

Cairns Road Runners Ronald McDonald Family Retreat Palm Cove Fun Run/Walk, 10 November 2013

Run Director: Lorraine Lawson

Volunteers: Lorraine Lawson, Colleen Harisson & Donna Lupson – course setting, DugE English & Jim Cavill – set up/pull down, Colleen Harisson, DugE English, Bruce Hansen & Nadia Mead - registration, Pam, Palmer & Ivonne Nathan – remote water stations, Matt Baker & Bruce Hansen time-keeping , Peter Featherstone – handing out tags, Peter Wallace - marshal, Colleen Harisson, Tanya Knauer & Karen St Amand - recording, Michelle Farkas – shopping and catering and Leith Wallace – catering.

The inaugural Ronald McDonald Family Retreat Palm Cove Fun Run/Walk took place in the leafy suburb of Redlynch Valley, following Freshwater Creek along the concrete path. The 167 participants choose a 10km, 5km or 2km course, with some of the “10km” runners opting for a quick turnaround to reduce their run to a 8.9km – so don’t be fooled too much by the results – it was after all a FUN RUN. And from all accounts, the runners and walkers did enjoy the day out.

The purpose of the day was to fundraise for the Ronald McDonald Family Retreat in Palm Cove, Marketing, Human Resources and Office Manager from McDonalds Cairns, Jill Lennox, was pleased to receive a cheque for \$2265.00 from donations and entry fees from the event AND an additional \$1000.00 from the Francis family who donated the money the Cairns Road Runners raised at the Halloween Fun Run for their daughter, Charli. Stevo said the family was delighted to donate the money towards the Ronald McDonald Family Retreat in Palm Cove.

Join us for our next event, which is on Sunday, 17 November 2013 at Kewarra Beach, followed by the much anticipated Sweaty Santa Fun Run on 8 December.

Results

Bib #	Time	Name	Surname	Category
10km Fun Run				
582	38:31	Robert	McCartney	M 40-49
541	38:56	Paul	Weatherby	M 30-39
524	40:17	Sue	Hall	F 40-49
8	45:13	Rob	Mackenzie	M 60-69
581	45:18	Brad	Miller	M 30-39
568	46:03	Alex	Rayner	M 30-39
444	46:20	Kate	Shipton	F 30-39
81	46:25	Mark	St Amand	M 40-49
19	46:26	Martin	Ball	M 50-59
156	48:14	Michelle	Farkas	F 40-49
549	48:55	Shane	D'Alcorn	M 20-29
359	49:17	Jarrood	Ausburn	M 18-29
411	49:23	Jasmine	Aquilina	F 18-29
149	53:54	Nichole	Baker	F 40-49
155	54:05	Dave	Cuming	M 50-59
109	54:19	Baz	Gadhvi	M 40-49
130	54:31	Darren	Lee-Ross	M 50-59

412	55:06	Christa	Koch	F 40-49
87	55:16	DugE	English	M 60-69
94	55:18	Sioux	Campbell	F 50-59
196	55:20	Judy	O'Donahoo	F 50-59
214	55:23	Lou	Cracknell	F 50-59
240	55:27	Matt	Mitchell	M 40-49
413	55:44	Jessica	Sinton	F 30-39
131	55:49	Amanda	Lee-Ross	F 50-59
34	56:12	Mel	Akmentins	F 40-49
503	56:18	Rose	Robins	F 18-29
588	56:49	Susan	Carmody	F 40-49
251	56:56	Marian	Webster	F 40-49
52	58:08	Jo	Van Gorp	F 30-39
435	58:09	Jess	Abbott	F 18-29
4	58:47	Jim	Cavill	M 50-59
580	59:06	Sam	Weterkamp	F 40-49
414	59:20	Noelle	Halpin	F 30-39
504	01:00:14	Nikita	Cullington	F 18-29
524	01:00:37	Sue	Hall	F 40-49
9	01:00:54	Celia	Mackenzie	F 50-59
305	01:01:45	Steve	Betesta	M 50-59
252	01:02:03	David	Bragg	M 50-59
584	01:02:52	Connor	McCartney	M U12
502	01:03:42	Ricky	Fazldeen	F 60-69
247	01:03:54	Shelley	Peden	F 30-39
18	01:04:14	Rosie	Ball	F 40-49
33	01:04:53	Lesa	Hansen	F 40-49
529	01:05:33	Averil	Kenny	F 30-39
571	01:05:33	Liam	Kenny	M 30-39
36	01:05:34	Nadia	Mead	F 40-49
190	01:07:30	Leanne	Palermo	F 40-49
349	01:16:03	Elva	Metcalfe	F 30-39
26	01:24:42	Sandra	Buckley	F 60-69
430	01:25:10	Victor	Debuque	M 40-49
431	01:25:10	Masako	Tamura	F 40-49
433	01:25:11	Sergio	Debuque	M U12
586	DNF	Jediah	Cummins	M 20-29

