

November 2010

Featuring.....

- Presidents Report
- Coming Events
- Melbourne Marathon by Bill Wollin
- Profile: Sahra Lake
- Profile: Lee Bradford
- Captains report
- Recipe of the Month

SRAWS

News

President's Report

It's been nice to see so many new faces at the club on a Sunday. So, welcome to all those new members.

Our new singlets have been a huge success and at just \$25.00 is still a bargain. I would like to thank Judy for the good job she does with the ordering both of our uniforms and our supplies for our BBQ's etc. We still have a few long or short sleeved tops and singlets in our old style left and these are going for just \$10.00! What a bargain!!!

When the club was formed, it was decided that each Christmas we would support a local charity and give to those less fortunate. Our Charity for this Christmas is the Salvos. If you would like to contribute to this worthwhile cause please place your imperishable goods in the boxes at the club house. So they can prepare their Christmas hampers we would appreciate it if the goods could be in by the end of November. Don't forget our Christmas run and BBQ is on 19th December. It would be nice to see everyone dressed in the Christmas spirit!

Our Wednesday nights have got off to a good start and it would be nice to have a few more members there. Why not bring your partner and /or children along with a picnic tea or just buy some fish 'n' chips over the road and enjoy a nice social evening after your run.

Congratulations to all those members that have participated in events away from the club in the last few weeks.

If anyone has any suggestions for a particular course, distance or just a fun type of run please let us know, as we are always looking for something different to keep you inspired.

Have a good month
Carole



Coming Events:

November 19th to 21st Endeavour 500 km relay

November 28th: 10 km Time Trial sponsored by SRAWS.

December 12th: Kurrawa to Duranbah 25 and 50 km run/walk

December 19th: Christmas run and BBQ



From the Field: Melbourne Marathon 10/10/10

The advertising said this would be Australia's largest marathon and so it was with over 5000 people finishing the marathon. The male and female race records were broken and 219 runners broke 3 hours. Over all the events there were in excess of 27000 participants and all who finished did one lap of the Melbourne Cricket Ground (MCG) and ran under the finish banner.

Alan Cossey and I travelled south to be part of history and also to visit the Titanic Exhibition in the museum on the following Monday. Were we about to experience two disasters over the same weekend, first our marathon and then the Titanic?

Our last marathon had been in Wagga Wagga with a marathon field of 45 and now we were in the middle of 5000 plus marathoners all jostling for the best position. With a temperature around 10 c. and a dry day predicted it looked good running weather.

The race course is scenic taking in Federation Square, St. Kilda Rd., Albert Park, Port Melbourne, Elwood and back to the MCG via St. Kilda Rd. again and the Tan.

We both enjoyed the run and it was good to see so many people from the Gold Coast participating. I was obviously running much too fast as I caught the edge of a "speed" bump at the 8 km. mark in Albert Park and ended up spread-eagle across the bitumen. Not a pretty sight.



The finish in the MCG is always special even though there were not as many people as the two previous weeks (footy finals), but still a good atmosphere.

This was a well organized event with plenty of volunteers and drink stations. All marathon runners could leave personal drinks or gels at nominated drink stations. Such a help when one gets to the pointy end of a marathon and you're hanging out for a special drink. Maybe the Gold Coast Marathon organizers might reconsider their ban on personal drinks for the age groupers in the next Gold Coast Marathon.

The race record was broken by Kenyan Japhet Kipkorir in a time of 2.11.04.

The female race record was broken by Ethiopian Mula Seboka in a time of 2.32.20

The following day, with weary legs, we visited the Titanic Exhibition which was most interesting and informative. Just a pity we had to queue and shuffle for four hours. (not unlike the previous day). Just for the record the Titanic sank in April 1912, 1523 people perished and 705 survived. We also survived the Melbourne Marathon and the Titanic Exhibition...

What speed bump???

Regards Bill Wollin...



Profile: Sahra Lake



We are getting older and our young members are growing up!

Sahra Lake (on the right) and friend 2008 Marathon Day

Sahra: Year 12 Graduation 201





Profile: Lee Bradford

Age: Must I say! 57

My Family: Husband Tony and daughter Alisa. Mum aged 87 also now lives on the Gold Coast.

My Career: Most of my working life has been involved in Visual Arts Education. I worked as a Secondary High School teacher in South Australia and Alice Springs for many years teaching Art and Drama. I had one short, not very memorable break as a school cleaner for a couple of years, between teaching jobs. I also worked as an Artist Craftsperson while in Alice Springs.

After moving to the Gold Coast in 2000 I started up my own Painting classes for adults after being involved in volunteer work developing and teaching drawing classes for U3A. (University of the third age). I also work as a volunteer, running painting sessions at Woodlands Lodge Aged Care Facility.

