

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

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About 8k

Out and about in the 3 Day Race and 10 Miler



Running Townsville FOR OVER 40 YEARS



Meet a TRR - Ben Cooper

I was always good at sport when I was a lot younger but got distracted by a misspent youth, then focusing mainly on work through my 20s as a carpenter and established party animal. After a long break from sports, I made a decision recently to start directing my energy in a more positive, rewarding manner.

Entering the NQ Games 5km race with a mate in March ignited the fire. I hadn't run a race since early primary school so a fifth placing overall and a bronze medal for my age group sparked some interest ... Next step was joining the Road Runners!

Having improved my 10km time from 44 min to 40 min in five weeks it seems I'm a natural - so they tell me.

The encouraging words and camaraderie at the Road Runners is a great motivator for me to keep surging forward into the world of racing. Whether it be 5k, 10k, half, full marathons, triathlons, ironman, Tough Mudder, I can't wait to try it all whilst enjoying the shenanigans with all you awesome people along the way.

For now I'm training for the Townsville half marathon and aiming for a time of 1hr 30 mins & would like to complete my first marathon somewhere I've never been before such as New York or Las Vegas.

My favourite run so far has been the second day of the three-day race,. It was my longest and hardest race to date and had me almost jumping over fences to get a drink from the tap. Thank god the lady up Yarrowonga gave me a drink from her hose whilst she watered her garden. But every race is a good race and leaves me on a high for a couple of days, the harder the better I say.

As for running fuel, I'm still in the trial and error process but so far some energy food 1 hour before and a hydration drink such as Endura seem to be working well plus energy gels for longer runs over 10k.

For me, running and fitness is the missing piece of the puzzle. It's proving to be a turning point in my life, opening up doors of opportunity that I never thought possible and I urge anyone that needs something to do or needs a hand up to give it a go!



SPEED BUMPS

THE mobile buzzed late one night at Speed Bumps' place last week. The callers' number looked strange and the pips echoed from far away. Her accent was exotic. ``Is that Townsville Running Festival?" (Our number is apparently still a Google item.) She was a marathoner from Moscow with a crucial question, given her coming long flight for a finisher's medal: ``What is your cut-off time?" The fate of back-of-the-packers is unclear on the TRF website. Luckily I was able to pass on some good news, that our volunteers traditionally wait until what Shakespeare called the edge of doom for footsore and famished finishers. In Townsville you can bet on TLC in the finishers' chute from **Claudia Gillham** and her team, no matter if it's taken two hours or seven. The 2014 Tony Ireland Marathon had a field of 135 earlier this week, with entries still rolling in, incredibly (what kind of whimsy makes 42.2km look feasible on a fortnight's cramming?).

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WELL done **Mark (Sparkie) Buchholz** on a gutsy PB in the Gold Coast Marathon on July 7. Mark's net time of 2hr 57min 28sec shaved 20sec off his old record and yielded him 7th place in the 50-54yr division. The nagging hip flexor which marred his run has since come good and he's looking forward to resuming his quest next year.

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TALKING about PBs, old-school members say the inspiration of **Robert de Castella's** world-class feats spurred everyone to classy times 30 years ago. For example, in 1985, **Bill White** won the inaugural Townsville Ten Miler in 55min 45sec. **Joe Scott** was first veteran and third overall in 57min 52sec. **Debbie Glenwright** was first woman in 71min 19sec and **Sylvia Kelso** veteran women's winner in 79.21. **Jim McNabb's** 61.52 yielded him 10th place in 1985. Last Saturday at JCU this would have seen him just behind Tony Gordon, winner in 61.35. But cool it, Gen X and Y, I concede the latest 10 mile course is advertised as 16.4km - a stretch on the good old days.

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FORMER T.R.R. members **Anthony and Daina Craig** - married about a year ago - showed great form in the recent 4.5km Womens Super Brisbane Mothers Day Classic run. Anthony won in 14min neat and Daina was first woman and third overall in 16min 42sec.

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EVERY August our chameleon club swaps from road to mostly off-road running. Hill and gully specialists like **Phil Copp, John Hoggan, Trevor Brown** and **Toni (Kiwi) Ferguson** are in training for the Great Pyramid Race at Gordonvale on Saturday August 9 and the Great Whitsunday Walk and Run at Airlie Beach on September 21. Closer to home, Pete's annual cross-country series begins at Bicentennial Park on Saturday, August 16, and planning has begun for a new-look Rolling Thunder race on Saturday, Nov 8, from the Paluma Community Centre.

