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# About 8k

## PRESIDENT'S REPORT

### McDonald's Townsville Running Festival

The McDonald's Townsville Running Festival on Sunday 4 August 2013 is now clearly in sight.

Importantly, early bird registrations close on 30 June 2013. There are a number of very good reasons to register early, including the discounted entry fees. But early bird entries are also guaranteed a race singlet and their correct size. Race singlets/sizes cannot be guaranteed to those who enter in the post 30 June period.

The festival guest this year will be running legend, Steve Moneghetti. You will get a chance to meet up with Steve at the Friday Night Welcoming Dinner.

Just log onto [www.townsvillerrunningfestival.com](http://www.townsvillerrunningfestival.com) to book for the dinner and to enter the *Tony Ireland Holden Marathon*, the *Queensland Country Health Half Marathon*, the *Townsville Airport 10km Classic* or one of the 5km races.



### Recent Racing

There has been some great racing over the last month or so at club level. Richmond Sense broke through for his maiden club win in the men's division of the *8km Castle Hill Run* on 11 May in a time of 26:39. There will be more wins in store for Richmond. Tyson Burns was second with Lee Kirby again amongst the place-getters in third position. Meredith Watkins returned to the winner's circle with a first place in the females' division (32:15) from Lisa Jones.

The Pallarenda 10km Time Trial on 18 May saw Rachel Boles continue in her winning way in the females' division in a time of 40.25. Deahne Turnbull was second with Meredith Watkins holding form to take out third. Simon O'Regan also continued his great season with another win in a time of 34:13 from Lee Kirby and Gordon Wing.

### King/Queen of the Castle

Before we get to the running festival, there is the *Run 'N' Ride King and Queen of the Castle* over 8.3km from the Sports Reserve on Sunday 23 June 2013 at 7am. This will be the 42<sup>nd</sup> running of this iconic race up and down Castle Hill. It is one of, if not the most important road race of its type in North Queensland. This prestigious race is part of the build-up to the running festival.

This race was first held in 1972 and the entry fee for non-members of the Townsville Marathon Club was 20 cents. It was then known as the King of the Castle. In that year, 29 year old shipping company executive Mike Phillips won the race. Mike Phillips recorded the time of 34 minutes 7 seconds and beat home a field of 80 competitors. In that year, the race started at the old Town Hall building in Flinders Street and incorporated the goat track up the hill.

In 1973, the Queensland Athletic Association issued a stern warning that Townsville Marathon club members risked losing their amateur status by participating in that year's King of the Castle as it carried a \$100.00 cash first prize. Club members disregarded the warning and ran.

As the years passed, the race became known as the King & Queen of the Castle. The Townsville Marathon Club changed its name to the Townsville Road Runners and since 2001, the race has been conducted up and down on the road. Last year, the course underwent a further alteration with the start/finish area relocated from the Tobruk Pool on the Strand to the Sports Reserve.

There have been many great winners of and competitors in the King & Queen of the Castle over the last 41 years. It is a race won by great runners.

In the end, it does not matter where you finish, it is just a great thing for each competitor to compete in this iconic race so as to continue the tradition and be part of the history of this city.

Good running

Tony Hockings




## The Great Train Race *by Lisa Jones*

The Great Train Race is so much more than just a 13km race- it's an exciting challenge competing against the *Puffing Billy Steam Train* in Victoria. The race route takes in 13.2km through the hills and fern gullies of the Dandenong Ranges ( an hour and a half drive from Melbourne city to the race start). I'd been told it was a beautiful forest run, a hilly course and cold in May- which it was! The atmosphere at the start line is fantastic, as the crowd boos the steam train driver, apparently all part of the race tradition.



Then the pace is frantic as everyone tries to beat the train to the first of five crossings. Not sure who was puffing more on the 2km long hills, the runners (myself included) or the train. Local residents come out to cheer and the sound of the steam train through the trees spurs you on. This did more for my pace than any carbohydrate gel ever has! I think it was at the third train crossing that the train passed me by, with families and children on board cheering and waving. Only 295 runners of the 3200 participants beat the train this year. Lee Kirby did, from Townsville Roadrunners, with a fantastic race time of 47:40, in 20<sup>th</sup> place! The first train finished in 55:55. The second train finished in 1hr 22mins.

