



Knox Roadrunners

April 2013

Welcome to **“What’s said on the run” #46**. This is the Autumn edition – it is when we return to the roads after a Summer of trails. And we learn all about Kathy.

RFTK

Thanks to Bret, Grant, Lesley & Dave Souter for support. Another fantastic RFTK. The best cause in fun-runs and a fantastic course. A run through the tunnel and over the Bolte followed by a run through town – special ☺. Welcome to Brad for his first event in KR singlet.



Pre-run photo at “our spot”

Many of us joined Danni & Trev for a BBQ breakfast on the Yarra in support of the Royal Children’s – and for Ollie McKinnon.

15km	
Bryan	57.28
Brad	62.37
James	63.30
Trevor	64.26
Kathy	70.53
Michelle	71.10
Mark	74.29
Linda	74.39
Greg	76.34
Mike	76.39
Danni	77.01
Milan	78.37
Dave Rolfe	78.37
Geraldine	78.41
Gavin	82.02
DT	102.18
Miranda	103.27
5.5km	
Kat Bower	40.01
Bronwyn	60.49
Eliza Jamieson	60.49



Cammo with her Greasy Mates



Trev&Danni

New members

Welcome to Trevor Murray & Lars Oiseth plus Danni Rule & Kerry Kempster.

Trev is Danni Webb's partner. Toby gets another spotter's fee, and we have a welcome addition to the "KR Couples' Club". Lars is adding to our cultural mix – we now have a Swedish runner. Kerry Kempster and Danni Rule also joined recently. Two Danni's eh.



Trevor & Lars



Danni & Kerry

Valentines @ Aireys

Helen & Ed Stanley invited us down for the annual weekend at Aireys Inlet. We met at the local pasta café for dinner Friday then the traditional run through Angahook Park on Saturday – some did a lazy 12k and the "Big Dogs" did a 24k along Loves Track – a cracker run.



All runs included a dip in the ocean and we finished back at the café for a big breakfast.



Dinner at the Aireys Pub was followed by the official opening of Ed's Deck. The red carpet was rolled out and we had some big names attending.



Dame Edna & The Queen arrived together



Archbishop Desmond Tutu partnered Governor General Quentin Bryce



As always, Dr Geoffrey Edelstone & the lovely Brynne turned up



The Vincennes being interviewed by "Sonia Cougar" on arrival

Sunday had a variety of running before breakfast then a gourmet lunch on Ed's Deck.

Thanks to Helen and Ed – a fantastic weekend as usual. This is a fun social weekend with a dabble in the area of running – put it in your diary for 2014.



Kathy on the cliff top run @ Aireys Inlet

Maroondah Dam Ultra – 17 Feb

50k	
Isobel	5:26
32k	
John Signorini	3:49
Bret	3:56
Grant	3:56
Dave Gracie	4:07
Matt	5:10

Race report from Bret:

Well it was hot and hilly, and hot and dusty, and hot. Did I mention that it was hot? The 32 km race started at 10:00AM, a couple of hours after the 50km guys headed off and we were almost immediately straight into a hill and a brisk walk. The course at Maroondah is quite interesting despite a few sections of track that are effectively dirt road but the firebreaks and trails down the hill from Mt St Leonard are challenging. Running on grass with loose leaf litter up hills was also

different. The hills are big and regular but the training at Doongalla paid off as there was really nothing that was harder than that. The biggest challenge I think is the 10km of pretty much nonstop downhill from the mountain at the 20km mark, the first 2km of which is a bit like a rough version of Lyrebird track at the 1000 steps. Similar steepness.



Siggers

The heat was the real challenge for all and for the first 25km it was manageable with cooler air in the shade but with about 8km to go the air temp went right up and we were in 34-35C temperatures. And no relief in the shade.



Isobel

Competitors were really starting to hit the wall at that point with cramps, lots of walking and slowing down. Grant and I kept up a solid pace and only had one or two pass us in the last 8km but we managed to clean up quite a few. Old age and cunning versus youth and exuberance.



Matt

We had a good duel all day with David but I think his decision to wear toe shoes was not the best one, even by his own admission. Some rocky ground.



Bret & Grant completing the 32k

Considering that we had run 14km with the club the day before and given the conditions, I was pretty happy with the hit out as a training run. Both Grant and I pulled up pretty well and it was good to have Neil and Karen, Johnny Sig and Pete Mitchell, who was injured and didn't run, to greet us at the finish line.

The bizarre moment of the day was crossing the finish line not to be given a medal; they came later, but a cup of water and a blue latex glove full of ice by the ambulance staff. As Grant said, "That was the most fun I've had with a rubber glove for some time".



David Gracie (with a few k's still to go)

Tough day but one to remember, that's for sure.

Wangaratta Half Marathon

A story from [Michael Clarke](#):

This was the first year that a half marathon and a marathon were added to the Wangaratta Fun Run, it was the 3rd year of the event, which also included a 10km /5km and 2km kids run.

