

Great Barrier Reef Masters Games Trail Race 5km and 8km, 24 May 2019

Race director: Lorraine Lawson

The GBRM Games Trail Race starts at the World Cup carpark at the Smithfield Conservation Park, 16km north of Cairns City. The route follows mountain bike tracks and dirt roads in the park.

The highlight of the event, for the 8km competitors, was the great views of Cairns City as they (gratefully) descended back towards the park, after a steep 800m climb that starts within 600m of setting off from the start line. They then joined the 5km looped course that meanders along the more 'mild' green arrow trails in the park. The 5km competitors didn't complain about this and claimed it was a 'great course, with a couple of hills'. If only they knew the hill the poor 8km competitors had to slog up, they would have kept quiet. There are a couple of shallow creek crossings to navigate on the course, where (unless you slipped!), runners could rock hop across without getting their feet wet today. The track was well marked, but to abide with 'true trail running spirit', numerous people found extra bits and pieces to make the race just a bit longer.

There are a host of dangers that lurk in the Far North Tropical forest for unsuspecting visitors. Runners were required to carry a compression bandage in case of snake bites. And although there were no reports of snakes on the course, one did slither past as post-race when Lorraine drove along the course to collect back in a couple of the course markers aided by torch light. Although not deadly, the Wait-A-While or Lawyer Vine (*Calamus australis*) can potentially cause serious damage from the long thin spike-covered tendrils that hang over the track or grab you around the ankles from the forest floor. Fortunately, the trails we were using today had little to no evidence of this as the mountain bikers keeps these trails nice and open. Thanks, guys!

It was a pleasure to have our Dynamic Running club members compete today, and we welcomed many other Cairns runners and visitors from all over Australia.

Congratulations to locals Dave Wall (38:32) and Marco Faeta (40:32) who took out first place and second placing in the 8km race. Marco was also our youngest competitor out on the course today. Mathew Smith (44:34) four hour drive from Townsville paid off as he came across the line in third place to claim his bronze medal (and gold for his age category). Well done! Three local ladies claimed the Gold, Silver and Bronze this year. Great job: Michelle Farkas (48:44), Margie Shearer (52:07) and Clare Hopper (53:55).

In the 5km, the top male finishers were: Michael Dickins from Wahgunyah, Victoria (24:48), Kirk Harrison from East Hills, New South Wales (30:54) and Denis Scott from Shepparton Victoria (35:06). Denis was our oldest competitor today, and he managed to across the line in a 'sprint finish' ahead of race director, Lorraine Lawson. Three local ladies that took out Gold, Silver and Bronze in the 5km race respectively: Sandra Turner (34:05), Denise Naylor (34:31) and 'Birthday girl' Lorraine Lawson (35:09).

ALL our competitors walked away with a medal today. Check out the results below. Congratulations.

Our wonderful volunteers made this event possible: Lorraine Lawson and Donna Baker on course set up; Leith Wallace and Leigh Howser on check in; Clifford Jones and Pauline Walsh at the finish line; David von Senden on medal presentations and Donna Baker and Alena Scurrah (+ Millie) on course marshalling duties. Lorraine also did the results processing. Donna Baker did a great job of bringing in all the flagging tape, arrows and cones – and there were many! Thanks to Margie Shearer who provided transport for a couple of our out-of-towners today and to Heidi Sweeting for sorting the medals nicely into little bags, ready to be handed out. Faith Atkins took the photographs, and those will be available on our Facebook page tomorrow.

What a great day. Everyone survived and everyone got a medal! See you at the next Games, or on Sunday for the road race.

Results for Great Barrier Reef Masters Games Trail Race 5km and 8km, 24 May 2019

8km

Finish position	Name		Time	Age category	Medal
1	Dave	Wall	38:32	M 50-54	Gold Overall; Gold
2	Marco	Faeta	40:32	M 30-34	Silver Overall; Gold
3	Mathew	Smith	44:34	M 40-44	Bronze Overall; Gold
4	Heath	Eaves	48:10	M 45-49	Gold
5	Michelle	Farkas	48:44	F 50-54	Gold Overall; Gold
6	Nathan	Smith	50:33	M 45-49	Silver
7	Margie	Shearer	52:07	F 55-59	Silver Overall; Gold
8	Clare	Hopper	53:55	F 50-54	Bronze Overall; Silver
9	Catherine	Coller	55:31	F 50-54	Bronze
10	Tessa	Mortlock	56:20	F 30-34	Gold
11	Wally	George	56:42	M 65-69	Gold
12	Lyn	Haltiner	57:21	F 60-64	Gold
13	Rosemarie	Labuschagne	58:37	F 60-64	Silver
14	Kat	Mcleod	01:00:49	F 40-44	Gold
15	Ross	Mcleod	01:00:50	M 45-49	Bronze
16	Brian	Robinson	01:00:51	M 65-69	Silver
17	Robyn	Howser	01:02:46	F 45-49	Gold
18	Stacey	Longmore	01:31:19	F 35-39	Gold

Did Not Start

Raine Davies F 35-39

Tabitha Knox-Carlson F 45-49

Brett Hayes M 50-54

5km

Finish position	Name		Time	Age category	Medal
1	Michael	Dickins	24:48	M 40-44	Gold Overall; Gold
2	Kirk	Harrison	30:54	M 45-49	Silver Overall; Gold
3	Sandra	Turner	34:05	F 40-44	Gold Overall; Gold
4	Denise	Naylor	34:31	F 45-49	Silver Overall; Gold
5	Denis	Scott	35:06	M 70-74	Bronze Overall; Gold
6	Lorraine	Lawson	35:09	F 50-54	Bronze Overall; Gold
7	Emma	Miller	35:51	F 40-44	Silver
8	Janette	Jacob	36:08	F 60-64	Gold
9	Liz	O'Connor	37:45	F 50-54	Silver
10	Leigh	Howser	39:47	F 50-54	Bronze
11	Leith	Wallace	47:06	F 65-69	Gold

Did not start

Heidi Stanton F 35-39

Greg Foster M 40-44