

About 8km _____ October 2006

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PRESIDENT'S REPORT 2005 - 2006

IT'S hard to explain what makes our club tick, or kick.

Runners can be as solitary as birdwatchers, introverted, self-contained, driven by obscure ambitions and rivalries, stuffed by late nights and early starts, yet in Townsville we happily co-operate to sustain our weekly run and much more.

I rate the past year as successful. We maintained membership at 255, up marginally on 2005, averaged manageable fields of about 85 members and up to 70 non-members year-round, held five public fun runs and acted as what could be called the umbrella body for the McDonald's Running Festival, the North's biggest event of its type. We have given \$1,200 to the Heart Foundation and today will hand over \$2,800 to Ronald McDonald House from these public events.

On the question of participation on Saturday mornings it seems that we have maintained an equilibrium for the past 10 years, based on figures from our stats' guru **David Brooke-Taylor**.

Recruiting through advertising and annual beginners' running sessions has at least compensated for departures. I suspect we would struggle to cope with Saturday morning fields of 250 to 300, and that somehow the crush, queues and anonymity of big club races have contributed to drop-outs.

We have ended the financial year with \$29,503 in the bank - \$8,208 of that in a fixed deposit - which gives us security to continue to take the calculated risks involved in staging big events such as the McDonalds Running Festival, Playtime Dash for Cash and Sportsco King and Queen of the Castle.

The committee is responsible for a growing array of equipment, requiring TLC and ultimately provision for depreciation and replacement. Our big purchases in 2005-06 included a set of second-hand walkie-talkie radios, a new, LCD display race-day clock and a laptop computer and printer. We have paid about \$1,200 rental this year for a storage unit at The Causeway to keep gear together and for ease of access.

Can I remind you all this point that we need a storeperson to care for our gear.

Guiding the club through 2006 has been a pleasure because of many helpers whom I will name in no particular order, to whom we should all dip our lids, or, being Queenslanders, whom we might trap in a friendly headlock to say, 'thanks, mate'.

Beyond that large group, all of you help to keep the club viable. Whatever drags you back each week - competition, camaraderie, cordial or coffee - you keep us alive through your constancy. Many of you also time and tag.





Thanks to **Brian Armit** for your efforts with the Running Festival, King and Queen of the Castle, fostering juniors, being our link with Athletics North Queensland and for managing to be both a doer and a dreamer.

Thanks to **Louise Abraham**, another doer, for taking charge of a successful junior running series – with 60 participants in 2006 – and being race director of the Dash for Cash. We'll miss you in the coming year.

Thanks to **Mike and Mary Donoghue**. If this club has a furnace, **Mike** must be the fireman and chief stoker, as course director - week-in, week-out – webmaster, witches' hat, distance marker and marshalling man. **Mary** has become our do-we-have-a-deal-for-you merchandising check-out chick this year and is regular on the registration table.

Thanks to **Liz Hennig** for fine-tuning the road-runners' suave image in her role as clothing manager. We can expect to see some suave and sophisticated characters at the Presentation Night with a P Theme which she and her committee are organising for the Motorboat and Yacht Club on Saturday, October 28.

Thanks to **Dennis Frost**, who succeeded **Wayne Roy** about this time last year as the Van Man. Dennis, who has kindly made room for the van under his place in North Ward, gets moving early for setting up, week and after week, but still manages to thrash other senior and junior citizens.

Thanks too to **Keith Rich** and **Darryl Quinney**, two more dependable blokes, always present for their respective jobs, as course guide and timing and tagging custodian respectively. **Darryl** has given good service on the committee this year and excelled as site manager for the Running Festival. On the subject of reliability, thanks to **Col (Squizzy) Taylor**, our water porter, Running Festival drink stop manager and Magnetic Island run director, with **Cat Johnson**.

And still on the topic of reliability, no matter how far from home, thanks to **John Simmons** for ordering trophies, getting them to events and inevitably picking up unclaimed ones, year round. Likewise thanks to **Tony Hockings**, director of the Three Day Race, Running Festival committee member, and the president's back-stop as co vice-president with **Louise**.

Thanks **Pete Neimanis** for taking charge of coaching, at the Athletics Reserve on Tuesday afternoons, with tempo sessions from the Weir School on Thursday afternoons and long slow runs on Sunday mornings. Pete also tailored programs for a number of marathon and half-marathon runners this year, with good results when they heeded his advice. Thanks to fellow coaches, **Larry Gilboy**, **Mike Prentice** and **Brian Armit**. The track sessions paid off for the 30 or so members who trained with Pete and Larry. Their improved times have helped to generally lift the standard of racing this year.

