

## Cairns Road Runners The Rocks #2 Race Report, 2 March 2013

Well the rain held off, but there was definitely moisture in the air as 140 enthusiastic runners, friends and relations and a bevy of dedicated volunteers (and some who were actually all three) gathering at the Rocks for this, the penultimate event in the O2 magazine Rocks 5km series.

Thomas Briggs (16:01) remains undefeated in the series, wearing down ever-nimble Phil Bradshaw's early lead. Likewise in the women, Rachel Effeney (19:04) continues to strongly lead the series, but undoubtedly 2<sup>nd</sup> and 3<sup>rd</sup> placegetters Kelsey Grant and Clio Ozanne-Jaques may have other ideas for #3.

A special mention must be made of a certain silver haired master of the running arts whose infectious enthusiasm at the finish line certainly gave a final spur to many of the runners. Thankyou Marcel!

The three km runners also strutted their stuff with enthusiasm despite the increasingly dank conditions (perhaps it was the sight of the tables groaning with fruit, bun and lollies that awaited their return). Felix Graf (12:26) finished in good time followed by the ever improving Scott St Amand (must be those extra 400s at coaching on Tuesday) and the talented Poppy Boltz (12:55) finishing first for the girls.

Again thanks to the many official and unofficial volunteers – the many who jumped in and lent a hand. John and Heather Vaughan as race directors, Lorraine Lawson and Katie Osmond on paperwork, Margie Shearer and registration, Katie Osmond and Larry Lawson on timing, Pam Palmer and Catherine Mellinger on remote water stop and Alicia Bean on shopping. Christopher McDougal suggests that the secret of a great runner is a great heart (both physiologically and empathetically I suspect) and it is what this sort of event, this sort of club is about. So cheers all of you (unless you are a shirker then I'm afraid better shape up next time – it could improve your times!)

### 5km

Overall placing	RACE #	Full Name	Time	Category	Category placing
1	1144	Jordan Mattinson	0:14:36	M 12-15	1
2	199	Thomas Briggs	0:16:01	M 19-29	1
3	1122	Philip Bradshaw	0:16:20	M 30-39	1
4	1139	Tony Vogler	0:18:01	M 40-49	1
5	25	Steve Cunningham	0:18:18	M 60-69	1
6	61	Bryan O'Mahony	0:18:24	M 30-39	2
7	50	Paul Ryan	0:18:32	M 40-49	2
8	88	Rachel Effeney	0:19:04	F 19-29	1
9	45	Ian Grant	0:19:31	M 50-59	1
10	192	Cahn Butler-Channell	0:19:35	M 16-18	1
11	1133	Max Graf	0:19:43	M 12-15	2
12	225	Clio Ozanne-Jaques	0:19:56	F 12-15	1
13	239	John Gordon	0:20:17	M 12-15	3
14	81	Mark St Amand	0:20:34	M 40-49	3
15	56	Andrea Hargreaves	0:20:39	F 40-49	1
16	104	Keith Fearon	0:20:39	M 40-49	4
17	133	David Valkhoff	0:20:44	M 30-39	3
18	153	Teri Orr	0:21:12	F 30-39	1
19	1	Marcel De Kievith	0:21:17	M 60-69	2
20	203	Dan Warne	0:21:44	M 30-39	4
21	1109	Kate Hardy	0:21:45	F 16-18	1

22	1153	Megan Robb	0:22:07	F 30-39	2
23	1200	Karen Ebdy	0:22:10	F 30-39	3
24	142	Bluey Quirk	0:22:10	M 50-59	2
25	238	Rudy De Vos	0:22:20	M 60-69	3
26	185	John Heenan	0:22:28	M 50-59	3
27	1169	Robert Johnstone	0:22:30	M 30-39	5
28	1149	David Smyth	0:22:43	M 40-49	5
29	117	Nick Bradt	0:22:53	M 30-39	6
30	228	Sandro Soncin	0:23:09	M 40-49	6
31	8	Rob Mackenzie	0:23:21	M 60-69	4
32	19	Martin Ball	0:23:26	M 50-59	4
33	32	Bruce Hansen	0:23:28	M 50-59	5
34	32	Bruce Hansen	0:23:28	M 50-59	6
35	51	Margie Shearer	0:23:29	F 50-59	1
36	294	Joel Little	0:23:39	M 30-39	7
37	114	Anthony Lucas	0:23:45	M 40-49	7
38	155	Dave Cuming	0:23:47	M 50-59	7
39	63	Craig Harriss	0:23:49	M 50-59	8
40	156	Michelle Farkas	0:23:54	F 40-49	2
41	1111	Paul Spray	0:23:58	M 30-39	8
42	1103	Samuel Carmody	0:24:15	M 12-15	4
43	1136	Darren Osmond	0:24:17	M 30-39	9
44	1165	Helen Smyth	0:24:24	F 40-49	3
45	97	Alisia Bean	0:24:26	F 30-39	4
46	1117	Steve Graham	0:24:30	M 30-39	10
47	149	Nichole Baker	0:24:57	F 40-49	4
48	1121	David Bimler	0:25:09	M 40-49	8
49	1108	Jono Hardy	0:25:10	M 40-49	9
50	263	Tennille Farnsworth	0:25:11	F 30-39	5
51	1168	Neil Parker	0:25:16	M 50-59	9
52	1135	Liz Need	0:25:22	F 30-39	6
53	1138	David Skinner	0:25:30	M 60-69	5
54	163	Dom Bancilhon	0:25:34	M 50-59	10
55	157	Alex Farkas	0:25:42	M 40-49	10
56	1130	Kevin Conman	0:25:56	M 40-49	11
57	1134	T.A Hartley	0:25:56	M 40-49	12
58	1171	Jessica Conroy	0:26:05	F 19-29	2
59	1110	Chris Simmons	0:26:05	M 40-49	13
60	193	Fiona Harper	0:26:16	F 40-49	5
61	78	Eve Kusinski	0:26:32	F 40-49	6
62	1126	Grant Behrendorff	0:26:32	M 40-49	14
63	196	Judy O'Donahoo	0:26:38	F 50-59	2
64	205	Sharon Waller	0:26:53	F 50-59	3
65	87	DugE English	0:26:53	M 50-59	11
66	1157	Claire Garner	0:27:06	F 30-39	7
67	2	Trees De Kievith	0:27:12	F 60-69	1
68	1105	Jen Fox	0:27:15	F 40-49	7
69	1154	Iachlan Rankine	0:27:43	M 19-29	2
70	64	Jeffrey Bunt	0:27:55	M 50-59	12
71	9	Celia Mackenzie	0:28:10	F 50-59	4
72	251	Marian Webster	0:28:19	F 40-49	8
73	67	Fiona Bunt	0:28:25	F 16-18	2
74	1142	Jessica Lenehan	0:28:25	F 19-29	3
75	1156	Roxanne Menzel	0:28:25	F 19-29	4
76	256	Tania Stephens	0:28:25	F 19-29	5
77	20	Marjo Simpson	0:28:27	F 50-59	5

