

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

# About 8k

## PRESIDENT'S REPORT



### Great competition

The races so far this year continue to demonstrate the growing depth within the local running ranks. Tesfa Nethery broke through for his first open club win in a time of 29:15 in the Casino Run over 7.9kms on Saturday 20 April 2013. I will have to check the records but I believe that Tesfa is probably the youngest winner of an open race in the club's history. This was also no mean feat as Tesfa beat home Sam Stedman who had won both the Australia Day Run and the prestigious Athletes' Foot Dash for Cash this year. Richmond Sense continued his build up for the year with a solid third in the Casino Run.

The Casino Run was also notable in the female division as Deahne Turnbull broke through for a win in a time of 32:11. Deahne has been in great form since her return to competition and this win was only a matter of time in coming. Deahne finished some 44 seconds in front of Rachel Boles. This was Rachel's first defeat of the year and her next clash with Deahne should be a great race. There is also Lucy Richardson who came home in third and she is in form for a solid run in the forthcoming *McDonald's Day Classic*.

### Juniors

The club has specified junior races on the annual running calendar together with a school cross country series. Club members give up their time and effort to ensure that juniors are properly supervised during these events.

Juniors under 15 years are not allowed to participate in the long runs on Saturday mornings unless they have an exemption from the club. The exemption process involves discussions with parents and coaches to ensure that the junior is up to competing over the longer distances. Juniors are to be accompanied by a parent or other adult if competing in the short course races (other than a specified junior race).

The whole point of the above is to look after juniors in their early stages of distance running to ensure that they remain in the sport for the long term. The International Association of Athletics Federation (IAAF) has issued guidelines for junior running in a publication titled "*Specific Consideration for the Child and Adolescent Athlete*". The maximum competition distances for various ages are shown in Table 4-6 contained in this publication and this is a useful guide for parents and coaches. The duration, intensity and frequency of races and training sessions will of course vary depending on the age and maturation levels of each child.

In recent years, we have seen a number of our juniors come through the club to be top competitors in the open events. This is a great thing by itself, but equally as important are all of the other juniors that have just enjoyed (and continue to enjoy) running with the club. A conservative approach in the early stages of a junior's running will assist with longevity in this great pastime and sport.

### Other matters

It is probably a convenient time to also deal with the following frequently asked questions:

- Are iPods banned? – No, iPods are not banned, but the club does not encourage the use of iPods.



If a person chooses to wear an iPod, they do so at their risk and in this case, the person is encouraged to at least leave one ear unplugged;

- What about dogs? – they are not allowed in Fun Runs. As to normal Saturday morning runs, a person can run with a dog provided they do so at the back of the pack (and they stay there) with the dog under a leash at all times. The dog is the responsibility of the owner or handler and the club has no responsibility in that regard; and
- Prams? – are still not allowed in the Running Festival (on 4 August 2013) but allowed in all other races.

Good Running.

Tony Hockings  
President

## ***Local runners who have run away from Townsville recently have posted the following results:***

Edward Dawson , second overall at **Julia Creek dirt and dust** in 1.08.34

Also in the top 10 at the Dirt and dust were Max Fegan, Alan Moustakas, Tim Hams & Steve Johansen. Local Townsville girls included Trudy Fegan, Frances Quane, Natalie Morgan, Sarah Webb & Angela Gillham.

In the **Noosa Half Marathon** in April, Mark Buchholz 1.21.33—4th in age group, 28th overall (NB if Mark had run this race next week, he would have been first in his age group).

**13th April, Paymark XTERRA Rotorua Festival off-road, Blue Lake, Rotorua - Mary Donoghue 2.24.07, Mike Donoghue 1.42.30 & Will Sue Yek 2.12.23**

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## SPEED BUMPS



**WIDGE Rowden** and **Orlanda Endicott** are leaving on an airplane to Nadi on Monday for a new adventure in Fiji. They have secured work and plan to stay three years. It's about a decade since their previous assignment on Viti Levu. Their home in Suva was always open to wandering TRR members then and they say the offer still stands. At least one Townsville visitor sampled kava followed by good and bad karma in the Fiji Half Marathon during a stay at Chez Widge in 2003. The Under the Radar runners and walkers will miss you both. Bula Bula.



\* \* \* \*



**David Chaffey** is back on track this year after successful knee surgery. A speedster in the 1980s with a 70min half-marathon PB, Dave returned to TRR racing in this year's Dash for Cash and is keen to cut a few minutes off his 10km times, leading up to the running festival on August 4. He has been enjoying Tuesday track sessions and Thursday tempo runs with old friends **Geoff Ford** and **Pete Neimanis**.



\* \* \* \*



Back in town briefly last weekend, **Amy Curtis** caught up with old friends **Kate and Anders Bown** before tackling the West Water Tanks' run. Another ex-TRR flier **Alexis Gillham** joined fellow believers in the long, slow, distance creed on Sunday morning.



\* \* \* \*



**Bob Down** is recovering more slowly than he'd like from pneumonia late last year. His doctor recommends a few more months walking before returning to running. We're missing you Bob, get well soon. Others on the mend from frustrating injuries include **Fraser Bradley**, **John Hoggan** and **Glen Davies**. On the other hand, or foot—more precisely — **Erin Stafford** is in the moon boot phase of treatment for a broken foot.



\* \* \* \*



**JOHN Nuttall** has been nominated for a Townsville City Council 2013 Sports Award for his record-breaking ultra-marathon 6 hour runs on road and track during 2012. The awards' ceremony will be held at the Townsville RSL Stadium, Murray, on Wednesday, May 15. Good luck John.

