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About 8k

This Month

- ***Rolling Thunder Mayhem***
- ***New President introduces himself***
- ***Meet a Townsville Road Runner***
- ***Brian's Melbourne Marathon experience***

From the Editor

*We held our presentation dance this past Saturday night. **Simon O'Regan** was overall champion club runner. **Deahne Turnbull** was ladies champion.*

*The 14th Annual 23k Paluma to Hidden Valley run was completed in warm conditions with more dust than thunder. The Male winner was **Matthew Boschen** in 1:33:34 with **Erin Stafford** taking out the honours for the women in 1:48:28.*

*TRR AGM was held on 19th October with **Tony Gordon** elected as president, **Antony Daamen** Treasurer, **Judy Davies** Registrar and **Annaliese Otto** Secretary.*



On 3rd November **Bernie Norris** and **Tyson Burns** completed the Cairns to Port Douglas Ultra Marathon 74k. Tyson finished the run in 8:48:10 and Bernie 10:31:33. They said they recovered surprisingly well considering the distance and humid conditions - Bernie only walked downstairs backwards for a couple of days and Tyson said he was in more pain after the Gold Coast marathon where he had been aiming for a time. Neither did your typical long distance training with Tyson's longest run being one 34k and Bernie's a couple of 16k's - from home to top of Castle Hill and back. Both said they didn't do enough training to run a fast time but ran according to their preparation.



PRESIDENTS REPORT

I am taking this chance to tell you a little bit about my Townsville Road Runners' journey. This may come over as more self-serving than ice cream but I want to share my feelings about the club to say how honoured I am to be the new president.

I can remember going down to McDonald's Aitkenvale every Mother's and Father's Day to participate in Road Runner's annual fun runs as far back as 1997. Considering I was all of 11 then that was a long way back. 60% of my life ago in fact. I only really knuckled down in 2001, having success at a school level. I was disqualified, along with the next three "placegetters" on day two of that year's three-day race for a wrong turn on the Pallarenda road stretch. It was a character building 13km that ensued. I was a very cranky young lad that morning but finished the race off for pride and personal honour if nothing else. That year I won the Road Runners President's cup, thanks to **Brian Armit** who was president at the time. Since then I have had a lot of success on the local running scene and represented Australia three times, twice bringing home silver medals. In 2009 I won the men's club championship, albeit by default as **Anthony Craig** injured his Achilles tendon a couple of runs shy of being eligible. He was like Rob the dentist on the Oral B commercials in that I'm not sure anybody saw the front side of Anthony. At least not in a race situation.

After much of 2010 spent on the sidelines injured and taking a sabbatical, I came back in 2011 intent on winning the club championship and tidying up my two biggest loose ends. I had avoided the three-day race for a decade in a quasi boycott for my disqualification but always had intentions of winning that and the Ayr Sugar Rush half marathon, where I fractured my tibia and did some hefty ligament damage in 2006 with 3km to go. **Steve Brooks** took me in the home straight but I hobbled in for second with some colourful language and delirious enlightenment from bargaining deals with every higher power I could pronounce to get me to the finish. That season I lived for Saturday runs, and as soon as I crossed a finish line I was already eager to notch my calendar and prepare for the next start. I won 16 of 21 starts in points races, but now that is all ego. What I am most proud of from my 2011 season is that I showed up on each race day and helped set up the tables, fetch water, occasionally picked up the ice from McDonalds and assisted in recording result. I had a humbling sense of belonging within the club.

The past two seasons have seen me in a more involved role with the management committee and all of a sudden assuming the presidency. I won't lie, I am bewilderingly vague on what exactly this role entails. Evidently a lot of reading and overseeing, but once I have a good mental picture of the club's footprint we can work to the future. I still have an ever growing list of accomplishments I wish to achieve in the athletic arena and stress that I am committing to this job from an athletic background, not political or managerial. So that's my progression in a nutshell.

