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About 8k

PRESIDENT'S REPORT

King and Queen of the Castle

In the last few years I have seen some wonderful running achievements. But I do not believe anything surpasses what I saw in this year's *Run N Ride King and Queen of the Castle* race on Sunday 23 June.

The list of winners of the *Castle* race from **Mike Phillips** in 1972 to the present confirms that it is a race only won by the top runners. It may not be a race that attracts the biggest fields but those who compete become part of the history of this city.

As I said, this year's race saw two remarkable achievements.

In the female division, **Deahne Turnbull** won in a record time of 34.46 from **Rachel Boles** and **Emma Rooke**. It was a stunning victory by the former team member of the Australian Mountain Running team. Rachel has been the stand out female runner over the last couple of years and she was courageous in defeat. Deahne is currently sailing the Baltic on honeymoon. I understand that Rachel's next main gig is the Gold Coast Half Marathon. Hopefully Deahne and Rachel will clash again on the flat in the *McDonald's Townsville Running Festival* on Sunday 4 August 2013. It would also be great to see **Helen Motti** join them in the same race. Helen recently recorded a victory over both Deahne (2nd) and Rachel (3rd) in the *Riverside Figure 8* over 15.8kms on 15 June. I still remember Helen's remarkable achievement as a 19 year old in winning the 2011 *Three Day Race*. In doing so, she ran the final part of the third race from Yarrowonga to the Picnic Bay Life Savers Club wearing only one shoe. The other shoe came off on the hill section and Helen was not going to stop for anything, not even for her shoe. She was very impressive in the recent *Figure 8* race.



Now back to this year's *Castle* race. The other remarkable achievement was that of **Simon O'Regan** in retaining his title as King of the Castle. He was trained to the minute. In the *Riverside Figure 8* race the week before Simon had cruised to the line in 58.24 with a 26 sec gap over **Julian Picot** with the ultra-consistent **Jake Vockins** only a further 6 sec away. Simon was on the taper for the *Castle*.

Simon won last year in 31.24. He has been racing better this year. He needed to as all three placegetters in the

men's division of the *Castle* race came in under last year's time.

The form guide from the *Figure 8* race stood up as the same three placegetters there filled the trifecta in the *Castle* race. Simon won in a new record of 30.10. Jake Vockins continued his list of placings in major races with a second in a time of 30.56. On this occasion he got the better of Julian Picot (3rd) by 11 sec.

The 2013 *Castle* race was not the biggest in terms of numbers, but it was the best that I have seen by reason of the remarkable and special performances of Simon and Deahne. There was also the continuing rise of **Tesfa Nethery** in taking out the junior boy's race. Tesfa now heads off to the state titles. **Taylor Dennison** also set a new record in taking out the junior girl's division.

Now all eyes turn towards the *McDonald's Townsville Running Festival* on **Sunday 4 August 2013**. An event conducted by runners for runners. This year there will be runners from across Australia and from overseas destinations such as Korea, Japan and China. It is an event that showcases this great city of Townsville. Be a part and register now at www.townsvillerunningfestival.com

Great running
Tony Hockings



Happy Birthday Club
Secretary Annaleise



RUNNING WITH THE GODS: THE ANGKOR WAT INTERNATIONAL HALF MARATHON *by Glenn Dawes*

Runners give many reasons as to what motivates them to tie on their running shoes each day and head out of the front gate. Some cite factors such as the afterglow associated with completing a run, others do it for the health benefits while some enjoy the camaraderie associated with running with like minded people. On a personal level I do it because running allows me to enjoy the aesthetics of different environments along with the opportunity to carve out some personal space to think and meditate. These factors were instrumental in my decision to sign up for the seventeenth Angkor Wat Half Marathon which is held annually in the township of Siem Reap in Cambodia. It became an all out family decision to participate because Chris and I were already based in the capital Phnom Penh. Our son Nathan made a late decision to join us in late November to complete the Dawes trio of competitors.