 For slower runners, nominating to beat the second slower train is a good option. I surprised myself by finishing in 1hr 1min, 5minutes behind the first train (75<sup>th</sup> female). I've never enjoyed a race so much as this one- maybe because of the cold climate, the beautiful Dandenong ranges in autumn or the excitement of something new, I'm not sure, but I'm determined to go back and beat the train to the fourth crossing next time! The whole race is extremely well organised, including the free transport back to the start line, by steam train or bus. Taking the steam train back was lovely, with its open sided carriages, however a few jumpers are essential!

***Thank you to all volunteers in the club.***


Our runs would not be as enjoyable without our volunteers who set the courses, stay behind to after equipment and personnel effects, drive the van, set the courses, collate the results, time and tag, direct the fun runs, organise the clothing etc of the rest of us who run.

The club encourages all members to help with timing, tagging or taking results for 2 runs each season. Please check the calendar for a run when you would like to help out and either let Mary Donohue know or send an email via the TRR website to [info@townsvilleroadrunners.com.au](mailto:info@townsvilleroadrunners.com.au)







## SPEED BUMPS




**MICK and Jenny Harris** returned to running last Saturday in the Kirwan Handicap. Back in Townsville after four years in Tasmania they have no complaints about the mild and misty `dry' enveloping the North this year. They showed plenty of Tassie Tiger the next day in the Burdekin Sugar Rush, Jenny winning the women's section of the 10.5km race and Mick fourth overall.




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TALKING about weather-watching, check out **Phil Copp's** Facebook page for some spectacular pictures of flamingo sunsets. Those red skies-at-night, shepherd's delight skies seem to have drenched Mount Elliott as well as drizzling suburbia. **Sylvia Kelso** and a couple of fellow hikers report a few knee and thigh-deep creek crossings on their way to and from the Alligator Ck Falls three weeks ago. It's a 17km return trip from the picnic ground and a good work-out, but take your gumboots.




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**GEOFF Stanton** has been sidelined with a niggly hip this year but reckons he will be fit for the Porcupine Gorge Challenge on Saturday June 15. This annual 8km cross-country has something for everyone: rock-hopping, creek-crossings, hill-climbing and the option of camping under the stars the night before and after the event. It's a six-hour drive to Hughenden but worth the effort. See the Flinders Shire Council website, [www.flinders.qld.gov.au](http://www.flinders.qld.gov.au) for more details.




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SINCE he's preparing for the Cairns Road Runners' Three Marathons in Three Days, **Fred Leonardi** was unfazed by getting lost on the Strand Run. He and **Clayton Smales** missed the turn-around marker at Tobruk Pool and headed for the ferry terminal. The van crew were announcing last drinks as Fred and Clayton got back to the finish at Rowes Bay. The second annual three-day, 126.6km event starts in Kuranda on June 28. More details at <http://3marathonsin3days.com/>




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**DANIELLA Springall** had navigation problems too in the Burdekin Sugar Rush 10.5km race last Sunday. She was leading woman before her mix-up 3km from the finish. Daniella copped it sweet and was happy with her second placing.



\* \* \* \*



COOL running to the TRR iron and half-iron persons heading to Cairns next weekend. It's been a long journey and the promised land is in sight.



## Three Memorable Runs in Brisbane in early 2013 *by Dave Vance*

Hello TRRs, sorry not to get the eggs organised for the Free Range Four-Leaf Clover run, but the flash-flooding of Enoggera Creek caught my Coaster and took about three 80-odd-hour weeks out of my schedule, getting water and mud out of carpet, tool-boxes and tools, books and shelves and cupboards, the motor, and other things. Next year.

