

About 8km September 2006

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MY SECOND-LAST SAY

"Praise, like gold and diamonds, owes its value only to its scarcity" – Samuel Johnson.

IN this age of self-affirmation, a solid grasp of one's own worth is often regarded as more valuable than any testimonial the "system" might gratuitously bestow.

Who cares if the makers of running shoes, car stereos and margarine want to waste congratulations on people who buy their wares?

School children are smothered in positive reinforcements in constellations of stars, computer-generated certificates and other kinds of Brownie points for endeavours in learning and citizenship which were once rated with a red tick or cross.

Nevertheless, a handshake or kind word in recognition of a race well run or job well done will always convey strong feelings, often with an unintended ripple of conviviality.

All of the above is a long-winded preamble to acknowledge the efforts of several club members, and to say there are many more to be mentioned in coming issues of About 8k.

First, congratulations to **Peter Lahiff** on your Townsville City Council sports award this week in recognition of the seven Australian ultra-marathon age group records you set during 2005. You are an inspiration Junior.

Second, well done to **Vince Bosco** for putting your heart and soul into representing Queensland in last month's national cross-country titles near Hobart. Queensland finished fourth. Vince ran the 12km in 41min 40secs finishing 48th in a field of 78.

Third, spare a thought for **Brian Armit**, long serving coordinator of the Townsville Running Festival, who was nominated for a 2005 Townsville sports volunteer of the year award, but declined it because of his payment from the 2005 Queensland Events grant towards administration of the event. Everyone connected with the festival knows the extent of your unpaid work Brian, and thanks you for your dedication.

The club committee has decided to revive a President's Award for club person of the year. We are keen to receive nominations before next month's presentation night.

Ian Frazer
President.





WANTED: Race Director for the 2007 **Playtime Dash for Cash**, tentatively Sunday March 4. Sign on now to avoid the Christmas rush. See **Ian Frazer** or **Louise Abraham** for details.

Incidentally, this year's Playtime Dash for Cash had a field of 272 adults and 56 children and made a net profit of \$468. The course records for the 4.6km race have stood since 1997, Brad Beven 13.35 and Lisa Vanska 15.54. How long will these times last? Was the course really that much shorter then?

HEART STARTER: The club has recently given \$1,100 to the Townsville branch of the **Heart Foundation**, combined net proceeds of the Dash for Cash and Townsville Podiatry Centre Fun Run. The latter, held in July, made a net profit of \$629. Heart Foundation field officer **Karen Uhlman** plans to join us for the AGM run from Ronald McDonald House on Saturday, October 14.

ANNUAL GENERAL MEETING: as mentioned above, it's a few weeks away, on October 14. Ronald McDonald House – Douglas, after a 5km social run at 6.45am. There have been some welcome indications of interest in some key positions: president, treasurer, secretary and vice-presidents. The committee needs some new faces too. Meetings held the first Monday of each month, 7pm McDonald's Aitkenvale. Sprinters and stayers equally welcome.

INGHAM RUN: Its on the same day as the AGM, Saturday 14 October, but at 4.30pm and over a shady 5km course starting and finishing at the Ingham pool. The event is being organised by **Stewart Jackson**, a regular starter in Townsville fun runs, with the hope that it will bring together Herbert River runners interested in forming a club. A barbecue is planned afterwards. More details on Saturday mornings.

CHRISTINE MILLIGAN had an incentive to get well quickly after being hurt in a car crash on the day of the Running Festival. She and her husband, **Eddie**, had a date with **Marie** and **Brian Armit** in Brisbane Botanic Gardens last Saturday, Sep 9, for the

marriage of their son Jasper to Marie and Brian's daughter, Christine. Jasper, a civil engineer and Christine, who has a PhD in Human Movement, are honeymooning in New Zealand.

MICHAEL ENGERT who died last month aged 73, had a silver tea-set at his place near Hervey Range, on which his name was inscribed as winner of a race from the top of Mt Stuart to the Townsville Pony Club in 1964. Michael's wife May says he enjoyed middle-distance track running during his youth in Germany. His favourite distances were from the mile up to 3 miles. In 1956, after migrating to Australia, he carried the torch out of Canberra in the Olympic relay. Later he moved North, worked for the Townsville Regional Electricity Board as a carpenter, and more recently in retirement, grew fruit and vegetables on a 5 acre farm at the foot of Herveys Range.

Mike returned to running about 2 years ago at the suggestion of **Ray Koeniger**, one of his customers at the Showground Markets. Like Ray, he inspired many of us with his devil-may-care approach to cross country running, and no fuss attitude to tumbles and scratches. The club gave \$50 to the Qld Cancer Fund in lieu of flowers at his funeral. May and their three children paid tribute to Mike's love for athletics by resting a set of his old spikes on his coffin.

