

# About 8k

## Congratulations TRF committee, volunteers and Townsville Road Runners!







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## Post Running Festival Highlights

As we head into the end of the racing season, there have been some great post-running festival highlights. I wandered down the road to Bicentennial Park on Saturday 17 August to watch the first leg of the *Running Works Cross Country series*. The race was over three laps and it was an intriguing race between the old and the new. **Richmond Sense** was backing up from his solid performance in the 10km at the festival to take on **Simon O'Regan**. The first two laps saw Simon leading with Richmond in his shadow. The third and final lap was always going to be the test. Simon pulled away to win in 22.12 with Richmond second in 22.46. It was a great race. As was the performance of Liz Maguire in taking out the female division of the race.

The next day, I headed out to the inaugural *Greater Ascot 5km Race*. The field was only small but the event had one of the best vibes I have experienced. This event has a future. **Jake Vockins** turn up with an impressive record of 2013 performances on his running resume. But **Tony Gordon** had left the writing on the wall for a strong performance with his impressive 8<sup>th</sup> in the 10km at the running festival. At *Greater Ascot*, Tony put in his best performance of the year to win in a time of 17.18. Jake was courageous in finishing second. **Angela Hon** had a breakthrough win in the female division.

The second leg of the *Running Works Cross Country Series* at Pallarenda Park on Saturday 24 August saw **Deahne Turnbull** (25.41) get back on the winners' list in front of **Liz Maguire** (26.10). Simon O'Regan (21.15) again took out the men's division but Richmond Sense got closer (21.19) with Jake Vockins (22.05) again filling the placings.

This brings me to a special moment of the racing year, the *Fairfield Waters Handicap* over 9km on Saturday 31 August. At 15 years of age, **Dominic Tonner** became the youngest back marker with a handicap of 43 minutes. Dominic was never going to win with that handicap. But as Dominic stood at the start line with all of the other runners long gone, the look in his eyes meant that he was going to give the race a real crack. He did, but the scheduling of Queensland Rail meant that he was held up at the Oonoomba rail crossing as a seemingly never ending train had to pass. In the end, Dominic had to settle for 24<sup>th</sup>. **Bob James** made a bit of history by taking out the race for a second time. His previous win was in 2007. My tip in the race, **Steve Brooks** just missed out with a strong second after having to give Bob too much of a start.

The *McDonald's Father's Day Race* 6.8km on Sunday 1 September saw another star performance by 13 year old **Tesfa Nethery** (23.12) to win this major open race. Jake Vockins again placed with a strong second in 23.24 with **Lee Kirby** holding on for third in 24.24. The race also saw the reappearance of **Helen Motti** with her win in the female division.

## ANQ Road Running Championship - Saturday 28 September 2013

There are still some great races left in the year. These include the ANQ Road Running Championship over 12 km on Saturday 28 September 2013 at the Sports Reserve. This race is a must. The entry fee is \$6.00.

Well this is my penultimate article as the end is near. The record by **Dr Maitland** of 7 years as president will remain as I sit on 6 years. It has been an honour and a privilege, but more of that in the final article.

Great Running  
Tony Hockings





## SPEED BUMPS



**MICHAEL Fitzsimmons** did some astute number-crunching before last Saturday's Fairfield Waters Handicap. Front-markers **Betty Beck** and **Bob James** held off the speedsters - as they nearly always do in this annual 9km run, but there some close finishes. It might have been tighter too, if not for the sugar train that halted early starters at the Oonoonba crossing and the chasers at Railway Ave. Neither of these hold-ups affected **Steve Brooks**, second, in great late-season form.

\* \* \* \*



**AUGUST** used to be a wind-down and take-it-easy month after the demands of the running festival, for participants and volunteers alike. However, this year's marathon weekend heralded a rush of fun runs - on and off road - in Townsville and beyond. It's continuing this month, with the Great Whitsunday Walk and Run and Townsville Triathlon Festival yet to come. At least the political race will be over this weekend, giving **Tony Abbot** and followers a reprieve from Castle Hill.