In Brisbane, three good race outings had:

### **The Twilight Running Festival had a half-marathon out of UQ St. Lucia**

with riversides and 4 crossings of the new foot, cycle and bus bridge to UQ. I'd turned up not officially entered (the fee was ridiculous) but with a \$20 donation to hand over after the event, as part of preparation for the Trail Runners Association of Queensland's Pinnacles Classic (see below). Just a little into the second of the two laps we were savagely scourged by a fairly severe storm – rain coming in horizontally and winds high enough to have slower runners still on the bridge when the storm hit hanging onto the handrail. Unfortunately one of the very fittest older runners in the field, a 58-year-old man a minute or two in front of me, was struck on the front of the head by a falling branch and knocked to the ground with his fore scalp and upper forehead opened up down to what must have been near the bone. He was barely conscious when I came up to him – I continued on when the situation was determined to be unimprovably in hand by the relevant people. Coming back to the bridge for the third crossing I was perhaps the first to be told that the race had been cancelled, but I was looking for no excuses to bail out of a race that I already knew I would not be able to finish as fast as I had started, so I proceeded along the course, as did some others behind me. The rest of the course was shoe-soaking rain and pools of water, in darkness interspersed with frequent lightning. 1:42 was not a pleasing time, but I deemed the maintenance of effort to the finish acceptable. Unfortunately the fellow struck by the branch, who at least had his eyes open when I came on him, died in hospital after a week in ICU there, just a few weeks before he was due to retire. At least he had the pleasure and satisfaction of vigorous health till nearly the age of sixty, which is more than most people can say.



**The Trail Runners Association of Queensland's Pinnacles Classic ("18 hills in 18 km") in Brisbane State Forest** had been my focus for several weeks of training including some good hill-training including repeats of West End's Sankey St., and although I was still at the end of a mainly upper respiratory tract infection, I was determined to proceed, and fronted the starting line with a strategy of having a conservative start, hopefully coming up to a reasonable pace for the second quarter, maintaining that for the third quarter, and then finishing with what I had left at whatever pace that would be – I finished around 30/108 (the 28<sup>th</sup> percentile) with only 1 person older than me (52 vs 51y) in front (10 min!...) of me, along with another 51-year-old. A very satisfactory result given the URT infection, notwithstanding some wheezing on laughter post-race. And well-priced at \$25.

The Pinnacles Classic had gone well, without much leg soreness post-race at all, so, considering that I had most of the training done already, I decided to train on for the **Mt Mee Classic (said to be Australia's toughest marathon)**, acceptably priced at \$60), which would in 2013 be run in the net downhill direction from Mt. Mee back to Dayboro (yearly alternation of net downhill and uphill direction). It is given as taking 1.3 to 1.5 times one's flat terrain marathon time. After some uncertainty about transport up from Dayboro to The Gantry start (available bus seat tickets were all gone, and I would not subject the Coaster to the climb – I had a plan B of just running alone up the bitumen to complete the dirt loop at the top), amidst the uncertainty of sundry others (including the bus drivers) at both bussing gathering points the next morning I got a lift in a volunteer's ute. The first half of the marathon is a loop with plenty of down- and up-hill, and I did well on the uphills as planned; the second half starts with a long steep downhill, too steep to be of any use in striding out, then gets onto some more undulating net downhill bitumen back to the finish.



The foolish lack of any bananas at the aid stations, on which I critically commented in a variety of manners to a variety of people at a variety of race and post-race points, left me breathing quite hard to burn fuels not much carbohydrate in composition during particularly the last 4 km or so, but I hung on well and forced a quite satisfactory finish – only in the top half of the (small, for Brisbane, and pretty hard-core) field of 100-odd (40<sup>th</sup> percentile?), but only two males older than me in front of me (52 and 54 yrs to my 51) and only one 51-year-old female (though there were three or so younger females well in front of me...) in front of me. If my present achievable best flat marathon time can be taken to be 3:32, then my 4:19 is 1.22 that – I deem this to be my best age-adjusted marathon performance yet – I really like the terrain variety and the technical difficulty - if I'm in Brisbane for the net uphill version next year I'm definitely on!



A finishing note: all TRRs can substantially improve their understanding of human nutrition (and we all eat...) by reading (even if only the main 50-page summary at the front of) my book “The Natural Human Diet? The Optimal Human Diet? The known and the unknown, the possible and the probable An analysis of the evidence”, freely available from the Multifactor

Health website, for those unable to afford to buy it; for those who are able to afford the printed (only \$15) or the newly-available e-book (only \$5) please do the right thing and pay those very small amounts for it, from Amazon.com books. Peer-reviewed with all of the many professors and Co. whose work I critically assess therein offered the right of reply, and all replies and arguments therewith included. And do your other friends a favour and tell them about it too, because there is no better bringing together of the different types of evidence on the matters, that I know of – if you find one, please let me know of it.