Thanks to **Amanda Jocumsen**, **Therese Keir**, **Diane Garvie**, **Sonia Chalk** and **Rod Parker** for helping to manage the club's finances in 2006. **Therese** stepped in to the role of treasurer at short notice in January, but was later unable to continue because of family commitments. Our secretary, **Amanda**, took over book-keeping and BAS statement duties in May and more recently **Diane** has come out of retirement to prepare the year's accounts for auditing by **Rod**. **Sonia** simplified the role of club treasurer by taking charge of the Townsville Running Festival books and is willing to take charge of both jobs in the coming year. The committee has discussed hiring an administrative assistant for some book-keeping and secretarial duties in 2007, but will be guided by the incoming executive.

On the subject of administration, thanks to **Kathy Wilson** for your work as Running Festival registrar and **Col Kinear** for your dedication as marketing manager.





Thanks to **David** and **Anne Brooke-Taylor**, our brains trust for the pointscore, members' data base and other IT favours and thanks to **Nina Schutlz** for another great set of About 8k newsletters and for tolerating deadline-defying correspondents. Thanks too to roving reporter **Judy Davies**, who has regularly helped on the race morning registration table with **Amanda** and **Therese**.

Thanks and congratulations to our stars, especially **Vince Bosco** and **Peter Lahiff** for showing the rest of Australia that the tropics can produce endurance athletes as well sprinters.

Finally thanks to our sponsors: **George Colbran** for the McDonald's Running Festival and McDonalds Mothers and Fathers Day fun runs, **Phil Beard** for the Dash for Cash, **Mike Prentice** for the Sportsco King and Queen of the Castle, **Jayne Arlett** for the Townsville Podiatry Centre Fun Run, **Merv Turner** for the Forest Design Three-Day Marathon, the **Butcher on Bundock** and **Sunferries**.

Who have I forgotten? Early birds like **Bert Part**, always with a table in his hands and often still there at packing-up time, **Joe Scott**, for his wit wisdom, **Ray Koeniger**, for his guts and love of butterflies?

I don't know. I apologise for omissions. We're a sort of swarm which must mystify less energetic souls. I feel I know what makes us click and apologise for my caution in avoiding kicks.

Ian Frazer,

MONEY IN THE BANK:

The club has finished our financial year with a surplus of \$29, 503, compared with \$33,683 at the end of September, 2005.

Financial results of 2006 fun runs were as follows. Please note that profits are generally lower than in 2005 because we had to pay GST on entry fees this year, having a turnover in excess of \$100,000. The impact was lessened somewhat by the refund of GST on some purchases of gear, clothing etc for the fun runs.

Playtime Dash for Cash income \$6,849, expenditure \$6,380. Net profit \$468 (\$978 in 2005). Participation: 272 adults (210 in 2005), 56 children (45).

McDonalds Mothers Day Fun Run: Income \$2,783, expenditure \$2,189. Net profit \$595 (\$1,853 in 2005). Participation: unavailable.

Sportsco King and Queen of the Castle: Income: \$7,129, expenditure \$8,746 including \$581 GST. Net loss: \$1,617 Participation: 258 adults (236 in 2005), 32 children (41).

Townsville Podiatry Centre Fun Run: Income \$1,425, expenditure \$796. Total profit \$629. (\$841) Participation 125 adults (108), 35 children (36).

McDonalds Fathers Day Fun Run: Income: \$1,305, expenditure \$381. Profit \$924 (\$619). Participation: 113 adults (112), 35 children (42).

The club committee resolved during 2006 to increase the proportion of our funds in fixed deposit, presently \$8,200. The amount is to be decided by the incoming committee.

The committee decided last week to open a new savings account for holding funds for transfer into the existing cheque account.





OFF-SEASON RUNS

Begin next Saturday, at Sherriff Park, Love Lane, 6am. **Mike Donoghue** has volunteered to set the first two `About 8k' courses. Remember that we have decided go for variety this year, hence the switch of venue to JCU from November 11 to November 25, and to Rossiter Park, Kimball St, Aitkenvale, from December 2 to December 30. We will head to North Ward as usual during January and February, starting at the Picnic Bay S.L.S.C from January 6 and continuing there until February 24.