JIM MINEHANE of Athletics Nth Qld has sent the following letter of congratulations to our club on last month's Tsv Running Festival:

"Please accept congratulations from the members and board of Athletics North Queensland for delivering a fabulous event on the weekend. All participants will take away many happy memories of an event that was presented in a professional and safe manner and I am sure they all look forward to returning next year. The weekend was a credit to your club, to our sport and to our city. Everybody involved is to be congratulated."

NUMBERS were up slightly on last year for the 15th annual McDonalds Fathers Day Fun





Run, a fortnight ago, with a total of 152 starters, 40% club members. However, there were ample helpers from TRR. How can this run be improved? Can we cope with two events in two days?

CONGRATULATIONS Rod Nan Tie and Sharee Lee Andersen for winning their division of the Sun Herald City Surf race, over 14km, in Sydney last month. Well done too to **Ross Kinsella** for being part of a winning Defence Services team. **Ian Frazer** and **Diane Garvie** also joined the 63,000 strong trail of plastic cups and sports drink dregs and were surprised to meet **Stuart Borwick**, who had driven from Wodonga.

THANKS to **Sunferries** for offering a 50% discount to TRR members and families for the Magnetic Island run on Saturday, September 23. Departure time 7am from the Breakwater Terminal for an 8am start at Nelly Bay. Fares \$12.50 adults, \$6.25 children.

HOLIDAY RUNS – IAN AND DI

We recently ran in the Sydney City to Surf. First time for me and 10th time for Fraz. It was a beautiful cool day and the run is a lovely meandering course with a couple of gentle hills. We went off in the second 20,000 of a total of 63,500 people. Its an amazingly well organised run of course and you can even see a video of yourself finishing on their website afterwards as well as a finishing photo.

Would you believe that in a crowd of people that size we were spotted by **Stuie Borwick**. How good was that? We gave him a big cuddle and he's doing great. We saw him after the run as well and he is doing well at work and was happy with his efforts in the run. We also saw **Jodie** (one of our new members) who finished just before us.

We had a couple of runs in Melbourne along the beach, including one with **Julia Thorn** –

how nice of her was that . She said that she was impressed with the Townsville Running Festival the year she was here, and wanted to do it again one day. Doesn't know when she would fit it in though as she was to complete her 13th marathon for 2006 in September.

Next runs were in Wagga Wagga, Canberra, Goulburn and finally Maroubra. I know why the runners in Canberra are so fast. We went off in the afternoon along a bush path and it just got colder and colder the further into the run we went.

We just couldn't go fast enough to warm up (I couldn't anyway – Fraz may have been able to but he was a gentleman and stuck with the backpacker).

In Goulburn we went on a sunny afternoon with the **Goulburn Striders** who had a reduced field of about 15 due to the City to Surf the previous week.

It was out around the farms on a figure 8 course and they all get to choose which way they want to do the run, so they all finish from different directions.

They also write their own times down from the clock which is left at the start – something to think about if there are not enough timers and taggers on a Saturday morning.

We were then promised a cup of tea and timtams if Fraz would do the write-up for the run in the local paper. He was easily persuaded.

On the next run the president of their club was cooking soup and damper after the run – maybe this is something our next president could consider on a cool winters morning run. It would be a good tradition to start.

Next big run – Maggie Island.

Can't wait.

Diane





Are you ready for the
Magnetic Island Run?

On Saturday the 23rd of September 2006

**The ferry departs from the Sunferries
Breakwater Terminal at **7am**
and the run starts from the Nelly Bay
Terminal at **8am****

Sunferries are offering
a **50% discount** on return tickets
to members of **Townsville Road Runners**
and their families.

**An adult return ticket will cost \$12.50
A child's return ticket will cost \$6.25**

Support the **Magnetic Island P&C by
Staying for brunch/lunch at Alma Bay**





2006 MCDONALD'S TOWNSVILLE RUNNING FESTIVAL



PERFORMANCES FROM SOME OF OUR FINEST

Marathon the big event 42kms, she's tough!

Matthew Boschen 3.05:17, **Justin McGann** 3.05:48 – they headed the field, good running guys!

Michael Hunter 3.14:21, **Stu Kennedy** 3.14:42 – both first timers, great stuff! **Lozza Gilboy** 3.26:01 had a dent in his preparation with calf problems and work

commitments, but well done, you got through! **Timbo Hughes** 3.34:34 – good effort, **Peter Junior Lahiff** had a trot around 3.46:53! **Scott McInnes**, crazy horse 3.50:49 – first timer, well done! **Bernard Norris** 3.53:23 and **Roger Lebish** 4.17:03 – good work guys! **John Olsen** 5.06:58 – someone pull this young fella up!

THE LADIES

Ladies winner **Rhiannon Brown** 3.15:32 – great run first timer, she lost 6 weeks training with overseas work commitments, then had a 6 week crash course, well done Brown! **Anna Morgan** 3.18:45 – she ran well, 12 minutes faster than last year. **Jennifer Irving** 3.40:26 – good effort Jen. **Sue Devine** 3.40:44, **Caroline McGann** 3.40:52 – first timer and short preparation, its tough guys, great effort!