Prior to the event the Race Director (Justin Scholz) had been very efficient with communication in particular with entries booming to more than 1500 (triple 2012). There was a pre-event dinner to be held in a local restaurant and I have to admit to being a little nervous about attending The Indian Tandoori restaurant the night before a race! Fears unfounded, as a nice feed was had.

Race morning was a pre-daylight start to get my companion to the start for the marathon, while I chilled for the half marathon start 30min later.

This was my 'comeback' race, having not raced since Oxfam and really only run enough to just remember how over the previous 10 months. It was going to be a test of current fitness and the 'line in the sand' for how much work will be required to get back closer to my potential. Without much guidance it was a bit of a lottery of how to pace this one. Decided to go with some form of controlled effort aimed roughly at best case and hope to have enough in the tank and not blow the engine.....



Hooter went, and settled in with the group left to watch the whippets disappear ahead. Quick count put me somewhere in the 15th to 20th position. Quickly realised this wasn't trail running and got cut-off for no apparent reason at least 3 times in the first km. Once onto the bike paths that make up most of the course, the reality of how tight the out and back sections would be was revealed. The size of the field and the spacing of the events kept this issue to a minimum (at least in the marathon and half marathon) Early on there was not much change in positions around me, a

couple forward a couple back, until about 5km in. I found a runner hitting similar splits, had a chat and let the next few km pass with this distraction. Sitting fairly easily in the low 4.0m/k hoping it would be alright in an hours time.

First complete u-turn allowed a position check, in 15th or 16th with a few not far ahead to chase later if possible.

From here it seemed running as consistently as possible would bring a few runners back to me, the next turn had me in 13th which is where I would finish..... lucky for some....



After a km split slightly slower, I knew that from here (about 14km) that both the effort level and the awareness of pace would have to increase if I was to stay on the same overall average. 4m/k pace to finish off, but hard to get a good run at the finish with some turns to get there. Crossed the line in 87m50s, happy with the outing. It was on the lower end of expected range and did not include a big fade over the closing stages. Despite the warm day, it wasn't a big factor for the half marathon, but it did take the edge off some in the marathon.

Overall, the course is quite pleasant – almost totally flat – often next to the river or creek. It is well shaded for lots of the journey. Even though the out and back sections (there are 3 of them) make the need to be aware of what's ahead more critical, the fact you see so many other runners and can 'see' your race is very enjoyable.

This is another event to consider adding to the 'away weekend' event options!

Rollercoaster – 16 March



43k	
Isobel	4.41
Laurie	5.37
Bret	5.38
Adam	6.07
21.5k	
Pete Mitchell	2.10
Hernan	2.33
Pete Bignell	2.34
Alan Green	2.40
Dave Gracie	2.42
Neil	2.43
Kathy	2.52
Wendy	3.23
Matt	3.34

Report from David Gracie:

The Rollercoaster Run is the sister event to the Two Bays Run organised by great guys Rohan Day and Michael Clarke. It would be great to include a 3rd trail run to complete a series - but perhaps after the Dandenong's and Arthur's

Seat there is not another significant vertical challenge around?

2013 was the second year the Rollercoaster Run has been held and once again the weather was perfect. The start was a little delayed due to poor visibility and a little light rain fell during the event, which was great for keeping the dust down.



At the 18k mark, looking up from the base of the hills at the TV towers at the top, our mountainous run seemed just that; from start to end. The last kilometre - the grand finale - proved to be quite a technically challenging thanks to a very narrow track and intruding trees & boulders altering the path. With a 100m to go, I spotted our cramping treasurer. I briefly wondered if there was some sort of club etiquette about passing struggling committee members, but it was just a brief thought...normally I don't think when I am running, there has to be something in those gels.

At the finish I take pity on those crazy enough to take on the two

laps. There is no way that I could face a second ascent of Dodd's Track.



Kathy with a view

A few days after finishing the run DOMs (delayed onset muscle soreness) sets in; a crippling phenomenon, of which I was blissfully unaware of prior last year's event. Although the general public may not know what DOMs are, they seemed to be very considerate of sufferers of it, as I stagger around the supermarket Frankenstein style. Needless to say catching the midnight flight to Shanghai did not assist with my recovery. Fortunately I am over it now, but only just!



Wendy @ drink stop

So my advice to other runners, who dislike running hills, this run will surely

desensitise you and make Puffing Billy even seem flat!



Janita, Pete, Alan, Neil & Todd (after the run)

Know your KR Members:

Kathy Souter (by Grant Scurry)

If I asked you, who is a quiet female member, someone who keeps a low profile, has achieved Spartan status and packs a punch out on the track, who would you think of? If you said Kathy Souter you would be correct.

A respected member, Kathy lets her running do the talking, showing great humility with whatever she achieves. And she has achieved a lot!



An experienced Marathoner, Oxfam participant and now giving the trails a mighty shake, you want to make sure you're up to it if you decide to run with her. Let's find out a bit more about one of our quiet achievers.

When did you take up running?

