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About 8k

Presidents Report

Hey movers, shakers and record breakers!

It's getting to the crunch time of the season and I hope everyone is ticking off the boxes on their way to achieving their goals at the McDonald's Townsville Running Festival, it's almost taper time so stay safe out there.

Anyone yet to get their entries in can do so online, also there is a volunteer register on our all new website. We are always chasing assistance wherever anyone is willing to assist. Merchandise is selling just like a great item on the Maccas brekky menu (I meant the hotcake, sausage and egg mcmuffin...) which is a testament to how cool the merch is this year. It's all pre-ordered on the website and I'm loving it! If we get enough interest on the day we will be doing a post-event order of gear but don't rely on that and get in early!



We are going to be pumping the local media in the next week now that the market isn't flooded with lead up events-so keep an ear out for us, be proud to be part of the club that brings the festival to a reality, get your colleagues excited, get your kids dressed as superheroes and get the word out. A glance over the most recent public events has shown a trend of numbers being down so I'm crossing my fingers and double knotting my laces for a bumper year, hopefully our home grown festival gets the home grown love it deserves.

We still have a gargantuan amount of media to sort through from last years festival, we have all of the raw media from RJ media and are looking for a group or some individuals to donate their services to help us sort them and find the best images to use for the future of the event. It is a large task. I love looking at photos but personally don't have the time and can't justify paying an outside source to do it for the club. We are tightening the purse strings wherever possible, but the volunteer "core" that brings the cordial and coffee every weekend and answers all the emails just can't foot the extra load this time. Feel free to get in touch with me if this sounds like a good Saturday night!

On the home front, we have the King & Queen of the Castle Fun Run coming up on Fathers Day. We've shuffled dates due to a very busy calendar with more clashes than the 1812 overture. It's been hit and miss for a few years and we hope to reinstate the event to its former glory and prestige, as it is iconic to the club and etched in the history of the granite itself.

Our juniors have been high flying out there too. An enormous sincere congratulations for Sophie Kiernan who achieved 5th place in the Schools State cross country championships, followed by a massive effort in the team relay for a state gold medal. Fingers and toes crossed she gets selected to represent Queensland at the Nationals. Also major yip-yah's to Gerry Maguire's squad. Almost all of his athletes who attended the state champs came away with a quantifiable improvement on previous efforts at that level.

Stay upright out there folks and I'll catch you in the long run.

Tony Gordon





The McDonald's Townsville Running Festival is on the hunt for Volunteers and we want you!

Volunteer positions are currently open for a variety of different areas from Thursday the 4th of August until Monday the 8th of August.

If you are interested in volunteering, please register your interest via www.townsvillerunningfestival.com or alternatively speak to Garry and Jan or give the office a call on 07 47516607.



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Craig Mottram Running Clinic

*Just Announced! We are super excited to announce that Craig Mottram will be holding an exclusive running clinic as part of the 2016 McDonald's Townsville Running Festival. This will be held on **Saturday 6th of August** from 8.30AM - 10AM and will consist of workshops with the legend himself.*

Ticket sales close on Thursday the 4th of August and must be pre-purchased via the Register button on www.townsvillerunningfestival.com



SPEED BUMPS

THERE'S a contagion of big races ahead, starting this weekend with the running festival and ending, maybe mercifully, with the ANQ Round the Hill event on Saturday September 24. **Russell Gustavson** is hitting the hills for Walsh's Pyramid on August 13, the **TRR Wolf Packers** are racking up off-road clicks for **Sam Stedman's Mt Marlow Marathon** and Heartbreak Half on August 28 and **Geoff Ford** is doing likewise for this year's 57km out-and-back version of the Great Whitsunday Run, on September 11. Amazingly, there's also a new race up Mount Stuart on Saturday September 3, the day before the King and Queen of the Castle, on Sunday, September 4.

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THE NAB King and Queen of Mt Stuart on September 3 has been advertised as a 17km trail run in aid of Townsville Legacy, for the 50th anniversary of Lavarack Barracks. Are there enough fit folk in town to back up from this challenge for the annual Castle Hill run the next day? Probably. After all, the **King and Queen of the Castle** is on bitumen. Coincidentally, the TRR's event has evolved from a race first organised in 1972 by Lavarack soldiers. Their course was up the goat track and down Castle Hill Rd. An earlier version of the King of the Castle in the early 1960s, was mostly off-road, starting and finishing in West End. The 1961 winner, 16-year-old **Russell Hogbin** from Pimlico State High School, had finished second in a race from Arcadia to Picnic Bay the same day. He caught a ferry back to Townsville, intending to cycle to the start of the hill run in Ingham Rd, but ended up walking half the way with a flat tyre.