HALF MARATHON

1st place – **Vince Bosco** starting to put some times together 1.12:06, **Maximilian Fegan** 2nd 1.18:26, **Ross Kinsella** 1.19:40. **Allan Jefferson** 1.21:06 – good stuff! **The mighty Quinn** 1.24:57, **Marcel Zevenbergen** 1.25:44, all the way from Perth, **Peter Clifford** 1.26:54 – backed up after the Gold Coast Marathon, well done! **Ray Koeniger** 1.29:21 – good on ya! First timers **Jamie Chalk** 1.36:56 and **John Hogan** 1.59:41 – you beauty!

LADIES HALF

Janet Rhead 2nd 1.35:09 – top stuff, on fire! **Michelle Lemcke** 1.43:45 – well done! **Lyndie Beil** 1.53:02, **Isa Marrinan** 1.53:26 and **Lia Bull** 1.55:57, good running ladies, be proud. **Sonia Chalk** – did it tough with injuries and flu 2.08:28 – you got through Sonia, times on the board.

QUARTER

Tony Ford 39.01, yours truly 39.16, **Rod Nan Tie** 41.55, **Rowan Carr** 41.58, had a tussle – good stuff. **Sharee Andersen** 3rd lady 43.04, **Joanna Leake** 45.51, **Jane Frugtneit** 46.29 well done.

The **5K** was well supported by our Juniors, with good runs from **Jake Reid**, **Isis Flynn-Pittar**, **Lucy Richardson**, **Ishka Flynn-Pittar**, **Kerry-Anne Von Deest** and **Melanie** and **Jessica McCutchen**. It was great to see so many teams in the 5k, it made for a great atmosphere.

The list goes on so congratulations to everyone who ran and supported the Townsville Running Festival. A big thank you to the organisers and helpers for a job well done.

Pete Neimanis



Running Townsville FOR OVER 30 YEARS





INTERNATIONAL MUD CRAB FREEDOM DAY

A CRAB STORY

On July 27th residents and visitors to Townsville were awakened by a crescendo of noise from the Strand, Magnetic Island and Cleveland beaches!!

This was soon revealed as emanating from thousands of mud and sand crabs as they marched along the beach clicking their nippers and waving freedom flags.

What could possibly be the reason for an event of such marine and environmental significance?

A confidential, reliable source has revealed that a certain member of the legal profession and a TRR member, while holidaying in Cleveland Bay that week, **DELIBERATELY** did not secure the relevant crab pot doors when putting out the pots!!

The result .. no crabs for his hard working dedicated mates who all that week had extended their hands of friendship to him. The word **TREACHURY** is inadequate to describe his actions and it is doubtful that he will ever again be invited to share their mateship and goodwill.

It is possible that expulsion from TRR will result.

Not so the crabs who elected him "President for the Retention of Indigenous Crustaceans and their Kin" ... or ... **PRICK** for short!

Peter Crabb, TRR retired.

HOUSE SITTER WANTED

WE WOULD LIKE TO FIND A MATURE RESPONSIBLE PERSON TO LOOK AFTER OUR HOUSE FOR THE LAST TWO WEEKS IN NOVEMBER WHILE WE GO AWAY IN OUR NEW CAMPERVAN.

OUR HOUSE IS MODEST BUT HAS AIR CONDITIONING IN ALL ROOMS, THREE TV ROOMS AND COMPUTER.

THE FRIDGE, FREEZER AND PANTRY WILL BE FULL SO LIVING WILL BE CHEAP. THE ONLY REQUIREMENT WE HAVE IS NO PARTIES, WATER THE GARDEN AND KEEP THE HOUSE SECURE.

CONTACT PETER SCHULTZ OR NINA (THE EDITOR OF ABOUT 8K)

NO BACK OF THE PACK THIS MONTH AS OUR GOSSIP COLUMNIST, JUDY DAVIES, IS AWAY.





A NICE MONARO RESPONSE – COURTESY OF THE INTERNET

A middle aged man bought a new Holden Monaro. He took off down the road, pushed it up to 130km/h and was enjoying the wind blowing through his thinning hair.

Then he looked in his rear-view mirror and there was a police car behind him, lights flashing.

"I can get away from him with no problem!" thought the man and he flew down the road at 210km/h. Then he thought, "what am I doing? I'm too old for this kind of thing", and pulled over.

The officer pulled in behind him and walked up to the man's side. "Sir, my shift ends in five minutes and today is Friday the 13th. If you can give me a good reason why you were speeding that I've never heard before, I'll let you go".

The man looked at the policeman and said: "my wife ran off with a policeman last week, and I thought you were bringing her back"!

The policeman said: "Have a nice day"!

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