

About 8km

October 2007

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• The newsletter is available in colour on the website: [www.townsvilleroadrunners.com.au/Club Info](http://www.townsvilleroadrunners.com.au/Club%20Info) •

PRESIDENT'S REPORT

This, the 35th year of the Townsville Road Runners, has been a successful year. The main aim from a management perspective was to just ensure things were kept on track. To consolidate the hard work that had been put in over the preceding years. Well, I think this modest aim has been exceeded.

Membership numbers have remained constant at 242 for seniors and juniors at 22. This level of membership is the appropriate level for the club to maintain. To increase these numbers would be to place a burden on resources, in particular human resources.

In saying this, participation by visitor runners has been high throughout the year. This year, we have also had record numbers for all of our fun runs, except one.

The club has never been in a better financial position. The current net position is \$65,848 in contrast to \$29,503 in 2006. **Sonia Chalk** expanded on all the figures in her Treasurer's report at the AGM.

Suffice to say, the 2006 year resulted in a slight loss due to necessary capital expenditure. This year, the approach has been about consolidating the financial position. In my view, it is important, that the club has a reserve of at least around \$30,000 to cover necessary expenditure items and to be in a position to meet contingencies. This year, there has been a reduction in direct expenditure, increase in sponsorship revenue, together with an increase in returns from the fun runs, and in particular the highly successful McDonald's Running Festival. There has also been an increase in equipment hire.

As part of limiting expenditure, Sonia has been responsible for obtaining funds via grant applications. Here, there has been:

- Volunteer Small Equipment Grant of \$2,500 for a new computer (success);
- Casino Benefit Grant of \$3,000 for PA & Generator (TBA).

The benefits from this healthy financial position will be immediate. I anticipate that despite rising costs, the club will keep membership fees at their current level for next year. The new management committee will look at targeted expenditure areas throughout 2007/2008 to upgrade capital items and other areas for the benefit of members.

The position that the club finds itself in is due to the hard work of some. We have been fortunate to have had such a good management committee. The Townsville Running Festival committee headed by **Kathy Wilson** has also been great.

As to the management committee, it has been a great balance between long term members and relatively new additions. This balance has been the right mix.

Except for **Amanda Jocusen** and **Liz Henning**, the balance of the previous committee members will go around again next year. **Ian Fraser** will remain on the committee, but he has relinquished the Vice – President's role. I want to pause here, to thank Ian for all of his efforts as he has played an important role in the club's administration during these transition years in relation to the management committee.

I also repeat my thanks and gratitude to Amanda for her dedication and efforts as secretary over the last couple of years.

Liz Henning has made a marvellous contribution to the management committee. She will be missed, although she will continue to help the club out in areas such as the club's clothing sales.

This year, there has been an emphasis on tradition as illustrated by the recent Railway Run where life members were recognised and old club running attire was worn by those present. It is important that the club never loses sight of its origins and maintains its traditions.

I do not want to single specific people out to publicly thank them for their efforts for the club this year as I fear I may miss someone out. The effort from everybody has been great. Suffice to say, there has been some people behind the scenes that should be thanked, namely **Dennis Frost** and **Wayne Roy** for ensuring that the





van is there each Saturday morning for our runs. **Mike Donoghue** and **Keith Rich** for setting out the weekly course and giving the participants a brief for before each weekly run. **John Hoggan** for all of his efforts in looking after the club's equipment. Of course, we can not forget the past and current editors of this newsletter, **Nina Shultz** and now **Lia Bull**.

Finally, I welcome new additions to the management committee following the AGM last Saturday. Here it is great to see **Widge Rowden** resume a role back in the club's administration in the role as Vice-President. **Sara Whittle** comes into the role of secretary. **Larry Gilboy** also makes a welcome return to the committee. It is also good to see that **Mark Buchholz** now on the committee.

The full committee for 2007/2008, apart from yours truly is as follows:

- Vice-President - Widge Rowden
- Treasurer - Sonia Chalk
- Secretary - Sara Whittle
- Committee members are:
 - Brian Armit
 - Lyndie Beil
 - Mike Donoghue
 - Ian Fraser
 - Isa Murrinan
 - John Simmons
 - Kathy Wilson
 - Mark Buchholz
 - Judy Davis
 - Jaap de Jong
 - Larry Gilboy
 - Angela Howell
 - Pam Hurst (Assistant Secretary)
 - Col Taylor

Peter Stead and **Kim Cova** will also again carry out the role of club Registrar for next year.

I normally end by saying : see you on the road. However for this week, I will end by saying: see you at the Club's Presentation Night next week on 27 October 2007 at the Motor Boat Club at 6.30pm for a 7 pm start. This year the format will be slightly different as the presentation/award side of the night will be held first up at 7.15pm and the dinner will follow. It will be a good night.

See you there - **Tony Hockings**, President

Presentation Night

Tickets can still be purchased (\$50 per person) for the Townsville Road Runners Presentation night to be held next Saturday 27th October, 6.30pm for 7.00pm, at the Townsville Motor Boat & Yacht Club. See Liz Hennig (0409 067 367) or Sonia Chalk for tickets.

The ticket price covers a 3 course meal, drink on arrival, band, lucky door prizes and the chance to see your fellow runners dressed up! Some runners without hats even. The theme this year is the letter "O", so here's some ideas for you ... dress in the colour **Orange**, or in the following themes and things: obesity, obstetrician, oceanographer, ocelot, octopus, Oedipus Rex, Odin, ofal, Oliver Twist, someone from the Olympic Games, Jackie Onassis or even an **onion**, its up to you and your imagination, don't hold back.

Running Tales ...

