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About 8k

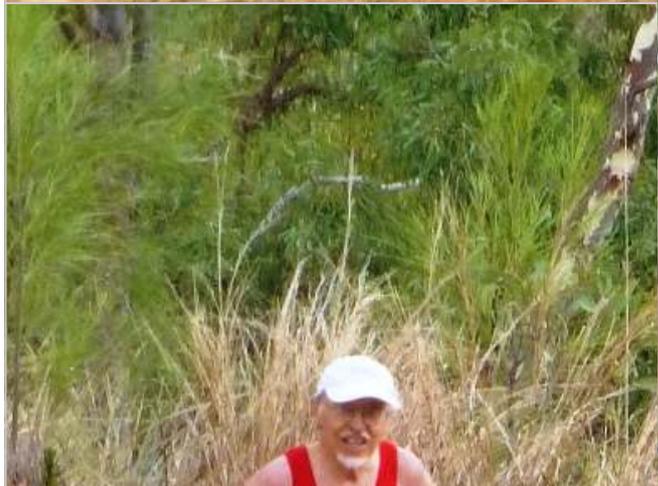
From the editor,

This is the end of the year and the end of the line for me with About8k . Being editor is fun but there is bound to be someone with better technical skills than mine who can use their imagination and flair on behalf of the club in this role. It takes a little more time than I have at this stage though Fraz and I are happy to contribute. I'd like to thank all those who have taken time to send in stories and pictures and endured my interviews. It's been a privilege to follow Nina, Wendy and Lia as Ed. Maybe a bloke might like to follow us. Happy Christmas and New Year to all Townsville Road Runners. Diane



*Off Season
Off Road
With Anton
December 10th*





Running Townsville FOR OVER 40 YEARS



SPEED BUMPS

SCROUNGING for TRR spills and thrills has been fun, but I hereby quit, hoping this is good news for someone with an idle word processor and an ear for goss. The position is vacant from the first issue of About 8k for 2017. The column is ripe for reinvention. My tidbits of TRR trivia have rarely been worthy of the title Speed Bumps. You don't have to be a reporter from the wild side, although the right side of 60 would be useful. Remember this page was once called Back of the Pack.

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ALL THE SAME, I hear two blokes with TRR connections are on the mend after brushes with nasty ``speed bumps". **Stu Borwick** is running, and sitting again with some comfort after bashing his tail bone during an out-of-sync water-ski jump. He's entered the 1.2km Lorne Pier to Pub swim in early January, not far from his home town of Colac. The irrepressible **Owen Stanley**, well known by yachties as well as roadrunners and Parkrunners, was seriously injured in a horse-riding accident a few months ago, but, like Stu, is making a good recovery.

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LUCKILY, **Sonya Schonfeldt-Roy** enjoys solitude in training. She has had plenty of ``running-in-the-now" while preparing for the Iwaki Sunshine Marathon in Japan on February 12. December has decimated TRR's Sunday morning Riverway mob, leaving Son as the sole long, slow devotee around the river. She and **Sam Stedman** won trips to the marathon in Townsville's sister city, Iwaki, as first local female and male in the 2016 Tony Ireland Marathon. They will brave Japan's winter to fly the flag for the sunny North. Sam won a trip to Iwaki in 2014 but the event was cancelled because of snow.

* * *

I RECKON **Michael Punshon**, being an aeronautical engineer, must be happy with his aerodynamics and power-to-weight ratio for the World Masters Games in Auckland early next year. Michael's low-sugar, high protein diet and speed training paid off last season. Now he's in serious training for Auckland, in events ranging from 1500m to 10km in the 55-60 division. Last Saturday Michael set a flat and theoretically fast 8km course for the Turkey Trot. His offsider, youngest son **Declan**, did a good job too, recording finishers' names and placings for the draw.

* * *

THINKING ABOUT highlights of the past year, **Simon O'Regan** made a mighty clean sweep in the men's club championship, the tie between **Deahne Turnbull** and **Gabriella Springall** in the women's championship was amazing and **Mark Buchholz** had a great win in the President's Cup series. But for me nothing has been better than seeing & hearing **Pete (the elite) Neimanis** joking and stoking down the road from his run in with speed bumps.





**Merry Christmas
and a Rainy New Year**



Berlin Marathon 25th September 2016

Geoff Stanton

Last year I ran the Loch Ness Marathon which was held on the same day as The Berlin Marathon, so with some advice from friends who have done the Berlin Marathon including Liz Maguire I was pretty keen to run it this year. Not having a qualifying time, I turned to our friends Fran Seton and Dave Cundy at RunFun Travel. (Dave is the big name in the IAAF who certified our Townsville Running Festival courses).

The Berlin Marathon is one of the six world Marathon Majors and nearly as old as Townsville's annual 42.2km race! In 1990, a year after the fall of the Wall, Steve Moneghetti helped put the city on the running map by winning in 2:08:16, the fastest marathon in the world that year. The Berlin course is now regarded as among the world's fastest, a reputation reinforced by 7 men's and 3 women's world records.