In 1984 we were living in Rustenburg, South Africa. David had given up smoking as a New Year's resolution and we started jogging around the block to get fit. The distance was about 3kms and we thought it was a long way.

How did your involvement with KRR come about?

My dear friend Anna D'Alberto who was already a member suggested I join the club to train for my first marathon. Great advice from an absolute legend!

Running achievements/records.

- Recipient of the Greg Palmer Most Improved Award in 2008
- Completed two Oxfam Trailwalks
- Part of the KRR Ladies Team winners of the Social Category in the Melbourne Marathon in 2001+4
- First place in my age group in Puffing Billy Run 2010 – (PB – 62.13)
- Sandy Point Half Marathon 2011 – PB – 1h39m
- Olympic Dream 2006 – 10k PB – 44m25s
- Being presented with my Spartan singlet by Steve Moneghetti – 2011
- Melbourne Marathon 2011 - Spartan Run – 3h 39 (PB)



What is your favourite or most memorable event? Why?

Great Ocean Road Half Marathon. The course is spectacular and it's always a good weekend away with KRR. I recently have participated in and enjoyed(endured?) The Two Bays and Roller Coaster Trail Runs. These runs appeal to me because of the small number of very friendly participants and I love being off-road although I haven't quite mastered the art of staying upright!

Do you have any quirky pre-race preparations?

I am told I become very serious and quiet on the morning of a race.

Share with us something we don't know about you.

Nothing really comes to mind. I think everybody knows that I'm not a confident driver and have never exceeded 80k in my car (but I think that is too boring to write)!

I also have 22 nieces and nephews and 13 great nieces and nephews.

Family?



Four children I'm very proud of: Paul 28 (Teacher); Claire 24 (Physiotherapist);

James 23 (studying postgraduate Law at Sydney University); Jonathan 18 (studying Physiotherapy at La Trobe).

Is being married to Dave a laugh a minute in the Souter house?

I think he reserves his funny persona for a more appreciative audience. He can actually be quite serious and is better known as 'Mr Conspicuous Effort' for his ability to make us all aware of all the chores he is doing!

You have been a KRR member now for 12 years. What is it at KRR that keeps you coming back year after year?

I have made many good friends at KRR with people who share common interests as well as running. There is never a shortage of topics for conversation during those long runs. Everybody is very supportive and encouraging and we've enjoyed many wonderful social occasions & weekends away. I don't think I would have completed 11 Melbourne Marathons without the support of KRR and I look forward to a continued association as long as I can run!



Coming through Emerald @ Puffing Billy

Kathy Souter, a great lady with a very impressive running record and impressive family.

She might be a bit conservative when driving on the roads but let her loose with a pair of runners and she is Formula 1 material!

Reporter Richo.

Melbourne Ironman:

Ross Kinsella	8:50
Nick Thompson	11:44
Anja Ahale	13:32

At the same time that a contingent of KRRs were taking on the annual Run for the Kids, three of our members, Anja, Ross and Nick were doing things on another level by competing in the 2nd running of the Melbourne Ironman. This event, comprising a 3.8km swim, a 180km bike ride and then finishing with a marathon from Frankston to St. Kilda, is seen by most as the pinnacle of multisport endurance events. Joined by former KRR members Jeff Smith, Tony Dineen, as well as Peter and Heather White's son, Chris, and Kim Wright's brother, Stuart, all had put in monumental efforts in training. Unfortunately the day didn't seem to respect this and started off less than ideal with the swim leg cut in half to (only!) 1.9km due to bad weather and the start time delayed.



Ross – qualified for the world champs @ Kona!

However rather than be disappointed, many, such as Ross, took this as a positive to be able to push on for a chance to qualify for Kona 2013, the World Titles in Hawaii.

The good news was that all achieved their goals with Ross qualifying for Kona in an amazing 8:50 for the event, a top 100 finish overall and 11th in his age category. Anja powered through to break her duck, coming home in 13:32 while Nick continued to show his pedigree in endurance races with an impressive 11:44 to go well and truly under the 12 hour mark and set a new PB. The KRR alumni and relatives also did themselves proud with Chris White: 9:39, Jeff Smith: 10:37, Stuart Ludington: 12:55 and Tony Dineen: 13:31. We acknowledge the fine efforts of all and wish well to Nick and Ross looking at the Half World Titles in Las Vegas and then Ross at the full Ironman World's in Kona later in the year.

Australian Marathon Canoe Championships:



Trevor with K2 partner Andrew Hosken



Trevor Murray competed in Perth over Easter. Trev won silver in the K1 and bronze in the K2. This was followed by the obligatory ASADA drug test – should we do these each Saturday?



Nudge-nudge, wink-wink, say no more.



A very classy drink-stop in Doongalla



K1 event with Danni in support



KR at King Island – Carolyn & Geraldine ran the "Imperial" in 2013 – as did Siggers:

Other stuff:



Steve Harris & his running mates. Steve popped in from his Byron Bay home for a rare KR run

