

About 8km December 2006

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P RESIDENT'S REPORT

Rolling Thunder Event at Paluma 11 November 2006

The Rolling Thunder 23km run from Paluma to Hidden Valley was a great event, both on the road and at the post race function.

Congratulations to **David Nahrung** for being first male across the line. **Matthew Boschen** was a close second at the line after he and David competed for the lead throughout the run. **Rhiannon Brown** came in first in the female side of the ledger. Well done again.

I thought, albeit mistakenly, the name of the event was a description for a course that was a rolling downhill run (this was another misconception on my part). However I learnt that it was **Bill Moss** who came up with the name to describe the rolling clouds that came in over the Paluma Village. Right on cue that is what happened, as we waited at Paluma for the start, the grey clouds came rolling in with the mist.

As I said, I had mistakenly thought it was a downhill run. Well there were some challenging (but rewarding in the end) uphill sections. Indeed. I was briefly questioning why I was putting myself through this as I struggled up the ascent to the top of the range. It was such a relief to get to the top of that section, that I was free wheeling down the other side, when **Ray Koeniger** strode up beside me and cautioned me to ease off as there were other hills up ahead. He was right. Ray strode off into the distance to continue his great running form. This was a great run and congratulations to all of those runners and walker who participated.

After the run, those who stayed overnight, enjoyed the hospitality of **Ian** and **Bonny** at the Hidden Valley Cabins. Here there was a good family atmosphere as the kids ran around the lawns whilst the adults enjoyed the BBQ and a few cold ones.

Thanks to **Therese Keir** and **Isa Marrinan** for organising this year's Rolling Thunder and others such as Col Taylor for helping out.

**MERRY CHRISTMAS AND A
HAPPY NEW YEAR TO ALL**



Running Townsville FOR OVER 30 YEARS





MT ELLIOTT RUN

Gary and **Jan Hooper** organised another run at Mt Elliott this year on Sunday 4 November 2006. This run is becoming an annual event. This year I understand that about 20 runners enjoyed the scenic course mapped out by Gary. The run was followed by breakfast where Gary's birthday was celebrated. Well done.

HONOLULU MARATHON

I should also mention that **Gary** and **Jan** have been hard at it preparing for the fast approaching 34th Annual Honolulu Marathon on Sunday 10 December 2006. It is tough preparing for the 42km event at the best of times let alone at this time of the year in Townsville. It must be all the fresh Mt Elliott creek water that Gary and Jan drink that keeps them going.

Hopefully this will be the case during the Honolulu Marathon after Gary and Jan hit the road from the starting line at Ala Moana Boulevard (means "by the sea" in Hawaiian) and finish after 42km at Kapiolani Park.

As an interesting by line, in 2005, there were 28,048 participants in the Honolulu Marathon with 17,345 of those from Japan (61.8% of total entrants). It seems that running is alive and well in that part of Asia. It is worth a thought trying to direct a few of those runners here to our great Townsville Running Festival in August of each year.

FAREWELL TO RHIANNON

Rhiannon Brown has left the club on a winning note with her victory in the Rolling Thunder. This was following on from her great win in the female section of this year's Tony Ireland Holden Townsville Marathon in a time of 3.15:32. She has been transferred in the Army to take up a position in Canberra. She will no doubt enjoy the great running tracks (both in the city and through the surrounding forests) in that part of the world.

The club wishes Rhiannon all the best and hopefully we may get to see her up this way again sometime in the future. As a sign of our appreciation and recognition for her efforts, the club presented her with a 12 month subscription to the Runner's World magazine when we said goodbye to her after the Saturday morning run on 25 November 2006.

FROM THE VAULT

Christine Milligan recently handed over to me a collection of historical material about the club including newspaper clippings, photographs and so forth.

I thought it was a good idea to select an article from this collection and refer to it in this piece from time to time so as for a brief moment we can all swim in a sea of nostalgia.

As next year is the 35th Anniversary of the Club, I thought it appropriate to start with an article about one of the founders of the club.

