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About 8k

Presidents Report

Hey movers, shakers and record breakers!

Welcome to another season of Townsville Road Runners, I'll keep it short and sweet.

Thanks to all of the kind souls who designed and delivered courses for us to trudge in the off season, thanks to the committee and all involved for getting the ball rolling on the calendar, the juniors, the online registration process, the Australia Day fun run and the Athlete's Foot Dash for Cash. Personal mentions for Trevor Nicholson for having the van wherever it needs to be and taking on the brunt of the set up, Mike Donohue for directing both of our fun runs and generally being the master of all of our running procedures, Michael Fitzsimmons and Judy Davies for working with ANQ to get our online registration process up and functional, Ant Daamen for keeping our financials square and taking care of secretarial duties, Dee Flynn-Pittar for shuffling our calendar and limiting the clashes we have with other events...when we run every Saturday of the year there's always going to be conflict but Dee has delivered a sensible and logical calendar AND introduced a fresh initiative with the long course series. Colin Ryan, Geoff Stanton, Brian Armit, Jan and Garry Hooper and my social media ninja crew Justin Smith and Kelly Dickets put in ample time deliberating as part of the Townsville Running Festival committee. Although we only run on a Saturday, the club is an entity that requires attention on every day that ends with a "y".

In news: Phil Copp has come to the rescue! Phil is a great runner in his own right and has decided to get qualified as a coach. Under Simon O'Regan's watchful care, Phil is going to design and deliver the training plan for track each Tuesday on his way to his level 2. Thanks and all the best Phil. These sessions are 5:30pm at Townsville Sports Reserve. \$5 for club members, \$8 for non-members, which covers the cost of track usage and maintenance and a little bit of well earned love for the coaches.

On the Running Festival front: we have singlets out and about doing the runs and getting me feedback, this has been heard and to avoid the rigmarole that was last years TRF merchandise, the singlets are now being tailored accordingly. Hopefully fittingly. We also have introduced the "Mates for Mates Marathon Relay" to the race card for 2016. It comprises of teams of two or three each running a 10km, 10km and half marathon loop of the marathon course. The idea is that, as a collective, you support and achieve each other to accomplish a marathon! Spread the word on chalk boards nation wide. All the information is on www.townsvillerunningfestival.com

That's all from me for now, all the best for your goals this year and hopefully I'll see you on the circuits soon.

Tony Gordon



DILIP Coelho had a memorable final run with us in the 8km time trial at JCU on March 19. Dilip, who starts a new job in Sydney this month, won in 30min 30sec, from **Mark Buchholz** and **Shane Hynes**. Incidentally Mark sparked a week later, first around the new-look 8km North Ward hills circuit in 32.07, with **Michael Harding** hot on his heels.

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TWO North Ward golden oldies, Stanley St specialist **John Croese** and Castle Hill king **Bill White** were in town last weekend. John joined in the Fairfield Waters run, through country which in his day probably boasted more carpet snakes and curlews than sweaty veterans. Bill was spotted on the Strand, during a short stay.

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JOHN Nuttall, **Liz Maguire** and **Brian Armit** are looking forward to cool weather for their marathons in the next three weeks. **John** is running his in Canberra on Sunday, **Liz** hers in Japan a week later and **Brian** his in Rotorua, NZ, on April 30. They agree training through Jan and Feb was tough but John and Liz in particular seem confident their persistence will pay off. John is on track to achieve his goal of 10 marathons in 12mo - despite a hairline fracture after a freak spill earlier this year. Liz has been training hard - up to 130km a week, guided by Mackay's ex-Australian champion **Benita Willis** - in preparation for her 42.2km race at Nagano, outside Tokyo, on Sunday, April 17.

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BRIAN began his training for the Rotorua Marathon on January 1, following a 16 week program. He will take the chance to promote the Townsville Running Festival, to be held this year on August 7, hoping to convince the Kiwis to swap a weekend of their chilly winter for a balmy few days in North Queensland.

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DAVE Vance has won the inaugural Wolf Series 25km race - three circuits of North Ward, in 2hr 10min 44sec, followed by Billy Guy, 2hr 22min 43sec. Dee Flynn-Pittar was first woman, in 2hr 31min 27sec.

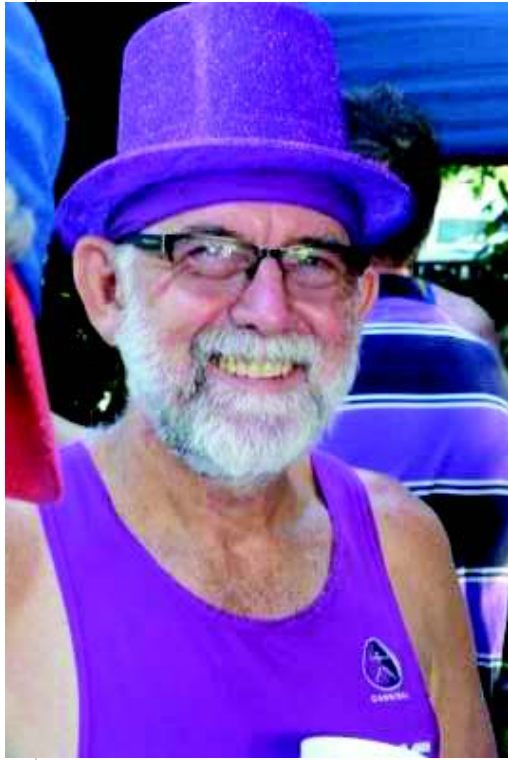
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GOOD to see **Sizhong Sun** fighting fit after overcoming niggles late last season. He and his training buddy Cam Wallis apparently blazed some new trails for the Rockwheelers during a recent Thursday afternoon session on the Douglas hills.

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WELCOME back too to **Scotty McInnes**, after travels with Chris in Victoria and beyond in quest of folky fun. They were among a fairly big NQ contingent at the Port Fairy Folk Festival.





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