I am currently trying to establish credentials as an Artist / painting teacher, and have had three exhibitions of my work, one solo, and two with a small group of Adult students.

Running Career and Achievements



I was a late starter to running, only taking it up when I turned thirty. I wanted a sport that didn't require a great deal of co-ordination, and running seemed perfect. I immediately became obsessed, logging times and distances, running 5 or 6 days a week without fail, and in all conditions. I competing in over 98 race runs and fun runs between 1984 and 1990 and tried to convert all of my friends

and colleagues.

I won quite a few "First Female Veteran" trophies mainly due to lack of entries, and an outright win as first female in the Cornish Festival 8.3 in a time of 38.13mins

Best Times

One of my first runs **Flinders Cross country 4k** held at Flinders University in 1984

In a time of **16 minutes 38 sec**

City Bay 1984 12k in a time of **62.mins 34 sec**

My best ever run was the May 1985 Speedy Mufflers Adelaide 10k in freezing cold conditions in a time of 48.30 mins

3rd Whyalla Australia day fun run 5k in a time of **21.08mins**

Best half marathon time

1988 Whyalla half Marathon. – 1hr 49mins 23sec

Best things about running

In the past I enjoyed competing and was always trying to better my pb. I liked the long slow training runs and as a teacher often used them to prepare lessons and solve problems. I also liked the positive feeling of accomplishment when a run was over, whether training run or a race.

The hardest run I've ever done

King of the mountain in Iron Baron South Australia. This pretty little town north of Whyalla was a mining town and doesn't exist anymore. We lived in the town for several years and the run was part of a Medieval style festival which attracted runners from surrounding regions.

The king of the mountain was a race to the top of the Iron Ore Open cut mine. It was hellish hot, extremely windy conditions and when I finally reached the top, dehydrated and in a very slow time, was covered from head to toe in red dust !

Favourite Pastime

Painting and drawing

Favourite Food:

A home-style and slightly healthier variation of our old favourite "Chicken and Chips"

Unfortunately, I also love anything chocolate.

Favourite Movie:

Without a doubt it would be "Lawrence of Arabia" Peter O'Toole in all those flowing robes, also Omar Sharif, a great cast, riveting story, and fabulous cinematography. An all time great, that doesn't age.

Favourite Book : The book I've re read the most is Suetonius "The Twelve Caesars", partly because I keep forgetting it, and because I love the gossipy style and all the historical references .

My Greatest Fear:

Becoming completely dependent.

My proudest moment

Watching my daughter Alisa graduate from Uni would be up there.

If I could:

I would give husband Tony a well earned break, with a round the world cruise, and be able to pay for it myself





DECEMBER Birthdays

Denis O'Brien	2-Dec
Malcom Andrews	6-Dec
Dawn Francisco	8-Dec
Fay Morgan	10-Dec
Debbie Pickering	11-Dec
Nicole Casey	12-Dec
Peter Cook	12-Dec
Matt Mulholland	14-Dec
Keiko Sunaba	15-Dec
Lesley Sinclair	17-Dec
Richard Hutchinson	17-Dec
Lesley Magann	19-Dec
Lubby Kascelan	19-Dec
Kelly Nolan	20-Dec
Dennis Finn	22-Dec
Tim Catanese	24-Dec
Paul Cooper	24-Dec
David Loader	30-Dec
Alisa Bradford	31-Dec
Josh Tanner	31-Dec

CAPTAINS`REPORT

Our next time trial has been put back from 21/11/2010 to 28th November so as not to clash with the Endeavour 500. This will be followed by a BBQ.

Again our thanks to Alan & Marina whittle for sponsoring the RED MILE.

If you would like to sponsor a time trial please let me know. This is great for you to inform other members of your business or occupation. We will advertise your business in our Newsletter for that month.

Congratulations to Dale Newman on receiving sponsorship to run the Conrads run in South Africa next year. Dale completed in last years Duranbah 50km race coming in at 8 hours. This year he hopes to do it in 5hours. He is probable one of our most improved runners this year.

If you have or know someone who has achieved something special please let me know or better still write it up and pass it on to Christine for the Newsletter.

See you on the (walking) track

Alan

RECIPE FROM JANINE

Mango Magic Breakfast Smoothie

Ingredients

1 cup mango, diced
 1 cup low fat milk
 2 T low fat vanilla yoghurt
 2 T rolled oats
 2-3 T whey protein powder
 2 ice cubes

Method

1. Add all ingredients into a blender.
 2. Blend till smooth.
 3. Pour into a tall glass and Enjoy!

Note: you can add any other fruit you like.....

Southport Runners and Walkers Inc

Address:

Southport Aquatic Centre
 Marine Parade
 Southport, QLD 4216



Web: <http://www.southportrw.org>

Email: srawsc@gmail.com

Mobile: 0457 486 107 (NEW)