5km Fun Run/Walk				
438	16:10	Darren	Osmond	M 30-39
441	16:10	Campbell	Osmond	M U12
143	18:22	Tim	McGrath	M 30-39
92	18:35	Stevo	Francis	M 18-29
290	20:14	Scott	Shults	F 30-39
515	20:39	Gordon	Milne	M 12-15
400	20:48	Tyson	Sundman	M 12-15
436	20:59	Liam	Featherstone	M 12-15
570	21:04	Cameron	Milne	M 18-29
239	22:44	John	Gordon	M 12-15
599	22:56	Peita	Antonio	F 20-29
598	23:00	Ruby	Weeks	Baby
1107	23:05	Barbara	McGill	F 50-59
545	24:15	Kady	Canfield	F U12
540	24:16	Connor	Daniell	M U12
445	24:28	Liz	Winney	F 18-29
293	24:29	Jazzy	Shults	F U12
528	24:47	Isabella	Dix	F U12
538	24:50	Tayla	Gunton	F U12
289	24:51	Jen	Shults	F 30-39
423	24:52	Brendan	Stent	M 30-39
530	26:58	Nicole	Quinn	F U12
585	27:39	Dylan	McCartney	M U12
583	27:41	Nikki	McCartney	F 40-49
593	27:44	Lewis	Holmes	M 20-29
35	27:45	Nejo	Ferik	M 30-39
508	27:48	Denis	Suman	M 30-39
410	28:17	Jill	Lennox	F 40-49
207	28:36	Adele	Wright	F 40-49
510	28:40	Tammy	Berther	F 40-49
544	29:25	Amanda	Canfield	F 30-39
171	30:00	Tania	Mitchell	F 40-49
426	30:10	Ashlee	Miller	F U12
506	30:21	Sandy	Sirianni	F 40-49
539	30:41	Joel	Gunton	M U12
505	30:59	Jenn	Pett	F 40-49
594	31:17	Kim	Holmes	F 40-49
590	31:25	Thomas	Hallan	M 12-15
527	31:30	Michelle	Redman-MacLaren	F 40-49
425	31:33	Jaq	Carter	F 30-39
543	31:36	Beth	Bradford	F 30-39
197	32:08	Shaun	O'Donahoo	M 50-59

420	32:11	Suzanne	Smith	F 30-39
421	32:12	Alexandra	Hall	F 18-29
1105	32:24	Sally	Johnston	F 50-59
532	34:57	Hamish	MacLaren	M 12-15
523	35:38	Sophie	Eastaughffe	F 18-29
518	36:00	Alison	Obern	F 40-49
589	36:01	Belinda	Hallan	F 40-49
554	36:29	Tom	Garrett	M U12
578	36:29	Diane	Garrett	F 40-49
434	36:53	Leith	Wallace	F 60-69
531	38:21	Megan	Quinn	F 50-59
419	38:29	Terri	Kelly	F 30-39
443	39:58	Wendy	McCarthy	F 40-49
442	39:59	Suzanne	Carpenter	F 50-59
597	44:17	Liana	Kleemann	F U12
1106	44:18	Louise	Atkins	F 40-49
533	44:47	Carmel	Thompson	F 40-49
536	47:07	Alicia	Wiltshire	F 30-39
537	47:08	Nathan	Wiltshire	M 30-39
537	47:08	Ava	Wiltshire	Baby

2km Fun Run/Walk

587	07:52	Grace	Duffy	F 12-15
304	08:11	Ollie	Boltz	M U12
303	08:19	Poppy	Boltz	F 12-15
592	08:23	Satrick	Waylan	M U12
301	08:28	Jill	Boltz	F 40-49
569	09:16	Connor	Mitchell	M 12-16
330	09:20	Renee	Christison	F 12-15
291	09:20	Kaya	Shults	F 12-15
437	09:50	Taliah	Clough	F U12
523	09:21	Sophie	Eastaughffe	F 18-29
150	09:58	Noah	Baker	M U12
427	11:07	Brody	Miller	M U12
428	11:13	Robert	Miller	M 40-49
514	11:26	Georgia	Berther	F 12-15
520	11:46	Daniel	Obern	M U12
151	11:48	Bayley	Baker	M U12
517	12:11	Finn	Boyd	M U12
574	12:14	Aiden	Matthews	M U12
567	12:15	Kyle	Smith	F 18-29
417	12:19	Lachlan	Rogato	M U12

415	12:20	Charmaine	Rogato	F 40-49
516	12:27	Lili	Boyd	F 12-15
575	12:47	Grace	Matthews	F U12
600	12:56	Andrew	Lennon	M U12
576	12:57	Jonah	Matthews	M U12
511	12:58	Maegan	Berther	F U12
573	12:59	Viv	Matthews	M 50-59
422	13:27	Renee	Stent	F 30-39
424	13:27	Tahlia	Stent	F 16-17
596	13:44	Leandro	Fraqaqlia	M U12
546	13:45	Erin	Canfield	F U12
595	13:46	Helen	Simpson	F 40-49
512	14:01	Nicholas	Berther	M U12
579	14:16	Charlie-Rose	Weterkamp	F U12
525	14:21	Hayden	Hall	M U12
526	15:21	Daniel	Hall	M U12
519	15:23	John	Obern	M 40-49
591	15:24	Emily	Hallan	F 16-17
513	16:08	Luke	Berther	M U12
509	16:09	Jason	Berther	M 40-49
416	18:02	Pasco	Rogato	M 40-49
418	18:02	Ewan	Rogato	M U12
440	19:17	Mackenzie	Osmond	F U12
439	19:18	Sherrin	Osmond	F 30-39
1108	29:18	Flynn	Rigby	M U12
432	29:39	Madelaine	Pinchbeck	F U12
429	29:50	Joanna	Pinchbeck	F 30-39
1109	38:29	Frazer	Rigby	M 40-49

No Time Recorded for:

521	DNF	Alison	Newbold	F 40-49
522	DNF	Bob	Eastoughffe	M U12
535	DNF	Victoria	Jennings	F 40-49

Did Not Start

5	DNS	Larry	Lawson	M 50-59
500	DNS	Samantha	Porter	F 18-29
501	DNS	Julian	Porter	M 30-39
534	DNS	Courtney	Gloury	F 18-29
542	DNS	Ben	Allport	M U12
572	DNS	Rachel	Matthews	F 40-49
577	DNS	Carmen	Matthews	F U12