

Cairns Road Runners Members Only Handicap Race, 7 July 2013

Race Director: Ian Kraska

The scenic Cattana Wetlands provided a relaxing Sunday morning run for Cairns Road Runners Inaugural 5km Members Only Handicap Race.

Of the sixteen runners, six people beat the handicappers time, with first home being Lisa Hansen (-2.40), followed by Juanita Barter (-2.30) and John Heenan (-1.45). Also finishing under the handicappers mark was Shaun O'Donahoo (-0.56), Rod Fearon (-0.50) and Melanie Little (-0.25). Congratulations to Bruce Hansen, who came the closest to his nominated time, with only a 10 second difference. Alex Farkas took a 6 minute 'toilet break' in the middle of his run, so his time is not a true reflection of what he is capable of!

All were rewarded with a dip into the chocolate bag.

Thanks to volunteers, Katie Osmond, Grace and Jordan and a big thank you to all who helped pack up and carry items back to cars. Special thanks to Lorraine Lawson for her invaluable help leading up to the run and on the day.

The course proved to be a popular choice for runners as they enjoyed the peaceful atmosphere of the wetlands and particularly enjoyed the sound of all the birds who inhabit the area.

See you all again, and a few more, next year – or should we keep this venue a secret?

The next Cairns Road Runners event, the Copperlode Cup, is on Saturday, 13 July.

Results

Name	Nominated Time	Time Called (+/-)	Actual Time
Juanita Barter	33.00	-2.30	30.30
Deborah Drummond	29.00	5.00	34.00
Michelle Farkas	23.38	0.20	23.58
Alex Farkas	23.10	6.50	30.00
Rod Fearon	21.40	-0.50	20.50
Lesa Hansen	33.00	-2.40	30.20
Bruce Hansen	22.50	0.10	23.00

John	Heenan	21.54	-1.45	20.09
Stevie	Johnston	23.11	0.30	23.41
Lorraine	Lawson	27.01	2.10	29.11
Melanie	Little	33.00	-0.25	32.35
Judy	O'Donahoo	25.13	1.10	26.23
Shaun	O'Donahoo	32.21	-0.56	31.25
Katie	Osmond	45.18	0.57	46.15
Leanne	Palermo	32.00	2.30	34.30
David	Von Senden	23.05	0.25	23.30