



# BRRC

Summer 2016



This is the official magazine of the Brisbane Road Runners Club. Views expressed in the magazine are not necessarily those of the BRRC.

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Club Events: The BRRC conducts more than 25 events each year ranging from 5km to half marathons. Events are open to all at \$5 for members and \$10 for visitors (includes light breakfast of fresh fruit and sports drink). A program of events appears at the back of the magazine or on our website [www.brisbaneroadrunners.org](http://www.brisbaneroadrunners.org).

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### **BRRC Website**

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# FROM THE EDITOR...

*By Robert Lofthouse*



## Welcome to the Summer edition of the BRRC Magazine!

Recently, the club AGM was held and I'm pleased to advise that our club President, Andrew Leggett has been re elected for his second term in office. Congratulations Andrew!

Our guest speaker at the AGM was former Olympic swimmer Julie McDonald who impressed everyone with her stories of determination, to be the best she could be as a swimmer. At the conclusion of her talk, she was presented with a special BRRC shirt. Certainly an honour to have Julie in attendance and she proved a real hit with everyone and many photos were taken.



*AGM guest speaker Julie McDonald*

I hope you enjoy this summer edition of the magazine and I always welcome contributions from anyone in the club. It's your magazine and the success and enjoyment of each edition is determined by your contributions.

Have a great Christmas and we'll see you in 2017 at West End.

Robert Lofthouse (Editor)

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*Robert Lofthouse*

# FROM THE PRESIDENT

By President Andrew Leggett



*Andrew Leggett*

With summer upon us, I am reflecting on this year's Brisbane Road Runners Club's activities I wish to thank all of our members for their supportive and active participation in the process of sustaining and promoting our club in the living of its ethos of non-elitist and support and friendly competition among runners of all ages and all levels of ability. I particularly want to thank this year's committee: John Dempster (VP), Vicki Fennelly (Hon Sec), Bruce Smerdon (Treasurer), Tracy Baker, Kerri Biggins, Deborah Davis, Susan McGee, and immediate past president Russell Wilson for supporting me in learning and responding in my role as president. I was also very glad to welcome Kerri Hodge and Susan Tessmann onto the committee

for the coming year, joining all the continuing members at our AGM in November. I also wish to thank Betty Menzies, our registrar, for her inspiring efforts at organisation, co-ordination and operationalisation of so many of our processes, and for her efforts to educate, upskill and inspire our volunteers, in the context of her vision for sustainability of a club in which all participants are highly valued, but no one in any role should be burdened with pressure to indispensability. Rob Lofthouse also warrants special mention for his work over many years as editor of our seasonal magazine. Mark Robinson organised this year's BRRC team for the Gold Coast Marathon events and Paula Treagle has done an amazing job of responding to our email enquiries.

This club functions because of the efforts of volunteers, in roles which you all perform at some time, annually or more often. And I offer my thanks to the many of you whom I have not mentioned by name, who give of your time and energy on a regular basis, rather than an occasional one. I also acknowledge with gratitude the assistance and support of our sponsors, Intraining, The Run Inn, NRChi, Pat 42.2 Running and Skirt Sports. Thanks are also due to the South Brisbane Sailing Club for allowing us to use their premises, and to the residents of the Hill End neighbourhood, for their patience and tolerance regarding our early morning Sunday events.

Whatever the runner's goal, Brisbane Road Runners Club has a 34 year history of providing a focus for a community of support, nurturance and friendly competition for runners of all ages and all levels of ability. I have been proud to play a part in the administration of such a club, one that has nurtured me over many years of intermittent involvement, and in the context of which I have formed many valued and enduring friendships, and witnessed with respect and sometimes with awe the efforts and dedication of many members, to the betterment of their own health and performance, but also to the cause of helping and supporting others in a true spirit of community. Many of us run for this sense of fellowship and community, and the joy of movement in the body in the company of others. For others, the motivation may be to complete a race over a longer distance, whether that be a first 5km road race or a first marathon. And for many, it is to improve on their personal best times, to compete successfully in an age championship or even, for the most talented of our membership, to win a race, break an age record or attain a qualifying time for interstate or international competition.

I hope that we will always nurture beginning runners, regardless of age, but especially that we support and develop and do everything we can to sustain younger runners.

I thank you all for your support in the past year. I wish to declare my openness, and that of our committee, to your suggestions and feedback on how to best serve your needs, and to your enquiries as to how you might offer your time and energy in the cause of improving and sustaining our club's activities.