We did not have the ideal preparation for the event. The sage advice about tapering for the event was largely ignored due to the completion of a 200 km bike ride from Phnom Penh to Siem Reap the previous day with the Cathedral School group who had spent the previous week working with us on our voluntary project at the Lighthouse Orphanage. Our heavy legs were forgotten as we boarded a tuk-tuk at 5.30 am and slowly made our way out to the famous temples of Angkor which is situated 7 kms outside of the town. For those of you who have never been to Cambodia the temples of Angkor are the heart and soul of Cambodia and a source of inspiration and national pride for all Cambodians. Angkor is one of the world's foremost ancient cities situated in the region's oldest national park with towering trees amid audacious architecture. Angkor consists of hundreds of temples spanning from AD 802 to 1432. The original city with a population of 1 000 000 people was originally built of wood which is long gone. The remaining temples consisting of carved stone were reserved for the gods.

As the tuk tuk rounded the outer edge of the man made moat the apparition of Angkor Wat emerged from the rising sun. Angkor Wat was the site for the start and finish of all races and is the most breathtaking temple situated within the previously walled city called Angkor Thom. The name means "temple that is a city" and we relished the spine-tingling moment when approaching the causeway which crosses the 190 metre man made moat. There is little doubt that Angkor Wat is the best preserved temple in the complex consisting of a series of beguiling asparas (heavenly nymphs) and bas reliefs. The temple is oriented towards the west which is the direction of death leading archeologists to believe it was originally a tomb.

Against this backdrop there was a feeling of organized chaos as the 7000 competitors from 72 countries tried to jockey for space at the start line. In addition to the half marathon there is a 10 km loop course, incorporating an artificial limb race, a 3 km fun run and a 21 km wheelchair race. The artificial limb race is significant because all proceeds of the event go to people who have lost a limb after treading on an unexploded landmine as a legacy of the Khmer



Rouge civil war in the 1970's. Chris, who ran the 10 kms, made the observation that she was surprised at the high numbers of amputees who participated in that race.

The half marathon consisted of a loop around the ancient city of Angkor Thom which housed a number of significant temples. The start was slower than expected due to the 2000 runners who jockeyed for position in a bid to stay out of trouble. However by the five kilometre mark it was relatively easy running as the course is entirely flat like most of the terrain in Cambodia. One of our biggest fears was running in the 85% humidity in December but this was counteracted by the dense jungle foliage which provided a canopy across almost the entire course. By ten kilometres my legs felt like jars of clay due to the bike ride and I decided to slow down to take in some of the unexpected pleasures that this unique course provided. At this juncture we ran past the Bayon temple with its 5 gothic towers consisting of 216 smiling faces which resembled the great king Javayaman V11 who seemed to be inspiring us to carry on. By the 13 km mark we ran down an embankment parallel to the Elephant Terraces consisting of a 350 m long giant viewing stand previously used by the kings as an audience hall. The terraces were full of Cambodian children from the local villages who yelled encouragement and gave high fives to the runners as they ran back up the embankment and onto the road.

The last five kilometres were the most challenging due to the high numbers of tourists who by this time were contesting the road space with the runners. On top of this you had to be careful to dodge the oncoming cars and tuk tuks who also ferried tourists around the sites. By the 19th kilometre we ran through the grand southern gate which has been restored and crossed a wooden bridge. I looked up and in the distance the familiar outline of Angkor Wat beckoned.



The crowds consisting of volunteer children, tourists and curious onlookers swelled the length of the final kilometre urging the runners into the final barrier to complete the race.


Upon reflection this is without doubt the most scenic half marathon I have ever run. The organization was good with security and volunteer staff dotted across the entire course. There were adequate water stops but the organizers need to do away with the 500ml bottles of water as they are unwieldy

and waste a lot of water. Instead they need to provide plastic cups at the water stops as they do in most other races. At the end of the race we all agreed to do this again as the Angkor Wat event provided each of us with a sense of personal fulfilment. For Chris running with the land mine victims in the 10 km race and sensing their resilience and determination to finish underlined how lucky we are in being able to actually tie on those two running shoes each morning. For Nathan overcoming the legs of clay syndrome via the bike ride and obtaining a PB in his third half was a highlight. For me? Well it was the difference of running in a scenic historical and spiritual environment that drove me to the finish line. After all it's not every day that you can run in a place while the gods look down in encouragement.