The 2007 Run the Whitsunday Great Walk was held on the 23rd September, again with great success. This was the second time the event had been held and congratulations were in order for Will Higham and all his helpers for another fantastic day.

The event comprises a 28.8km run through hills within the Conway State Forest on one of Queensland's "Great Walks" down to the lagoon at Airlie Beach. As there are 74 islands in the Whitsunday Group, race organisers provide the first 74 race participants with an Island name as well as a race number. "Dead Dog Island" being one of the most popular names although Widge did the TRR's proud with his race bib display (see photo below).





There is a six hour cut off for this event and appropriately this year, the last runner home, in just over 5 and a half hours, was wearing the Island name of : Perseverance Island!

The winners of this year's event were **Troy de Haas** of Victoria in 2:08:30 and **Emma Murray** of ACT in 2:28:50. The record of 2:05:26 set by **David Osmond** last year remained unbroken.



This year there was quite a contingent from Townsville including several TRR's taking part and experiencing the highs and lows of this event (and I'm not just talking about the hills). The first three female TRR's home were **Jenny Ratcliffe** in 3:04:14, **Beth Harris** 3:07:42 and **Sonja Schonfeldt-Roy** in 3:08:30. The first three male TRR's were **Tony Ford** 2:26:08, **Peter Clifford** 2:29:19 and **Mick Harris** 2:39:55.

There were many stories to be told after the event with the rigours of the course taking their toll, and mysterious ailments on the day blowing out times, there were success stories, tales of woe and triumph, and tales of mateship.

One such tale is of a runner who shall remain nameless but who suffered such debilitating cramps in both legs and hands, along with cramps and pins and needles in his arms and face, that at the halfway point he was unable to stand let alone run.

One of our TRR's, **Sonia Chalk**, who came upon him on the ground, raced off as fast as her own ill body would allow to summon help from the SES volunteers at the next aid station. Meanwhile TRR **Widge Rowden** and his son **Brad** stopped and tried to straighten out the runner's limbs as best they could. After successfully getting the runner to his feet and leaving him in the hands of the SES volunteers they continued on their merry way enjoying the flora and fauna (as you can choose to do on a 28km hill run).

As the only way off these hills is by helicopter, and this was busy evacuating another runner (the only DNF for the day out of 97 competitors), our cramping runner took in fluids and decided to walk his way out. With the words of another Townsville runner ringing in his ears "whatever you do, don't DNF if you can help it".

After finishing in nearly 5 and half hours (having completed the course in just over 3 hours the previous year) and looking like death, you can imagine the delight in his face when just half an hour later at the award's presentation, his name was pulled out of the random prize draw to win ... a complimentary ...

entry into next year's event! A cruel irony. Mind you, it was only the next day that he was overheard to say ... "yeah, I'll be back next year". Its something about this race that draws you back, maybe it's the spirit of the competitors, maybe it's the beautiful scenery and trails or maybe just the runner's philosophy of **not letting it get the better of you**.

See you back there in 2008. Lia

For more information: Greg Waite from the Trail Running Assoc of Queensland, has a more detailed write up available online at www.runtrails.org/articles/

19/10 Just received a message from **Roger & Judy Lebi sh** to "Say Hi - and remember with affection the camaraderie of TRR. All visitors welcome contact 03 5755 1362"



Widge wore his race bib appropriately positioned with the island name "Lovers Cove" proudly displayed. Although he would have preferred Lovers Peninsula or Lovers Point!





Back of the Pack ...

We're back from the **Melbourne Marathon** which started and finished this year at the MCG. It was an interesting course which we would be happy to do again. It was great to run back up St Kilda Road and into Flinders St as well as along the sea.

The over 8,000 marathoners and 21Kers took off as a bunch this year after a 20 minute delay due to issues with safety marshalls out on the roads we were told. **Robert De Castella** gave the pre race talk and a letter was read out from **Kerryn McCann**, who is currently undergoing treatment for breast cancer after the recent birth of her baby boy. The letter was very plain but certainly bought the goosebumps out and tears to my eyes. It was also great to share the start with my son **Grant** in his first big race.

We started towards the back of the pack and it took us nearly 8 minutes to cross the startline after the hooter went off. **John Olsen, Fraz, Anna Morgan** and **Caroline McGann** completed the marathon. Anna and Caroline did well running home in 3:36 and 3:37 respectively. Ollie and Fraz were out long enough to get sunburned and finished in over 4 hours.

The Age had an article by one of its journalists who ran the Chicago marathon but didn't do as well as he expected and had to adjust his thinking during the race, he said 'I hit the wall at 30km and put in a shuffle Cliffy Young would have been proud of. I had a lot of time, spent mostly in my own personal house of pain, to partake in a bit of amateur philosophy and I came to the realisation that the marathon is not about times. To much can affect that, like how you feel on the day, or the weather. Its about placing yourself in a position where quitting is the easy way out, and finding out how much heart you have, how much desire and how much pain you can endure'.

The article reminded me of Fraz and Ollies efforts. Of course the payout is also the feast afterwards which we shared with Ollie and **Mick Palmer** (who completed the half) in Chinatown, washed down with house beer. Also went up to visit **Roger Lebeish** and **Judy** at the foot of the Victorian Alps. What a great place to retire - we'll toss it up come the time. They have a beaut spot on the edge of a valley at Wondilagong, a handy spot for Roger in his role as sweeper for the **Four Peaks running series** early next month. The first 12km race starts practically on his doorstep, ascends 700 feet, almost perpendicularly up a pine forest-clad range and finishes in a nearby apple orchard. We drove this course and all I can say to **Judy Davies** and **Jaap** is I hope you are getting plenty of steep hills in because Roger will certainly rub it in if Jaap has a whinge after the race. Got it on my list of 'must dos'. Diane

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