Andrew Leggett President BRRC

# TOUGH MUDDER RACE REPORT - SIRROMET WINERY 07-08 MAY 2016

By Andrei Wightman



Being my fourth time through Tough Mudder, the nerves about the coming event weren't the primary problem. The problem was knowing that I'd booked out both days on the weekend that included Mother's Day.. A huge metaphorical face palm was had after entering 6 months ahead and not paying enough attention to the race date (the last three years were in September, 2017 is later in May). Tough Mudder is held over the weekend with racing on both days but I traditionally run on the Saturday and volunteer on the Sunday. More on this later.

There are a number of things to understand before you do Tough Mudder, most of them are summed up by the pledge all competitors (Mudders) take at the beginning of the race;

As a tough mudder I pledge that..I understand Tough Mudder is not a race but a challenge. I put teamwork and camaraderie before my course time. I do not whine – kids whine. I help my fellow mudders complete the course. I overcome all fears.

The other main thing to understand is, you will finish the race wet, tired and covered in mud. Good times.

After the humble apologies and grovelling, and the pre-arrangement for the remaining children to organise breakfast and generally spoil my better half were made I started my final race preparation on Friday night by organising my race kit. The difference between this and a normal run is you don't want to use your best running shoes. Tough Mudder is tough on shoes and there is a bin for donating your shoes at the end if you don't want to go through the

arduous task of cleaning them. Personally I keep my road running shoes after they are replaced and try to get a few adventure races out of them. My Asics Gel Kayano 19s had already done more than 700km on road so were far past their best, but off road through mud, grass, mud, water and more mud – they were perfect. Merrell, who are a sponsor of the event, have specific trail / adventure racing shoes, which are apparently very good, but as I only do this a few times a year, my expired road shoes are just fine.

Arrival at the Village gives you a good starting indication of what you're in for. It's big, noisy and designed to be as fun as it is challenging. You get your race number which is also marked on your leg, arm and forehead.

Saturday had around 7000 runners, Sunday 4000 and they are released in waves of around 500 every 20 minutes. First stop is a warm up area where they go through a few basic dynamic stretches and generally gee ups. They often ask "who hasn't done any training for this" and a surprising number of people raise their hands. With the distance a little less than half marathon, cross country with obstacles, that probably a poor start. After this, to even get to the start line, you've got to climb over a 6 foot sheer timber wall. Most people clear this pretty readily but I've seen a few need some help and wondered if they know what they're in for.

The course is minimally prepared but well-marked out. This year's was just over 18 km but the course changes year to year from 16-20 km. The very first of the 20 obstacles is "Kiss of Mud", crawling through mud under barbed wire – this gets you truly wet and muddy, the

way you'll stay for most of the course. All the obstacles have names that give you some indication of what's coming but you'll need some imagination - Pitfall, Arctic Enema, Birth Canal, Mineshafted, The Block Ness Monster and Skidmarked are a few of them. The obstacles are more frequent in the back of the course but you spend most of the run variously wet and, or muddy. The run takes you variously through grass fields, dirt roads and through bushland. There are plenty of encouraging signs on the course like "you know you signed a death waiver", "If you're feeling it now, you're in trouble later" and "Smile, remember you paid to do this".

Of the 20 obstacles, all are achievable with a reasonable level of fitness, coordination and strength but they will test you both physically and mentally. You can choose to bypass any of the obstacles if you think it's too much. They specifically warn you at the start that swimming is a skill, not something you can get by being tough. Simple advice but there are a number of obstacles where you either will need to swim through, or failing, will need to swim out of and I understand people have ignored this basic intelligence test before. That said you should be good physical condition, and the advice I've now given a lot of people, you don't have to run the whole 18km but it's much better if you can, it's a really long walk.

Apart from the roads, you've got to be wary of your footing during the run. The first aid tent sees a lot of rolled ankles and twisted knees. That said, the safety on the course is first-rate. Significant first aid capacity, doctors, QAS, first aid contractors and an army of volunteers help to keep you safe and recovery is quick is anything goes wrong.

Owing to the lack of training mentioned earlier, the course is a mix of runners and walkers, the further around, the more walkers. The main thing is to go round with your team, so ultimately you're only as fast as the slowest

member of the team. I ran this year with a team of four, my eldest son, his mate and an ex-army friend of mine. We completed the course in a little under 3 hours and had a blast.