SPEED BUMPS




GREAT to see **Alexis Gilham** mentioned in dispatches from this year's Porcupine Gorge Challenge. Based in Hughenden for the past year or so, Alexis did her adopted town proud as first woman home in the 8km scramble (59min 24sec) and backing up the next day to win the women's section of the Mount Walker Fun Run, in 19min 55sec. Townsville competitors in the gorge run — 70km north of Hughenden — included **Geoff Stanton** (56.59), **Isa Marrinan** (73.55), **Jennifer Bosworth** (90.47) and **Rob Fuller** (90.48). Put Saturday, June 21, 2014 in your diary for next year's run.




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COOL running to TRR's starters in the Gold Coast Marathon and Half Marathon next Sunday. **Mark Bucholz**, **Steve Midson** and **Les Crawford** are lining up for the long haul and **Rachel Boles** looks well prepared for the 21.1km.




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MEANWHILE, it's hard-yards time for Tony Ireland Townsville Marathoners. Many will be substituting this weekend's Three-Day Race for their scheduled long run, 4wks out from the running festival. **Peter (Tough Mudder) Richardson**, **Michael Punshon**, **Meredith Watkins**, **Michael Fitzsimmons**, **John Nuttall** and **Cam Hardie** have been spotted in transit around the river. Peter has signed up for his first marathon with plans for an ultra too, but Cam says he will be happy with 5km




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RAY Merida has returned North for winter, in the nick of time judging by Melbourne's gloomy weather. He's approaching a significant birthday. Anyone who has raced against Ray can tell you he has the lung capacity to easily deal with 70 flaming candles before demolishing the cake.




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CONGRATULATIONS to **Richmond Sense** for his third place in the Townsville Triathlon Club's Saunders Beach event. Richmond bypassed the junior run in the King and Queen of the Castle to enter his first tri. We hear he nailed the swim and run and is learning fast how to 'hammer' the bike leg.



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Sarah MacArthur-King, a back-of-the-packer in the K&Q, set a good example for TRR's pram-pushers by carrying her two-year-old, 17kg daughter all the way. Sarah, a boot camp specialist, finished the 8km event in 1hr 27min 49sec. The little one was upset on the way to the top because she wanted to walk.



Meet a TRR - Dilip Coelho

I started my sporting life as a competitive swimmer in India and running formed part of my daily training. The runs were never more than 3kms at a slow pace, followed by a 7 to 8km swim in the pool.

I've always idolised Ian Thorpe, as he is my age and has achieved so much during his sporting career. I've had a number of coaches/mentors through my swimming career, who have instilled a competitive spirit in me.

I'm not training for anything in particular right now. During the TRR season, I just train for the weekly Saturday runs.

Before moving to Townsville a year and a half ago, my weekly training runs in Sydney took place during lunch time - one of which was called 'Pain in the Domain' on Tuesdays. As the name suggests, it was an hard session of interval training around the beautiful sites of Sydney with other keen runners. My other runs were a 10km session on Thursday and a 8km session on the weekend in Sydney's north west.

I've taken part in the City2Surf a few times, the Bridge run, a few triathlons, NSW corporate games and a number of other fun runs.

My favourite runs in Sydney were the Bridge Run and the JPMorgan Chase Corporate challenge (5.6kms). Here in Townsville my favourite runs are the University 10km Time Trial (due to my times) and most of the runs along The Strand and Ross River.

My time from this year's 10.14km University Time Trial was 38mins 24secs, which is my best. I did a quick time at this year's Mother's Day Fun Run/Walk too - 19mins 04secs.