Here I came across an article called "**Runner honoured with life membership**" published in the Townsville Bulletin on Thursday 19 October 2000. The article was of course about **Bob Down** who was part of a handful of runners that kicked this club off in 1972. There was a picture of Bob accompanying the article with him lying on his back with a pair of his beloved **Dunlop KT26** shoes placed alongside each side of his head like a halo. Bob was quoted as saying "I always say I'll only stop when my legs tell me its time to give it away".

I do not know if this statement is entirely correct, as I think Bob will only finally pull up stumps when no-one will sell him a pair of Dunlop KT26 shoes. I do not think he has ever learnt to pronounce Asics or Brooks etc. Bob has been, and continues to be, an inspiration and we thank him for his commitment to the club for a period of 35 years.





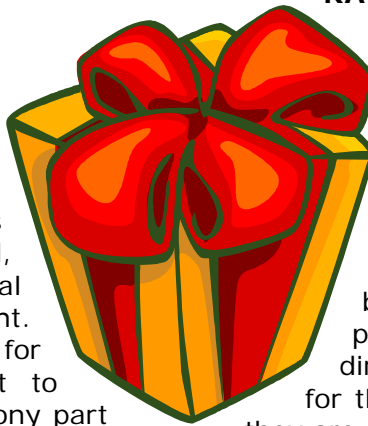
10TH ANNIVERSARY OF THE PLAYTIME DASH FOR CASH

There is another anniversary in the wind next year with the 10th running of the **Playtime Dash for Cash**.

This is one of the club's more prestigious races and it is also important in the sense that as the first race of the year it sets the vibe for the season that follows. The race is not until March 2007 but Race Director **Liz Hennig** is already busy at work in preparation for this event. I would also like to thank **Phillip Beard** of **Playtime** for his support of this wonderful event over the last decade.

2007 PRESENTATION NIGHT

The committee also decided to appoint **Liz Hennig** to again organise next year's Presentation Night. Next year will be Liz's fourth year at the helm of this event. To help ease the workload, Liz does not want to do the actual award ceremony part of the night. Accordingly we are looking for volunteers to assist with respect to putting together the award ceremony part in liaison with Liz.



Liz will put an 'in principle' format for the Presentation Night to the committee, on or before the April 2007 meeting (or earlier if bookings need to be made). This will allow the committee to get feedback from members about the proposed Presentation Night format (ie venue, food, band, theme etc) before plans are finalised.

OTHER SOCIAL EVENTS

The committee is cognisant of the wishes of some members to get actively involved in the organisation of club social events. The committee is right behind this and encourages members to put their ideas forward for social events and otherwise be involved in those events that proceed. As illustrated by the recent night at Hidden Valley, social events bring us all together and are good for the general vibe of the club.

OM HALLIDAY TO REPRESENT AUSTRALIA AT OCEANIA GAMES

Om Halliday has been selected to represent Australia in the Oceania Games at Apia, Samoa on 12-16 December 2006. Om will participate in the 3,000m steeplechase and the 6km run.

Congratulations Om and best wishes for the games. In accordance with the club's policy of assisting those who achieve State or National representation, the committee resolved to give \$100 to Om to go towards his expenses.

RACE DIRECTORS 2007

The committee has been busy preparing for next year. **Mike Donoghue** is putting the finishing touches on the 2007 Race Calendar. **Brian Armit** and his team only had a brief respite after this year's **Townsville Running Festival** before they have had to start planning for the 2007 event. Race directors have also been appointed for the other major runs next year and they are:

- Playtime Dash for Cash – **Liz Hennig**
- King & Queen of the Castle – **Brian Armit**
- Mother's Day – **Judy Davis & Angela Howell**
- Three Day Race – **Tony Hockings**
- Podiatry Centre Run – **Peter Stead & Kim Cova**
- Father's Day – **Dianne Garvie**

BEGINNERS RUNNING CLASSES 2007

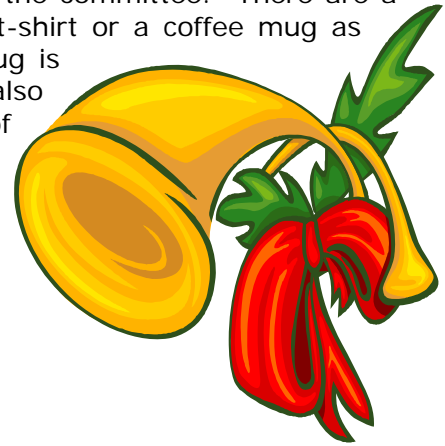
The club will again be holding the **Beginner's Running Classes** in the weeks leading up to next year's Playtime Dash for Cash. **Brian Armit** will be organising and running the classes with the assistance of other members. There certainly was a good bunch of recruits that came through these classes earlier in the year including : **Jamie** and **Sonia Chalk** and **John Hoggan**.