Please see **Mike, Tony Hockings, Joe Scott** or **Ian Frazer** with ideas for courses and possible novelty events.

CONGRATULATIONS to **Squizzy** and **Cat** for a memorable Magnetic Island run last month. A total of 46 members and 14 visitors took part, raised \$250 for the school PC at the barbecue, showed hidden talent at tip-and-run, footy and golf and gave **Isa** some early 50th birthday cheer.

WATER STOPS: Will in future be set up every 5km to 8km in events longer than 10km, as a result of discussions at the October committee meeting.

POSITIONS VACANT: Race directors for the Mothers Day and Townsville Podiatry Centre Fun Runs, a timing-and-tagger roster co-ordinator, Web page offsider, chief storeperson, if possible willing to serve on the club committee, which meets once a month. See **Ian Frazer** for details.

MELBOURNE MARATHON RAMBLINGS

- Third time lucky – I finally managed a sub-5hr marathon and came in at 4:34.
- So in the year I've knocked 13kg off the waist line and nearly 1.5 hours off the time.
- Course: Frankston to Melbourne, lovely cool day with a tail wind. Some undulations and sea views. Although there were toilets every 2.5km runners still preferred to use the trees next to the road – proving that the world is our toilet. They threatened a hour cut-off but results of 6 and 7 hours came up – so they let people stay on course!
- Numbers: 1,700 runners in the marathon and 7,000 in all events. It was a full road! Relay marathon was popular along with half and 7.5km fun run.



Kate Sommerville a TRR member who moved to Perth 12 months ago.





A TRRs PROFILE

Who: Beth Harris

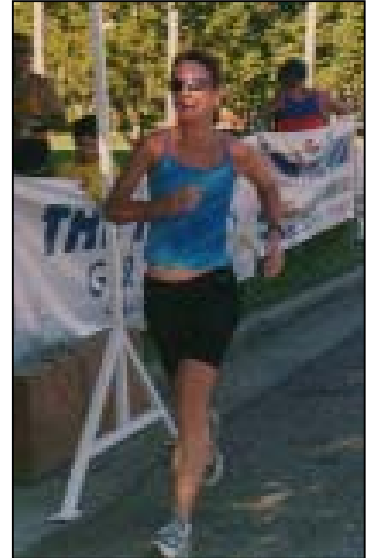
Age: 48

Young Beth: Formative years in Bendigo, Mary Kathleen, Port Pirie, Broken Hill, Bendigo, Tennant Creek then Bendigo again, and maybe a few other places too. Moved to Mildura for the love of Michael and now here we are! This is the longest time I've ever lived anywhere!!

Job : Administration stuff – boring, but I enjoy learning about different workplaces.

A Running Start: My first run was about 1km late in 2004 so I've only got another 40 years to get some speed and endurance happening in my legs.

NQ Life: Love being at home, and outside, with my girls, and traveling by car and plane, and love putting together a nice recipe from time to time too. Would dearly love to be able to do triathlon but the swimming's got me beat for now.



Why Like Running: It's just me, and it gets really mental which physically challenges me.

Why TRRs: What a lovely bunch of people !! And so organized !! And our coaches/motivators are the best – big thanks to Pete the Elite (Bill to us), Mike and Larry, and Gary.

Best Run: Rolling Thunder 2005

Most Memorial Run: First Roadrunners run in November 2004 when Mike Donoghue came up beside me and "made" me run through to the end, although we cut a km or so off. I'd only run about 3km 'til then and I was so pleased I smiled for days.

Worst Run: Haven't had one – they're all good in their own way.

Favourite Food: Hot potato chips with a dash of salt – and just a bit crispy.

Worst Food: Brussell Sprouts – how can you cook those things to improve their taste??

Next Objective : Rolling Thunder 2006 in a really good time (for me).

Dream: Yes, some good, some not so good.

The photo is at Apr 2005, my first half marathon, photo courtesy of Gordon.

Editors Note: This picture is not very clear so if you can't identify Beth, just watch out on Saturday morning for a small, cheerful lady with a pile of egg cartons under her arm!





A RUN IN THE COUNTRY

Rumour is that someone with the initials GH is celebrating 60th birthday with a run on Sunday 5th Nov at 6.30am.

