



▶ Kauai Marathon.....1

October

2010



▶ Ika Mata2



▶ PROFILES: RUSSELL & NICOLAS SWANSON .3

SRAWS News

Presidents Report

Our great trip to Cook Islands is now over BUT we are already having inquiries for next year. If you are interested let me know. The Edgewater Resort is going to send me package deals once they have finalised the details for next year's event.

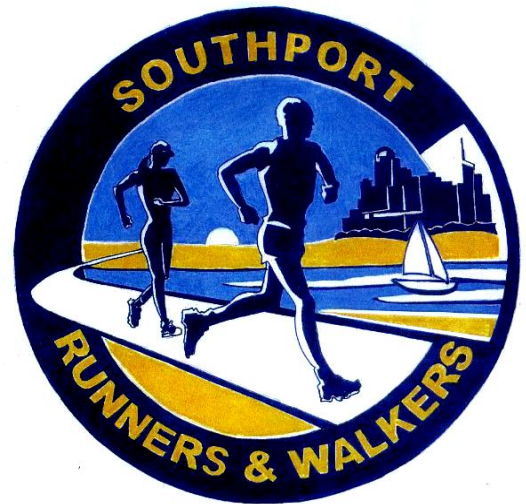
Now we can get back to normal club duties. As you know in the past we have supported a charity for Christmas and this year the committee has decided to collect cans of food. There will be a box at the club where you can leave them and we can pass them on to a charitable institution in time for them to distribute to the needy for Christmas.

Due to the weather, we will not be starting Wednesday evening runs until further notice.

I would like to thank everyone for helping out while Alan and I have been interstate and overseas in the last few months.

Keep running and walking

Carole



Round Rarotonga Road Race

WAI! LOOK AT ALL THOSE PEOPLE RUNNING - THERE MUST BE ANOTHER FUEL SHORTAGE!



From the Field: Kauai Marathon Report, 5th September 2010

The year dawned, my 50th! Well I couldn't just let this slide by so decided to do a marathon to celebrate the occasion, as you do! So after much searching and downloading the marathons of the year/world, I was astounded at how many runs there are actually out there and especially in USA literally hundreds.

I annoyed everyone including my poor travel agent trying to come up with the event that was a bit unusual and didn't cost the earth to get to and oh the final necessity it had to be summer. So the little island of Kauai became my special choice of pleasure/pain/exhilaration. Known for its many Roosters and also called the 'Garden Island' of Hawaii. As the Hawaiians say it is this little tiny rock way out in the middle of the ocean, unprotected and vulnerable but very special.

This almost totally organic self sufficient friendly little spot had the unfortunate circumstance to experience a hurricane in 1982 where the 'chooks' were flown out of their coops and as a result landed everywhere and became wild and breed like the proverbial as there are no snakes (yippee), poisonous spiders, or foxes to harass these cut feathered friends. But the chooks, which are really bantams, had the second misfortune to again be harassed by another hurricane in 1992. Yes you guessed it, more flying and winging their way throughout the island. They are everywhere, beside the road, on the road in the bushes but doing a marvelous job of eating centipedes and grubs = no poisons used on the island.



So after this exciting bit of history you get my drift of where we have gone, we stayed at the beautiful and relaxed Sheraton at Poipu Beach which also suffered from the 1992 Hurricane, to the extent the hotel was boarded up for 5 years due to the severe damage. As you drive around you can see other places deserted and left abandoned.

We arrived on the Friday before the event of which there were 500 in the full and 1500 in the half. This was the marathon's second year and all the locals gave incredible support like I have never experienced before.

We were able to talk with Dean Karnazes, ultra marathon man, who ran 50 marathons, in 50 states, in 50 consecutive days! His advice was to cross train, and if you have a hard run such as a long run 25k+ or a hard sprint session, or tough hill training, then not to run again for 2 or 3 days but do something else you love. He likes to do stand up paddle boarding to, mountain bike riding, swimming, surfing and Kite surfing.

