

Cairns Road Runners Black Snake Trail Race, 21/4/2013

Race Report by Sharon Waller

TOUGH – Is all I can say for the 34k run, although looking at the new records, maybe not for some! Men's New course record! - 1st Ben Gerhardy 2:55:35 congratulations! 2nd Russ Singleton – 3:09:20 and 3rd Glen Robinson -3:17:02. Female's New Course Record – 1st Andy Hargreaves 3:46.15 Congratulations! 2nd Teri Orr – 3:55:55 - 2012 Record Broken - Congratulations! 3rd Christiana King - 4:01:30 – 2012 Record Broken - Congratulations!

Well done to all who participated. Of the 115 entrants, 106 made it to the start line and 105 made it over the finish line.

The 34km trail race starts at the Kiosk area at Copperlode Dam and across the dam wall, taking you through rainforest as you climb approximately 3.5km onto the Atherton Tablelands. The trail follows Clohsey River Road, crossing a number of creeks and coming to the half marathon turn around at Clohsey River Cathedral Fig checkpoint. Two kilometres further on you enter the Vivier's Track, the most challenging section of the trail with a rough up-and-down track rutted deeply from the rain, bikes and quad bikes. After a hill that seems to *never* end, you come to a hot open area with large Eucalypt trees. The views are great if you have the breath and energy to take them in! After crossing the Clohsey River there is a staggering climb from 414m to 635m. The 19.5km check point is a welcomed site with fruit, slice, coke and an encouraging pep talk. As the trail enters Bridle Creek Road you are back in rainforest and the very welcome cool air. You climb steeply up to the highest point in the trail at 744m around the 28km mark, at Bridle Creek Valley. A snake was sighted on Sunday in this section but unfortunately the photo opportunity was missed due to the quick movement of snake and not-so-quick of the participant. From here the inclines seem to never end, with steep descents and sharp inclines which go *on* and *on*, following the power lines. Once back onto Clohsey River Road the trail turns right back towards Copperlode Dam with a final hard-earned downhill stretch to end the race at the Kiosk area.

21.1km winners

Male: 1st David Stevenson (1:48:15); 2nd Make Wade (1:52:19), 3rd Tim Mcgrath (1:53:38)

Female: 1st Aimee Ingram (2:06:23); 2nd Margie Shearer (2:13:02); 3rd Stevie Johnston (2:13:47)

10km winners

Male: 1st Ronan O'Mahony (57:20); 2nd Paul Walford (1:05:40); 3rd Anthony Gleeson (1:08:40)

Female: 1st Liv Walford (1:02:13, 2nd overall); 2nd Bree Bojdak (1:07:50); 3rd Keri Frecklington (1:13:07)

Well done to all who participated in the 21.1 and 10km races.

Thank you to the SES who helped out at the Bridle Creek Checkpoint and then went into the Viviers Track, together with Christine Bell and Alan Wyness to look for the last runner. Who ended up being fine, just really slow!

I would like to thank ALL volunteers without you there would be no event.

Volunteers

Race Director - Lorraine Lawson; Checkpoint marshals - Christine Bell; Dayana Fearon; Gareth Smith; Roving - David Von Senden & Alan Wyness; Registration - Jayne Barrett, Paula Besgrove; Timing and

recording - Katie Osmond, Ian Kraska, Deepa Gadhvi, Brigid Fleming, Sarina Piercy and Jim Cavill;
 Catering - Brenda OBrien, Nadie Mead and Colleen Harisson; Pack up - Davo OBrien, David Von
 Senden and Jim Cavill

Behind the scenes: Set up during practice run – Lorraine Lawson and Sharon Waller; Paperwork –
 Lorraine Lawson; Shopping - Alan Wyness; Christine’s Slice – Christine Bell.

The next trail race is the Three Marathons in Three Days on 28-30 June and the Cairns Marathon on
 30 June. Check the Cairns Road Runners website for practice runs leading up to these events.

Race Results

34km

Overall position	RACE #	Full Name	Time	Category	Category placing
1	1185	Ben Gerhardy	02:55:35	M 18-29	1
2	1142	Russ Singleton	03:09:20	M 30-39	1
3	71	Glen Robinson	03:17:02	M 40-49	1
4	509	Craig Mann	03:25:24	M 40-49	2
5	166	Connor O'Sullivan	03:29:20	M 30-39	2
6	104	Keith Fearon	03:31:09	M 40-49	3
7	508	Arnstein Prytz	03:32:37	M 50-59	1
8	519	Adrian Garnett	03:35:12	M 40-49	4
9	1165	Rob Miller	03:36:50	M 40-49	5
10	361	Dean Gavan	03:43:37	M 40-49	6
11	1144	Andy Hargreaves	03:46:15	F 40-49	1
12	1143	Brad Weaver	03:48:47	M 40-49	7
13	144	Crawf Crawford	03:49:42	M 30-39	3
14	95	Davo OBrien	03:54:19	M 50-59	2
15	81	Mark St Amand	03:54:36	M 40-49	8
16	5	Larry Lawson	03:55:48	M 50-59	3
17	1146	Teri Orr	03:55:55	F 30-39	1
18	1149	craig Overend	04:00:23	M 40-49	9
19	502	Christiana King	04:01:39	F 30-39	2
20	515	Cameron Ford	04:12:59	M 30-39	4
21	40	Neil Harrison	04:15:55	M 40-49	10
22	1170	Rod Fearon	04:18:05	M 40-49	11
23	512	Lisa Murfin	04:22:38	F 30-39	3
24	1156	Sonya Alba-Miller	04:34:02	F 30-39	4
25	1138	Nami Matsuoka	4:36:20	F 30-39	5
26	263	Tennille Farnsworth	04:43:37	F 30-39	6
27	1177	Lisa Buchanan	04:58:27	F 30-39	7
28	506	Frances Whittle	05:01:09	F 40-49	2
29	251	Marian Webster	05:01:24	F 40-49	3
30	360	Deb Ord	05:04:26	F 40-49	4
31	230	David Elms	05:05:52	M 50-59	4
32	53	Ryan Burnell	05:14:25	M 30-39	5
33	507	Rod Whittle	05:19:54	M 50-59	5
34	205	Sharon Waller	05:29:04	F 50-59	1
35	34	Mel Akmentins	05:38:24	F 40-49	5
36	109	Baz Gadhvi	05:42:07	M 40-49	12
37	24	Sarah Griffiths	05:51:44	F 30-39	8
38	240	Matt Mitchell	05:57:26	M 40-49	13
39	6	Lorraine Lawson	06:54:54	F 40-49	6
40	350	Jeremy Hawke	07:35:18	M 50-59	6
DNF	74	John Vaughan	DNF	M 40-49	