In other news I think notable, the Commonwealth Games Queen's Message baton relay up Castle hill was really well attended. I was thrilled to see everybody's face shine as they got their hands on it. I think we need to invest in a baton because as soon as someone took the reins on it they found another gear. Be it adrenaline, pride or excitement it turned **Betty Beck** into Betty Cuthbert! Numbers were down at Rolling Thunder but congratulations go to **Matthew Boschen** and **Erin Stafford** for line honours. In Sam Stedman's trail marathon event, **Dee Flynn-Pittar** was the female winner in the marathon, **Greta Neimanis** completed 30km as a new distance personal best, **Cactus** did as Cactus does in the 12km scoring 2nd for his division and **John Nuttall**, **Peter Richardson** & **Bill Guy** completed the marathon. Cactus, John, **Trevor Brown**, **John Hoggan**, **Antony Daamen** and **Lia Johnson** impressively backed up their respective trail efforts with a stroll on the hill accompanying the Queens Message baton.

One of the unsung ambassadors for TRR has missed almost all this year's runs through injury, but has turned up all the same. I have seen him in public in road runners' attire and when I have been working at Cowboys games he wears a TRR cap in the crowd. Nobody is more proud to be a member of this club than **Fraser Bradley** and I want him to know, not just from me, that it doesn't go unnoticed.

Thanks for your time, run smart, run safe. Tony Gordon



Rolling Thunder Mayhem by Antony Daamen

This year was my third run in the Rolling Thunder. I remember well when I ran the first time. I was nearly delirious when I arrived, and was looking for the 'timer' so I could stop running! There wasn't anyone taking the time, so I ran around asking who timed me and where to go, until someone stopped me and gave me some water. I sat down . . . and was very stiff when I got up!

The second time, I ran with Cameron. He flew ahead like always, but every so often he would go bush and – like the hare and the turtle - I'd pass him!! My time was 2hrs, 8 min and a bit. I was so stuffed that I could not eat my steak and salad. This year would be different. I felt it. My goal was to (1) get under 2hrs or (2) be faster than last year. My plan was the same as last year, break the 23km into 5km lots. Run to the next water-stop. When we set off and came to the first couple of hills, I was amazed at how easily I reached the top.. last year I was struggling with the first 8km (of hills). Now I could even sprint up a little. On the long stretches I saw Cameron and the other 'greyhounds' ahead of me, however, they were not disappearing into the distance. Every time I saw them, the distance between us was unchanged. At the 5km water-stop I had a quick rinse-and-sip. I felt great and didn't want to lose my 'place'.



The 10km water-stop arrived quickly and I checked my time. It was slightly under one hour - 55 min! I thought 'If I keep this up, I might do the race under 2 hours!' I felt great, not tired, no 'wall' and kept the runner ahead of me in sight.

At the 15km water-stop I took a gel, to prepare for the last stretch. At the 17-18km mark I met Cameron. His backpack was poking him, and his legs were hurting! I felt great (about passing him) and that I was close to finishing.

By this time though, the guy in front had disappeared into the distance. At the 20km water-stop I didn't stop for a drink but instead tried to speed up a little. I had about 10 min left to make it in under 2hrs! It is hard to run sub 5min/km on a dirt road after 20km! Luckily the road wasn't too corrugated! Again I saw someone in front of me and I was gaining on him! I went faster to catch up, but he speeded up too. I really wanted to pass him but didn't have the legs for the last little hill to the gate. Anyway, finishing time 1hr 59min 51 seconds!!!! Under 2hrs and I was third. The guy I was chasing was a 'walker' that started the run at 2pm!

Great run - most of it down hill - and through one of the most beautiful areas in this region. The shower and relaxation around the pool was well earned. The beer tasted fantastic (Stella Artois)! The food was very good and reasonably priced. About 7.30pm, Cameron and I took the bus back to the car. On the way we saw a red looking 'possum'. The driver didn't recognize the animal, and asked us if he could turn back to get the camera and some books. We were as excited as him to see this animal in the trees, so we didn't mind getting out. Anyway, another car soon came past and gave us a lift to our car.

When we arrived in Paluma it was covered in mist! A bit of a hairy drive initially going down the hill, but soon we were under the clouds and home safely.

A great night out, and I look forward to next year!





Meet a TRR - David Sewell

Dave was a good middle distance runner who says he now trains to keep running . His best half mile time was 2 mins 4 secs.