35TH YEAR CELEBRATIONS

Thanks for all those people who give me feedback on various issues. This is very much appreciated. Here, if anyone has any ideas about next year's 35th Anniversary, just let us know and they will be thrown into the ideas pot to be considered by the committee. There are a couple of things being considered including a commemorative t-shirt or a coffee mug as part of the membership package for next year. The coffee mug is being considered as apart from the commemorative aspect, it also meets some member's environmental concerns about the use of throw away cups on Saturday mornings. At the end of the day, the cost of these items will be a decisive factor in whether they can be included in the membership package. These last comments are particularly relevant given that the club has had to increase fees next year to cover the insurance levy.



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SCOTTISH RUNS ... from Jenny Brown

Some of you may have missed **Mike** and I and wondered where we disappeared to after the Townsville Running Festival (actually Mike disappeared before that). Well we went to Scotland where we ran with the Footworks Running Club in Edinburgh, in between Mike's rock collecting/photographing trips. This is a very friendly group of runners based at a sports store in Bruntsfield. They have club runs on Monday and Thursday evenings and a longer run most Sundays. **Bernie** is well remembered and they made us welcome.

A group were running in the **FRESH 'N' LO Great Scottish Run** on Sunday September 3 so we decided to enter too. Mike opted for the 10km while I entered the half marathon. It was an interesting experience. The race had a record breaking 20,753 runners, some of whom ran in costumes and as groups. The course takes runners past some of the city's most famous attractions and then over the Kingston Bridge, before finishing in Glasgow Green. Runners started in groups based on their estimated finish time and we assembled under balloon archways which matched the colour of our race number. There is a piper at each mile marker to provide music and great crowd support.

Unfortunately it rained before the start of the half which dampened my enthusiasm a little, though Mike thoroughly enjoyed the 10km which started an hour earlier. He jogged along, pausing only to thank the pipers and the father of one young piper who was holding an umbrella over his son and his bagpipe. I really appreciated the piper at the 12mile marker who played a rousing version of Scotland the Brave when I asked him to play something inspiring. A pipe band also provided music at the finish. There were family meeting points marked by letters of the alphabet in the park at the end so people could find their friends and there were even free bananas.



Our next race was the **New Forest Half** in Hampshire on 17 September. This is a great run, normally held on the second weekend in September. There is also a marathon. This race has been described as one of the most scenic marathon courses in the UK and has been awarded BAAR Gold Standard. It is described as being an undulating, read hilly, one lap course and is run on quiet roads and country lanes through the New Forest. The locals thought it was a warm day, we just thought it was pleasant. It was a very pretty course complete with New Forest ponies. The full does have a very long hill in it towards the end, but we detoured down a shady lane and missed it. Once again there was good support from the locals some of whom put on extra drink stops as at Glasgow. Some runners wore costumes appropriate for the charity for which they were running, including one man who was dressed in a very heavy rhinoceros costume. Our visit was also a chance to catch up with friends from Lordshill Road Runners, the club I ran with during Mike's previous study leave in 1995.

Once back in Scotland we headed north to Inverness for the **Baxter's River Ness 10K** held on Sunday 1 October, a wise choice since once again it rained. There was also a marathon, the **Loch Ness Marathon**, which has a scenic course along the loch and then the River Ness to finish at the Sports Stadium.

The 10 km course is a flat point-to-point route through the historic Highland capital of Inverness, past the Castle and along the banks of the picturesque River Ness to finish in Inverness Queens Park Stadium. Once again there were big numbers and a great pasta party with music the night before and soup (Baxter's of course) and more entertainment after the run in a huge marque. A pipe band, appropriately dressed in raincoats, entertained runners before and after the event.