\* \* \* \*



**TALKING** about the Whitsunday run, now just a fortnight away, **Pete Neimanis**, **Trevor Brown**, **Phil Copp** and **John Hoggan** have been raising dust around Bluewater and Mount Stuart to nail the 28km Mount Conway trail to Airlie Beach. They used the Tony Ireland Marathon as a training run, with a coffee break on The Strand at 40km.

\* \* \* \*



At least **Bernie Norris** is following the rest-is-best philosophy after another big year - including the Far North's Three Marathons in Three Days. We hear Bernie was an encouraging running mate for **Christa Aquilina** in her first Townsville marathon. In the end Christa proved just as irrepressible as Bernie with a strong 4hr 11min 44sec.

\* \* \* \*



**HOW** about another Town Common run on next year's calendar? The maze that Pete mapped for the second stage of his cross-country series was a beauty, with scenery, sand and surprises - mainly the numerous marshals. Thanks everyone. **Anthony Daamen** showed his off-road flair in this event as did **Kerry Sense**, back after a break.

\* \* \*



**STEVE Moneghetti** revealed a soft spot for the Common in his talk at last month's running festival dinner. He recalled an early morning training run during one of his many trips North which he and his squad decided to cut short after a close encounter with a wild pig.



## *Meet a TRR - Erin Stafford*

### *What got you started?*

I've always done a bit of running and even when I had kids - it was the easiest exercise - running and pushing the jogger. I ended up wearing out the jogging pram. I was never a sprinter but did a bit of cross country and the longer distances at school. Running is my time now. I run alone sometimes - not as often as I used to - and other times with training partners.

### *How did you come to do a marathon?*

I ran my first marathon last year at the Gold Coast after egg-ing on from my training partners Glen (Davies) and Michael (Fitzsimmons). They said that I doing the same distances as them, they were training for a marathon and I should do one too.

### *Favourite run?*

Sunday runs, wherever they are. I'm up at 4.30am to run and talk and explore new parts of Townsville . Mike (Donoghue) and Pete (Neimanis) have led us on through some interesting twists and turns when we have run with the larger group.

### *What's your view on cross training?*

It's nice to have something else to do if you can't run.

### *What's your next running goal?*

I hated the Whitsunday run(28 km) after I finished last year but am training for it again. It's 22nd September.

### *Any role models?*

I'm impressed with people like Mary Donoghue and Betty Beck. I'd love to keep running as I get older.





# Post mortems TRF - 2013



Rosemarie Labuschagne—1/2 M. I always enjoy it. The drink stations kept me going. Loved my shirt.



Justin Smith—1/2 M. First ever. Couldn't have picked a better race. Volunteered on Saturday and everyone was friendly. 1hr51min - died in the back half. A bird dropped one on my face coming down the strand but it didn't stop my enjoyment of the day.



Colleen Newnham—1/2 M. Volunteered on Saturday and it was like hanging out with extended family. It was a long way to Pallarenda and an even longer way back on Sunday but it was great.



Antony Daamen - 1/2 M. 1.43.28s, Top 20%, 87th overall. Very Happy with the day. 1.42s faster than previous best time. Was going to do Marathon but wore my shoes out - next year.



Steve Brooks—1/2 M. I enjoyed the day. I was somewhere between my fastest and slowest time. Didn't set a record for my slowest anyway.



Joseph Kemei - 10k. Best time ever. I went to Mona's workshop the day before and I have never run better. He said to go out slower and pick people up during the race. It was a real morale booster. Selly, my wife did 5k - it's her only run for the year.



## Take 2 Bon Jovi Corner- Mark Buchholz

*"This ain't a song for the Broken Hearted".*

My words: Suck it up this marathon will not break me.

