

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

# About 8k

## PRESIDENT'S REPORT

### Membership registration

The season has been under way for just over a month. So it is important that you get your membership forms lodged as soon as possible if you have not already done so. Being a member of the Townsville Road Runners gives you an entitlement to participate in the club's championship, together with reduced weekly entry fees and other benefits that come with being affiliated with ANQ. But most importantly membership makes you part of this great club that has been running the roads, paths and tracks of Townsville for some 41 years.



### The year thus far

Simon O'Regan and Rachel Boles have been the stand out performers over the last few weeks. Simon won the *Soroptimist Park Loop* over 5.5km on 9 March in a time of 18.47 from Richmond Sense in 19.17. Rachel won the female's division of the same race in a time of 22.01 with Deahne Turnbull second in 22.56.

Rachel (28.26) and Deahne (29.26) finished in the same order the following week's *Four Leaf Clover Race* over 7.5km on 16 March. Simon took out the men's division in 24.36 from Steve Jones in 25.43. This was Steve's first outing at a club meet since his return from participating in the *Iwaki Marathon* in Japan.

### Next fun run

As the season kicks into full steam, the next fun run, namely the *Townsville Podiatry Centre Fun Run* over 10km is on this Sunday, 14 April at 7am at Pioneer Park (Riverway). Registrations will be on the day and this run is one of the highlights of the year.



Mary

### Volunteer roster


Just a reminder for everyone to help out on two club runs during the course of the regular running season. You can check out the volunteer roster online at our website for a run to nominate your services as a volunteer. Nominate by speaking to Mary Donoghue at the next run or alternatively send an email via the website setting out the race that you wish to help out with as a volunteer.

Good running,  
Tony Hockings







## SPEED BUMPS




MELBOURNE couple **Alan Murray**, 67, and **Janette Murray-Wakelin**, 63, reached Townsville on Easter Saturday before starting the Mount Isa leg of their 15,500km Running Raw Around Australia tour. Running on raw, living-food, they aim to knock over a marathon a day for 365 days and raise money for good causes including Animals Australia, the Australian Paralympic Committee, Kids Under Cover and The Gawler Foundation (promoting health, healing and wellbeing). TRR members **Antony Daamen** and **Cam Wallis** ran 10km into town with them on Easter Saturday and Cam later gave them a hand installing a new water tank in their caravan. See [www.runningrawaroundaustralia.com](http://www.runningrawaroundaustralia.com) for more details of their journey.




\* \* \* \*




TALKING about **Cam**, he enjoyed training on some fast, flat tracks while working in Hughenden recently. We hear he was on his Pat Malone with the road trains on the Flinders Highway. A raw recruit to road running six months ago, Cam finished in the top 20 in the 10km time trial at JCU. He's a regular at the Sports Reserve on Tuesdays and with Pete's Thursday afternoon tempo team, at Riverway.




\* \* \* \*




**NATASCHA Costello** celebrated a significant birthday a few weeks ago. Yarning to Speed Bumps about life in the North as a high school teacher, she revealed **Simon O'Regan** had been one of her star students in the Towers 20 years ago. Simon was a gun schoolboy distance runner then and is setting the pace for the TRR again this year. Meanwhile, Natascha is teaching Ancient History for the first time despite attaining her requirement for retirement.




\* \* \* \*




**MIKE Donohue** let **Michael Marrinan**, **Terry Fanning** and **Les Crawford** off the hook when he stopped to direct traffic over the creek crossing in the March 23 Riverside Gardens run. The three blue cones that were meant to show the way vanished within 50min of Mike and his offsidiers laying the trail. Mike and wife **Mary**, **Will Sue Yek** and **Tilly Pain** are in training for a masters' half-marathon in Rotorua, New Zealand this weekend. Make the most of those trusty Kiwi marshals, Mike.



\* \* \* \*



TALKING about Kiwis, **Jan Hooper** is already making plans for her significant birthday in August, including putting in an order for a *Slice of Heaven* cake.



## On the road with Bernie, Julie and the Pram Pushing Parents

Running prams are now a common sight. Its great that parents who love running aren't hindered while the kids are still too little to ride a bike . Though there are some challenges at times - Bernie & Julie have never let little obstacles stop them from enjoying a run with their kids.

### Bernie:

The original idea to run with my kids came from when I used to run with Mark McKeon back in 1997. I started running with a pram on Father's day in 2008 with Hannah to give my wife a break. Hannah was 15months old. Since then I have progressed to running with a double running pram with Hannah & Bella. My kids are getting too big now (23kg + 22kg and the pram at 9.5kg plus snacks!) so I've swapped back to a single pram and the girls Hannah, Bella & Elsbeth are taking turns each week. And I'm still doing it because the girls love going including the chocolate biscuits afterwards!

When I was training for the 50<sup>th</sup> Great Pyramid Race (in Gordonvale) I was doing a lot of hill work, pushing the pram. I was clocked at 23km/hour coming down Castle Hill with the pram. After Cyclone Yasi at an off season run, we thought the run would be clear for the pram but when we got up on the track, there was a huge tree down. Thankfully other runners, including Mike Donohue and Keith Rich helped me lift the pram over and then under the tree to get through. I really appreciate all the help that fellow runners give when there are stairs or other obstacles.

