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September | 2010



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SRAWS News

Spring is here along with the new SRAWS Newsletter. We hope you like the new layout and style. Keep on running and smiling and watch out for the magpies!

Presidents Report

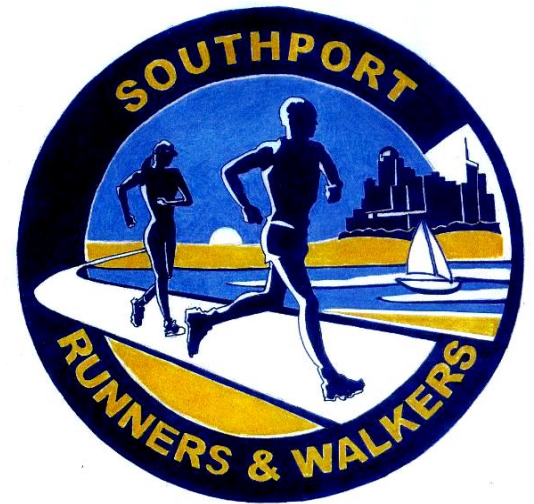
Dates for your running diary:

Summer time 6.30am will commence on the 3rd of October. Wednesday evening runs (6pm) will also recommence on 6th October tentatively (depending on the light), more information on this will be decided closer to the date. Due to a clash with the Salt Fun run on 5th September, our 10 km time trial will be on 19th September. No change to the Red Mile which will be held on the 31st October. The last time trial for the year will be a 10km on 21st November.

For members who do not wish to participate in these runs, there will still be the normal walks/runs to cater for all needs.

The club's logo can be seen at the right of this page, the committee would like to thank Lee Bradford for her time and effort in designing the logo.

It was also decided, as we do every year, to collect non perishable food items to donate to a charity prior to Christmas time. As yet this charity is not decided, but we are thinking, Rosie's. Any ideas please let a committee member know.



“I go running when I have to. When the ice cream truck is doing sixty.” Wendy Liebman

From the Field:

Wagga Wagga Trail Marathon

15th August 2010. Alan Cossey and Bill Wollin

The original Aboriginal inhabitants of the Wagga Wagga region were the Wiradjuri people and the term “wagga” in the Wiradjuri aboriginal language is thought to mean crow. To create the plural the Wiradjuri repeat a word, thus Wagga Wagga translates to the place of many crows.

Alan Cossey and I arrived in Wagga Wagga on the Friday prior to the event and were amazed to see so much water on the drive to town and even more amazed to see the Murrumbidgee river in full flood.

This was to be the third running of the Wagga trail marathon which circumnavigates the town using the Wiradjuri walking track. Friday afternoon the race organisers decided too much of the trail was under water and changed the course to an out and back trail run still using much of the Wiradjuri walking track. The original course was described as challenging but now had more hills. The word going around was “it’s going to be tough”, with 90% off road and plenty of mud.

The Wagga Wagga marathon had a number of events on the day including a 4 person marathon relay, a half marathon, 10 km. and a 3 km. run. These events boosted the field to over 300 people but only 45 for the 42km. event.

Race day was cool and overcast with a cold wind which went right through me when I wasn’t sheltering behind Cossey. Start time was a late 8.30

A.M and it hadn’t warmed up at all. We were not sure what lay ahead but within 100metres of the start we were going uphill which pretty much set the pattern for the next few hours.

Only two roads were crossed on the way out as we left the suburbs, then the next 20 kms were predominately mud, fields, trails and more mud. We climbed over twelve fences in all by means of a stile and ran through six culverts, one of them under a rail line, which was like a large drain. As we had to go through this drain/culvert again at the 35 km mark the body was not happy being hunched over in a crawling position.



The bush scenery and hill top views were stunning. The course was well marked and well marshalled with plenty of drinks and jelly beans. It would have been a thankless

day being a marshal as it was not only bitterly cold but eventually rain as well, which probably explains why so few people were still around at the finish. Over 50% of the field took in excess of four hours to finish and we contributed to that total. A long day, but very satisfying.

Well that was our fifth long run this year having competed in the Red Rock to Coffs 45 km.beach run, Washpool National Park 54 km. trail run , the Great Ocean Road 45 km., the Gold Coast marathon and now Wagga Wagga. Hopefully the next one will be somewhere warmer.

by Bill Wollin





Profile: Tanya Simpson



Age: 48

My Family:

Simon (husband)
Larnie (daughter)
Aaron (son)

My Career:

Administrative
Officer working in
Aged Care.

back to the club. (Thought about catching the bus back that day!!!)

Favourite Pastime:

Running (of course); photography; deep water running; watching my daughter play soccer; camping; kayaking; cycling; gym; yoga; and driving kids all over the Gold Coast!!

Favourite Food:

Thai Red Beef Curry or Indian Vegetable Korma.

Favourite Movie:

Sleepless in Seattle. Transformers and Harry Potter.

Favourite Book:

Any self improvement books.

My greatest fear:

Snakes. Not achieving everything on my bucket list.

My proudest moment:

Running the whole way and finishing 21km in Gold Coast marathon

If I could I would:

Travel more. Lots more! Run overseas.

(Thought I'd get my foot in the door early).

Running Career and Achievements:

10 km Gold Coast Marathon 2009 -61 mins
8 km Mothers Day Classic 2010, 46.58 mins
Club Turkey Run 2010, 10km 55mins (I shouldn't ever run with a watch!!)
Gold Coast Half Marathon 2010, 2hours 5 minutes

Best things about running:

Feeling great at the end and the sense of accomplishment. Setting new goals. Having a glass of wine and relaxing afterwards.