78	65	Debra Bunt	0:28:45	F 40-49	9
79	134	Helen Kinnane	0:28:58	F 40-49	10
80	82	Karen St Amand	0:29:57	F 40-49	11
81	1150	Samantha Rickert	0:30:12	F 16-18	3
82	4	Jim Cavill	0:30:13	M 50-59	13
83	52	Jo Van Gorp	0:30:30	F 30-39	8
84	213	Larissa McKirdy	0:30:51	F 30-39	9
85	113	Jodie Lucas	0:30:59	F 40-49	12
86	1119	Geoff Stockall	0:31:05	M 40-49	15
87	1141	Rozita Hiatt	0:31:14	F 50-59	6
88	1104	Ziggy Clarke	0:31:31	F 50-59	7
89	1118	Tracy Cavallaro	0:32:20	F 40-49	13
90	33	Lesa Hansen	0:32:32	F 40-49	14
91	21	Rhonda Zeylmans	0:33:25	F 40-49	15
92	1167	Susan Wells	0:33:25	F 50-59	8
93	1166	Andrew Godfrey	0:34:45	M 50-59	14
94	36	Nadia Mead	0:34:50	F 40-49	16
95	219	Jayne Barrett	0:35:44	F 30-39	10
96	229	Sherri Soncin	0:36:35	F 30-39	11
97	1127	Toni Behrendorff	0:36:49	F 40-49	17
98	26	Sandra Buckley	0:37:06	F 60-69	2

### 3km

Overall placing	RACE #	Full Name	Time	Category	Category placing
1	1132	Felix Graf	0:12:26	M U12	1
2	84	Scott St Amand	0:12:32	M U12	2
3	303	Poppy Boltz	0:12:55	F 12-15	1
4	1128	Elton Bozkurt	0:13:14	M U12	3
5	83	Trent St Amand	0:13:24	M 12-15	1
6	1107	Hannah Hardy	0:14:12	F 12-15	2
7	1137	Kristian Ryan	0:14:25	M U12	4
8	1155	Cameron Priddle	0:14:47	M 12-15	2
9	1129	Renee Christison	0:15:04	F 12-15	3
10	75	Gwilym Vaughan	0:15:07	M 12-15	3
11	1123	Lorna Bradshaw	0:15:10	F 30-39	1
12	1173	Alex Moore	0:16:07	M U12	5
13	1124	Bradley Behrendorff	0:16:39	M 12-15	4
14	57	Darren Hargreaves	0:16:48	M 40-49	1
15	1112	Sue Schwartz	0:17:29	F 40-49	1
16	1113	Michelle Powell	0:17:30	F 40-49	2
17	150	Noah Baker	0:17:47	M U12	6
18	198	Helen Simpson	0:17:52	F 40-49	3
19	264	Nicollette Lum	0:18:17	F 40-49	4
20	107	Niamh Fearon	0:18:25	F U12	1
21	1146	Warrick Mattinson	0:18:26	M 40-49	2
22	1143	Edan Mattinson	0:19:01	M U12	7
23	77	Llewellyn Vaughan	0:19:01	M U12	8
24	1158	Nikki Field	0:20:13	F 40-49	5
25	116	Sara Lucas	0:20:56	F 12-15	4
26	220	Mim McAuliffe	0:21:22	F 40-49	6
27	54	Melanie Little	0:21:24	F 30-39	2
28	1170	Karen Russo	0:21:41	F 50-59	1
29	151	Bayley Baker	0:22:35	M U12	9
30	1145	Kylie Mattinson	0:22:46	F 30-39	3
31	265	Christopher Macdonald	0:22:48	M 19-29	1

32	1131	Lachlan Farnsworth	0:23:31	M U12	10
33	73	Heather Vaughan	0:25:33	F 40-49	7
34	16	Katie Osmond	0:29:15	F 19-29	1
35	178	Tanya Roneberg	0:29:19	F 30-39	4
36	105	Bridget Fearon	0:30:41	F 30-39	5
37	108	Siobhan Fearon	0:30:41	F U12	2
38	76	Ceiridwen Vaughan	0:34:46	F 12-15	5
39	106	Aislinn Fearon	0:34:58	F 12-15	6