

# About 8k

*“Three local runners participated in the Coburg 24 Hour National Track Championships in April 2014. Steve Titmus gives us his 24 highlights*



1. 32 new records, run and walk, Australian and Canadian, open and age.
2. 6 of the 48 competitors achieved distances over 230km, 15 over 200km, and 27 over 100 miles.
3. Described as the highest quality 24 hour track race ever seen in Australia.
4. **Barry Loveday** winning by 20kms with 265kms.
5. Barry achieving the second highest total ever by an Australian, behind only the great Yian-nis Kouros.
6. Barry passing the half way mark in 132km, and negative splitting the final 12 hours.
7. Barry single-handedly destroying the technical sportswear industry by wearing a single cotton shirt for the whole 24 hours.
8. Barry barely evenly breaking a sweat.
9. **Bernadette Benson** winning the women's run event by 26kms with 238kms, setting a new Australian record by more than 9kms.
10. **Michelle Thompson** winning the walk event with a massive 191kms, setting numerous records along the way.
11. **Nick Gleeson** completing almost 98kms.
12. If you thought you had an excuse: Nick is blind.
13. Opportunity to run with the elite runners throughout the event around the 400m track, and not losing sight of them inside the first minute.
14. The Formula 1-style Pit stations run by the support crews for the elite runners.
15. **John Nuttall** completing 103kms without a support crew.
16. John showing great guts to return to the track and complete his final laps after battling nausea for 8 hours.



17. **Wayne Crase** completing 146kms without a support crew.
18. Wayne only turning up in the first place to back up yours truly. What a good man.
19. John trash talking Wayne and I over the final laps. Really John?
20. Nurofen.
21. 8 degrees overnight.
22. Wearing compression socks over my hands. To resolve the debate I heard around the track, it was for warmth; I wasn't "playing hand puppets" to ward off sleep.
23. The kindness of strangers: someone opening my Pringles packet for me because the puppets couldn't manage it.
24. First time ever with an ipod. Result: lapped the Australian Ultra Runner of the Year.

## Meet a TRR - Greta Neimanis

*I started running 5 years ago to get fit and healthy and as a stress reliever after starting work. My parents have always run. I've made a lot of friends through running.*

*I look up to my Mum and Dad and would love to do the times Mum did when she was my age.*

*Last December in Honolulu I completed my first marathon with 22,000 others. It was impossible to pace because of the number of competitors and it was hot, but what a great atmosphere.*

*My favourite run is the Townsville Running Festival's half marathon which has a nice flat course. Last year I felt great throughout the whole run. This year I'm aiming for the marathon on the same course.*

*As far as other sports go, I played touch football when I was younger but mix it up with tennis now. Good cross training.*

*Something people may not know about me is that I was named after a famous runner, Greta Waitz who won 9 New York marathons and was the first woman to run under 2hr 30mins.*

*My favourite running fuel is chocolate and any carbs at all, especially pasta.*

*My tips are carbs, plenty of sleep, water, no alcohol and Cowboys to take the premiership!!*



## SPEED BUMPS

SINCE **Claudia Gillham** vanished last Christmas the back of the pack has been in a fun deficit. Likewise, **Errol Young**, absent since Christmas too, has been missed by his walking buddies - two-legged and four-legged. Claudia and Errol are on an extended stay with Claudia's daughter, **Alexis**, in Portland, Victoria. All three have loved this sea change. Claudia turned green for the town's Easter Parade in the guise of Dorothy the Dinosaur and Errol is believed to be making friends in high places. Good news for NQ friends is that Portland's southerly busters might propel Claudia and Errol north before winter passes. Otherwise, check this year's Portland Three Bays Marathon. It's held on the last Sunday before the Melbourne Cup Day, around the hills north-west of the town. I rate it as the friendliest 42.2km I've run, even when there were just cows and crows for company.

\* \* \* \*

FAMILY and friends of **Nina and Peter Schulz** have been helping them through serious strife in recent months. Nina is in palliative care and Peter has had some time in hospital after a fall. Their daughter, Andrea, has been looking after them both. Meanwhile, Peter, now back home, needs a hand with a couple of things. Let him or Andrea or Ian F know if you have a ute or trailer and a couple of hours to spare.

\* \* \* \*

**STEVE Titmus** has omitted one magic statistic from his report on last month's Coburg Harriers' 24 hours' titles, published on the front of *About 8k*. The highlight of his run was not using compression socks as hand-warmers or surviving 24hr with i-pod muzak. It was his fantastic achievement of completing 409 laps to clock 168.8km for 16<sup>th</sup> place in the men's division.