His current regime includes twice weekly running and boot camp as well as overall work-outs which involve using the wheel barrow and mixer to make pizza ovens - good upper body work.

Since 1998 he has run with TRR and only waited that long because he thought the club was for elite runners. He quickly realised that they were an inclusive bunch and felt immediately at home.

Dave's favourite run each year is the King and Queen of the Castle. He says he isn't getting faster but others on hearing this passed judgement on Dave's down hill speed and how he puts them to the sword in all the 10k and under races.

Though Dave had a late start with Road Runners, he quickly made his mark, running 39 minutes at 52 years.

His tip for running is - don't run on the left hand side of the road as you can be invisible to cars, especially when they are turning left. Dave also passed on a tip given to him by Dr Bill Maitland, a long time president of TRR to do squats while brushing your teeth.

Cliff Young is still a role model to Dave.



Leading the way in K&Q of the Castle

At the presentation dance

Past and present presidents Tony on the left and Tony on the right.



Widge and Orlanda make an appearance fresh from Fiji



Lyndie receiving her age group winning kiss from Tony





SPEED BUMPS



CRAIG Budden and **Lee Kirby** both excelled in the 2013 championship but **Simon O'Regan** had the runs on the board. For a change, Craig and Lee will be sitting back and watching the runs accumulate at the Gabba later this month when Australia and England meet in the first cricket Test. Not sure of Lee's leanings, on account of his being a Lancashire lad, but Craig is barely over his day with the Barmy Army as the Aussies folded at the MCG three years ago. **Fraser Bradley**, a regular at-tender at Gabba Tests will be there too.



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CONGRATULATIONS to **Glen Davies** - 3hr 54min 7sec in the New York Marathon after a year of speed bumps. And big congratulations too to **Tyson Burns** and **Bernie Norris** on nailing the 74km Cairns to Port Douglas ultramarathon. Tyson was fifth overall in 8hr 48min 10sec and Bernie 24th in 10hr 31min 33sec.



* * * *



TONY Hockings dropped a hint in his farewell speech last Saturday night he's dreaming the marathon dream for 2014. He's begun training, with a new bike to get him in nick. Expect some good yarns from Pallarenda Rd, Bluewater and the river next year.



* * * *



RUSSELL Gustavson has been enjoying a few off-season runs, dovetailed with work and family duties. A tireless club president in the 1990s, he says his only running goal for 2014 is to keep moving. It's beaut to see you back Russell.



* * * *



WIDGE Rowden and **Orlanda Endicott** returned briefly from Fiji this month, both motivated by their latest Pacific adventure. Widge says he has found a keen bunch of young Suva runners to mentor. His form on the Blue Ring Octopus trail suggests they're keeping him on his toes.



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ARTIE Gilboy bypassed the final hill in Aussie Rob's Riverside I-spy challenge last Saturday. He excused himself because of a sore foot. Turns out he's got a rare condition called the Cockey's Revenge, caused by plonking the same large bare foot on to a rascally cockroach, so hard that he not only crushed the roach into the road but scrunched his sockless sole too.





Meet a TRR - Les Crawford

- Q. When did you give up smoking?
A. 1st April 1980 - got a sharp pain in my left lung after smoking 60 a day.
- Q. Have you always run?
A. I ran for 5 years till '85 but got bored with the sport - same thing year in, year out.
- Q. Have you played any other sports?
A. No
- Q. What is or was your favourite run - doesn't have to be your best time.
A. The race I won. 1400kms and the Great Otway classic(313k course run with teams which inspired Cliff Young to competitive running).
- Q. What type of training do you do?
A. Track, hills, long slow distances (lsd's).
- Q. Any role models or mentors?
A. Rob DeCastella
- Q. Running fuel before your runs?
A. Only time I eat is before a marathon.
- Q. Any times you were happy with in a marathon, 10km or any other distance?
A. My best marathon time was 2hrs 40mins, fastest 10kms was 32mins,
- Q. Any superstitions?
A. No
- Q. Current running goals?
A. To keep running to keep feeling younger.
- Q. How did your recent marathon compare to your first Melbourne marathon?
A. My 1st Melbourne marathon I ran 4hrs 45mins with no training . I did 16kms the week before. I have been running again for 3years now. I am getting faster(3hrs 55min in this year's Melbourne marathon) - plus I trained this time.
- Q. Anything else you would like to put in?
A. I'd just like to say what a good club we have. Only club in this country with coffee and tea for the runners and everyone is friendly, I have been a member of Geelong, Cairns & Mackay clubs.