Cheers, Dave Vance.

**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.

If participants are interested could they please contact Dayne O'Hara at

[development@athleticsnorthqld.org.au](mailto:development@athleticsnorthqld.org.au)



## Xterra Rotorua Festival *by Mike Donoghue*

On Saturday the 13<sup>th</sup> of April, 5 road runners participated in the Xterra Rotorua Festival.

The festival was really about an adventure type triathlon with a swim in Blue Lake, followed by a mountain bike ride then a run on trails. This was a qualifier for some larger tri and was part of a tri series.

To pad out the event, there was a mountain bike race and 3 trail running events. There was a 5.5 Km run around Blue Lake, an 11 Km run which was twice around Blue Lake and then a half marathon which followed trails around Blue Lake and Green Lake. Some of the trails were wide enough for a car and others were just the Indian file kind, but all were soft to run on.



Cheryl Hobson after much cajoling was forced to run the 5 Km event, Tilly Pain who had decided to do the half, had to settle for the 11 Km event due to injury during training and Will Sue Yek, Mary and Mike Donoghue did the 21 Km race.

John and Leigh Rintoul came along as support and official photographers.

The three runs all started together, so it was good that the first 2 Km was on a bitumen road, as there were nearly 700 competitors all up to sort out before we hit the trails.

On the bitumen road I found that I seemed to be pacing another oldie in a black and green singlet. So for the first 2 Km it was him or me, depending on who got stuck behind the crowd. When the races separated at about the 2.5 Km mark, we were side by side and it looked like we would be close for the rest of the run. But, things change. Another oldie in an orange shirt passed both of us and so I slowly pulled away from black and green singlet and tried to keep orange shirt in sight.



After a while I realised that I was gaining and eventually passed orange shirt at around 5 Km. Then I noticed another grey headed oldie with a green singlet not too far ahead. At the drink station when he slowed down, I caught and passed him. He wasn't about to let me stay in front and was past me again in a couple of hundred meters. For the next 10 Km or so it was a bit of a race with him charging up any hills and leaving me in his dust and me slowly catching up again before the next hill.



As we approached the bottom of Blue Lake with only about 2 or 3 Km to go, the P.A. could be heard from the finish area. This must have fired up green singlet, as he took off and I had no chance of staying with him. By now we were on a narrow single lane trail that was where the three runs joined again and so it felt real good as we raced passed the joggers and walkers who were finishing off the 11 Km circuit. I'm glad that they stepped aside to let us through, because I don't think that we would have or could have stopped quickly for anything.

I saw green singlet (Adrian) pass someone in a white singlet who was also in our sort of age bracket and disappear around the twists and bends of the trail, so I got in behind white singlet (Stuart) and stuck to him like glue. There was no room to pass so I just had to follow and hope that an opportunity would present itself. Fate was on my side, because the path divided and went around both sides of a tree. Stuart took the smooth way to the left and I jumped down 3 steps on the right and landed a pace ahead of him with about 400 metres to the finish.

The last 150 metres were on the beach of the lake, and when I came out of the forest and could see the finish, there was Adrian not far ahead of me. Even though I reduced the distance between us, he crossed the finish line 4 seconds ahead of me. My official time was 1:42:30, though the clock read 1.42.59 when I went under it. Maybe our timing chip also registered our start time.

Will completed his half marathon in 2:12:23 and Mary completed hers in 2:24:07. Tilly Pain finished the 11 Km run in 1:23:16, while Cheryl crossed the 5.5 Km line in 48:41.

Mary had decided that this was to be her last race at the half marathon distance, but she enjoyed it so much that she is now leaving her options open. I thought it was the most enjoyable half that I have ever done. The hills were not too steep nor too long to climb, and they were also easy to run down. I think that everyone enjoyed the runs as much as I did.



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