SCOTTISH RUNS CONTINUED ...

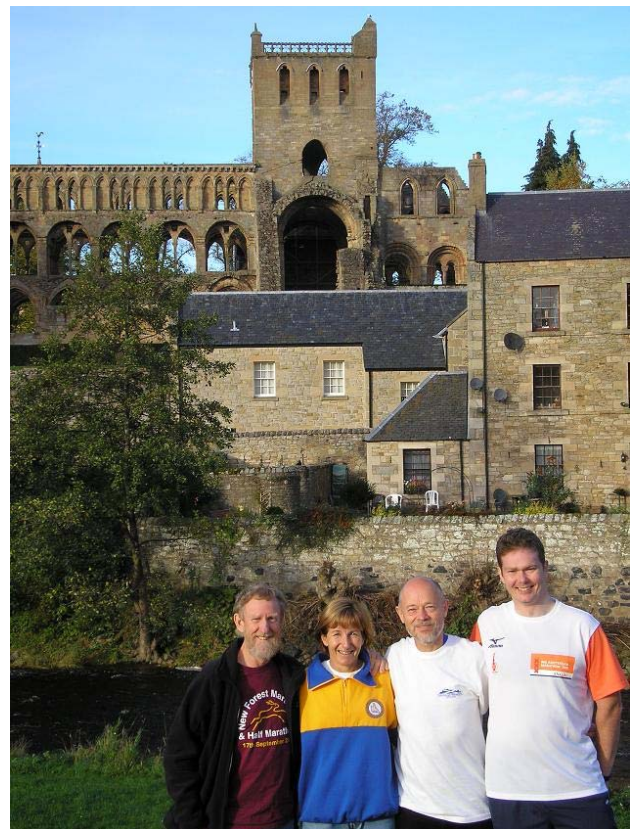
Our bed and breakfast was conveniently located adjacent the 24 mile marathon marker, but a short cut across a footbridge meant we were only a short walk from the stadium.

Our final race was the **SIMPLY SCOTTISH Jedburgh Half Marathon** on Sunday 29th October. Jedburgh is a pretty little town in the borders region, about an hour and half drive from Edinburgh. The organisers described conditions as sunny and ideal and it really was a great day for running. The course started and finished in the town near the historic abbey, but was mainly run on narrow country lanes, which were closed, to traffic. Much of the course was lined with trees which were losing their autumn leaves and we also followed a stream some of the way. There were a couple of hills, but overall it was as one runner said 'surprisingly flat considering how hilly the area is'. All of the races we entered were well organised and we came home with happy memories, plus participation medals and some excellent T-shirts. The one from Inverness featuring a shoe with a lace looped to look like Nessie, is especially good.

Mike is still away but I'm already planning a return visit for the Edinburgh Festival and the Glasgow Half. All the events were ones we would do again, time and finances permitting. There are just so many races in the UK and friendly runners who make you feel really welcome, that anyone considering a visit should try to fit in a couple of races.



Jenny and Mike on their recent travels in Scotland



WANTED: Discarded running shoes, preferably old but not too clapped-out, for runners in Papua New Guinea. Contact **Justin McGann 4724 4915** or bring along cast-offs Saturday morning and leave with **Ian Frazer 0410 041 092**.
Thanks, Ian.





A TRRs PROFILE

Who: Gary Hooper

Age: 60

Young Gary: Came from Clare in mid north of South Australia.

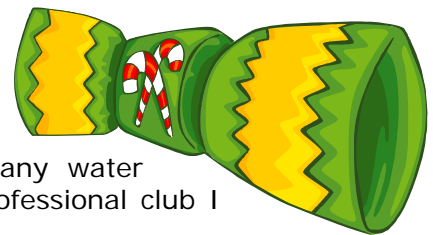
Job: Department of Defence (Army) both as a professional soldier and a public servant with a four year interruption with the Dept of Taxation. Retired in 2003.

A Running Start: All my life – from home, chasing rabbits (both 4 legged and 2 legged), to always 'trying' to catch a faster runner.

