

About 8km - 2008

JANUARY

Article

President's report -

Welcome to the 2008 running year
Australia Day Run
NQ Suncorp Games
President's Cup Series

Beginners Running Clinic

Free Range 4 Leaf Clover Run

TRR Profile: *Angella Howell*

Off-Road Running Tales:

Herveys Range Railway run
Middle' of the Pack

Author

Tony Hocking

Brian Armit

David Vance

Lia Bull

Ian Frazer

MONTHLY NEWSLETTER OF TOWNSVILLE ROAD RUNNERS INC. Volume 8 Number 1

About 8km January 2008

The newsletter is also available on the website: www.townsville-roadrunners.com.au • Tel: 0487 128 888 •

PRESIDENT'S REPORT

WELCOME TO THE 2008 RUNNING YEAR
I would like to welcome you to the 2008 running year. It is good to see so many old and new faces at the club meetings. This year we have a new Club at the Strand. This year promises to be one of the best, if not the best, running years in the club's 20 years.

AUSTRALIA DAY RUN
The club will be participating in the Australia Day Run on Monday 26th January 2008. The major sponsor of the event is Transworld Asset Management, a company based in Townsville. The run will start at 7.30am and will finish at the Strand. The route will be a loop around the Strand and will finish at the Strand. The run will be a 5km run and will finish at the Strand.

NORTH QUEENSLAND SUNCORP GAMES
The club will be participating in the North Queensland Suncorp Games on Saturday 19th January 2008. The major sponsor of the event is Suncorp. The games will be held at the Strand. The club will be participating in the 5km run and will finish at the Strand. The run will be a 5km run and will finish at the Strand.

FREE RANGE 4 LEAF CLOVER RUN
The club will be participating in the Free Range 4 Leaf Clover Run on Sunday 23rd January 2008. The run will be a 4km run and will finish at the Strand. The run will be a 4km run and will finish at the Strand.

TRR PROFILE: ANGELLA HOWELL
This year will see the re-inauguration of a member's Cup Series. The aim of the series is to give for those better known to the club for their contribution to the club. The series will be held at the Strand. The run will be a 5km run and will finish at the Strand.

OFF-ROAD RUNNING TALES:
This year will see the re-inauguration of a member's Cup Series. The aim of the series is to give for those better known to the club for their contribution to the club. The series will be held at the Strand. The run will be a 5km run and will finish at the Strand.

MIDDLE OF THE PACK
This year will see the re-inauguration of a member's Cup Series. The aim of the series is to give for those better known to the club for their contribution to the club. The series will be held at the Strand. The run will be a 5km run and will finish at the Strand.

FEBRUARY

Article

President's report -

Welcome to the 2008 season
Playtime Dash for Cash
Suncorp NQ Games
Beginners running clinic

Welcome to new members

TRR Profile: *Peter Hanley*

Off-Road Running Tales:

Mt Glorious 32km Trail Run
Middle' of the Pack

Author

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MONTHLY NEWSLETTER OF TOWNSVILLE ROAD RUNNERS INC. Volume 8 Number 2

About 8km February 2008

The newsletter is also available on the website: www.townsville-roadrunners.com.au • Tel: 0487 128 888 •

PRESIDENT'S REPORT

WELCOME TO THE 2008 SEASON
The aim of the series is to give for those better known to the club for their contribution to the club. The series will be held at the Strand. The run will be a 5km run and will finish at the Strand.

PLAYTIME DASH FOR CASH
The club will be participating in the Playtime Dash for Cash on Saturday 23rd February 2008. The run will be a 5km run and will finish at the Strand. The run will be a 5km run and will finish at the Strand.

SUNCORP NQ GAMES
The club will be participating in the Suncorp NQ Games on Saturday 23rd February 2008. The games will be held at the Strand. The club will be participating in the 5km run and will finish at the Strand. The run will be a 5km run and will finish at the Strand.

BEGINNERS RUNNING CLINIC
The club will be participating in the Beginners Running Clinic on Saturday 23rd February 2008. The clinic will be held at the Strand. The clinic will be held at the Strand.

