

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

About 8k

PRESIDENT'S REPORT

This weekend brings on the 15th **McDonald's Townsville Running Festival**.

The Townsville running festival was the first of its type in Australia. The primary core objective of the festival when it first commenced was to ensure that a marathon continued to be conducted in North Queensland. This objective has been well and truly achieved with the **Tony Ireland Holden Townsville Marathon** remaining as the heart and core of the festival. This year's course has been certified by the Association of International Marathons and Distance races. From what I hear, Oswald Kahuryri's race record of 2:24:28 (2010) is vulnerable to be broken this year.



But the festival has developed to a point where the once supporting events to the marathon are now prestigious events in their own right. The **Queensland Country Health Fund Half Marathon** will itself bring together a field of class runners

The **Townsville Airport 10K Classic** is also truly a classic race. One only has to cast an eye over past results to see the calibre of runner that this race attracts. Olympic legend **Steve Moneghetti** (festival guest this year) won the race in 2005. The race was actually 10.5km up until 2010 when it was then reduced in distance by 500 metres. The late great dual Commonwealth gold medallist **Kerryn McCann** won the Classic in 2006. Kerryn's achievements included being a three time Olympian (1994, 2000 & 2004) and of course her memorable wins in the Commonwealth Games marathon in 2002 and 2006. She was also a winner of the 2005 Sydney City to Surf Race. World class athlete **Benita Johnson** won the Townsville Classic in 2007. Benita Johnson, amongst other wins, was the 2004 IAAF World Cross Country Champion. She is also a four time Olympian (2000, 2004, 2008 & 2012) and also a Commonwealth Games representative. Olympian **Lisa Weightman** took the honours the Townsville Classic in 2008. Lisa is a two time Olympian (2008 & 2012) in the marathon. She won the bronze medal in the marathon at the 2010 Commonwealth Games. Commonwealth games representative also, **Lauren Shelly** finished first in 2009. **Anthony Craig** was a three time winner of the Classic from 2007 to 2009. There have been other great local winners as well.

So the festival has developed to a stage where all of the races stand alone rather than just supporting the marathon.

These comments also apply to the 5km events. **The Townsville Bulletin 5K Fun Run/Walk** brings together both serious runners and those who are just looking to participant in this great community event. **The McDonald's 5K Junior Fun Run/Walk** brings together some of the best junior runners in North Queensland and others out for a bit of fun. **The 106.3 Corporate 5K Fun Run & Walk** brings in team rivalry.

Apart from promoting a healthy lifestyle, one of the primary objectives of the festival is now the promotion of Townsville. The "Run Townsville, Explore the Region" promotion is all part of showcasing this city. We are privileged to have runners from other parts of North Queensland (including our fellow runners in Cairns and Mackay) attend this year's festival together with runners for elsewhere in the state and the rest of Australia. The gateway to Townsville had been opened through the Townsville Airport which will cater for runners arriving from all parts of Australia and the world. These include runners from Darwin that are being flown in by Airnorth for the festival. Runners will also come from Canada and Townsville's Sister Cities in Japan, Korea, China and Papua New Guinea. New Zealand will also have a sizable contingent of runners participating in the festival.

The Townsville Road Runners welcome all the visitors to our great city. We hope visitors and locals enjoy the festival which is an event conducted by runners for runners.

Tony Hockings



Ten minutes with Steve Moneghetti



I had the pleasure of interviewing Steve Moneghetti by phone Thursday, prior to his visit for the running festival. As follows:

Has he always run or did he play other sports?

Steve said he played a lot of football and cricket when he was younger and ran every year in the school cross country. It wasn't until he got into secondary school and tried longer distances around Lake Wendouree in Ballarat that he came into his own as a runner. At 16 he stopped playing cricket and became the school's best runner. Steve said he had a relaxed introduction into sport and there was no pressure.

Any role models? Either earlier or now?

The Chappell brothers: "We need them or someone like them now."

How does he stay injury free? He seems to be still running some fantastic times(43:53 in 2010 Sydney City to Surf).

Steve said he ran uninjured until he was 45 years old. He always looks after himself and backs off or sees a physio if he gets any niggles and gets a massage every 3 or so weeks. His advice is don't get stuck in a routine and neglect rest as a way of getting over possible injuries. Steve ran 31.28 in a 10k time trial 3 weeks ago.

Any running superstitions?

Not really. He wears new shoes for races and makes sure he has no meat or alcohol in the days leading into a race.

Tips for marathoners this weekend?

Freshen up beforehand. There's no secret to running, just replicate what you did in your training. Running is simple. You have done the work, don't do anything new. Have confidence in your training on the day.

What are your memories of Townsville from your last visit?