\* \* \* \*

**EDWARD Dawson** nailed third place in the Dirt 'n' Dust triathlon at Julia Creek last month but rued not entering the NQ Championship division of the tough race. It cost him prize money which would have been handy for his other endurance challenge, studying for a vet science degree at JCU. Edward backed up a few weeks later with a win in the Burdekin Sugar Rush half-marathon. Other notable results at Julia Creek included **Bill Guy** and **Dee Flynn-Pittar** winning their respective age divisions, **Angela Gillham** and **Jevyn Hyde** finishing second in theirs and **Tilly Pain** fourth in her age group.

\* \* \* \*

**BILL Guy** has recently moved to Townsville from Charters Towers with Queensland Rail. Already well known to fellow Cairns Ironman entrants, Billy is bound to make his presence felt in TRR races too. Anyone who has trained with or raced against him can recognise his trademark beating feet. No need for backward glances, Bill's approach when overtaking is as unmistakable as that other ex-Towers master of canny pacing, **Mike Donohue**.

\* \* \* \*

GOOD to see **Phil O'Brien** back on track after battling through the NQ Games half and the flu in following weeks. Armed with a Garmin and some hard lessons from last year's Tony Ireland Townsville Marathon, Phil is now weighing up the pros and cons of an early bird entry in the Townsville Running Festival. See the festival website for details of entry discounts, available until June 30.







# ANQ Half Marathon Series

Love Running? Caught the travel bug? You're perfect for the ANQ Half Marathon Series!!



The races for 2014 are:

Mackay Marina Half Marathon 1st June

Townsville Running Festival Half 3rd August

Burdekin Sugar Rush Half Marathon 4th May

Airlie Beach Running Festival Half Marathon 20th July

Cairns Mt. Haig Half Marathon 17th August



Cost \$10 for the whole series (+entry fee for each race)

Prizes for 1st, 2nd & 3rd Male & Female for the series

Register now on ANQ website [athleticsnorthqld.org.au](http://athleticsnorthqld.org.au) and also find further information and links to each run.

Or contact David Nahrung on 0407 634367 or [nahrung@westnet.com.au](mailto:nahrung@westnet.com.au)



On Saturday **24 May 2014** we will be taking part in **Australia's Biggest Morning Tea** after the Pallarenda 10 km Time Trial. Refuel with a delicious morning tea and help raise money for the Cancer Council.

Bring some spare change. Gold coin donations will help raise money and give you the chance to win prizes in quiz (questions related to running) and guessing game. **As in previous years, if our talented cooks could help out by baking something to bring along it would be appreciated.** Phone Jenny 041553363 if wanting more information.



Former member of TRR, **Natascha Costello**, who is now enjoying retirement on the Sunshine coast where she runs with the Park Run Group at Kawana is still setting records.

On Sat 14th of May she won her age group (female over 65) at the Queensland Masters Athletics short course cross country championships held at Kedron. Running 4km in 19.03 minutes she broke the previous record, though her time is yet to be officially recognised.



**Natascha leaving others in her wake on her way to a cross country record**

## *Marathon Mate*

We're looking for **Marathon Mates** to share their time with new marathon runners from Townsville and Country North Queensland including possibly running TRF with them this year.

If this interests you either as a new distance runner or being a mate to a new marathon runner, please contact Margie Ryder, Ian or Diane on the TRR website or [info@townsvilleroadrunners.com.au](mailto:info@townsvilleroadrunners.com.au)



## Meet a TRR - Geoff Ford

### Q. What got you back into running?

I had an extended couch potato moment, 23 years to be precise. My weight had ballooned from 61kgs in the final year of high school to a tick over 110. Turning 40 seemed to wake me up, I've never had much of an interest in gyms so I started walking the hill. This turned into running the hill, someone then suggested running on flats would be better for my knees so this progressed to running along the river and roads around the suburbs. My oldest brother Tony suggest coming down to road runners Tuesdays and Thursdays in mid 2011 which I did. By the start of 2012 running season my weight had dropped and I felt like challenging myself. I had unfinished business so to speak and started competing in races for the first time in 24 years. Now it's become an addiction.



### Q. I heard you were a very handy cross-country runner as were all of the Fords. We have seen you training with your daughter and wonder if she's a chip of the old block?