21.1km

Overall position	RACE #	Full Name	Time	Category	Category placing
1	47	David Stevenson	1:48:15	M 30-39	1
2	517	Mark Wade	1:52:19	M 30-39	2
3	1173	Tim Mcgrath	1:53:38	M 30-39	3
4	61	Bryan O'Mahony	1:53:52	M 30-39	4
5	93	Todd Rutherford	1:54:16	M 40-49	1
6	520	Mark Stopford	1:57:31	M 40-49	2
7	154	Heath Horobin	1:57:52	M 30-39	5
8	1178	aimee Ingram	2:06:23	F 18-29	1
9	1130	malcolm Neville	2:06:51	M 50-59	1
10	1133	Paul Ryan	2:12:11	M 40-49	3
11	32	Bruce Hansen	2:12:11	M 50-59	2
12	1137	Margie Shearer	2:13:02	F 50-59	1
13	518	Adam Fox	2:13:21	M 30-39	6
14	12	Stevie Johnston	2:13:47	F 50-59	2
15	1168	Alex Gomolka	2:20:09	M 30-39	7
16	271	James Giugni	2:21:25	M 18-29	1
17	156	michelle Farkas	2:23:50	F 40-49	1
18	1136	Dave Cuming	2:25:09	M 50-59	3
19	1174	T.A Hartley	2:31:12	M 40-49	4
20	1157	Don Elmer	2:33:32	M 50-59	4
21	27	Tony Black	2:34:52	M 40-49	5
22	505	George Brisbin	2:36:23	M 40-49	6
23	1135	Judy O'Donahoo	2:38:01	F 50-59	3
24	1169	Caitriona Coyle	2:40:02	F 30-39	1
25	1182	Paul Spray	2:40:22	M 30-39	8
26	501	Hilary Robinson	2:41:44	F 18-29	2
27	1128	Debbie Moll	2:43:06	F 50-59	4
28	69	David Ryan	2:44:13	M 30-39	9
29	1141	Kelly Gaudin	2:46:13	F 30-39	2
30	1148	Lou Cracknell	2:46:55	F 50-59	5
31	179	Heidi Sweeting	2:50:14	F 40-49	2
32	500	Jaana Artschwager	2:55:28	F 18-29	3
33	90	Scott Ratcliffe	2:55:31	M 40-49	7
34	516	Katie Richards	3:09:54	F 30-39	3
35	1166	Colleen Harisson	3:12:25	F 50-59	6
36	1184	Karen St Amand	3:17:21	F 40-49	3
37	4	Jim Cavill	3:28:01	M 50-59	5
38	264	Nicollette Lum	3:28:17	F 40-49	4
39	1132	Samantha Rickert	3:29:17	F 18-29	4
40	217	Wendy Mackay	3:30:34	F 30-39	4
41	36	Nadia Mead	3:30:45	F 40-49	5
42	1147	Donna Baker	3:30:48	F 40-49	6
43	31	Marnie Carrison	3:32:02	F 40-49	7
44	269	Donna Lupson	3:32:03	F 40-49	8

10km

Overall position	RACE #	Full Name	Time	Category	Category placing
1	62	Ronan O'Mahony	57:20	M 30-39	1
2	1171	Liv Walford	1:02:13	F 30-39	1
3	1155	Paul Walford	1:05:40	M 30-39	2

4	1154	Bree Bojdak	1:07:50	F 18-29	1
5	1176	Anthony Gleeson	1:08:40	M 40-49	3
6	1139	david Skinner	1:09:08	M 60-69	1
7	1175	Keri Frecklington	1:13:07	F 30-39	2
8	1167	Alison Smith	1:13:30	F 30-39	3
9	504	Sabbi Grossmann-Phillips	1:16:22	F 30-39	4
10	503	Lisa Essig	1:16:22	F 30-39	5
11	511	Gerna Thompson	1:17:22	F 30-39	6
12	513	Tammy Barker	1:20:10	F 30-39	7
13	510	Brenda OBrien	1:26:05	F 50-59	1
14	1145	Dazza Hargreaves	1:26:07	M 40-49	4
15	1150	Karla Smith	1:30:26	F 30-39	8
16	1183	Kelly Gillies	1:32:12	F 30-39	9
17	344	Amanda Duarte	1:33:24	F 30-39	10
18	1140	Faylene Hockett	1:42:53	F 40-49	1
19	1179	Rookie Rookwood	1:44:19	F 30-39	11
20	1158	Liz Moll	1:52:08	F 50-59	2
21	1131	Katey Ofarrell	2:47:52	F 30-39	12