The day following I was there volunteering which I rate as highly as the race itself. A great team of professionals run the race, but the army of volunteers make it happen. The infectious enthusiasm and enjoyment of the participants makes this a rewarding experience and gives you significant discount for entering what is an expensive race (from \$129 increasing to over \$200 the later you enter) and a number of other perks depending on your shift. Tough Mudder really is a challenge rather than a race but volunteering makes you a MVP (Most Valuable Player) and you can help make it a life-changing experience for everyone, including yourself.



*Andrei Wightman (far left)*

# NORTH QUEENSLAND DEFENCE LEGACY TRAIL RUN

By Andrei Wightman



In previous years, black tie, glam and bling were the order of the day for the annual North Queensland Defence Charity ball, the major fundraiser for Legacy in North Queensland. In 2016 however, 3rd Brigade decided to move things up a notch and celebrating the RSL Centenary and Lavarack Open Day hosted the inaugural NQ Defence Trail Run. This fundraiser directly supports Legacy within North Queensland to assist the families of veterans who died or given their health in the service of their nation

Apart from the Open Day, the day consisted of a number of runs; the Thales Lavarack 5km Trail Run and NAB 17km King and Queen of Mt Stuart as well as some races between the units of 3rd Brigade. I had the privilege of representing Thales at the event and competed in the 5km trail run and presented the awards for that same race later in the day.

As a regular runner, a 5km trail run didn't sound too onerous until I received the pre-race information booklet. Covering both the 5km and 17 km events it listed the normal precautions and advice for trail running up until the requirement for all competitors to carry a minimum of two broad bandages for snake bite treatment!

The 5km course followed the western boundary of the barracks covering some of the smaller hills at the base of Mount Stuart. From there, 1.5 km to the base of Brigade Hill then over the top through trails inside Lavarack Barracks. These trails are not normally available to the public contained entirely within Lavarack Barracks.

Mostly uphill from the start the real work began when you left the fire trails and start the last 400m ascent up the goat trail going up the side of Brigade Hill. After this a steep descent along another loose surface goat trail then the final 600m along a welcomed sealed surface

which allowed for some recovery of pace. A challenging course with the ascent up Brigade hill bringing nearly all runners to a walk (or stop!).

The finish line was also different with the barrels of two M777 touching gracefully, not their normal endeavour.

If this sounds a little too easy, the alternative was the 17km King & Queen of Mount Stuart, a total of 584m ascent over 9km. This one I'm saving for next year after some serious hill training.



Well done to all the competitors - it was a very tough course in hot North Queensland conditions. There were over 500 competitors over the 3 courses we there were only two reported injuries, which I understand were not critical and the runners are recovering at home.

Events like this do not happen without the valuable support from local businesses and volunteers - thank you. In particular, I'd like to thank the soldiers who have been out on the track after being out field for the past 3 weeks and away from their families.

# DAVID HOLLERAN – AWARDED BRRC LIFE MEMBERSHIP!

By Robert Lofthouse



At the recent Annual General Meeting, one of our long time members David Holleran was awarded life membership of the club for his services to BRRC as well as the wider running community.

A lot of our newer club members may know little or nothing about David so I have put together this piece on his activities over the years.

This is David's 31st year of membership. During his time in Brisbane he rarely missed doing his race day duties and since his move to Mitchell (near Roma) in 2006 and more recently Mundubbera, has tried to continue his duty days but it has become increasingly difficult.

David has introduced many runners to not only just BRRC including people like John Pearson, but also QMRRC. He has trained many QMMRC and BRRC runners and members on the Wynnum foreshore over the years.

He was also a Queensland Aura Rep for 5 years and during this time he also raised thousands of dollars for Camp Quality and has raised over \$4 Million for various charities whilst a member and usually by running, whether it be deserts or the world's longest triathlon etc. all the while talking about QMRRC/BRRC enhancing the reputation of the club.

N.B. David has successfully completed the crossing of every desert in Australia on foot as well as part of THE FAMOUS Death Valley in the USA – There are actually 10 deserts of varying sizes in this country.

David has been a regular contributor to the Club magazine since 1988 and as the Queensland AFL Umpires Fitness Coach for 5 years and NRL/QRL/Super League Referees Fitness coach for 4 years, has taken many umpires and referees to summer club runs with



*Dave Holleran*

some becoming members.

