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About 8k

PRESIDENT'S REPORT



2013 Athlete's Foot Dash for Cash

The 2013 season kicks off with the *Athlete's Foot Dash for Cash* over 4.7km on 3 March. The Dash is the most prestigious short course road race in North Queensland.

As to the likely winners, the only form guide for this year has been the *IGA Australia Day Fun Run* on 26 January. Last year's men's winner of the Dash, **Bini James** did not take the field in the Australia Day race but is back on the track in training after a long layoff from an injury. Sources say Bini's track work has been impressive. He won the 2012 Dash in a time of 14.58 from **Sam Stedman** who came second some 43 seconds behind in a time of 15.41. **Billy Bragg** was third in 15.44.

Recent form is good form. Sam Stedman seemed to want to make a statement with his win in the 4.36km Australia Day race in a time of 14.19. Sam is back from his great third in the men's division in last year's *Tony Ireland Marathon* at the McDonald's Townsville Running Festival. Australia Day was an impressive performance from Sam. So was that of **Troy Argent** who was there at the end only to be outsprinted by Sam in the final surge to the finishing line. Troy's time was 14.24 with **Simon O'Regan** third in 14.36. It is a bit of time for Simon to make up and one gets the impression that his best will come later as the season progresses. He is ticking along nicely. **Jason Kerrisk** was just on the heels of Simon in a time of 14.44 with **Jake Vockins** 14.46. The 2012 Townsville Road Roadrunners Club Champion **Lee Kirby** was powering home in seventh in a time of 15.09. If you were taking trifectas, you would never leave Lee out of the equation as he never runs a bad race and is a multiple event winner in the 2012 season.

There are of course the smokies from out of town that I presently have no info on. I should mention **Richmond Sense** who is still a junior but seems to have grown at least a foot in the last couple of months. With **James Maguire** now in Melbourne studying medicine, Richmond will likely take over the mantle of the top male junior. Richmond will be coming home strong in the Dash but will probably appreciate a bit more distance.



2012 Junior winners Athlete's Foot Dash for Cash

As to the female division, it is hard to go past **Rachel Boles** amongst the top known contenders. Rachel won the Australia Day race in 15.58 in front of **Tarin Gaudin** in 17.21. Rachel has been training with Simon O'Regan and she looks the winner.



Tarin will be in the picture again if she backs up in the Dash from the Australia Day run. The eye catching run out of all the divisions in the Australia Day run was that of **Deahne Turnbull** who was the third female home in a time of 17.39. This was Deahne's first race in around 12 months. She has a determined look in her eye in off season runs and she will be in the mix in the Dash. As to other runners, last year's Dash winner **Monique Flores** (in a time of 17.59) has not been sighted this year and it is difficult to gauge her form but she will give Rachel a race if she turns up fit and ready to race. 2012 Queensland Marathon team member, **Liz Maguire** will take her place in the field.

Liz will only be getting warm at the end of the 4.7km Dash and this will be a hit out for the longer races later in the season that include the 2013 *Tony Ireland Marathon* on 4 August.

Still Liz is one to watch as she came third in the 2012 Dash in a time of 18.10. Last year's second placegetter **Shona Scott** (in a time of 18.02) will also be competitive if she lines up for the Dash. The 2012 Townsville Roadrunners Club champion, **Meredith Watkins** will run her usual solid and honest run if she races. **Gabriella Springall** will likely be the first junior female across the finishing line in the Dash.



2012 Athletes Foot Dash for Cash

Goodbye and thanks to Wendy Foulkes

The 3rd of March will also see the departure of Wendy Foulkes who will return to her home town of Swan Hill in Victoria. Wendy was only in the club a short time before she put up her hand to be the editor of the *About 8K* newsletter as well as Secretary of the club for a number of years. Wendy was also a competitive runner and her performances in recent years were on the up. She will be sorely missed and we wish her and **Larry Gilboy** all the best in this next chapter of their lives together.

Welcome to new members and visitors

The Townsville Road Runners has been running the roads, paths and tracks of Townsville for 41 years. The club canters for runners of all levels. Members come from a wide variety of backgrounds. Nobody is interested in what you do in terms of work or what you own or do not own. We just welcome all new members and visitors to the club and hope you enjoy this unique and special part of Townsville life that is the Townsville Road Runners.