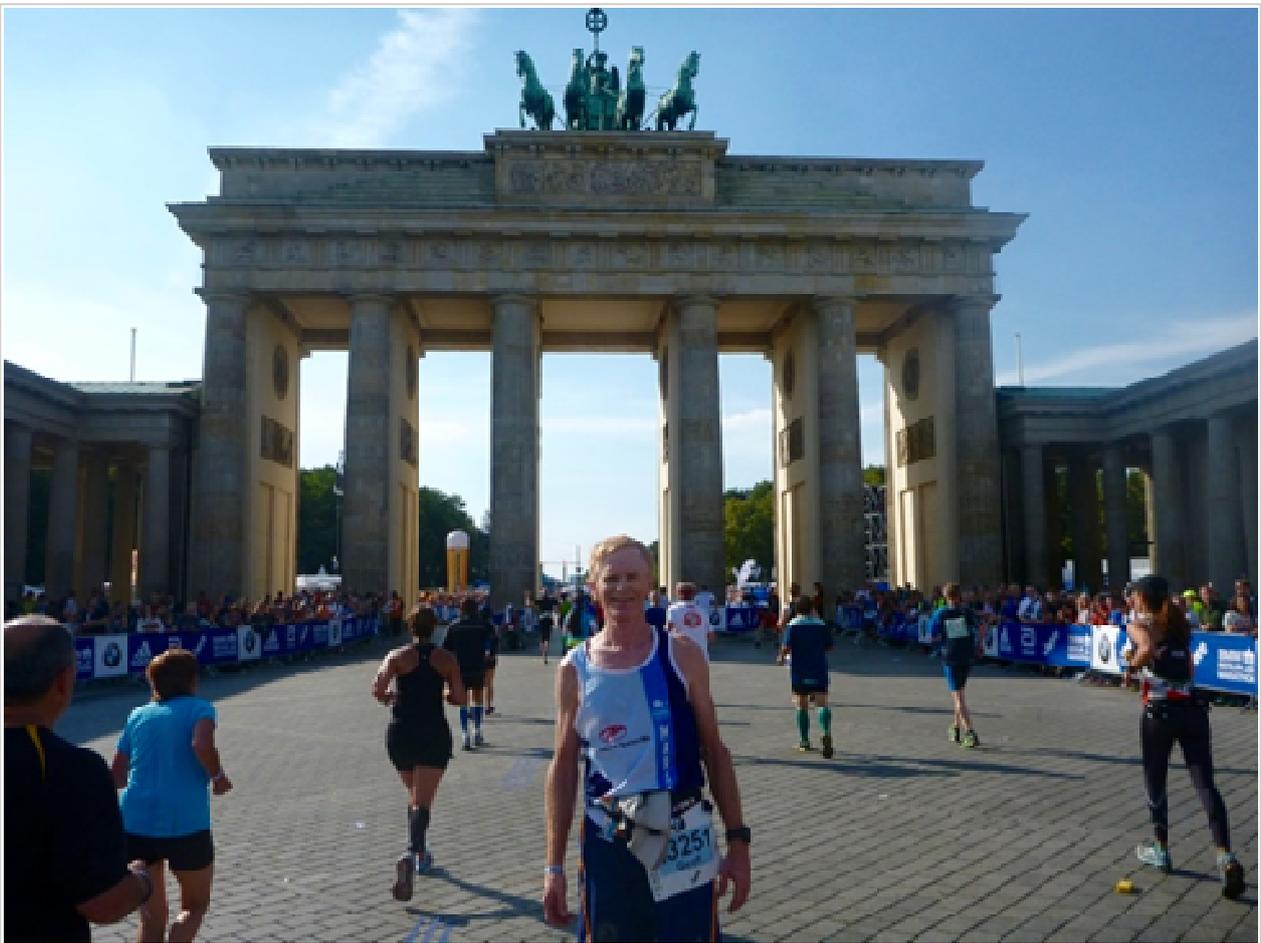
Incidentally Steve will be returning to Berlin next year as a guest of RunFun Travel and is sure to be treated as "royalty" - it would be great to participate next year! The German federal elections are due around September, hopefully not interfering with the marathon.

Berlin is an interesting city to discover. It has a tortuous history - very sobering, - and the rebuilding that began with the fall of the Wall is continuing. The marathon course runs through many historical points of interest, starting and finishing in the Tiergarten (Berlin's central park) with the finish just after running through the Brandenburg Gate.

I ran the marathon to "make up the numbers" and enjoyed the day with Gary Bromham whilst taking lots of photos along the way (my excuse for a slow run). I had another excuse for a slow run being the breakfast run (10,000 runners) the day before which was a must as it finished in the Berlin Olympic Stadium (1936) with a free breakfast.

I recommend running the Berlin Marathon if you get a chance. Next year should be great with Mona returning as a guest. If you can't get a qualifying time you can enter through a charity or a marathon travel company such as Travelingfit or RunFun Travel. I have found both great to deal with but RunFun will be extra special next year with Steve as their guest.





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