Steve said he had enjoyed exploring the Town Common and Castle Hill on previous training runs. He had been to Townsville at least 4 times before and stayed at Mariners. He also enjoyed the track sessions in Townsville.

Favourite fuel?

Coffee and chocolate - any time other than pre race.



TOWNSVILLIANS!

ANZ Friday Night Welcoming Dinner
with Marathon Legend

Steve Moneghetti

\$28pp bookings essential

Starts at 7pm. For details and bookings
www.townsvillerunningfestival.com

Supported by **ANZ** 



\$25 LOCALS' SPECIAL

Welcome drinks with Mona

Get up close and personal with Australia's Marathon Legend

Friday, August 2, 2013 at 6-7PM

The Townsville Sailing Club

Running Workshop

Train with the Marathon Legend

Saturday, August 3, 2013 at 1-3PM

The Townsville Sailing Club

Or Upgrade to the Locals Package for \$50 and get:

Welcome drinks with Mona

Training Workshop with the Marathon Legend himself

Plus entry to the ANZ Welcoming Dinner

FOR DETAILS AND BOOKINGS GO TO


www.townsvillerunningfestival.com

Running Townsville FOR OVER 40 YEARS








SPEED BUMPS




WELL done **Bill and Debbie Glenwright**, old friends with a great record in TRR endurance events, for strong results last Sunday in what's been described as one of the toughest- ever Magnetic Island swims. Bill swam the 8km in 2:23.28, finishing 40th overall and second in the men's 50-59yrs division. Debbie spent 3:42.30 in extremely choppy conditions for 103rd overall and third woman 50-59. Congratulations too to **Michael Punshon** (3:04.55) and **Dave Nahrung** (3:17.03). **Paul Mulcahy**, one of the North Ward Hills' gang a few years ago, was first bloke home aged 60 and over, in 2:32.25.




* * * *




THE mishaps that prompted **Dr Dave's** Maggie Island swim began last October when he tore a hammy in a mountain-bike crash en route Under The Radar at Pal-larenda. That stymied his training for the New York marathon in November, but he had booked his flights and went anyway, intending to walk the 42.2km. Then Hurricane Sandy intervened. Dave enjoyed a day of rest and was guaranteed a start in 2014 because of the cancellation. Back home he began swimming to help his hammy heal. That led to his entry in last Sunday's gruelling ocean swim. At least he's running again and picking up speed, as seen in last month's 10km time trial at the dam.




† * * *




DOUG Hill began wearing the Cowboys' colours before a lot of us were born. He's loyal and long-suffering. The way he powered around the river last Saturday morning after the Cows' cave-in to the Broncos the night before shows there's nothing like an infuriating loss to fire-up a frustrated footy fan.




* * * *




WELCOME back to the North **Amy Curtis**, visiting from Canberra for the half-marathon this weekend. All the best for a terrific run, Amy. Looks like the entries for the half have come from near and far, including a handy couple of Darwin Road Runners in **Darren Peacock** (1:13.40 pb) and **Lucie Hardiman** (1:24.33).




* * * *




TALKING about the half, it's good to see **Brendan Carter** is lining up, back on the road after recovering from niggles and a long holiday.



* * * *



THE pram-pushing pack is still expanding. **Terry Fanning** is the latest dedicated dad, joining Bernie, Tim and Gordon. We hear it's wheely good training, Terry.



Meet a TRR - Peter Richardson

Peter's running has improved this year due to a lot of high mileage early season. He said he also did a running course early this year with an aim to run injury free. This has altered his running style and he now takes shorter steps - approximately 190 per minute. He also includes stretching and breathing exercises in his regime and has lost 5 kilo this year.

There is an ultra on the horizon next year, either the North Face or a new run in Victoria near the Apostles which is a 100k beach run.

Though he loves running trails and his Tough Mudders, he has run with TRR for 4 years basically because of the camaraderie.

He has always been a runner except for 4 years recovering from a knee injury sustained at the time of the birth of one of his children.

Peter likes to finish strong (Everyone can vouch for Peter's strong finishing) and starts the morning with juice smoothies rich in super foods.

This weekend he is lining up for his first marathon and a PB. Peter's aim is to start slow.

His role models are Dick Quax, Arthur Lydiard, Kilian Jornet Burgada and Shona Stephenson .

When Peter was 13, he attended a running camp run by Arthur Lydiard where he was required to write an essay on why he wanted to be a long distance runner. Peter hasn't kept the essay but remembers one line from it - running made him feel 'one with the world'.



We asked local runners to tell us in 10 words

'what event are you running this year and why in the TRF?'



Half marathon. 3rd time. Great event on home soil.



Marathon, awesome location and support from friends and club members.



10k, because my non-roadrunner daughter is running her first 'race'.