I've never done a marathon nor a half marathon, maybe sometime in the future.

I stick to a weekly plan of running and cycling regularly and I train myself.

Before a run I don't eat anything. My after-run meal would normally consist of oats with banana and honey or Weetbix with banana and yoghurt.

My neighbour (Dave Hampton) introduced me to TRR soon after I moved to Townville. I enjoyed the initial few runs with the club, hence decided to continue and now I'm hooked :)



The Great Train Race Puffing Billy Run by Scott McInnes

On Sunday 5th May down in Melbourne I participated in the annual Puffing Billy Run Great Train Race (13km - Belgrave to Emerald Lake). This is a very well known event. Over 3000 runners braved the cold morning chill to try and beat the legendary steam train.

The event started with all the runners put into different sections -waves, then we all set off. There was a huge bottleneck at the start so it took at least 10 minutes for me to see the field of runners spread right out. I also noted that there were a couple of our Townsville runners in the event, and met Lisa at the start and wished her well.

We set off to great scenery of the open rolling hills of the Dandenong Ranges and there was actually more downhill stretches than uphill climbs. You could hear the Puffing Billy's echoing whistle as we runners slogged it out to the finish. It was one of those runs where everybody seemed to race rather than jog

getting to the finish line. The course was well marked and a few times as I was nearing the railway crossing the train would cruise past blowing its whistle, just to take the piss. I crossed the line in 1 hr 10 mins for the 13kms. I took the train back to the start at Belgrave.

(Bloody freezing, but loved the run and recommend it to anyone going to football mad Melbourne in early May)



An Explanation of the club points system

During the year, a number of races on the calendar can earn points for **club members**. The points only apply to the **long courses** and usually to about 25 races depending on the calendar for that particular year.

The winner of the race earns 150 points with the second place getter earning (regardless of age or gender) 149 points which is one less than the winner. Third place earns 2 less points than the winner and so on to the last place. If there are more than 150 competitors in the race then all competitors who place after 150 receive 1 point

At the end of the year after all the point scoring races have been completed, the points for the 15 best results for each individual are totalled and then sorted into gender and age groups, thereby finding the best performing club members for that year.

A club member has to complete 15 points scoring runs during the year to be eligible for a placing for the year. Exceptions apply when a club member has volunteered to help on a Saturday or a fun run. Points can only be scored for the long course.

Club Age Divisions

The age divisions for the club are: 18 - 29, 30 - 39, 40 - 49, 50 - 59, 60 - 69, 65 - 69, 70 - 74, 75+



A club member moves into a particular age division at the start of the year in which the significant birthday falls. Significant birthdays are 18, 30, 40, and so on. This applies only to the club points system age groups. The age for all other runs, including the Townsville Running Festival and other Fun Runs, is the participants age on the day of the event.

Volunteering and how this applies to the points system

Each event, whether a Saturday club run or a fun run requires volunteers for it to be successful. These volunteers are required for timing, tagging and recording for all events, plus many other duties for fun runs. So as not to disadvantage the volunteers, points can be credited for helping out at any two events during the year. This applies to all Saturday club runs and all fun runs including the Australia Day Fun Run. It does not apply to the Running Festival as this is organised by the TRF committee.

The points for the volunteering duties are calculated as the average of the 13 points scoring runs that the club member completed.

Conditions that apply to be eligible for a placing for the year.

1. Club members must have run in at least 15 points scoring events during the year or alternatively run 13 or 14 points scoring runs and volunteered at least once or twice to add up to 15 runs.
2. Only 2 volunteering services can count towards the total number of runs.
3. Helping is not transferable. That is, a friend can not help and say that they are doing it for another club member. This means that a club member must run 13 points scoring events and attend 2 other events at a minimum to be eligible for a place on the club ladder for that year.
4. If a club member runs in the long course and still helps with that event, then that volunteering service does not count towards the number of times that that club member helped. If a club member runs in the short course or walks and then helps with that event then that volunteering service does count towards the number of times that club member has helped.