When I started running in 1980 my training partner was Gary Parsons. He moved to Queensland about 15 years ago and took up ultra marathons. He ran around Australia 10 years ago. That's why I don't do those distances because he would bait me to do the same. We were very competitive when we were younger,



Melbourne Marathon by Brian Armit

Having run 7 or 8 marathons I would have thought that I had an idea of how to run one....or maybe it's been a while and "old timers" is setting in, or maybe it was just enthusiasm that got hold of me on the start line or maybe I didn't respect the distance.....who knows.

I'd covered 30 odd k's a couple of times in training and run strongly in the Run around the Hill in late Sept, so I thought I was in reasonable shape. The reality is that I didn't have much of a running base – and started like I did.

The race was heralded as the largest marathon field in Australia with over 8000 starters. I was looking forward to it and would have been happy with a time of around 4 hrs. The weather was a worry with a 7 to 14 degree day predicted and with rain at some stage. I ran in a borrowed 2013 TRF marathon singlet (thanks coach) over a long sleeve running shirt... I was the odd one out with the long sleeves but I can't handle the cold. As it turned out, it rained for the last 8k and at 10 degrees and I was quite happy for some warmth. There were plenty of finishers wearing foil thermal ponchos at the end. I couldn't feel a few fingers and toes but otherwise OK – a long hot shower was the go.

I started at the 4hr point in the start area with possibly only 2000 runners ahead of me, it only took 1 minute to cross the line. I should have started with 6000 ahead of me and used that traffic jam to get me going much slower. I knew at 10k that it was going to be a long day. So from that point my pace slowly declined till I made it into the MCG, where the adrenalin kick boosted me around the stadium.....at least it felt that way.

I finished in 4hrs21mins, I didn't particularly walk but from about the 30k mark I had a good calf stretch every k and walked through the water stops.

Fun running 101 - for beginners and old farts states – start at the back and take it easy. I say it to every beginner's class each year... I'll have a very raw personal example to tell the next group in February.

What a great event, the course is terrific, the weather was better cool than hot and windy, the water stops were very big and well manned. Your Christian name was on the race bib – so it was very uplifting when water stop volunteers standing in the cold rain would call out my name and offer encouragement, even though I felt very ordinary.

My only small whinge was that the medal we received was the Medibank logo character and the word Melbourne is in the smallest print on the back. With the MCG as the centrepiece of the event, I had hoped it would feature on the medal, this was a disappointment. I can understand getting a Mickey Mouse medal from Disneyland, not Melbourne. I know you've just gotta please the sponsor. As usual we rehydrated later in Chloe's Bar at Young & Jackson where we met Steady and Kim Cova (Kim beat Steady), then over to South Bank for a meal and a few more drinks.

The highlights. Just being in Melbourne (a great city) and the MCG. At any point in my 4 hrs there would be a minimum of 6 runners within a couple of metres radius - there were some characters and great sights along the way. The tree lined course along St Kilda Rd is outstanding. The Spartans (over 10 marathons) start at the front of the field so that most runners pass many of them, their singlet colour indicates 10,15,20,25,30 and the Legends over 35 Melbourne Marathons – a huge effort and a privilege to pass them and say 'great effort mate'. Being called by name with words of encouragement from volunteers. Looking at the skyline of the city from Albert Park as you run up the F1 pits and down the main straight. Running past Flinders St Station twice and spending time in and around the MCG. Great accommodation within 1k walk of MCG. Plus much more – a great trip.

Apart from being cold and wet I thought for a split second I was at the TRF – I was shuffling along after getting my bag and could hear the drums, yes they had a very similar African drumming group "going for it" outside the MCG, sounded very familiar. Does everything we do have to be copied? What's the next marathon experience – I'm over that 'downer finish feeling' and not sure where to go next ie after re-studying running 101. Just stay half fit. Would I do Melbourne again – yes if finishing inside the MCG, but it's not a priority. I'd recommend it anyone.