TRF showcases Townsville and our club, half marathon is my event.



10k. It's all my fitness level will tolerate.



2nd half - trying to improve my time .



I am doing 10k in the Festival. That's about all I can manage (with a push!).



This year it's 10k and I love running on home turf amongst friends .



Marathon - :the bigger the challenge the more rewarding.



Vale Ray Merida

IT'S a shame Ray was so fast. His zest for competition at a youthful 69 years meant many TRR back-of-the-packers never knew him.

His middle-of-the pack mates anticipated his arrival from Melbourne each year with a smidgen of dread. A veteran of decades of track racing, he tested himself and his rivals in every event. Ray pursued, surged and pushed on in absolute earnest. Being 69 and three times senior to many a designated Nemesis never daunted him or them. He had an endearing self-confidence and felt this season he must eventually catch that pup Mike Donoghue. Ray finished 2min 30 behind Mike in last month's Ten Mile Classic. He was chuffed. It was a gutsy effort. A week later he ran 46.39 to Mike's 44.27 in the 10km time trial at the dam, and complained of having an off day. As most members now know, Ray collapsed and died during a training run through Rowes Bay two days later.

For the past 10 years, sighting Ray's bare cold-country chest and glinting glasses was a sure sign of cool nights and southerly winds ahead. He appeared every May with the mackerel skies, usually in time for the 14km Murray Run from Rossiter Park, and vanished in September. I will miss him a lot. Ray was a heart-and-soul competitor and drove many of us to vie with him for the sheer heck of the chase.

He is survived by his wife, Yvette, their three children and five grandchildren. The Townsville Bulletin published the following tribute to him on July 25: `` Mr Merida's love of sport, especially running and cycling, led to many friendships in both cities (Melbourne and Townsville). He was well known in the Townsville running community for migrating north for winter in the tropics every year. His family said he was devoted to his fitness. "

"Amongst other things, he was an extremely talented runner who competed to a standard much younger than his age" they wrote.

"He embraced his time running and socialising with the Townsville Road Runners and the Croydon running club in Melbourne."

In addition to his love of sport, Mr Merida loved "exploring, reading and theorising", his family said.

"Ray was often described as quirky and passionate," they wrote.

"He was inquisitive and passionate and loved to talk to people about what made them tick.

"He also had an amazing breadth of knowledge with a keen interest in all things psychological and medical." - **Ian Frazer**



FOODWORKS

Works for me!

NORTH WARD



www.linebreak.com.au

ACTIV8NQ

RUN FOR YOUR LIFE



STU MUNRO
Running Coach and Personal Trainer
www.activ8nq.com.au



Castletown and Willows



PL & KL Neimanis
T/A **RUNNING WORKS** Townsville
ABN 52 852 053 121
peter.neimanis@runningworks.com.au
Phone 0417 00 6782

COMPUTERISED SHOE FITTING



198 Charters Towers Road, Hermit Park, Qld 4812
Phone: 07 4729 1130
Fax: 07 4725 3899
Email: sales@beyondrunning.com.au

CLOTHING • SHOES • ACCESSORIES



• Sports Footwear
Prescriptions,
• Sports Injuries
**TOWNSVILLE
PODIATRY
CENTRE**
Phone 4725 3755

• Prescription Insoles
140 Ross River Road Mundingburra
reception@podiatrycentre.com.au

Jayne Arlett



i'm lovin' it

• THE LAKES • AITKENVALE • NORTH WARD
• MACCA'S ON THE MALL • WILLOWS
• STOCKLAND EXPRESS • INGHAM
• FAIRFIELD WATERS • CASTLETOWN

prime PRINT

- design
- artwork
- printing
- finishing

4725 6344

Fax 4725 6372 • 38 Punari Street Currajong
www.krickerprint.com.au

DOMAIN CENTRAL FITNESS

07 4779 9333

www.domaincentralfitness.com.au

"More Than Just An Adjustment"

back2health

Chiropractic and Sports Injury Centre

Dr Sherry Coons - Mueller
Chiropractor

Sports Medicine and Soft Tissue Specialists

P: (07) 4728 3200

F: (07) 4728 3400

E: DrSherryCoons@gmail.com

2/164 - 166 Charters Towers Rd

Hermit Park Qld 4812

www.back2health.com.au



TRAVELMANAGERS

personally yours

Dan Stagg
Personal Travel Manager

T: 07 4724 2552

M: 0431 371 618

F: 07 4724 3553

E: dans@travelmanagers.com.au

Multifactor Health and Education Initiative

▶ <http://sites.google.com/site/multifactorhealth>

▶ <http://sites.google.com/site/multifactoreslenglish>

☺ - Club Member

Running Townsville FOR OVER 40 YEARS!