Good Running
Tony Hockings





SPEED BUMPS



GOOD on ya **Garry and Jan Hooper** for dreaming up some off-road fun in the **Alligator Ck 10km run** on June 29. It looks like a great replacement for the Bushie Beach event which lost its mudflats' mystique to the dozers and chainsaws. June is an action-packed month, with the **Porcupine Gorge Challenge** (15/6), **King and Queen of the Castle** (23/6) and Alligator Ck (29/6) on successive weekends.



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MARK Buchholz has a significant birthday approaching in May but is aiming higher this year than blitzing his new age group. Sparkles has hit a few speed bumps in the past but now is training hard, injury-free for the Noosa Half on April 28, and two marathons: the Gold Coast on July 7 and Melbourne Oct 13. Watch out **Pete Clifford.**, your PBs are Mark's yardstick.



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LAST Saturday's white-arrow run up Castle Hill from West End sorted out the rock-hoppers from rock-stoppers. **Keith Rich** passed a hesitant queue on a tricky pile of boulders when he spotted some ancient white arrows in the undergrowth. Older and bolder or X-ray vision? It's been a magic Alpine Series in a fairly dry Wet. Thanks **Jaap, Joe and Scotty.**



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NIKKI Desai is on the road again after limping through the Christmas holidays with a crook ankle. Patience is an under-rated gift Nikki. Good luck for 2013.



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OTHERS on the comeback track include **Michael Punshon** and **John Marano**. We hear Michael has taken some tips from his *personal*/person trainer and that John's four-legged training buddy kept him in shape during his TRR sabbatical.



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GET well soon **David Brooke-Taylor**, after a hip-replacement and **Michael Palmer**, who is recuperating from heart surgery. **Peter and Nina Schultz** are nearly fed up with stethoscopes and scalpels. Both old RAAFFYS, they plan to loop the loop in the Red Baron for some light relief.



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WELCOME to TRR **Sarah Lythgoe** and **Paul Wood**, veterans of the Santiago de Compostela trail, like a growing number of Townsville trekkers.



Dash for Cash legend Brad Beven recalls his record '97 run



Brad Beven was contacted during the week as the record holder for the old Dash for Cash course (13.35 in 1997) . Between 1987 and 2005, Brad was 5-time Australian Triathlon champion, 4-time World Cup Champion, Commonwealth Games Silver medallist, Record winner of 19 ITU World Cup Races ,Queensland Sports Hall of fame inductee and is an OAM. He is currently coaching triathletes and is an ambassador for Weebix Kids "Tryathlon series". Brad sent back the following reply:

I do remember the Dash for Cash as I was in good form and a fast race is always a good one. A race like that was the perfect lead up to my other tri races such as the Grand Prix series. I always preferred a North Queensland race when it was close to home as it would be the only real time my Dad or Mum would get to see me race as they were working a lot. My Dad came down (from Miriwinni) to the Dash to watch and I remember it fondly.

I am still trying to compete but have a couple young kids 7months and 3 so am a bit busy but I will get back into it. I did a couple Anaconda races in a team with Guy Leech and we did pretty well in the last couple years so might do that again.

BRAD'S TIPS

In terms of what you need to do to get some speed it isn't just about training hard at the speed elements. It is about putting all the different phases of training together culminating in a perfect race if that is ever attainable. So you need to do base work, strength work, aerobic, anaerobic etc. I equate it to making a cake. To get the desired result you need to have all the ingredients. Too much or too little of one or leave it out and you get a bad end product. Also repetition, doing the hard work day in day out.

Brad's website Brad Beven Triathlon is www.bradbeven.com



*The **Athlete's Foot Dash for Cash** over 4.67km will be run on Sunday 3 March, 2013
Start and Finish : Townsville Sports Reserve Commences: 7am. First home : \$500*



Running in Summer by Dr Dave Nahrung

Everyone knows it's hot and complains about running in the heat in Townsville summers, but do you manage it effectively so as to avoid any serious consequences?

The main issues are heat stress and dehydration. Signs of heat stress include weakness, headache, dizziness, cramps, nausea, vomiting and rapid heart rate. You can suffer from it even if you are properly hydrated, it is from the body overheating. Being dehydrated will make you more prone to heat stress as it reduces the body's ability to cool itself.



If you start getting these symptoms, it's time to stop and cool down!