Starting to Run

Running requires gradual adaptation by the joints and muscles, the body has to slowly come to terms with the new forces being applied to it. Before you start running, you should be able to walk for 30 minutes at least 3 times per week. You then start adding some running into that 30 minutes, by doing an easy paced jog for maybe only 1-2 minutes, walking again until you have your breath back, then doing another 1-2 minutes jogging. Gradually over 2-3 months, the time spent running increases, and the walking time reduces.

Increasing mileage

As with beginners, regular runners also need to allow time for their bodies to adjust to an increase in training. The 10% rule applies – increase your total distance by no more than 10% per week.

Beginners & intermediate runners (and most advanced runners) should not do hard workouts 2 days in a row. This gives your body time to adapt & recover and helps prevent overuse injuries.

Warming Up

Your body needs to make some adjustments to prepare it for the exercise it is about to undertake. A warm up helps to increase your breathing and heart rate, increases the energy releasing reactions in the muscles and promotes blood flow to the muscles to supply them with more oxygen and nutrients.

A warm up should be some type of gentle exercise, gradually increasing in intensity. One of the best ways to do this for runners is to jog at low intensity, therefore getting the blood going to the muscles you will be using during exercise.

5-10 minutes is usually sufficient, and a good indication of an adequate warm up is to break into a light sweat.

Stretching

Regular stretching improves muscle flexibility. Increased flexibility leads to better muscle function and increased core stability. It helps to decrease muscle stiffness therefore reducing injury, and also enhances healing of injured tissue.

It can be done anytime, not just before and after exercise, but it is important to remember that cold muscles don't stretch.

Injuries: Serious or not?

All runners develop some aches and pains from running. Generally, if it is just minor aches and pains, try the RICE treatment: Rest, Ice, Compression, and Elevation. Recurring niggling pains could be a sign of overuse injury. Back off the training, rest, apply ice to the affected area. When the pain settles, restart your training slowly. If the injury persists, seek medical advice from your GP or Physio.

If you are able to successfully restart training, don't try to catch up any missed sessions, this just adds to the stress on your body and likely leads to further injury.

Dr David Nahrung (GP & Road Runner)



Vale Ted Leitch

Ted Leitch, an old friend of Cairns and Townsville runners, died on June 11, aged 86.

He had spent the past few years grounded in a Cairns nursing home after an active life, both in his travels as a metals' assayer and adventures as a veteran athlete.

An 880m track specialist as a lad in Melbourne, Ted began road-running in the mid-1970s with the Cairns Hash House Harriers. He and his wife Jean had moved to the Far North in 1965.

Ted ran in Townsville occasionally after their son, Cam, joined the local hash group in 1977. They were nicknamed Bloodsucker and Camshaft respectively.



Later Cam became a Townsville Road Runner and Pop Ted dovetailed visits to the grandkids with Saturday morning races and Sunday morning Long Slow Distances.

Ted ran more than 20 marathons from his early 50s to late 70s, at venues ranging from Townsville, Port Douglas and the Gold Coast to Boston and New York. He also took part in the World Masters Games in Helsinki.

Cam recalls one Townsville marathon where Ted and fellow veteran Richard Harris vied stride for stride more than 3hrs, finishing with a 100m dash to Strand Park, when Richard narrowly prevailed.

Ted was a life member of the Cairns Road Runners and the flux for many inter-club visits. There was always room at his place for Townsville starters in the Copperlode Cup, that spectacular 16km ascent of the range behind Cairns which used to culminate in a bubbly breakfast at the Copperlode Dam picnic ground.



More recently, after Jean's death in 1998, Ted started old-time dancing to stay in circulation and Townsville visitors sometimes joined him in a heel-and-toe polka the night before the run.

Ted is survived by sons Cam, Bruce, Robert and Andrew and their families and six grandchildren.

For the rest of us who skittered along with him around the river, the bay or Cairns Boardwalk, he leaves memories of a gentle man with a friendly grin and a light tread.



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