

Editors Email (Diane): newsletter@townsvilleroadrunners.com.au

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About 8k

President's report

Hey movers, shakers and record breakers!

We are at the pointy end of the season now and, as per protocol, things are getting nutty. We have had the abacus out and rallied the tally of runs completed and points scored for 2016, with a whole lot of closeness happening across the board. Closeness is nice coming in to Christmas so kudos to all of you who had a crack this season. Results will be published at the presentation night and afterwards on our website.

This year the presentation night will be held at **Bernie Norris'** house on Saturday 29 October with **David Sewell** and his "Dave's Pizza oven" doing the catering. Drinks will be BYO, entry will be pay at the door and much fun shall precipitate with a great night to be had by all. There isn't a theme other than general jovial...ness? joviality. More info with price and time etc to come.

Saturday 15th will be our AGM, to be held at Rebels soccer club hall on Thuringowa Drive following a 5km jaunt around the area.

The following Saturday we begin our off season runs- just to ratify, the calendar states that from the 22/10 to the 28/11 are at JCU Student Union. Then on to Riverway for the 4 Saturdays of December and the Strand from January. With plenty to be discussed and a new committee to be elected this weekend, there may be several changes to the club structure and season layout for the 2017 season onwards.

Congrats to all of the big hitters claiming titles and age category wins at the King and Queen of the Castle. **Sam Stedman** and **Julia Anderson** taking line honours there, both having competed (and won) the previous day at the Legacy King of the Mountain run at Mt Stewart. Hats off to such a gutsy and dominant display from both. **Troy Argent** and Julia Anderson took out the 12km ANQ Around the Hill championship run, Troy having been second in the King and Queen of the Castle and recently lacing up after a stint on the sidelines. It's great to see solid comeback efforts being made. And Julia's results just speak for themselves. Honourable mention to **Gabriella Springall**, she's my pick for dark horse performer of the ANQ championships. She's come ahead in leaps and bounds on the pavement she pounds, throwing herself around the 12km, 1mile, 5km and 1500m at the ANQ Champs-taking Julia Anderson's scalp in the 1500 with some top end speed.

All the best and safe travels for anyone taking on the Melbourne Marathon or any other races abroad. I hope a few people got on board **Jevyn Hyde's** initiative and are running a cumulative marathon or half in training each week for the month of October.

Catch you all in the long run,

Tony Gordon



SPEED BUMPS

LAST Saturday's East Water Tanks hill climb was a piece of paratha for **Adrian Garnett**, just back from the Himalayan Challenge at Ladakh, northern India. He, **Linda Davis** and **Reyn Watson** teamed-up for the inaugural three-day multi-sport event at the invitation of one of the organisers who met them at the Magnetic Island Adventurethon in Townsville last year. ``It was an amazing experience," Adrian told Speed Bumps. ``It's whetted my appetite for more." Probably best known to TRR members for his Totally Tropical Orienteering Club challenges, Adrian proved his navigation skills in the Castle Hill run - the finale of the 2016 season - finishing third in 43min.

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GOOD to see **Leigh Kirby** back on track after problems with niggly knees and **David Brook-Taylor** scooting along after recovering from hip surgery. Both fared well in last month's ANQ round-the-hill run, Leigh finishing fifth overall and DBT encouraged by a fifth in his oldies' division.

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SONYA Schonfeldt-Roy has an unexpected training target after her success two months ago in the Tony Ireland Marathon. She and **Sam Stedman** have been invited to represent Townsville in the Iwaki Sunshine Marathon, in Japan on February 12, 2017. Sonya was third woman - and first from Townsville - at the running festival in August, in 3hr 27min 09sec. Sam finished second to **Dejen Gebreselassie**. Their times were 2hr 39min 19sec and 2hr 43min 58sec respectively. Sam won entry into the marathon at Townsville's Japanese sister city in 2014 but the event was cancelled because of snow.

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THE off season is upon us, let's hope it comes with a big wet too. Not so in the Far North, with the annual Great Barrier Reef Marathon Festival still a month off. The Townsville contingent will include **Coleen Newnham**, who is training for the 74km ultra race on November 6. **Bernie Norris** is having a spell after completing two previous Port Douglas ultra runs.

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TALKING about running home and away (rather than away from home) , all the best to **Glenn Davies**, now in the US for the Chicago marathon on October 9 and to **Cam Leitch** and others entered in Melbourne's annual running festival on October 16. Cam and **Su** will catch up with sons **Kurt** and **Karl** in Perth and Melbourne during their trip

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BELATED best wishes to **Isa Marinan** and **Toni (Kiwi) Ferguson** on your recent significant birthdays. Maturity is for really old cheeses. Stay young and immature you two, you'll never crumble and always cut it.





Running Townsville FOR OVER 40 YEARS!





AGM

Saturday

15/10/2016

Rebels

Soccer Club

Thuringowa Dr, Kirwan 6.30am for 5k run before meeting.

Come prepared to have your say .





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back2health.com.au/istore/2844_on_running_shoes.html



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