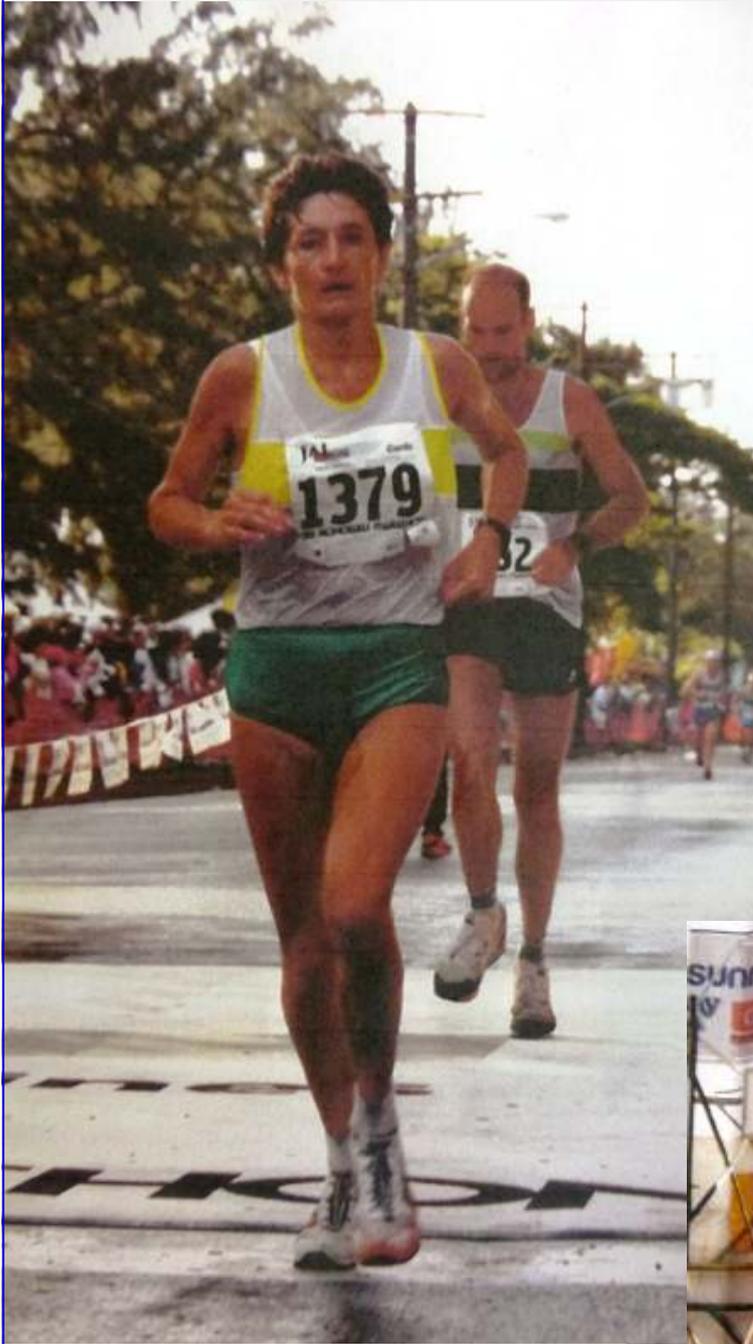


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FIVE months out from the 28km Great Whitsunday Walk and Run, on September 22, **Trevor Brown** is organising a PB sweep, winner takes all. This year's event will be his sixth dice with the Conway State Forest to Airlie Beach gut-buster.





Glasshouse Mountains' 50 mile trail run 1999 (8.56) 3rd overall and 1st woman

18th Honolulu Marathon, Honolulu Hawaii  
December 9, 1990



Sunny Queen International (Moreton Bay) 1989



## Meet a TRR - Natascha Costello

Natascha joined TRR 26 years ago. She started running at age 39 in 1987 beginning with the Easter Half Marathon and went straight on to the Mackay marathon which she won in 3hr 20min and hasn't looked back since.

She tells us she's had fun going over old news reports of her long running career— some omitted from last year's TRR 40th anniversary booklet.

Natascha's record makes interesting reading as follows:

Best times:	Dash for Cash (old course)	17.23
	10k	38.35 & 39.01
	10 Miles	66.14 (1992)
	1/2 marathon	1.26.46 (1989)
	Marathon	2:59.48

Other distances: Great Ocean road(46k) 3 hr 54min and Glasshouse Mountain 50 mile(80k) 7hr 56min - 1st woman home and 3rd overall. A new record set for this last run and what she considers her biggest achievement.

In the past, there was a TRR Strand time trial run of 8k. Natascha ran 31.42 in 1991 and 31.33 in 1992. In 1991 she was 10th overall in club championship positions.

Internationally there were some fine results with 3:04.32 at the Gold Coast marathon in 1990 and 3:03.37 for the Sunny Queen International (Moreton Bay) in 1989 and 3rd overall, receiving her trophy from Steve Moneghetti.

Natascha has run consistently well in Townsville marathons, with 3.03.49 in '88, 3.01.16 in '89, 3.01.27 in '90, 2.59.48 in '91, 3.03.26 in '92 and 3.06.28 in '93.

In Honolulu in 1990 she completed the marathon in 3.08.53—2nd in masters and 19th woman home of 2493 females. Back in Honolulu in '91 she took out the masters in 3.07.57 and was 16th of 3322 females, earning her a congratulatory telegram from Susie and Bob Katter.

In 1989 she won the Dalrymple Shire Australia Day Sports Star of the Year award.

Many years on from her paddock-running days at the Towers, Natascha is still performing consistently and competitively. She has had her share of aches, pains and niggles too, but nothing terminal. A good teacher, Natascha has helped scores of up and comers over the years. Have a yarn with her one Saturday for some tips on running longevity.



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