On marathon day we were guided to the start by following swaying lanterns by support crew a lovely friendly and peaceful walk in the dark. About 15 minutes walk from the Sheraton, the

race precinct was outside a small shopping centre with a 6am start. The mayor was there larger than life. He would be walking the half and most of his cabinet would be competing. We had been advised that no-one was able to run under 2.30 for the full. This was one of the toughest events in the world. I found this out after I had registered.

As most of the course is uphill with some relief downhill after the 22 'mile' mark, the competitors were strongly advised not to go out to hard or too fast and wait till this last stretch to 'plant it' and power on to the end. The heat, humidity and 30 plus hills would be tough on the body.

The race was blessed in Hawaiian and English. In the dark, with flaming lanterns to guide our way we ran. Traffic stopped and cheered us on, clapping with big smiles. At the 5 mile mark we ran through the 99 year old tunnel of trees, and at 17 mile, they had specially trimmed the bushes along the side of the road so we could see the uninterrupted view across the volcanic landscape and out to the ocean. The half and full marathon runners were able to run together until the 11 mile turnoff. There were over 20 drink stops. Groups of Hawaiian Hula girls dancing along the roadside, Japanese drums, Rock Music and duets villagers calling out, clapping and cheering us on like I have never witnessed before. The support had the normal water, electrolyte drinks, which turned into icy cold drinks, small freezing cold sponges to squeeze over you by the hundreds, gels, and fruit and even towards the end biscuits and pretzels for the endurance and salt content. We were all suffering but the poor Kenyans (just the 2 of them) went out too hard and too fast and both ended up in the ambulance, one with an injured leg and another with heat stroke and did not finish.

After my year of being injured for 6 months, some hill training and doing a test by competing in the Gold Coast Marathon I crossed the line in 5.15. Exhilarated and blown away by this tiny little island friendly and greatly supported event, where they welcomed you with open arms.

In case you are wondering yes Paul also competed in a time of 4.41. You can follow his training (which always amazes us). He surfs 2-3 times a week, does a couple of short runs, a 32k run and that's it!! He calls it tapering. Yes he drives us all insane as we all slog it out (happily) but wonder at how he continues to pull his great times out of nowhere! And no injuries! Maybe there really is something in that cross training thing. He is now back to tapering just surfing.

So if you want a different, small, very tough but very happy and well organised event, come to Kauai. By the way we were the only Australians! For anybody that wants to see our race photos go to this link and we were bib numbers 278 and 279. Hold down CTRL and click on the link.

<http://www.sportphoto.com/Event.aspx?EventID=99>
Amanda Mugridge.



Cook Island Recipe

IKA MATA or MARINATED FISH

This is a unique Cook Island taste. The best fish to use is tuna, schnapper, trevelli or hoki, but will work well with most white fish, but not salmon.

Ingredients

Approx 2kgs of fish
2 onions
2 capsicums (red, yellow, green or mixture)
1 carrot
1 cucumber
Bundle of spring onions
2 cups pineapple or apple
1 tin of coconut cream (make sure 80% cream)
Mayonnaise
Chile
Garlic
Lemon or lime or vinegar for marinade.

Method

Dice the fish into cubes, not too big.
Soak in water for a few minutes, then rinse under running water.
Soak the fish in lemon juice, lime juice or vinegar. Lemon juice is recommended.

Make sure the fish is covered in the marinade, do not push fish down.

Add garlic (according to your taste) and diced onion to the marinade.

Cover and place in the refrigerator, red fish 2-2.30 hours, white fish 1-1.30 hours.

While the fish is marinating prepare the other ingredients. Dice vegetables and fruit into small cubes. You can add anything or change the vegetables and fruit according to your taste.

After the marinade time is up, drain the fish and discard the marinade.

Mix coconut cream, mayonnaise and chile (if desired) and pepper according to your taste.