*"I'm not going to be another face in the crowd, you're gonna hear my voice, gonna shout it out loud"*

My words: I'm not here to make up the numbers and look pretty, I'm here to run fast, now get out of my face, I've got some business to attend to.

*"It's now or never, I'm not going to live forever"*

My words: Stay true , stand tall, I've worked bloody hard for this, it's time to celebrate.

Check it out! 2.57.41

The lines come from a song by Bon Jovi. You could hear this blasting out loud around the 38k mark in this years Gold Coast marathon when things were getting tough.

If these words couldn't get your sorry arse off the pavement and to the finish line, you haven't got a heartbeat.

Side note to Pete Neimanis - while I was warming up with the Kenyans at the coast, it brought back memories of the Kenyan relay team and support crew at Paluma. HaHa.

Next year it's back to the coast. I'm not competing against others , I'm there to compete against my enemy, myself - you can call him Sparky.

Whatever he ran this year, I'll be back next year to smash it.

Love running, you bet, so remember my motto, work hard, stand tall and stand your ground and you shall go out in the best way *"a Blaze of Glory"*



**Charters Towers** Healthy Lifestyle festival was held on 10th August. TRR did well in the 5k with the following runners placing first in their age group: Lyndie Beil, Matthew Maguire(2nd overall) and Mike Rubenach . Sarah Maguire was also 2nd in her age group.

In the 10k, Jake Vokins was first in 36.33 and Tesfa Nethery finished second. Helen Motti was first female home. The following were first in their age group: Mark Buchholz, Phil Copp , Liz Maguire, John Nuttall, Lyn Newman and Jenny Brown. Bill Guy, Brian Armit, Toni Ferguson, Isa Marrinan, Annika Frossling, Mary Donoghue and Tom Ryan also placed in their respective age groups. The indomitable Fred Schneider who competes in Townsville from time to time also came first in his age group.

The 54th **Pyramid** at Gordonvale has been run and won with Jaap De Jong placing in his age group and Judy Davis first again in her age group. **Judy has held an age record since 2002** at this event - Legend. Lee Kirby ran 5th in a tough age group.





# Townsville marathon Take 1

by Josh McIntyre

A little while back I signed up for the Townsville marathon. At the time it seemed like a great idea. I wanted to push myself farther, I wanted to do more and run harder than anyone else I knew. Now, having run my first marathon, enduring some pain and pushing myself farther, all I can say is that it was AWESOME!

So here's how it all went down. The race started at 5:30 am on a Sunday which meant getting up at 3:15 am to get my race gear straightened out, have breakfast and get to the start by 4:30 am to warm up. After a while everyone lined up. The announcer gave directions to us 127 starters and the big countdown began.

We're off and like a small child I forget all my training and my race plan and sprint off with the leaders. Soon there is a group of 6 of us leaving everyone else in the dust. Then I realise there is no way I can hold this pace as I've trained to go a lot slower, so I drop back and start looking for Dane (West). I get settled into my race pace - just putting down the mileage. Its only 20 min in, the sun hasn't risen and I've a long way to go. The atmosphere is pretty strange. We're in the middle of downtown. The roads are closed and no one is out except a few over-excited people running in later events cheering us on.

The race comprises two laps around the downtown area with several little turns and areas where it doubles back on itself so you can see the competition. It becomes very apparent I made the right decision to back off. The lead group of three has opened up a commanding gap. During the first lap I'm completely by myself. I just stick to my pace. By the time I finish the first 10.5 km loop, I'm still feeling really strong. The second lap goes exactly the same as the first. The race leaders are further ahead and Dane starts catching up. Slowly more spectators and competitors start showing up. By the end of the second lap it's getting really busy with people crossing the street everywhere and the cafes filling up along The Strand. I'm smoking along. The clock at half-way says 1hr 27min which means I've just PRed by almost 10 min my half marathon time, but I still have to cover that distance again, which means things are gonna get hard.