Brothers Ford made running a family business back in the day. I was probably the lazier of the three of us. It took me a while to realise what 'no pain no gain' actually meant. I was a slow learner. Running back in those days carried a fair amount of expectation I felt, especially with older brothers who could run sub-40 min for 10km and sub 4:15 for 1500m— one of which I put in the freak category with sub-4 min 1500m and sub-32 min 10km. I haven't seen anyone locally run the times he achieved back then. Not many locals can lay claim to having made the finals of the 5000m at the World U20s. For that reason I never regarded myself as possessing much running talent.

When my daughter took an interest in running last year I was keen to help her develop and attain her own goals free from any expectation, which she is doing nicely. We train together as often as we can. Lately she's been doing some cross training so I think her best is yet to come. She is certainly developing some mental toughness. Now one of my nine-year-olds is keen to run so I may have another training partner in a few years time. For now she's soccer mad another Ford family sport, lol.

### Q. Running goals?

I remember running my first 10k at the age of 13 in something like 44 mins. Both my brothers ran sub 40's, one 31 min and a bit the other 37 mins. The sub 40 became a hoodoo for me during high school. I missed out by 20 seconds or so more than once so that was one goal I was keen to reach. I finally broke it in 2012 and then did three sub 40's on the trot, I like to think the difference is I am more mentally tougher than I was back then.

My current goal is to improve my half marathon times. When I did my first half I missed out on a sub 90 by 7 seconds, I've now done two sub 90's, neither in Townsville, that's one thing I'm keen on doing.

### Q. Any desire to do a marathon?

I have never really had any plans for a marathon but after running two 90 min halves in previous Running Festivals I feel this year I am going to give the marathon a go. Remains to be seen whether I do another after this years festival. It depends really on how much I enjoy it.

I'm still keen on breaking 90 mins in the half at TRF and I wouldn't mind shaving some time of my 10k times too, but don't we all.

### Old King of the Castle



### Q. Best times - past or present?

Can't really remember too many times from high school days other than missing out on sub 40's in 10k's a few times, I remember doing something like 4:35 for the 1500 and a sub 10 min 3k 9:58 on a grass track, but have no desire on getting back in track running.

I've done three sub 40 min 10's, I did the same time 39:54, at both the Palarenda and Ross River dam time trials last year, don't know how I managed that, my PB is 39:47. I feel I can improve on that mainly because I had to stop and do my shoelace up .





**Q. Favourite race?**

Every race I do is a good one even if I whinge about it after. Having said that the Airlie beach 28k run/walk rates highly, the Three Day race on the local calendar is a fave and the Burdekin Sugar Rush half is another.

**Q. Are you in the punters club like your big brother?**

I try to avoid punting, my brother gets it from our grand mother god bless her soul, don't know anyone else that got flowers from the TAB when their husband (our grand father) passed away. My brother though has the uncanny knack of creating his own luck so despite coach Pete asking me once or twice to join I won't bet against the older brother, he will clean me out for sure.

**Q. Any superstitions?**

Yes, in the form of racing singlets. I don't like wearing new race singlets on race day. I have my lucky race singlets.

**Q. Any favourite tucker or running fuel?** I tend to do my morning long runs on empty but come race week lasagne is mandatory (my kids love carb-loading week) and Coco Pops are mandatory on race morning, I always bring out the pops for the big ones, works for me. I tried brown rice before and it didn't work for me.

**Q. Always run in Townsville?**

I've never run south of the border, actually haven't raced south of Airlie beach since 1988. The only two races further south were the NQ schools cross country in Sarina and the QLD cross country titles in Ipswich back in high school. Someday I'll have to fix that but at the moment I don't really have any races that interest me.

**Q. Any running stories at all ?**

The one that springs to mind is the 1987 Qld Cross Country titles. It's not every day everything goes according to plan so to speak. Back then it was a case of no garmins, google maps, earth or anything handy. State titles were held at the same place every year; a rather hilly course in Ipswich. The race was an 8k course which was two four k laps almost none of it flat. That suited me, I always seemed to run better over hills which I could never figure out.

I had no grand visions of having the speed required to challenge the front runners. My race plan was simply not to charge out at the start and sit in the middle of the pack, find a spot half way through the second lap ie 6k mark and give it everything over the last two k's.

I walked the course the previous day and picked a spot half way through the 4k circuit where I was going to hit it on the second lap. It was a rather steep hill, one of a number. Running is as much a mental game as a physical one as we all know. I'd planned to ease into the hill and hit the top half of it so I had momentum at the top - aiming to psyche people out a bit and carry the speed on through to the finish.