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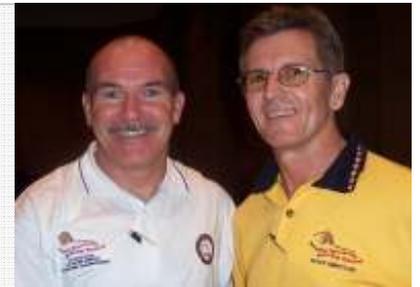
HAPPY Birthday **Mal Heron**, who recently celebrated a significant anniversary. Mal is on the mend from a buster just before the big day with left him battered and bruised but with his restored 50-year-old road bike intact and immaculate.



TRF News *from Brian Armit*

10 year club.

Last year we took the initial steps to recognise those runners who had completed 10 TRF marathons – **Tony Felesina, David Cannings, Rodney Rutherford** and **Geoff Stanton** were presented with Polo shirts, a certificate and their own personal running numbers – 42001 to 42004 respectively.



This list has now been expanded to recognise those who have completed 10 marathons in Townsville during the 41 years since 1972 as well as anyone who has ever run 42k in Townsville.

This year we will welcome **Paul Crouch-Chivers** to the list. Paul and David Cannings are both members of the Australian 100 Marathon Club with 116 and 113 resp. as of 2013. (To see this list google the Australian 100 marathon Club the hit the name). For both of them to have run 10% of their total in Townsville gives me a great deal of pride in our event – when they have globe trotted the world for the rest. We have a great event.

We have 5 runners – **Peter Lahiff, Bernie Norris, Steve Titmus, Wayne Crase** and **Roger Lebish** on 9 and another 10 runners with 8. What an outstanding effort. To see our full list go to www.townsvillerunningfestival.com click on the 10 year club logo – then hitting the name will list all marathons and times completed in Townsville. Check it out.

Special thanks to **Michael Fitzsimmons** (the excel wizard) and **Joe Scott**. If this list is not correct please contact Michael to make any adjustments – and just provide proof of a completed finish.

I received an email from David Cannings asking if we would be providing him with a new bib each year (42002) as his original bib is framed on the wall and is a very prized possession. Yes, everyone will get a new bib each year.

On-Course Entertainment.

This year we have allocated 6 entertainment positions around the marathon course. We have 2 spots left to fill, if you know anyone who might be able to blast out AC/DC or any other inspiring rock or anything else please contact Margie Ryder. They could have a Ute full of boom boxes and be parked along Pallarenda Road, the possibilities are endless.

Volunteering

Fresh from a great performance at the Cairns Ironman – TRF Volunteer Coordinator Monique Flores will soon be filling positions for all jobs related to the TRF. Please contact Margie Ryder madmaggies1@bigpond.com to indicate if you can help or wish to do the same job as last year. The Event Crew polo shirts look great.



Pacers

This has been coming for a while – we just had to find some very generous volunteers. In the Half Marathon we have Simon O'Regan (1hr 30min), Ian Frazer (1hr 45min) and in the 10k Classic we have Mark "Sparky" Buchholtz (45min) and Michael Harding (50min). A huge thanks you to these runners – this is a terrific addition to the event.

Sponsors

Nearly all sponsorships have been filled for 2014. If you have a business or know someone who may wish to become involved in this event in the future, contact Margie Ryder – she will explain future plans and opportunities. Having a look at the 2014 event is a great start to get involved.

McDonald's Townsville Running Festival promotions are about to hit top gear. Special thanks to several TRR club members who made a series of TV commercials recently – they will be blazing away shortly on WIN TV. The ads look great, looks like they had a great time making them. The Townsville Bulletin is carrying a series of top stories featuring The Chosen Ones as well as great of some competitors running for a cause. Tune into HOTFM radio as well.

Marathon Mates

This year we introduced Marathon mates. This is for new marathoners to link in with an experienced marathoner whether you are training in Townsville or country Queensland. With mobile phone usage, it means that even if you are running on your own at a remote community or mine site, you are just an SMS away from having a marathon mate to sound out your training, share a tough morning and get confirmation or encouragement with your training. If in Townsville, you get an opportunity to train with an experienced runner at your own pace by linking in with your own mate or other experienced runners training for the same distance. For some it beats running the 3 x 32k runs on your own.