The secret to making it successful is to have to have enough snacks & drinks to keep them entertained for twice as long as you think you'll be out there. And you have to learn to run and talk... you can only ignore two girls talking for so long before you have to answer! And if you've ever run beside me, you'll know what I mean.

I have taken the girls on every type of run including carrying the pram up the goat track on Castle Hill, the Ayr Half Marathon in 2008 in 1hr31mins and Rolling Thunder(23k part dirt road) with the single pram. Now that the kids are bigger I do avoid stairs & the off-road tracks, because the pram is too heavy to carry.

A special thanks to Keith Rich for putting in as many stairs & obstacles as possible for the off-season runs.

Australia Day Fun run this year with all 5 of my children. Cody (19yo), Hannah (5yo), Bella (3yo), Elsbeth (2yo) & Sarah (4months). This is the first event that our whole family, including Anne participated in, though we walked not ran.



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## Julie:

The pram I have is a Phil and Ted's Sport, it is not a running pram, however I found it to be sufficient for the running I wanted to do for the 2 years following the birth of my first child. This was a daily 30 min flat run on footpaths and roads. With the extra weight of a growing eldest child and a baby, the Phil and Ted's Sport is no longer ideal for running and a specialised running pram would be easier to push and allow better posture to be maintained while running. I absolutely cannot fault the Phil and Ted's Sport, it is a fantastic, light weight, compact pram that has served its purpose well. I have found though that the majority of the time I use the pram it is for exercising. If I had my time again I would buy a running pram and a good quality stroller. As the times I have used the pram other than running has been for travel and outings (park, aquarium, playgroup etc) for which a stroller would be perfect.



*From left  
Deahne & Gordon with Jessica,*

*James & Julie - Liz is in Julie's  
arms, Mia in the pram,*

*Sonja and Dave with Django*

**Bernie's pram tips:** I have bought both my prams (a single & a double pram) second hand from eBay. Both prams are a 'Kool Stop' by 'Kool Stride'. I like them because they have a fixed front wheel, a 20 inch rear wheel and are lightweight but still able to handle some off road running. Both were in good condition when I bought them as lots of people buy them thinking they'll run with their kids and then don't. It's not as easy as it looks.

Another good brand of running pram is the 'Baby Jogger, professional series' but really only good for on-road running. Gordon & Deahne and Sonja & Dave both have this model.

*CoolRunning.com.au has a conversation still open with jogging pram comparisons as does womensrunning.com.au. Choice magazine has done a survey the last 3 years on prams including jogging prams in 2012.*



## *Meet a TRR - Mathew Smith*

I started running when I was 5 years old. My father was a serious cross-country, road, mountain and marathon runner and me and my older and younger brothers started running as young boys. We competed in the midget grade of under 12 boys over 2 km and my older brother Nathan would get fourth to last, I would get second to last, and Brad would get last. We were the youngest runners, it was tough but at least I was in front of someone!

My sporting role models were my father, and other athletes in our Tauranga Ramblers club. I looked up to New Zealand Olympian Peter Snell who won the Rome 1960 800m race and the amazing 1964 Tokyo 800m and 1500m double. His coach Arthur Lydiard was key in his victory.



I am now training because I enjoy the feeling of being fit and it really helps me to feel great. I remember all the fantastic times I've had running and the people I've run with and the places I've been all over New Zealand to compete. I would like to do well in the Australian Rogaining Champs which will be held on the Atherton Tableland, between Cairns and Mareeba on the 22nd/23rd of June. It is a 24hr navigation adventure challenge where the team who has collected the most control points wins the race.

My favourite tucker to eat before a race is museli, toast and bananas. For long races Leppin sport drink is great too.

My favourite run would have to be 'The Goat Alpine Adventure Race' on NZ's Mount Ruapehu, the highest mountain in the North Island. It is a 21km run around part of the Mountain and the landscape and views are magnificent, the race is on 7th December 2013 if you're in the region.

My best times have been 9min 02sec for 3km as a junior where I won the North Island champs for 16yr olds.

I did 38min20 for 10km at the Ross Dam Time Trial which I was very happy with, my first sub 40min 10km in many years.

The running scene in Tauranga has had some very good years. The running is more based around the secondary school athletes and them trying to win National Team events in cross-country and athletics. There are dedicated club stalwarts who give their time freely and they have a good 5km series over summer that is well supported, and the Mount Maunganui mountain race on December 26th.

I did orienteering in Tauranga where we shared in a club with Rotorua. Rotorua has excellent areas for orienteering including the 'Redwoods'. I've found orienteering a real mental challenge where my running ability really helps and there are genuine people sharing a similar interest.