Race day, I remember it being mid afternoon, I started out as planned and maintained a spot in the middle of the pack, fighting off the desire to go for broke. I remember rounding the turn at the start of the second lap a marshall was yelling out placings, I was about 40th which I wasn't too concerned about. I approached the hill at the 6k mark, eased into it and as planned I went for it about halfway up. I had built up a good pace by the time I hit the bottom. I remember passing runner after runner. I got to the top of the last hill and passed a bunch of guys vomiting at the top. I don't recall what time I did, don't even think I had a watch on. I crossed the line and missed out on making the top 20 by a whisker.

I guess the moral of the story is have a plan that doesn't involve burning it all up in first few k's, know your course, pick your moments and remember the guy you're trying to beat is hurting just as much as you are.



## Three memorable events out of Mareeba by Dave Vance

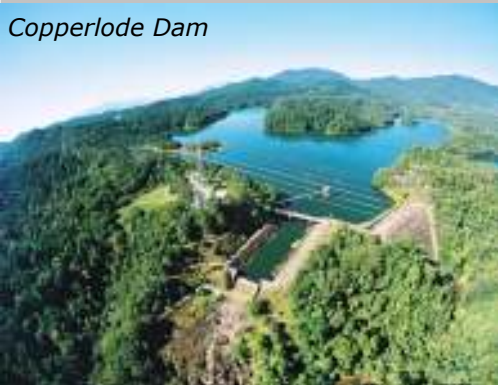
Hello TRR from Mareeba,

**The Bustard Express** is run along dirt roads and single tracks near Davies Creek, between Mareeba and Kuranda, and is a 4-hour event from 5 to 9 pm. Choose any of the three loops (14, 7, 3 km) at any time; uncompleted loops don't count. I ran this one only 4 weeks from exiting Cairns Hospital on crutches after a total of 2 weeks off my feet for a Group A Strep infection picked up (probably inoculated from my own skin bacteria) from just a slight abrasion from a farm irrigation coupling (none of many worse MTB pedal lesions never treated have ever resulted in infection – there is a chaotic element somewhere in all systems...). The last loop of 7 km, after two 14s, was possibly the slowest and least satisfactory 7 km I've ever run, with other runners (some of them relay team members notwithstanding) coming quickly out of the night and passing me like I was standing still. Nevertheless, I was glad I found the guts to finish with the 7 km loop, at 3:50, with no-one older than me in front of me (the winner, Chris White, still miles in front of me even after adjustment for age...).



Some more fitness regained courtesy of the Bustard Express, a week later was the **Barron Gorge Trail Run**, starting down near Cairns at Stoney Creek, and over 18 km with a total of 1,500 m (nearly 5,000'!...) of ascent, and ditto descent. This included some technically difficult sections, which, along with the absence of some of the better runners usually attending, had me finishing in 4<sup>th</sup> overall (3<sup>rd</sup> male), a very unusual circumstance...

Copperlode Dam



Some weeks later, the **Blacksnake Trail Run**, 34 km starting at Copperlode Dam and crossing Clohesy River on the Mareeba side twice, as well as dipping down to the bottom of the seaward side of the range, had probably at least as much ascent/descent. Had a pretty good run, though better training could have me stronger up the last of the climbs, and if I could just control myself enough (the last piece or two of fruit in a meal) to get the last kg or so of extra fat off my carcass then I wouldn't have to carry that unsprung weight along with me – 6<sup>th</sup> overall with no-one older than me in front of me (but 10-odd minutes off **Arnstein Prytz's** time of a previous year,

and he's a couple of years older than me, though probably carrying less permanent injuries than I do – a prolapsed lumbar intervertebral disc and left hamstring injury (from when I was lifting an excessive weight as an apprentice fitter and turner, the former, and following on from that, kicking without proper warm-up and attention, the latter), now with a little bit of left hip joint damage too, for which latter I will have to modify some of my martial arts kicking training...).

Off course there are some older runners around (e.g. with much better athletic genes than me) who could, and do, finish well in front of me (check the Cairns Ironman Tri results of 2012(?), though I did not do that, for one very good example, and Brisbane's large run results...) but as I get older and my better health habits begin to manifest, there are not that many of them in smaller local events... And of course the guns are still running better than me even after adjustment for age by the algorithms available on the web... Congrats to **John Nutall**; he seems to be running at near my current marathon pace (if I had one at the moment...) but for 1.5 times that distance... Here's to healthy, sustainable running to you all.