In introducing Marathon Mates, **Simon O'Regan** (Club Coach) set training programs for 3 levels - Advanced, Intermediate and Beginner.

We had 3 mates this year - having done 34 marathons as well as various ultras between them. We were so pleased these runners put up their hand to help due to their experience and low key approach. I hope they take something from it too because they have not hesitated in sharing their own time.

Good luck with tapering over the final week. Stay fit and I'll see you on the start line.

2014 Running Festival course changes

Due to major drainage works in Howitt St all courses this year will turn right at Mitchell St, left at Isley St then right into Cook St and pick up existing courses. Distance changes should be minimal but will be checked and adjusted if needed.

The 5k will turnaround in Isley St somewhere.

The Marathon start will be out on The Strand at the existing 21k and 10k start point. This move should make the start safer with more lighting along The Strand. The distance is the same. info@townsvilleroadrunners.com.au



Gold Coast 100 Ultramarathon by John Nuttall

"I learned this, at least, by my experiment; that if one advances confidently in the direction of his dreams, and endeavours to lead the life which he has imagined, he will meet with a success unexpected in common hours." Henry David Thoreau.

I had entered the GC 100 for several reasons. One being to catch up with old friends and maybe make a few new ones. My friend (Kelvin Marshall) was preparing to take on his 316th ultra on Sunday with a mediocre 200+ marathons also to his name. He had just celebrated his 50th birthday so plenty of time to increase those numbers before the Zimmer frame.

I met up with Kenny my son at Brissie airport with a great bear hug and sloppy kiss. Kenny had forfeited his weekend playing drums in a band to crew for his old man, whom I'm sure he's wondering when the marbles are going to start dropping out! "Couldn't think of a better place to be right now" he said, tongue in cheek. We headed for the white sandy beaches and high rises of Burleigh Heads.

It was a perfect day for a run, Sunday 8th June. 13c to 23c and the 100km was the first to start at daylight with a 50 mile, 50km, 25km, and 10km to follow. The popularity of ultra running has increased since I took my first step on the 'dark side' many moons ago. So it was a carnival atmosphere at Rudd park as we passed through the start/finish area 4 times on our journey to 100kms. I've been going through a purple patch this year for the long slow stuff, picking up a couple of 60 to 64 age records in the 6hr category in March. It did enter my head that 70km would look better on my CV than 69.88km so that was my goal, and then of course go on to finish the 100km. I dared to dream also that Cliffy Young's 30yr old 100km record of 8hrs 53 mins was a distant possibility, and as Thoreau said "advance confidently in the direction of your dreams" so off I went.

I like to run an ultra (and any other distance for that matter) by letting my form and fitness dictate my pace. So after a good taper i was chomping at the bit to run. I settled into a nice 5min/km pace and went through 12.5 km in 61 mins. The breeze was behind me coming home so 60mins was easy to bring up 25km. 2hrs 1min feeling good . I decided to relax a little in the second lap to arrive at 50km in 4hr 10mins exactly as planned, leaving me 4hr 43min to run the second 50km. How often do we get to halfway in a race feeling great, then the wheels fall off and you become an utter wreck by the finish? Well it took 2kms after the 50km mark for the wheels to puncture, blow out and leave me on the rims. On a slight downhill I got a calf cramp which got worse the longer I went. I would have had to break a leg to pull out, so it was a jog, walk, walk, walk to the finish in 11hr 13min. A 7hr 3min second 50km. Cliffy can sleep peacefully with the thoughts that his record is intact for a little longer!

Due to many runners finishing in the darkness of Sunday evening and it being a long weekend, the presentations took place at Burleigh S.L. Savers club over breakfast on Monday morning. To our surprise the presentations were by one of our greatest athletes of the past in Mr Ron Clarke [pictured with John above]. I got the award for 1st over 60yr runner and it was a privilege to receive it from Ron who is still very sprightly approaching his 78th birthday.

A simply tremendous weekend. Anyone who would like to try the 'dark side' of running, here are a few excellent websites. DUV ultra. IAU (International Association of Ultra runners). Ultra 168. Australian ultra runners association. Aura.



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