudin	2:19:52	F 30-39	3
15	14	Chris Bowman	2:21:13	M 18-29	3
16	57	Darren Hargreaves	2:25:39	M 40-49	4
17	37	Debbie Moll	2:27:29	F 50-59	2
18	82	Karen St Amand	2:38:41	F 40-49	1
19	29	Darrelle Taylor	2:56:14	F 40-49	2
20	38	Liz Moll	3:23:32	F 50-59	3
21	33	Lesa Hansen	3:39:28	F 40-49	3
22	47	Andrew Godfrey	3:39:30	M 50-59	3
23	46	Susan Wells	3:39:50	F 50-59	4
24	91	Chrissy Ratcliffe	4:12:06	F 40-49	4
25	20	Marjo Simpson	4:12:05	F 50-59	5
DNF	16	Katie Osmond	DNF	F 18-29	