Hello all,

Over the next month I will be doing some fundraising for Crossfit Townsville Team Tropic Thunder who today finished third in the Australian Crossfit Championships to qualify once again for the World Champs in USA late July.

This involves 6 athletes self-funding to go to the USA to represent Townsville and Australia. These athletes are committed and train harder than most I have ever been involved with and are great ambassadors for Townsville but most importantly they remain very humble.

I will be donating a % of the Tues track fees for the next month to assist the team and I will also have a bucket there for anyone who wishes to make a donation. Every bit counts so even if you have some loose coins sitting in your car it would be greatly appreciated. Thanks for your time and consideration.

Keep up the great work you have all been doing at Track each week - there have been some great efforts and PBs already this year which is reward for your efforts and dedication. Stay consistent and enjoy the rewards at upcoming races.

Regards

Simon O'Regan

TRR Coach



*Sylvia Kelso  
invites you to the  
launch of her novella*

## **SPRING IN GENEVA**

*A riff on \*Frankenstein\*  
featuring Mary Shelley, a Swiss banker's son,  
mayhem in 1818 Geneva and two  
mysterious persons called William*

*5.15-7.15 pm 30th May 2014  
Aitkenvale Library Meeting Room*

*with*

*Ms Ginni Hall, OAM*

*RSVP this e-mail or 47796291*





## Townsville Running Festival Opportunities

My very first experience with Townsville Road Runners was in the mid 70's when TRR conducted the "Big 3" fun runs – King of the Castle, Bridge to Bay and Around the Hill. Great races, with about 1100ish in the Bridge to Bay. This time gives me great memories from a great club during a great running era.

As a result of a competition in the Bridge to Bay one year, I won a pair of Adidas shoes. I joined TRR soon after. I remained a member for 4/5 years, had a break and later rejoined. I took my running seriously from the early 90's and I've been a member ever since. Marathoning kicked in shortly after and I've shared many brilliant experiences with my running "career" ever since. All because of my membership of TRR.

When I first ran with the club I thought it functioned with smoke and mirrors – the green van would arrive at a park, Shirley Harris would take names and money, someone would light the urns, describe a course and within 20mins we would be running. Not much has changed. Except that we've grown.

My relationship with my running "career" and TRR have never changed. I can't begin to describe how much fun I had. I also began to understand that the club didn't function with smoke and mirrors. During the 90's I began driving the van, setting up and putting away, then most other jobs – except taking money. Joined the committee, became a race director and in 2000 I was lucky enough (the only nominee) to become TRR President.

Very briefly, my 6 years as El Pres, was outstanding – it gave me opportunities in life that are amazing and the personal development that I received from that role changed my life. When I started I thought a microphone was a brown snake, I had to have vallium before my first TV or live radio interview. Not a problem these days.

The point is that TRR and the Townsville Running Festival won't function without some key volunteers who have maybe had their 'time in the sun' or are still active runners who can possibility look to add their expertise or just passion to a particular role in the club. We need people to channel some of their passion for running into various roles in TRR.

From a TRF viewpoint, we need someone (who can speak runner speak) who has a passion for Facebook and social media to drive this aspect of the festival. It's an opportunity to do some great stuff with Margie Ryder's energetic team. You will have a ball!!

We need someone interested with being involved in the minute by minute running of TRF race day, maybe having to speak to the masses as required, get the starts away on time etc .....replace me... so that I can look at on course aspects of the event. Great fun role, plenty of help.

We need a merchandiser. If you are interested in clothes, design, sales, meeting people – this is for you.

We need admin people who can get involved as the clock winds down during that last busy week...data entry etc. Part time help welcome.

We need anyone else passionate and keen, you will not be disappointed. Skills are not a requirement. Maybe a role can be shared with a friend or friends – there are many options.

All of these roles are rewarding...we have a great time being intimately involved with a great event, with great people in a great club. When you really enjoy an away as a competitor – it has been well organised.....it is a hoot. This is the reputation enjoyed by the TRF. But we need some more passionate involvement. If you are interested contact Event Manager – Margie Ryder on 0429 467126 or 47516007 or [madmaggies1@bigpond.com](mailto:madmaggies1@bigpond.com) . You can run as well as assist. From personal experience – the more you put into your passion, your creativity – the more you will get out of it. If you see an opportunity – go for it....the opportunity here is volunteering for a key role in a great club.

Enjoy your experience

Brian Armit





Thank you to **all** volunteers







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