The hardest run I've ever done:

The Bus run, 16 kms from Burleigh 2009. Hurt my quad at the beginning going down the stairs at Burleigh North, had to walk (limp) from Surfers

Are you a cyclist aged 18-25 years?

Would you like to participate in a research study?

What you will get: VO2max test, Wingate test (peak power, fatigue index) and full blood count to measure your oxygen carrying capacity and an indication of your immune system.

Please contact Siri Laulute, BSport Science, MSC, PHD candidate.

Ph: 07 5595 4463 or 0406 512 556

Email: slaulute@student.bond.edu.au

Are you a runner 60-75 years who runs 10 km at least 3 times a week?

John Daniels came along to club in August to share his research information and has signed up a few of our members for his research but still needs more. He is investigating cognitive function and exercise. The test is quick and simple and will test memory, attention and problem solving ability and he will come to your home to conduct the tests or you can arrange to meet him elsewhere. Contact details: 0400 809 050 or email jdaniels@student.bond.edu.au





Profile: Ian Clayfield



Age: 80

Family:

Dawn (wife)
2 daughters, 2 sons,
5 grandchildren, 2
great grandchildren.

Career:

Forestry Officer
Victoria 5 years;
Jackeroo/Overseer
on sheep and cattle

properties Victoria and Western NSW 9 years;
Branch Manager Beaurepaire Victoria, NSW and
Queensland 11 years; Manager Student
Administration Warrnambool I.A.E. Victoria 13
years; Body Corporate Manager Gold Coast 2 years.

Running Career and Achievements:

Commenced training for long distance events early
1984; completed first marathon at Portland Vic
November 1984 in 4.54.57 at 54 years of age;
completed 10 marathons in Victoria at Portland,
Ballarat and Hall's Gap plus sundry shorter runs
before we moved to Queensland in 1988. Finished
my 10th Gold Coast marathon on 24.6.2001 and
plan to complete my 10th Gold Coast half marathon
in July 2011. Undertook 2 Mt Tamborine reduced
ultras (about 45 kms) in 1996/97.

Best Times:

10 kms (1986) 45.04; 15 kms (1994) 72.23; half
marathon (1993) 1.54.10; marathon (1985)
3.51.46.

Best Things About Running:

Friendship and fellowship of the running fraternity.
An early morning run is a great start to the day and
is good for the body, mind and spirit.

The Hardest run:

1998 GC marathon completed in 6.27.32 with a
crook right knee (I should never have started and
subsequently had arthroscopic surgery). The
Ballarat August 1987 marathon-seven and a half
circuits of Lake Wendouree (Steve Monoggetti's
stamping ground) on an icy-cold morning. I recall
wearing three tops, gloves and a beanie. Dawn
even asked me if I'd had enough with one lap to go
and sooo cold. I didn't envy Cliff Young who was
running a 80 kms ultra nearby-the runners started
in the dark in freezing conditions!

Favourite Pastime:

Rehearsing and performing at concerts with Dawn;
running; following the fortunes of the Melbourne
F.C. (AFL)- the MIGHTY DEES.

Favourite Food:

Thai style curry; apple pie and cream (when no-one
is looking).

Favourite Movie:

Zulu.

Favourite Book:

Far Country, A Town Like Alice and other books by
Neville Shute.

Greatest Fear:

That the timing device for the GC half marathon
next year will be turned off at the 3 hour cut off
time!

My Proudest Moment:

Finishing my first marathon, When the Demons win
the flag again-what a moment that will be!

If I could I would:

Run faster than all the walkers in the club.





Diane Knight	2-Sep
Lesley Gamble	4-Sep
Tony Pollard	7-Sep
Jolyon Ward	10-Sep
Angela Summerville	11-Sep
Stephen Pike	13-Sep
Steve Gamble	15-Sep
Kirsty Wright	19-Sep
Dave Hopman	19-Sep
Brenda Lofthouse	21-Sep
Silverfox Brown	23-Sep
Richard Bostock	23-Sep
Clive Pickering	23-Sep
Peter Geraghty	24-Sep
Yiu Yan	25-Sep
Gaylene Parsell	27-Sep
Ken Purdie	27-Sep
Kerry Magro	28-Sep

THE 2010 CITY TO SURF

Here it was, the 40th City to Surf had finally arrived. Now 40 years older than my first run up "Heartbreak Hill," I knew it was not going to be any easier. Along with 38 other "Legends" we would push ourselves to the finish line with 80,000 other competitors so we can face our 41st in 2011.

The weekend for us had commenced on the Friday morning with a breakfast and a press conference at the "Sheraton- on- the- Park", where we were interviewed along with this year's elite runners. We were also presented with a T-shirt that had all our names printed on the back..

For the first time we were given our own special category. "Legends" was splashed across our chests, and our own starting group. However, a few of the more competitive of us wanted a better start and went to our normal group. This turned out to be a bad move as my hip played up from the start, and not for the first time, I thought "what am I doing here"?

However, all was forgiven when arriving at Bondi there was a tent set up for us on the beach where we were able to have a massage, some great food and of course a well earned beer.

Congratulations to all our fellow members who participated in this great event.

Also a BIG THANK YOU to all those who helped me raise money for Neuro Sciences Research Aust. by their sponsorship.

By Alan Farrell

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