* * *

VINCE Bosco caught up with some old TRR friends before and after last month's Figure 8 Ten-Miler. Vinnie and his family have been in town for about a fortnight, leading up to his run in Sunday's Daikin Air Conditioners' Half Marathon. He shared some experiences of life in Japan, where he works as an English teacher and interpreter. Catching up with him after the finish in Sherriff Park was a piece of cake, but impossible on the run, which he won by about 4 min from **Sparky Buchholz**.

* * *

LOOK out for the pink tutu people on Sunday. **Pete, Cath and Greta Neimanis and John Hoggan** will be stepping out in pink to raise money for Cancer Council research. Pete and Bosshog are planning a steady, steady 42km and Cath and Greta a similar 10km. To make a donation, see <https://secure.cancercouncilfundraising.org.au/.../Fundraisin...>

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CONGRATULATIONS to **Meredith Watkins** on a great win in the Solo Intermediate Veteran Women's division of the Paluma Push, in 2hr 56min 27sec. Another TRR favourite, Angela Gillham was 9th in the same division.



Local Training Groups

The **Tuesday morning** group's 11 hills in 11k dates back to the 80's we believe with a group of runners including **Peter Lahiff**, **John Carlton** and **Widge Rowden**. Start time for the run is 5.30am. The original course started and finished at the Rockpool. Its a sign of the times that the meeting place has moved to Juliettes for coffee.



Greetings TRR from **Greg Wilson**,

So, having not run a marathon since 2002 and having struggled to finish the 10k at last year's running festival, I will be back 40 years on to attempt my second Townsville Marathon. I still have my singlet from back then and as it is in better condition than my body, I will wear it. . . .

Greg ran in the first King of the Castle finishing second to Mike Phillips. He was also first in Townsville Marathon Club's first race, a 10k held on 9 July before leaving for Vietnam service. He won every race except one in 1975 including King of the Castle in record time before being discharged from the army. Greg says he was fitter and faster in 1976 but was regularly beaten by Steve Coulbourne, 2nd to him when Steve smashed the 30 minute barrier in the King of the Castle. Greg also won the Pyramid the same year in record time, the Mareeba Rodeo Road Race, and Townsville Marathon in 2hr 38m with Peter Lahiff finishing second in 2hr 52m.

We looking forward to seeing Greg at TRF. Look out for him and say Gday.



Thursday afternoon's runners meet at Riverway near the Art Gallery at 5.30pm. Generally it's a tempo run either along the Douglas ridge, Lozza's hill or around the river. Some of the keener members back up after running with Pete's group on Thursday morning but it's for all comers and no one gets left behind. Started by **Pete Neimanis** about 10 or 11 years ago, the run may include some who aren't early risers.





2016 3 Day Race

8th to 10th of July

Winners **Deahne Turnbull** and
Simon O'Regan.



Meet a TRR

Sarah Collins made a New Year's Resolution in 2016 to try running after moving from Canberra where her main sports were Snow Skiing and netball. Though not considering herself a runner, Sarah will line up for the half marathon at the Townsville Running Festival and has already completed the Whitehaven half marathon series. Coffee and Carrot cake are favourites to refuel.



Scott Vollmerhause started running in 2011 after competing previously in basketball, cricket and soccer. Scott completed the half marathon in last year's TRF, doing 1hr 42m and aims to improve his times. A marathon is in the future, perhaps the Gold Coast next year. Scott trains with Pete's running group, finding it easier to do hard sessions in a group. His tips are to keep turning up, put in the miles and enjoy a red wine.



Jude Wheeler's plan for the marathon is to start easy and finish strong. He's running in Team Flynn-Pittar with Dee, Billy Guy, Isis, Ajia and Ishkar. They made a deal to do it together after this year's Mother's Day Fun Run. Jude has always been a keen athlete. A handy footy player and sprinter at Ryan College, he joined NQ Cowboys in 2003 as a contracted junior, playing on the wing in the State Cup Competition. His rugby league career only lasted a season because of a serious injury but he's kept fit since then in Triathlons and Iron Men. This year he showed he was back in shape in the TRR 3 Day Race.



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