Rehydrating usually involves plenty of water, but when do you need more than water? As a general rule, I suggest that water alone is fine when exercising up to 45 minutes. If going for longer than that, add in electrolytes, the simplest way being sports drinks. If you're afraid of the carbs in them, you can get carb free ones. It can be difficult to replace all losses whilst exercising. The easiest way to know how much to replace is to weigh yourself before and after exercise, and aim to replace the difference over the next couple of hours.

Lastly, remember that heat will significantly impair your performance, so don't try to keep up the same speed/effort as you would in cooler weather. Stay cool and enjoy your running.

New Training Aid From Brian Armit

I started jog/walking again back in September to get fit for the 5k at the Melbourne Marathon Festival, and while snooping around their website I noticed a training tool named My Asics. This is a free program where you nominate a race distance, a date and select a predicted finishing time. Select how hard you wish to train and it will present you with a training program.

As a trial I selected a fake marathon in late May, I wanted to run 4:30:00 and train moderately 3 times a week. Every running day my training buddy sends me an email to remind me of the task for today. The program is broken up into 6 phases from preconditioning to tapering and the recovery.

Since I started in late November, I've logged 32 runs and covered nearly 200k. I'm not suggesting this will replace coach "Pete the Elite", or whatever program you are following or is the answer for everyone, but it has assisted me to stay motivated. I modify the program to suit myself. I log all my runs and approximate times and distances. Check it out at www.my.asics.com.au There are heaps of other details on the site as well.

I'll do the Burdekin Half in May as my target race and then reprogram the program for my real challenge later in the year. Check it out you may find it interesting.



Meet a TRR - Sandra Walker

I was never really into sport as a kid. I did play in the hockey team at High School but wasn't very good and only kept going because I felt obliged to after Mum bought me hockey boots.

I started running in New Year of 2005. I think I was going through some sort of premature mid life crisis and needed to try new things to give me a boost. A beginners running club started up at my workplace so I joined and was amazed at how much more energised and positive I felt immediately after a run .

My first 10k race was within a few months and the next year my first half marathon. The year after that I completed The **Loch Ness Marathon** in 3:52:25. I did that one again the following year, a bit slower since now I knew that I could complete a marathon I didn't follow the training plan so strictly.

I'd definitely recommend the  Loch Ness Marathon to anyone who wants a scenic run - so long as they're not scared of the cold as it's in late October. The **Edinburgh** marathon in 2009 was tougher than Loch Ness, though completely flat, but that might have been due to even less training than the previous one and also the fact that the temperature reached a stinkin' hot 25 degrees about half way.

I moved to Townsville from Edinburgh at the end of 2009 and before I got here assumed that I'd probably never run again. I was pleasantly surprised to find out that I could run here when I joined Road Runners that December.

However, strangely, as I've become more acclimatised I've been running less and less and at the moment am down to approx 1.5 x 7km runs a week.

I've done a couple of halves since I've been here and I think that's the distance I'm most comfortable doing.

The two runs that I've found most interesting are The **Marysville** Half Marathon and **Paluma Rolling Thunder** - simply due to the constantly changing scenery and terrain along the route.

I am determined to complete my first Aussie marathon sometime. I see that there is a new one in **Cairns** this June so that may be the one. Hoping by putting that down on paper I'll be motivated to actually get training and "do it".

Bananas are my top running fuel - simply cos I love the taste, and they're easy.



Sandra 2nd from the left in TRF half marathon 2012



Meet a TRR - Peter Jenkins

Firstly, running never entered my head until a certain **Bridge to Bay** run. (The last one in Townsville-1999). Before this event I was quite content to bring my son **Haydn** along and whilst he clocked up the kilometres I would read the paper and indulge in a McDonalds coffee.

However, **Claudia** Gilham (ever the motivator to do things and tell all) told me that 10kms would be a 'doddle' for a 49 year old as running must be in the family - if Haydn can run so must you! So I did it! 1hr 15mins of stop/start effort only to collapse in Anzac Park with a pair of steel struts for legs and a thirst that commanded attention - you've all been there I am certain.

However, I did have a place card and a time and it was those items, stuck on the kitchen notice board that gave me the impetus to get out there, start running and to do better.

Listening to good advice from other runners it certainly has been addictive.

It is the easiest way I know to lose weight, keep control of blood pressure and to be able to go anywhere in the world and just join in with like minded people for their weekly club runs.

Running for charity as an entrant in the **London Marathon** has been a high point (4 LM's to date). The main thing is to finish and believe me 42kms can be a real challenge. The spectators line the route from start to end and clap and yell encouragement-some places they do get too close like around the **Cutty Sark** and that can be a tad nerve wracking.