NO Life: If the world goes 'belly-up' I would rather be warm than cold. Being where I live with nature and the solitude.

Why I Like Running: Individual effort and not relying on others or someone else.

Why TRRs: At Hash House Harriers used to drinking all the lemonade as I do not drink alcohol, and there was never any water available so I then joined Road Runners. TRRs is the most professional club I have been in.



Best Run: The 'real' wet marathon in the mid 90s.

Most Memorial Run: My one and only first win – Singapore 1994 Marathon.

Worst Run: Singapore 2005 Marathon – Boy was it hot!!

Favourite Food: Anything as long as it does have sauce or gravy on it, with the exception of Jannie's steak and kidney pie.

Worst Food: Offal

Next Objective : To keep running.

Dream: To run off into the sunset of life. Oh! With Jannie of course.

PALUMA 23K ... DIANNE GARVIE

The event was won by **David Nahrung** with **Rhiannon Brown** as the Ladies winner. **Team Chalk/Hoggan** ran a relay & had coach **Quinney** urging them on in the Paluma Run this year. **Mrs Quinney** put in a bigger effort by walking the whole 23k despite blowing out a shoe about 5k out. **Joe Scott** read the whole of Saturday's Australian while out on the course and possibly had the most relaxed afternoon of all.

Good runs were also put in by **Gemma, Arthur Gilboy, Joshua Dobe, Ray Koeniger & Bernie Norris**. Congratulations though to anyone who did the whole run. There were great efforts by some of the walking group who also completed the whole 23k - **Betty Beck, Debbie & Bill Glenright** as well as a group from the **Rock and Roll Club**.

The Rock and Roll club performed a great display this year after tea and were joined by **Mary & Swivel Hips Donoghue, Gordon & Jacqui** and **Errol & Claudia**.

The singing was a bit quieter this year though **Errol, Ray Koeniger, Jaap & Pavarotti Frazer** put in valiant efforts.





A BIT OF TRR HISTORY

I have looked up your site after coming across some photographs which show most of the original members of the TMC (Townsville Marathon Club) back in 1972.

I was a nasho then serving out my time with 2RAR.

The driving force in the formation of the Club was **Graham Moon** a regular army captain stationed at Lavarack.

He was ably supported by local civvies, **Peter Lahiff** of North Ward and **Bob Downs** of Garbutt, both of whom I believe (as of 1999) are still resident at Townsville.

The many interesting times and memories then came flooding back from our **first run** around a memorial park in May, to the TMC members being **temporarily banned** by the QAAA for organising events outside the official Qld Athletic calendar.

The **relay from Cairns to Townsville**, 22 hours 20 minutes I think.

The **Charters Towers Fun Run** (250 competitors on a stinker of a day over 7 miles (?) out into the donga and back) finishing up at the airport after having to jump the cattle grid (!) at the entrance of the airport. The local jackeroo who was running stride for stride with me for line honours collapsed there and was taken off to hospital with heat exhaustion.

The first (?) **Far North Queensland Track 10,000m Championship** held on the TAAC grass track (a 300m track from memory) at Railway Estate in absolutely torrential rain which I was fortunate to win in 35.53 (?) after a 2 week exercise at Shoalwater Bay.

The **Magnetic Island (Picnic Bay to Horseshoe Bay) Run** which featured a visiting bloke (Scottish Commonwealth Games 10,000m rep) from the Black Watch who 2RAR had been exercising with up at Mt Spec, he cleaned me up over the last ½ mile.

The **Mount Stuart Climb** from bottom to top (what a bastard).

There was a marathon from **Black Rock** starting at 0530hrs but I was away at JTC Canungra.

The regular Saturday morning Kissing Point runs etc.

I participated in as many events as I could when not on exercise or Battalion duties. The Club logo was a pair of thin rickety hairy runner's legs with eyes on the two big toes, designed by Graham's wife and motto was "run for b... fun!" or something like that.

I have been back to Townsville on occasions for the Battalion birthday and business but unfortunately have not caught up with anyone from the Club.

I can email these photographs up should they be of interest.

Regards,
Mal Allen

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