Run to commence and finish from Mt Clifton Court Alligator Creek with Long Course 12km and Short Course 6km.

Brekkie afterwards at Crazy Gecko Café Alligator Creek.

This will be a great training run for Rolling Thunder on the following weekend.

Hidden Valley Run

Bonnie and Ian of Hidden Valley Resort have indicated that there will be no BYO alcohol at the resort.

They will mention this to everyone when they book in and ask that any eskies/alcohol is left in cars. They have asked that we publicise this to all who are going.

Regards
Brian Armit.



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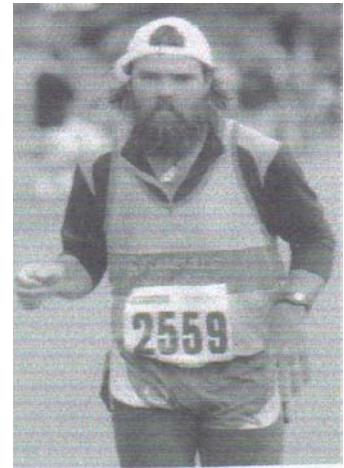




BRAVEHEART BERNIE

BERNIE Norris proves that anything Leyton Hewitt can do he can do tougher, by running last year's Edinburgh Marathon in a reversed cap, skivvy, tights and trusty TRR singlet.

This picture was published in the official program for the 2006 Edinburgh marathon, held in June., with a snippet on Bernie, described by the author as ``an Aussie bloke I met two days earlier. He's a real character with a shag pile beard and pony tail''.



Bernie finished behind the author, sportstore owner Colin McPhail, who subsequently became his training partner, was happy with 3:13.42. Bernie, who has run nine marathons, still has two big goals: to break the 3 hour barrier and compete in London in 2008 ... ideally simultaneously. **Geoff Stanton** could have some tips, as he has recently been accepted as a starter in next April's event.

Meanwhile, expect some Scottish starters in the 2006 McDonalds Running Festival marathon. Bernie's Edinburgh friends are rumoured to be training for Townsville, hoping to meet more of his ilk.

BACK OF THE PACK

Another running season over and the fun runs commence. It's been a month or so since the last BOP so will include some past snippets.

Welcome to a new TRR **Perri Hobbs** who is an ex hockey player and a congratulations on the arrival of baby **Thera**. As announced quite a few TRRs competed in the 74 Islands Run put together by the Mackay Road Runners. Each competitor was given either the name of an island or location in the Whitsunday area and by all accounts it was quite a difficult course and equal to 1/2 the 6 Foot Track Conditions.

Natasha Costello's son **Andrew** has moved to Sydney to play for the Balmain in the National Water Polo League so congratulations to a proud Mum.

Another great weekend on Magnetic Island for the annual run with participants heading off in all directions and via various routes to Horseshoe Bay. **Damien** got lost trying to follow several speedy runners on the Nellie Bay ridge trail. **Sylvia** got her new shoes wet in the salt water taking the short cut at the end of Horseshoe Bay and heard that the water at Balding Bay was crystal clear and just right for swimming. Island life - a cricket game on one side of Alma Bay Park juxtaposed with a wedding in the other corner. It was a very serious cricket game with the **Gilboy Brothers** against the **Garvie family** with some strong fielding from sons of TRRs. **Betty Beck** was wearing a pedometer all day and night and with running & dancing did a total of 31,000 steps.

Much dancing and celebrating that night for **Isa's** 50th birthday with a large cake and a poem/song from the TRR choral trio. It was noted some people were more interested in the footy game on the TV than dancing. **Squizzy** was the perfect host as usual.

Next time you visit Queens Garden make sure you inspect the spectacular coloured Jade vine and the Herb Garden in the garden bed at the back of the Rose Garden. And have to think of what to wear for Presentation Night with the "P" theme (perplexing)?
Always Have Fun.. Judy





TOWNSVILLE ROAD RUNNERS

PRESENT

The Annual Presentation Dinner

Date: Saturday 28th October 06

Venue: Townsville Motor Boat and Yacht Club

Time: 7pm onwards

Band: **AQUARIUS**

Theme: "P,'P,'P,'P,"P, P.

(Pirate, Princess, Pimp, Prostitute, Peasant, Poet, Priest, etc.)

Cost: \$45.00 – Buffet dinner

**Please *book* early - See Liz Hennig
Claudia Gilham or
Di Garvie**

