

8 Km Smithfield Trail Race, Saturday July 26th, 2014

Results

Runner	Position	Time (Lap 1)	Time (Lap 2)	Time (Lap3)	Finish Time
Brendan PEETERS	1	14:08	28:28 (14:20)	41:04 (12:36)	53:24 (12:18)
Steve CUNNINGHAM	2	14:07	29:10 (15:03)	43:48 (14:38)	57:14 (13:26)
Russell MOLINA	3	14:06	30:26 (16:20)	45:59 (15:33)	1:01:34 (15:35)
Alex FARKAS	4	17:27	34:59 (17:32)	51:49 (16:50)	1:08:42 (16:53)
Steve SCHWARTZ	5	19:42	37:41 (17:59)	56:45 (19:04)	1:14:14 (17:29)
Michelle POWELL	6	18:38	38:13 (19:35)	57:59 (19:46)	1:17:55 (19:56)
Doug ENGLISH	7	19:56	39:37 (19:41)	1:00:24 (20:47)	1:19:00 (18:36)
Baz GADHVI	8	18:01	36:49 (18:48)	56:43 (19:54)	1:14:56 (18:02)
Noelle HALPIN	9	20:22	40:38 (20:16)	1:00:31 (19:53)	1:20:43 (20:12)
Michael XU	10	31:36	45:01 (13:25)	1:03:31 (18:30)	1:25:44 (22:13)
Richard LEHMANN	11	18:20	38:33 (20:13)	1:02:03 (23:30)	1:27:00 (24:57)

Race Report

The grey skies of the morning cleared to brilliant sunshine for the running of the 8 Km Smithfield Trail Race on Saturday afternoon, July 26th, 2014

A field of 17 enthusiastic runners set off for four laps of the undulating course that hugs the hillslopes behind the James Cook University.

The field soon sorted itself out and the “Big Three” of Brendan Peeters, Steve Cunningham and Russell Molina had opened up a substantial lead by the end of the first lap. Brendan’s powerful running style saw him run into the lead during Lap 2 and reduce his time for each subsequent lap, eventually crossing the line in a fantastic time of 53 minutes, 24 seconds.

Lean, evergreen Steve Cunningham was only 4 minutes behind the winner despite water stops on each lap and finished in 57:14. The ever-smiling Russell Molina rounded out the podium finishers in 1:01:34.

Alex Farkas ran a very creditable “lone hand” race, shadowing the race pacesetters throughout, ready to pounce should one of them falter. Not too far behind was the half-naked form of Steve Schwartz. A great run also; and he told me that morning he was slow!

The flying, flowing locks of Michelle Powell and her fluoro pink outfit always made her a standout and she was first lady home in 1:17:55. By contrast, Doug English was really difficult to see in his green shirt and we almost missed him as he suddenly burst out of the forest.

Baz Gadhvi started the race exactly five minutes later than the others but he finished with a nett time of 1:14:56 to finish in 8th place. Next was our most colour co-ordinated runner, even down to the watch band! Noelle Halpin was second lady to finish in a very creditable 1:20:43.

What can I say? He positively glowed in the dark! Michael Xu could be seen from far away in his fluoro orange shirt! No chance of him being hit by one of the mountain bikers who shared the course! Gallant Michael even persuaded his friend SiQi to join him for a couple of laps so she could have her first experience of trail running. Well done SiQi! We hope to see more of you on the trails. Rounding out the field of finishers was a relative newbie to trail running, Richard Lehmann. He crossed the line in 1 hour 27 minutes exactly. Well done, mate!

Several runners completed one or more laps of the course to test out recovery from injury; recovery from recent long races such as the Goldrush Marathon or just loosening up in preparation for the upcoming Townsville Running Festival.

Sylvia Roberts, all the way from Springsure, Queensland ran three laps in 1:06:01 before fading light determined that she finish early. John Hegarty ran two laps before the effects of the Goldrush Marathon at Babinda took their toll.

As always, I'm eternally grateful to those who helped out before, during and after the race. Jo van Gorp looked after online registration and Christine Bell walked "version 1" of the course with me the morning of race day. Cozmo Satori and Mark St Amand helped with set-up and had helpful words of advice (the latter even running a couple of laps in preparation for Townsville). Carolina Hegarty ran a lap and then helped with food preparation while Michelle Farkas ran two and then became the unofficial photographer (some of her photos should appear on the Facebook page in the future)

Some good socialising post-race then plenty of help with the pack-up meant a successful end to a memorable afternoon of running. Thanks, everyone!

Cairns Road Runners next trail running event will be Mt Haig, adjacent Lake Tinaroo with races from 5kms to 45kms. Hope to see you there! Dave OBrien