WELCOME TO NEW MEMBERS
The club will be participating in the Welcome to New Members on Saturday 23rd February 2008. The event will be held at the Strand. The event will be held at the Strand.

TRR PROFILE: PETER HANLEY
This year will see the re-inauguration of a member's Cup Series. The aim of the series is to give for those better known to the club for their contribution to the club. The series will be held at the Strand. The run will be a 5km run and will finish at the Strand.

OFF-ROAD RUNNING TALES:
This year will see the re-inauguration of a member's Cup Series. The aim of the series is to give for those better known to the club for their contribution to the club. The series will be held at the Strand. The run will be a 5km run and will finish at the Strand.

MARCH

Article

President's report -

Suncorp NQ Games
Northern Schools Cross Country
2008 President's Cup

Welcome to new members

Website update

TRR Profile: *Simon O'Regan*

Running Tales:

Six Foot Track Marathon
Running Vienna

Back of the Pack

Author

Tony Hocking

Geoff Stanton

David Brooke-Taylor

Diane

MONTHLY NEWSLETTER OF TOWNSVILLE ROAD RUNNERS INC. Volume 8 Number 3

About 8km March 2008

The newsletter is also available on the website: www.townsville-roadrunners.com.au • Tel: 0487 128 888 •

PRESIDENT'S REPORT

WELCOME TO THE 2008 PRESIDENT'S CUP
The aim of the series is to give for those better known to the club for their contribution to the club. The series will be held at the Strand. The run will be a 5km run and will finish at the Strand.

SUNCORP NQ GAMES
The club will be participating in the Suncorp NQ Games on Saturday 23rd March 2008. The games will be held at the Strand. The club will be participating in the 5km run and will finish at the Strand. The run will be a 5km run and will finish at the Strand.

NORTHERN SCHOOLS CROSS COUNTRY
The club will be participating in the Northern Schools Cross Country on Saturday 23rd March 2008. The event will be held at the Strand. The event will be held at the Strand.

2008 PRESIDENT'S CUP
The club will be participating in the 2008 President's Cup on Saturday 23rd March 2008. The cup will be held at the Strand. The cup will be held at the Strand.

WELCOME TO NEW MEMBERS
The club will be participating in the Welcome to New Members on Saturday 23rd March 2008. The event will be held at the Strand. The event will be held at the Strand.

WEBSITE UPDATE
The club will be participating in the Website Update on Saturday 23rd March 2008. The update will be held at the Strand. The update will be held at the Strand.

TRR PROFILE: SIMON O'REGAN
This year will see the re-inauguration of a member's Cup Series. The aim of the series is to give for those better known to the club for their contribution to the club. The series will be held at the Strand. The run will be a 5km run and will finish at the Strand.

RUNNING TALES:
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APRIL

Article

President's report -

1st leg of President's Cup
Suncorp NQ Games
New PA system

Photos - from Suncorp Games

TRR Profile: *Jennifer Irving*

Running Tales:

Dirt & Dust Festival

Club Championship Points - how do they work?

Back of the Pack

Author

Tony Hocking

Kim Cova

Diane

MONTHLY NEWSLETTER OF TOWNSVILLE ROAD RUNNERS INC. Volume 8 Number 4

About 8km April 2008

The newsletter is also available on the website: www.townsville-roadrunners.com.au • Tel: 0487 128 888 •

PRESIDENT'S REPORT

WELCOME TO THE 2008 PRESIDENT'S CUP
The aim of the series is to give for those better known to the club for their contribution to the club. The series will be held at the Strand. The run will be a 5km run and will finish at the Strand.

SUNCORP NQ GAMES
The club will be participating in the Suncorp NQ Games on Saturday 23rd April 2008. The games will be held at the Strand. The club will be participating in the 5km run and will finish at the Strand. The run will be a 5km run and will finish at the Strand.

1ST LEG OF PRESIDENT'S CUP
The club will be participating in the 1st leg of the President's Cup on Saturday 23rd April 2008. The leg will be held at the Strand. The leg will be held at the Strand.

PHOTOS FROM SUNCORP GAMES
The club will be participating in the Photos from Suncorp Games on Saturday 23rd April 2008. The photos will be held at the Strand. The photos will be held at the Strand.