The crowds near the start/finish are crazy with people getting ready for their races. The anxious energy is palpable. By then Dane has caught up and is on my heels. He never was very far behind but now he's dangerously close. At 24km I can hear him right behind me. I tell him, I gotta stop encouraging you since every time I do you catch up. We round the corner to run back past the start/finish again and then we see all 477 of the entrants in the half-marathon staring straight at us. We can hear the countdown to their start over a PA. When Dane and I are about 20 yards away we hear someone yell "GO" and the whole pack is coming straight at us (all I can think is thank God running is not a contact sport or this would be bad). Somehow, we scoot down on the side of the road much to the confusion of some of the half marathon runners.

Running alongside Dane is good - we are both aiming for the same time. Suddenly, though, I notice him pulling ahead and when I glance at my watch I realise it isn't because he has speeded up - it's because I'm slowing down.



Dane (far left) and Josh (Number 55) before marathon start.





This isn't part of the plan. I'm supposed to keep a high average pace and break the three hour barrier so what the hell? My mind starts racing. I start thinking I should have gotten more electrolyte earlier in the race, something, anything. I'm trying to think of what I can do to salvage my race real quick or I'm about to be in a lot of pain and I won't hit my goal. I grab some drinks at the next aid station and I watch Dane take off down the road (not again). I'm now about 30 km into my race and things are starting to hurt. My knee feels like a basketball, my back is in pain, my feet feel like they are on fire. But I just keep moving, telling myself no matter what I want to keep running and not walk. I might not hit my goal but I can at least finish strong.

I get out to the end of Pallarenda. I have been passed by a few other runners and the half marathon leaders have come through already at an astounding pace. I keep pushing but the pain in my hips and quads is getting intense. Then at the 34 km mark my hips seize up and my whole body kinda violently jerks to the right. I jump up in the air and land on my feet standing still (so this sucks). I start trying to run again and it doesn't really work. The best I can manage is a kind of trot and even that is kinda pathetic. Eventually my hips seize up again and now I'm reduced to a walk (so much for finishing strong). Now I just want to finish. I keep moving - a lot of other racers are cheering me on and telling me to keep moving so I do. I just keep pushing and it hurts like hell but not a whole lot I can do about that at this point.

I'm closer to the city now, in the middle of the 10 km runners. I'm back to trotting along which amazingly enough is faster than some of the people in the 10 km race. My legs keep freaking out and I keep getting reduced to a walk but I just keep moving and focusing on the finish. Not once do I think about stopping. I just want to get back and fall over on a nice patch of grass and then eat some ice cream. Eventually during one of my brief (maybe not so brief) walking stints a lady in the 10 km asks me if I'm ok. I tell her no, I'm in a lot of pain but I am going to finish. She starts encouraging me and then jogs on ahead. About a minute later when I'm back to trotting I catch up to her again and she tells me we are almost there, "only 1.5 km to go", then I walk again after my legs freak out. She comes up alongside me and asks "can you run?" I just tell her "not really." She looks at me and goes "lets run together to the this next corner." So we're off. I make it to the corner and keep going. She unfortunately falls to a walk herself but yells at me to keep it up.

I'm approaching the finish. Everyone is encouraging me so my pace picks up a little. My running form is completely shot but I just need to cross that line and so I do, finally, after 3hr 28min 51sec . I am done. I'm freaking burnt out and tired when I get a finisher's medal thrown around my neck and a zooper duper shoved in my hand. All in all it was a great race and I came 35th out of 124 finishers and 6th in my age group. It wasn't the fairytale start to a marathon career I was looking for but it was good instruction on what not to do and that is why I labelled this post Townsville marathon Take 1 because there are always more marathons and there is always next year.

**Read more about Josh's marathon and his other runs on his blog:** <http://konahopefull.blogspot.com.au/2013/08/townsville-marathon-take-1.html>



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F: 07 4724 3553

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