McDonald's Townsville Running Festival news

I recently had the privilege of attending the **Townsville Enterprise Tourism Awards** and the **Tourism & Events Queensland annual conference** representing the MTRF. Unfortunately the MTRF was beaten by the Paluma Push as 2013 Event of the Year. But our event manager **Margie Ryder**, won the Richard Power award for **Outstanding Individual Effort** at the TE awards and she received another award at the TEQ conference. We are lucky to have her managing our event.

The TEQ conference was comprised of 175 reps from events large and small from all over Qld. From the Boulia Camel Races, to the Isa Rodeo to the Cairns to Karumba Bike Ride to Qld Open Golf and to the Woodford Folk Festival with a \$15million budget.

One point made at the conference was the need to support, assist and encourage volunteering and local ownership when an event is conducted by a small group or club. The MTRF is a strong regional event owned and conducted by a great not for profit club – Townsville Road Runners.

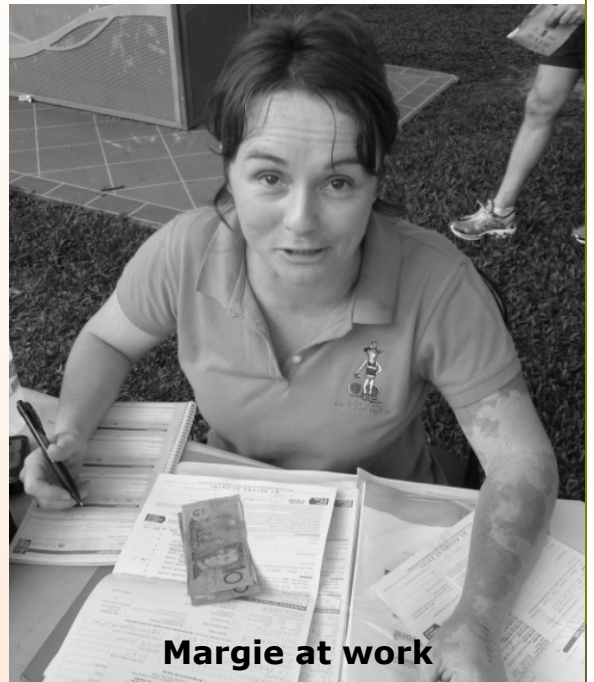
My aim is to keep the TRR membership informed about MTRF planning during the year with an article each month. Hopefully it is interesting, and gives you an insight into some behind the scenes information and directions. You are all MTRF ambassadors but ambassadors need to be informed.

Another point made at the conference was that it is currently a difficult economic environment to find sponsorship. The MTRF is very lucky to have some very strong supportive sponsors. Please support them when you can. The pressure is also on to grow events and make them sustainable and profitable into the future. There are plans to continue to market the event into regional Queensland, interstate and internationally into Asia.

If you are from interstate and know some runners or a club that might be interested in coming to Townsville to escape the cold in August please let us know so that might be able to put a package together to assist them to make it. While in Melbourne I spoke to representatives of the Melbourne Spartans club – we will send them some info offering them assistance to come up.

We were rapt to formally discover that the Tony Ireland Holden Townsville Marathon (41 runnings) is the second oldest in Australia behind Traralgon (46) in Victoria. If you visit www.arrs.net then in the Races list, click Longest Running Marathons you will see the list of longest running marathons in the world. By clicking Townsville – a list of all the races and winners etc will appear. Please note the names at the bottom - we should appreciate the work of our resident statistician and TRR life member **Peter Lahiff** for keeping us on the world map in our sport. This is impressive history and it is what we are striving to maintain and recognise through the MTRF.

The complete list of all competitors from the 41 Townsville Marathons is being gathered so that we can formalise all of our 10 year club members. This should be completed by November and lifted onto the website before Christmas so that those nearing 10 can get themselves into shape to join the 10 year club. Till next month. Brian Armit.



Margie at work



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