

## Cairns Road Runners Mt Haig Trail Race, 20 July 2013

*Race Director: Paul Ryan*

Fifty four runners participated in the Mt Haig trail race on Saturday 20/07/13. The sun broke through for the first time in two weeks as the runners ploughed their way through the course. It had been lashed by wind and rain and was muddy, slippery and pot holed. Just what trail running is all about! The 45k runners led the way at 8:00 am with the leaders coming in just after the 4:00 hr mark. Townsville runners Adrian Garnett and Arnstein Prytz took out 1<sup>st</sup> and 2<sup>nd</sup> place, followed by Cairns Road Runners Russell Singleton in third place. Andrea Hargreaves completed her first ultra and finished as the first lady. Townsville runners Rachel de Zoete was second and Elisha May from Airlie Beach finished third. Ten of the twenty three runners in the 45km Ultra were female.

Runners had to climb to around 1200m and negotiate tricky conditions in the 45k of wet forestry roads. Bad luck to Teri - you won't miss that turn next year. The 21.1k and 10k and 5k out and back course had its usual climb up the range but it was coming down that was the area that needed care in these conditions. Everyone survived and had the beautiful Kauri creek to soothe their aching limbs in. Thanks to volunteers Lorraine Lawson, John and Janet Jacob, Todd Rutherford, David Von Senden, Mark St Amand, Brenda O'brien, Daphne Green and the ladies on timekeeping. Thanks to all runners and family who attended and our new sponsor, Health Management, who provided each runner with a discount voucher and covered the costs for the trophies, medals and new turnaround signs.

The next event is much anticipated Great Barrier Reef MASTERS GAMES on 9-11 August with the Cairns Road Runners hosting a road half marathon, 8km trail race and 4km trail race. Prior to this there are two practice trail runs for the Kuranda to Port Douglas, details on the CRR website.

### 45km

Overall position	RACE #	Full Name	Time	Category	Category position
1	502	Adrian Garnett	4.10.09	M 40-49	1
2	504	Arnstein Prytz	4.14.01	M 50-59	1
3	366	Russell Singleton	4.22.11	M 30-39	1
4	5	Larry Lawson	4.28.21	M 50-59	2
5	95	Dave OBrien	4.30.57	M 50-59	3
6	56	Andrea Hargreaves	4.32.19	F 40-49	1
7	1194	Rachel de Zoete	4.46.21	F 30-39	1
8	500	Elisha May	5.23.32	F 30-39	2
9	34	Melissa Akmentins	5.23.53	F 40-49	2
10	99	Rod Fearon	5.26.36	M 40-49	2
11	391	Lisa Murfin	5.33.13	F 30-39	3
12	263	Tennille Farnsworth	5.43.15	F 30-39	4
13	24	Sarah Griffiths	5.48.25	F 30-39	5
14	251	Marian Webster	5.57.12	F 40-49	3
15	6	Lorraine Lawson	5.57.35	F 40-49	4
16	230	David Elms	5.58.06	M 50-59	4
17	179	Heidi Sweeting	5.59.16	F 40-49	5
18	1189	Shane cooper	6.00.08	M 50-59	5

19	153	Teri Orr	6.09.06	F 30-39	6
20	53	Ryan Burnell	6.19.57	M 30-39	2
21	501	GREG SISSON Christopher	6.27.10	M 30-39	3
	265	Macdonald	DNF	M 19-29	
	90	Scott Ratcliffe	DNF	M 40-49	

### 21.1km

Overall position	RACE #	Full Name	Time	Category	Category position
1	1177	Tony Vogler	1.43.50	M 40-49	1
2	47	David Stevenson	1.44.32	M 30-39	1
3	1139	Sarah West	2.05.35	F 19-29	1
4	7	David Von Senden	2.09.20	M 50-59	1
5	388	STUART Jackson	2.20.47	M 50-59	2
6	167	Caroline Hardy	2.24.04	F 40-49	1
7	124	Janette Jacob	2.28.52	F 50-59	1
8	505	Belinda Bounty	2.39.01	F 30-39	1
9	387	Cherie Jackson	2.46.44	F 50-59	2
10	506	Marianne VAN DAM	2.49.34	F 40-49	2
11	312	Darrelle Taylor	2.58.49	F 40-49	3
12	507	Gail Baildon	3.04.02	F 30-39	2
13	310	Karla Smith	3.06.05	F 30-39	3
14	264	Nicollette Lum	3.10.26	F 40-49	4
15	384	Faylene Hockett	3.22.29	F 40-49	5

### 10km

Overall position	RACE #	Full Name	Time	Category	Category position
1	50	Paul Ryan	43.23	M 40-49	1
2	81	Mark St Amand	45.09	M 40-49	2
3	93	Todd Rutherford	47.10	M 40-49	3
4	157	Alex Farkas	53.30	M 40-49	4
5	503	Carmel Hickey	55.13	F 40-49	1
6	156	Michelle Farkas	55.42	F 40-49	2
7	27	Tony Black	55.59	M 40-49	5
8	508	Gerna Thompson	1.03.04	F 30-39	1
9	1196	Chris Simmons	1.03.57	F 40-49	3
10	1170	Gary Corcoran	1.04.35	M 40-49	6
11	369	Keri Frecklington	1.04.35	F 30-39	2
12	509	Tim Hayes	1.04.39	M 40-49	7
13	511	Renae kalinowski	1.06.38	F 19-29	1
14	510	sam james	1.06.38	F 30-39	3
15	82	Karen St Amand	1.11.34	F 40-49	4
16	197	Shaun O'Donahoo	1.23.06	M 50-59	1