TRR PROFILE: JENNIFER IRVING
This year will see the re-inauguration of a member's Cup Series. The aim of the series is to give for those better known to the club for their contribution to the club. The series will be held at the Strand. The run will be a 5km run and will finish at the Strand.

RUNNING TALES:
This year will see the re-inauguration of a member's Cup Series. The aim of the series is to give for those better known to the club for their contribution to the club. The series will be held at the Strand. The run will be a 5km run and will finish at the Strand.

CLUB CHAMPIONSHIP POINTS - HOW DO THEY WORK?
This year will see the re-inauguration of a member's Cup Series. The aim of the series is to give for those better known to the club for their contribution to the club. The series will be held at the Strand. The run will be a 5km run and will finish at the Strand.

BACK OF THE PACK
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MAY
Article

President's report -
Sportsco King & Queen of the Castle
McDonald's Mother's Day Run
2nd leg of President's Cup
Athletics NQ upcoming events

TRR's Golf Day
Brian's Update -
Oceania Masters Athletics Champs
TRR Northern Schools X Country

TRR Profile: *Ben Payne*

Running Tales:

Labour Day 10km run

Back of the Pack

Author
Tony Hocking

Sonia Chalk
Brian Armit

Fraz



JUNE
Article

President's report
Tsv Podiatry Centre Fun Run
Forest Design 3 Day Race
Running Festival reminder

Brian's update -
Visitors to the Running Festival

TRR Profile: *Jack Sibley*

Running Tales:

2008 Warwick Pentath-Run

2008 Porcupine Gorge Challenge

Back of the Pack

Author
Tony Hocking

Brian Armit

Lia Bull

Fraz



JULY
Article

President's report
Townsville Ten Miler
2008 President's Cup
Running Festival reminder

Update on Running Festival

Running Festival sponsor - Endura

Registrations open - Sydney World Masters Games 2009

Townsville Podiatry Centre Fun Run

TRR Profile: *Sharee-Lee Nan Tie*

Running Tales:

2008 Gold Coast Marathon

Back of the Pack

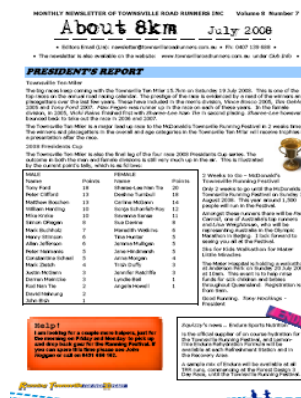
Author
Tony Hocking

Kathy Marsh

Kim Cova

Simon O'Regan

Diane



AUGUST
Article

President's report
Father's Day Fun Run
Rolling Thunder Run and Relay
2009 Membership Fees and t-shirt

TRR Profile: *Natascha Costello*

Running Tales:

Hello from the Middle of the Pack

Alice Springs 2008 Marathon

The Pyramid Revisited

Juniors Update

Tom carries the torch

Paluma Push

Author
Tony Hocking

Jason Veitch

Scotty

John Carlton



SEPTEMBER
No newsletter

OCTOBER
Article

President's report (final)
AGM
President's report from AGM
TRR Profile: *John Walsh*
2009 Run suggestions
Running Tales:
Maggie Island Revisited
Bundaberg to Brisbane
Mt Isa Mine to Mine
Tributes to Ray Koeniger
Caption Competition
Back of the Pack

Author
Tony Hocking

John Carlton
Tom 'Rooster' Ryan
Mark Buchholz

Diane

NOVEMBER / DECEMBER 2008
Article

President's report (initial)
TRR Profile: *Tony Ford*
2008 Presentation Night
Running Tales:
Rolling Thunder Version 1
Rolling Thunder Version 2
2008 World Off-road Triathlon
2008 Melbourne Marathon
On a Mission
A return of "The Mexican"
Caption Competition
Back of the Pack

Author
Sonia Chalk

John Carlton

Mark 'Sparkles' Buchholz
Ben 'Pirate' Payne
Jacqui Kelly (former TRR)
David Nahrung
Lia Bull

Diane

