

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 Inaugral 5km members handicap.

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).

All were rewarded with a dip into the chocolate bag.

Thanks to volunteers, Katie, Grace and Jordan and a big thank you to all who helped pack up and carry items back to cars.

Special thanks to Lorraine 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?

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