Add to fish and refrigerate for 10-15 minutes before serving



Profile: Russell Swanson

Age: 48

My Family: Wife Kylie, sons Nick (12) and Ben (9)

My Career: Tournament Golf Official/referee and golf professional

Running Achievements: Marathon in Sydney 2000, one and only in a time of 3.35m

Best Times:
5km-20 min 21 sec
10km-42 min 14 sec
Half Marathon- 91 min 39 sec

Best thing about running: Exercise/ social events

The Hardest run: 2000 Sydney City Marathon

Favourite Pastime: Spending time at home with family

Favourite Food: Chicken omelette

Favourite Movie: Shawshank Redemption

Favourite Book: Rules of Golf Decisions Book

My greatest fear: Injury and my son Nic beating me

My proudest moment: Marrying Kylie and witnessing the birth of Nic and Ben

If I could I would: Play Augusta National Golf Club with Tiger Woods, Nick Faldo and my father



Profile: Nicolas Swanson

AGE: 13

My Family: Dad, Russell: Mum, Kylie: Brother, Ben:

My Career: Student, Year 7 AB Paterson College

RUNNING CAREER & ACHIEVEMENTS: Competing in State Little Athletics 2010 in 1500 m

Best Times: 5km-19 min 53 secs

Best things about running: Keeping fit

The hardest run I've ever done: Art Centre Hills (7km). Hot and I had just started running

Favourite Pastime: Rugby League and cricket

Favorite Food: Pasta

Favourite Movie: 2012

Favourite Book: Holes

My greatest fear: Never being able to run

My proudest moment: Breaking 20 minutes for 5 km

If I could I would: WIN the Gold Coast Marathon





CAPTAINS` REPORT

Our trip to the Cook Islands was magnificent, well above my expectations. There were so many hi-lights with something happening all the time.

Our accommodation at The Edgewater Resort & Spa provided activities every hour such as Fish Feeding, snorkeling, bush walks, jungle walks, crab racing, and climbing coconut trees. We were also lucky enough to have one of Australia's foremost Pilates experts conducting classes by the sea each morning – thank you Nick.

The running hi-lights were Les Rootsey, after having walked the 5km due to an injury, to recover and be our 1st runner to finish the 32km race and the Nutter's Cross Island Race, Chris Purdie was the 1st female walker home in the 10km and Danny Johanson 2nd male home in the same event.

Nick Clarke was the star of the winning team after he was poached by them in the Round Island Relay when our team was delayed and missed the start. The winning time for this 32km event was 1:55:00, an average of 3:43... Ken Purdie decided in the eleventh hour to walk the 32km and finished in 5:43:00 escorted by half the islands medical staff. Mike Hickman looked like the cat that ate the cream when he finished the rugged cross island event in 2:24:00 He enjoyed the event so much he kept back tracking Our non runners also excelled in most activities with Debbie Andrews and Carole Farrell taking part in a Cultural Tour of the Island's Night Spots- someone had to take care of the cultural side of life in this paradise!

Chris did a tremendous job keeping everyone back home up to date with us through our Blogg. www.srawsc.blogspot.com

To-day, Sunday, 10th October we held the inaugural Commonwealth Games, Southport Relay. This was a great success with Teams from all over the coast participating. I am hoping this event will be repeated. Rick Quadrio and yours truly held off a fast finishing Kerry Magro and Nick Clarke. Michelle Lake and John Gribbon finished third. They would have finished higher up if Michelle had stopped whining, complaining and moaning.

Congratulations to all those who competed at Salt.
Our next major event is the RED Mile on 31st Oct.

Alan Farrell

OCTOBER

Nick Swanson	4-Oct
Alan Farrell	6-Oct
Mark Gilbert	8-Oct
Errol Gouws	9-Oct
Shawn Moylan	10-Oct
Hans Juergen Grollius	12-Oct
Sarah Malott	15-Oct
Les Rootsey	17-Oct
John Lunderen	18-Oct
Russell Swanson	24-Oct
Marion Wollin	25-Oct
Rod Davie	27-Oct
Richard Harris	27-Oct
Arama Tom	27-Oct
Diane Sheddan	30-Oct
Yvette Safier	31-Oct

Southport Runners and Walkers Inc

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Southport, QLD 4216

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Email: srawsc@gmail.com



Mobile: 0457 486 107 (NEW)

