

## **AROUND THE RIDGES...**

IS a fairly apt description of the comings and goings of Townsville Road Runners during the past five weeks. **John Nuttall**, **Jennifer Irving** and **Marie Louise Murray** made light work of their events in the Glasshouse 50 meeting on the Sunshine Coast hinterland on May 14. John was third overall in the 50km, in 4hrs 47mm 54sec and Jennifer second woman and 11th outright, in 6:24:00. Marie-Louise was 52nd in the 30km race, in 3:55:15. Not bad for a first-timer.

**Natascha Costello** and **Jenny Brown** were first and second in the women's 55-59 division of the Great Ocean Road marathon in south-western Victoria on May 21. The run from Lorne to Apollo Bay was actually an ultra-marathon, 45km. Natascha finished in 3:54:02, after passing the 42.2km marathon mark in 3:36:49. Jenny regards her time as classified information.

**Steve Brooks** won the Ayr Sugar Rush half-marathon the same day, in 1:23:35, followed by an injured **Tony Gordon**, who was 10 minutes ahead until tangling with a speed bump. Hope you have a speedy recovery Tony.

**Alana Owen** showed her potential with a win in the women's section, in 1:34:44. Just over half the 70 entrants were from Townsville and Thuringowa. Thanks to Tony Felesina and the Burdekin Road Runners for an enjoyable morning. We hope to return the favour at the McDonald's Townsville Running Festival.

Back to the theme of ridges, **Om Halliday** led all the way in the 35th annual Sportsco King and Queen of the Castle, on June 4, winning in 33:57, and **Shari-Lee Anderson** added the women's title to her fine record, with a 41:07 PB. Despite a smaller field than 2005, we expect to at least break even.

Finally, **John Nuttall** returned to ultra-marathon racing last weekend with a 9:29.09 debut in the Gold Coast 100. **Peter Lahiff** retired after setting a new 6hr record for men, 70-74, travelling 54.193km, bettering his old distance by 1km. Peter holds 18 Australian ultra-marathon records.

Finally, still on the subject of ridges, **Larry Gilboy** won the 6.8km Paluma fun run last Sunday, in 26:29. Shivers, what an event. The temperature at Ivy Tea Rooms was 11 degrees a couple of hours afterwards. Larry won a pair of leprechauns for his effort.

Believe it or not, the Fun Run season has almost come and gone, with only the Townsville Podiatry Centre run/ walk (Sherriff Park, July 15, 4pm), the McDonalds' Running Festival, August 8 and McDonald's Fathers Day Fun Run, September 3, left. Make up your mind and enter now for our marathon or half-marathon.

### ***Wanted:***

Property manager, preferably with ute for McDonald's Townsville Running Festival. Contact **Brian Armit** or **Ian Frazer**.

### ***Help for State Titles***

The club has decided to give \$50 each to members selected to represent NQ in the forthcoming State school cross-country titles. More than 90 primary and secondary school students attended the first of two cross-country trials which we organised at Bicentennial Park last month.

### ***Laptop Computer***

We have invested \$2800 in a new laptop computer, software and printer, initially to be used for on-line registrations and database for the running festival.

Ian Frazer - President





## ***FAIRFIELD WATERS HANDICAP***

The Fairfield Waters Handicap was held on Saturday the 20<sup>th</sup> of May, the day before the Ayr Sugar Rush. 75 runners competed in the long course with 65 of these having a handicap rating. There was no handicapping for the short course runners.

Handicaps were calculated on 5 club runs that were reasonably close to the distance of the handicap run which was 9.4Km. These were the Four Leaf Clover, Reclaim Run, University Loop, Waterfall Run and the Ross River Dam Time Trial. Runners had to have run in at least one of these events to have a calculated handicap time.

This year Fairfield Waters Development sponsored a shield as a perpetual trophy for the winner of the Fairfield Waters Handicap Run. This will be displayed at the Fairfield Waters sales office between the handicap races.

Only competitors who had a calculated handicap and who did not start before their calculated handicap time were eligible to win the first place trophy.

**Michael Giorgas** was the 4<sup>th</sup> runner to cross the finish line, but was the first with a calculated handicap time. He finished in 1:09:17 and had a handicap of 26 minutes. **Tony Bowman** crossed after Michael in a time of 1:09:37 with a handicap of 29 and a half minutes, followed by **Greg Jetnikoff** in 1:09:44 with a handicap of 22 minutes.

Mike Donoghue

## ***SPORTSCO KING / QUEEN OF THE CASTLE***

It was great to see the number of TRR members who ran the Hill. About 170 members from 290 overall. But I was disappointed with the overall numbers. I slipped up by not checking that the trophy order was correct. Great to see so many helpers (marshals, water stops, registrations etc) and the crew with the wigs. Liz Hennig arranged the best singlet design ever. There are still some to sell at \$10 each.