I am not training for any run in particular although I would like to do the **Man and horse** run in **South Wales** or the **3 Forts** run over the South downs in **Sussex**.

One of my favourites is the "**Puffing Billy**" run in **Melbourne** in May. It is always interesting trying to beat a 125-year-old steam engine loaded with 'family' over a 13.5km course through the Dandenong Range. I have only ever seen the train at the start and at the finish.

Of all the things about running that has really impacted on me is realising the reasons for various aches and pains over the years. Running highlights old injuries and misalignment of the body in way no doctor (unless they are sports oriented) can pick. For example, I ran the first half of last year's London Marathon in just over 2.15. Stopped to walk/talk and could not get running again until the final 600 meters. Back at our charity HQ, the sports physio working on our group's charity runners found my pain was caused by a rotated pelvis that was 25mm out of alignment.

She worked on it there and then. The pain down my right side immediately subsided and I got up feeling I could go and run again. Like a miracle! We worked it out that it was most likely from a retractable seat belt injury back in 1995.

My favourite running fuel is pasta and salad (not greasy or sauce-laden in the early evening) and only black tea or water before a morning run.

Nothing pedestrian about Peter



Run Aways

First Townsville runner home in the McDonald's® Townsville Running Festival marathon 2012, Steve Jones, was selected to run in Japan 2 weeks ago as part of a new initiative to help strengthen the relationships between the people of Townsville and its Sister City, Iwaki.

Steve placed 43rd overall of 4435 competitors in the Iwaki marathon and came 5th in his age group in a time of 2:49.28.



Below on the left is the TRR 'away' team who travelled down to Airlie Beach for the Great Whitsunday 28k Walk/Run.

On the right, John and Trevor in the Cairns Half Ironman in 2012



Schools Cross Country Series

Education Qld has just confirmed the following dates. All races are at Bicentennial Park, Queens Road entrance.

Race 1 (TRR)	Friday 26 April Primary 3.45pm start Secondary 4.00pm start
Race 2 (TRR)	Friday 3 May Primary 3.45pm start Secondary 4.00pm start
Race 3 (TPSS)	Tuesday 7 May Start advised at schools
Race 4 (TRR)	Friday 17 May Primary 3.45pm start Secondary 4.00pm start
Race 5 (NRSS)	Tuesday 21 May Start advised at schools

*NOTE: TRR - run in conjunction with Townsville Roadrunners Club
TPSS - Townsville Primary Interschool Cross Country
NRSS - Northern Region trials / T'ville Secondary Interschool

TRR has been conducting these races for over 10 years, they are free and open to all school-children from age 10 to 18. Some schools support these races, some don't. If you want your school to participate, put this info into your school newsletter and urge your sports master to become involved. It's a great atmosphere with hundreds in each race - and it's very rewarding.

TRR marks out the course, provides marshals on-course and we record names and times then collate the results so that they can be sent back to the schools. We need about 10 volunteers over a number of jobs.

Anyone interested in helping from about 1.00pm or 3.00pm till 5.00pm on the Friday afternoon races can contact **Brian Armit** 0408 060908 - or see me on Saturday mornings.

TRR Juniors

To successfully run our TRR junior races throughout the year on a Saturday morning we need a few parents or volunteers who are willing to assist with conducting these races. We really need a couple of people to act as marshals to keep an eye on the runners, or even run with the slower group. The applicable dates are on the calendar. Please contact me as above if you can assist.

Athletics North Queensland will be holding a **Level 2 Recreational Running Coaching Course in Townsville on Saturday, 22 June 2013**. This course will be held the day before Townsville Road Running Club's King and Queen of the Castle event. This coaching course is open to teenagers-adults that have an interest in recreational and road running. Candidates must meet at least one of the following prerequisites:

1. Completed the Level 1 Beginning Coach and be accredited.
2. Acquired the Level 1 Beginning Coach through Recognition of Prior Learning (RPL) or Recognition of Current Competence (RCC) and be accredited.
3. Qualified for automatic entry to the Level 2 Club Coach through RPL or RCC and will be accredited.

The cost of this course is \$240.00 per person.

This is a great opportunity for road running clubs, coaches and athletes to get accredited in the North Queensland region.

For more details please contact Dayne O'Hara from ANQ at development@athleticsnorthqld.org.au



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