As a youngster my 'Aunty' April was my coach (from 7 to 12yrs), then my uncle Malcolm coached me as a teenager(13 to 17). Since then I've helped train school students and been involved in Malcolm's Monday afternoon 'hills' session. I believe I run well when I can start running within myself and then finish fast. I also like running with Celeste, we do some tough effort sessions and we love to run Castle Hill. I believe you need to run smart, many athletes can tend to start too fast, you have your best races when you finish very fast. I've also heard that you can save up to 10% of your energy if you run just behind someone, especially if there's a head wind so I'll often sit in just behind someone to draft and save a bit of energy.



## **TRR Juniors**

We need some assistance each Saturday we have a junior race from parents of the juniors and interested members. Basically to put on a vest and man some key positions around the course to keep an eye on the juniors. Contact Brian Armit 0408 060908 or [brianarmit@bigpond.com](mailto:brianarmit@bigpond.com)

*TRR Juniors lead the way  
in North Ward Circuit  
Saturday 06/04*



## Mark Bucholz joins the Marathon Club

*(3:01.00, 8th overall, third male 40-49 in debut, Townsville, 2012)*

Finally, I've entered the marathon arena. How the big day went, just wait, rewind three days and I'll give you the marathon menu: pasta, potatoes, risotto and fish—yum—love my food. That was a lovely snack now what else can I eat.

Marathon day, I am a bowl of porridge, toast and some watered down Powerade. Can't get back to sleep.

Heck the marathon is a little under 4 hours away, why so calm? I'm that relaxed time slips by. I make it to the start line with 5 min to go.

Haven't even stretched. Shake a few hands and bang the gun goes off.

Cruising out to the Casino, spot on 4min 10sec pace. This isn't a race, its a 42.2km training run—that's how I prepared mentally.

Things did unravel a little early on. Where's my gels? Passing the pool the first time, my brother's face not recognizable in the crowd, slight panic. Lucky I spot Greg Ellet's face and relay the message — bit annoyed with self, but relax again.

At the 5km mark my left shoe lace comes undone. Heck, stop, tie—start again. 6km left shoe lace again, bloody hell, this time I take a little longer, once, twice, double knot, tuck under, up and going again.

Never in my life have my shoe laces come undone, I steal a glance to my right shoe. Shit, if that comes loose I'm throwing the shoes and going fishing instead. It doesn't.

Grab my gels at 10km feeling great, form good, strong legs, coming back along the Strand running with a couple of guys we pass the 19km mark and I'm travelling better than Black Caviar. Notice the tide's in, it's flat, calm, nice day for a fish I say to the other two.

Just passed John and Lyndie—give them the thumbs-up. Halfway and on 1hr 28min - perfect after those mishaps. Grab my Powerade and by the time I'm turning at the casino my guts are cramping and I'm looking for a quick Paula Radcliffe stop.

Ever been to the races? Even the greats fertilize the turf they run on,

I left my split times for the marathon at home.

I purposely didn't look at my watch until the rock pool 2:53.05 didn't have a chance of breaking 3hr with 2km to go but I did run the last 2km in 7.55m.





Okay so it wasn't a perfect day but plenty of confidence was gained from my first experience to suggest there's some fast ones in store.

Now for the marathon review:

Yes do tie your shoe laces twice, yes I'm single, yes do tie a big red balloon around your special drinks, unless you like stopping for a yarn at the drink stations and are not seeking a fast time and yes I'm single.

Seriously though, the best advice I will give someone thinking about a marathon is every so often you need to do the long run solo which will hopefully keep your head in the game.

Until next time. I have a marathon at the Gold Coast and its got a PB written all over it.

## 10<sup>th</sup> Beginners Clinic from Brian Armit

One again it's been a rewarding experience to have been associated with the TRR Beginners Clinic. In fact it was the 10<sup>th</sup> time TRR has conducted this clinic. We had 38 attend over the 3 weeks with 24 doing all 3 weeks.

This would not be possible without great help from Peter Neimanis, Graham Wood and Marissa, Simon O'Regan, Geoff Stanton and Bevan Hooper (Run, Bike) for donating a pair of shoes and giving a presentation.

Many participants have said they enjoyed it and asked " what now" - my answer is to come along on Saturday and do the short courses. From an outsiders point of view that can be intimidating. My suggestion is that next year we get some assistance from TRR members who would normally do the short courses so that these beginners already know someone when they come along initially on a Saturday. Someone to introduce them into the club.

## Cross Country races

We are seeking some assistance to conduct 3 cross country races on Friday afternoons. Just like Saturday's we need marshals, timers, taggers and recorders. These are open to all Primary and Secondary schools in the NQ district. There is a good vibe, we get over 300 runners.

All races are at Bicentenary Park with Primary races starting at 3.45pm, secondary at 4.00pm. The dates are 26th April, 3rd and 17th May. Remind your sports master of these dates and get your school involved. It's free.

**Thank you** from Mary and Mike to all the volunteers who helped in any way during the 'Off Season Runs' . These runs would not have been as enjoyable (and adventurous) without these volunteers who set the courses and others who stayed at the set up area to protect and look after the equipment and personnel effects of the rest of us who ran.





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