TRR must have a **fun run set up team leader** and crew — an organized group, who put in a few hours on the afternoon prior, then be early and organized on race day. We always get it done now with a few regulars but it needs a leader and some teamwork. This person is not to be the race director of the fun run. And this role will not stop you running either. I'd suggest this team of 4 or 5, don't do any other major jobs throughout the year — only set up / pull down the Fun Runs. This way the major players in the club get a break. The set ups are similar each time, so there is not much involved, only about 20 hrs effort per year. I can see some problems in the near future if we don't get this leadership.

Brian Armit





# UPDATE - 2006 MCDONALD'S<sup>®</sup> TOWNSVILLE RUNNING FESTIVAL



Seven weeks to go. Training k's will be nearing a peak and hopes will be high.

On the organisation front we are starting a campaign to get the fun runners in town to start thinking about it. Everyone who has participated in the past 3 years will either be emailed a flyer or posted one encouraging them to enter again. Many businesses are also being emailed.

If you are emailed a flyer pass it on to others on your email list, print it out and put it on the noticeboard at work. It is really important that we promote this hard through our membership base. We are also encouraging all club members to wear your Mona singlet of 2005 or other club singlets regularly to get the public thinking about it.

We are encouraging social runners / walkers to enter a team of 3 in the 5k. There are five M and F categories. Businesses less than 50 employees, over 50, sporting clubs, families and govt. Teams are also encouraged in the Junior 5k. These are based on school year levels — years 5 to 7, 8 to 10 and 11-12 (with a minimum age of 9).

If there is a need we may look at some short races along the pathway for younger runners on the Saturday arvo — next year.

Everyone in the 5k is also individually entered. There is even a best dressed prize. Please get this info to your workplace, it's all about having fun. We will also have some entertainers at the finish to keep everyone happy while waiting for presentation.

The success of these fun runs is the key to the survival of the marathon in its present form. If you like it as it is, it has to be supported by big numbers the other races.

**Please enter early**, and if possible **enter online**. We need online registrations as early as possible.

Set up will start at 8.00am and registration starting at 12 noon, hopefully finished by 4.00pm. We will have a list of jobs for volunteers in the July newsletter and on the noticeboard. Start thinking about how you can assist, and run / walk as well.

We also need some substantial random draw prizes — please consider it if you are in business, we will promote your business in return. See Kathy Wilson, Col Kenna or myself.

Finally a word of congratulations to the crew with the wigs, who used the K/Q of the Castle as a bit of fun and a gentle training run. It was great to see. The sort of stuff that has made TRR a great club.

Stay fit  
Brian Armit



Running Townsville FOR OVER 30 YEARS





## **NORTH QUEENSLAND GAMES REPORT**

from Mary Donoghue

On Sunday 16 April the 2006 North Queensland Games were held in Mackay. Ten runners from the Townsville Road Runners went to Mackay and some took part in the half marathon and some in the 5kms. The start and finish of both the half and 5kms race was a great venue at the Mackay Surf Life Saving club near the Mackay Harbor Marina. There were good facilities, toilets and hot showers, plenty of shade to sit under and you could go for a swim in the ocean if you wanted to after the event. Breakfast was provided for all runners.

Seven runners took part in the half marathon which was a flat course around Mackay. The half marathon took you along a long road from the harbor into the city. Runners did two crossing of the Blue Water Pioneer River, ran along the newly constructed River Boardwalk along the Lagoon walkway, back to the marina and onto the jetty where there was a strong wind blowing. About 40 runners entered the half marathon. They had a couple of late entries on the day with 2 backpackers from England competing and taking home the trophies. First male home was Shawn Claydon of Mackay in 1:16:26 and first female home was Rhiannon Brown of Townsville in 1:30:12.

In the 5kms fun run the first male home was Antonino Tucci in 18:02 and first female home was Rachael Boles in 22:23. Three runners took part in the 5kms run which was held around the Mackay Marina, along manicured paths along the foreshore, onto the jetty and back along a path where all spectators had a good view of runners finishing the run. Helen Saunders ran her first 5kms fun run and was very pleased with her effort. The half marathoners took off in cool weather at 6am and the runners in the 5kms took off at 8am. Thank goodness there was a strong wind blowing because by 8am it had gotten very warm. Thank you to the Mackay Road Runners for a friendly, well organized event. Nearly all of the Townsville Road Runners took a medal home.

<b>Half Marathon</b>	<b>5km Fun Run</b>
<b>Rhiannon Brown</b> 1:30:12 (Gold) 1 <sup>st</sup> Female in	<b>Rachael Boles</b> 22:23 (Gold) was the first female
<b>Greg Andress</b> 1:27:26 (Silver in his age group) and first Townsville Male in	<b>Mary Dohoghue</b> 27:10 (Gold in her age group)
<b>Peter Clifford</b> 1:28:38	<b>Helen Saunders</b> 31:10
<b>Allain Lochard</b> 1:29:09 (Bronze in his age group)	
<b>Mike Donoghue</b> 1:34:35 (Bronze in his age group)	
<b>Jennifer Irving</b> 1:46:29 (Bronze in her age group)	
<b>Marie-Louise Murray</b> 1:58:20 (Bronze in her age group)	

## **EDITOR'S NOTE**

We have lots of stories in this issue which is great, so keep them coming please.

I have the printing done on a Friday but usually don't receive most of the stories until Thursday so it is a bit of a push to fit everything in and make it an attractive and interesting read.

It is therefore, most helpful if you can forward your stories, where possible, in MS Word which is so easy to edit.

If you do not have a computer, I am happy to type up your handwritten material as long as I get it early enough.

Thanks Nina







## **A RUN IN THE PARK ...**

Rod & Sharee have just returned from a 10K race in New York - 1 lap of Central Park with special prizes for the survivors who manage to avoid getting mugged on the way!

A chilly 8 degrees Celsius at the start and a few curious looks at the garbage bags we were wearing to keep warm until the gun went off— we were pleased that no swimming was required! Then a bit of a fight with about 5000 other runners just to get over the start line but still managed to run PBs.

Three elite Australian runners were there with Craig Mottram winning the race in 28.13 - he was trying to beat the record of 28.10 and so was a bit disappointed but still took home a few thousand dollars. Rod was 4th Australian over the line in 39.23 (195th) & Sharee was the 5th Australian in 42.33 (386th) — sounds pretty good for a race with about 5 Australians! Mind you a 54 year old New York woman cruised past Rod at the finish to run 39.20 — a great inspiration for all veteran runners!

The race was incredibly well organised (New York Road Runners) - technical running shirt, food, drinks, prizes all provided & our results were posted up before we had even recovered & included our race time, actual time, splits, overall place, gender place, age place, age group % etc etc! They even emailed individual race photos afterwards.

Regards  
Rod

## **BACK OF THE PACK**

If you recall there was an article in the May issue of About 8K on the Canberra Marathon and this was written by Kate Sommerville who had traveled from Perth where she is now working to take part in the Canberra run.

It was good to see some "old" faces at the Castle Hill Run.

Now Liz (clothing boss) has an eye for the well proportioned athletic male and one was seen washing off the salt water on the Strand on Saturday commented on ... Natasha was very proud that the admired male was her son.

A few hardy TRRs ventured to Paluma for the Northern beaches Fun Run. And the even braver ones were planning on camping overnight but after seeing the sodden cold windy camping area and the offer of setting up the tents inside the hail they changed their minds. The Paluma Progress Assoc was very hospitable and had organized for some very "special" prizes for the winners of the fun run. Mary was very happy with her lucky duck prize. Morning tea at Ivy Cottage was invaded by the local honeyeaters and rifle birds eating the left over scones, jam and cream.

Several runners and tourists are traveling to Airlie Beach for the Tropical Peaks sail and island run this weekend. Please don't forget to tell me about a run, walk, bike ride, swim card game that you or anyone else may be or have participated in. We are such a mixture of people who partake in so many different activities. Marie Louise competed in the ultra Glass House Mountains run recently but do not have any other details.

We wish Di, Ian, Ollie (sorry if there is anyone else entering as well) a great run in the Gold Coast Marathon on July 2nd Widge and Orlanda have been for a holiday to Cuba and are now considering their options after leaving Fiji in September.

Always have fun  
Judy Davies





## *Views on Aging*

"How old are you?" "I'm four and a half!" You're never thirty-six and a half. You're four and a half, going on five! That's the key.

"How old are you?" "I'm gonna be 16!" You could be 13, but hey, you're gonna be 16! And then the greatest day of your life. You become 21. Even the words sound like a ceremony. YOU BECOME 21. YESSSS!!!

You BECOME 21, you TURN 30, then you're PUSHING 40. Whoa! Put on the brakes, it's all slipping away. Before you know it, you REACH 50. But wait!!!! You MAKE it to 60. You didn't think you would!

So you BECOME 21, TURN 30, PUSH 40, REACH 50 and MAKE it to 60. You've built up so much speed that you HIT 70! After that it's a day-by-day thing; you HIT Wednesday! You get into your 80's and every day is a complete cycle; you HIT lunch; you TURN 4:30; you REACH bedtime. And it doesn't end there. Into the 90's, you start going backwards; "I Was JUST 92."

## **For Sale**

5kg weight-lifting ankle Cuffs (5kg max. per leg). One careful owner, now outgrown them. Original price \$90, now \$40. Sylvia Kelso

## **Reasons to be Cheerful**

(from Aus Newspaper Wish Magazine)

Vigorous Exercise lifts our spirits. Our ability to get ourselves moving contains powerful medicine, effective as medication but with very few side effects; and looking good is not the only benefit. Exercise releases serotonin, dopamine and norepinephrine, which are chemical brain lubricants for a bunch of psychological activities, so exercise can facilitate everything from our concentration and social relations to self-esteem and dealing with stress. Exercise helps us on so many fronts that making it a part of our daily routine is one of life's surest investments.

Hello TRR,

I am O/S at the moment and have just seen on your website Om's great run on Sunday.

Can you please pass on my congratulations to Om for a great run. His training is working well.

All the best  
Simon O'Regan