Some of the awards won through the club include Qld Ultra Sportsman of the Year and Qld Ultra Race Series winner. He also holds many World Guinness Records and Ultra Running Records and always speak highly of running and being involved in a running club with like-minded people.

His love of running has been infectious and he has introduced many people in the South Burnett area and has taken many of them to fun runs, half marathons and marathons around Queensland. At present, he is organising a training running group to enter the Gold Coast Half Marathon this year.

His involvement in the community has earned him an Australia Day Award as Citizen of the Year and another for Sportsman of the Year, with David being nominated for Australian of the Year by the community of Mundubbera.

Ironically, David competed at West End on the morning of the AGM but did not stay for the 'main event'. When informed the following week, he was surprised, humbled but very honoured to be awarded life membership.

On behalf of the committee and everyone else at the club, congratulations on the award and all the other achievements. It makes for a pretty long list!

# RUNNING (AND OTHER THINGS) IN PARIS

By Pam Goddard



As a lot of you know, I've been living in Paris for several months now, and some of you have even visited me here! So I'm going to give you some insight into running in Paris, in case you ever feel that urge!

When I first decided to come to Paris, my arrival date was partly defined by the Schneider Marathon de Paris, which took place 6 days after I arrived, and an account was in the Autumn 2016 magazine, but I'll write a brief recap here.

The French are very organised and very disorganised. There was a 5km Breakfast Run the day before, a little warm up for the main event. So the marathon starting time when I was registered was 8.30am, which I thought was reasonably late, but the time allocation that you give yourself affects your start time, so as I gave myself a predicted finish time of 4.00-4.15 hours, I didn't start till 10.10, which meant running over lunch time. But the start flowed well and no stop-start as the route was well clear of the previous group. For those who know Paris a little, the route was very picturesque, running down Champs Elysees and through the Marais and around though Bastille and then a long haul out to Bois de Vincennes on the east part of Paris. This is a huge forest park with its' own chateau.

The fairly flat route then took us back along the Seine River, so lots of museums, churches and bridges and of course the sprouting spring foliage, so picturesque, and only a few hundred metres of cobblestones. Then it was out to Bois de Boulogne in western Paris, and this seemed to take forever, as at that point I was running with injuries, so wanted a quick finish. Bois de Boulogne is not that big when I run it now, but at 32km, it was enormous! And had a gradual slope up to about 39km, not that you noticed much!

The refreshment stations were only every 5km, but you were given a bottle of water, rather than a cup, which is a great idea. The refreshments included bananas and oranges, as well as sultanas, (and cake at the finish) so you can imagine how slippery the route was around



*Pam Goddard*

the stations. A highlight was the fantastic support by bands about every 500-700 metres, and they really helped to lift your spirits. A lot were Caribbean drum bands, and so energetic!

The finish was out of Bois de Boulogne and down through the Arc de Triomphe, very fitting for the occasion. A great set up at the end and even more special as my daughter Stephanie came over from London to be my supporter. We had a quick chat at 29km, just before the faux wall which some wisecrack had erected at 30km, with a sign saying something demoralising about hitting the wall! I completed the race in 4.53, not my best, but I was only after a finish.

So a couple of weeks' recovery and finding running routes around Paris was fun. As I live about 250 metres from the Seine River, it is an easy choice for which direction to take. River!

Parisians tend not to run in the early morning, so there are very few runners before 8am, but a lot at lunch time and during the summer, in the long evenings, when it doesn't get dark till

after 10. Not joking, if I wanted an early night at 9.30, it was still broad daylight! I did try running around 4pm, but I kept running onto gawping tourists with no consideration for others ;-)

I often see the Sapeurs et Pompiers (firemen to you!) running in groups of 6-12 in their official training gear of tight t-shirts and very tight bike pants – Lisa Downie was very impressed! But they have a high public presence here, and I was very grateful for their hoses during the marathon. For cooling down the runners.

It is 3km to the Pont du Carrousel near the Louvre and about 5km to Notre Dame. Often I do bridge hopping, which means I cross the bridges from side to side of the Seine from my place down to Notre Dame, which is about 7.5km, then run the 5km straight back along the river, mostly on the pavement above river level, as in places there is no pavement down there, and I haven't quite mastered running on water yet! Some places also have those very large lumpy cobblestones, which can make you turn an ankle very easily, so I don't go on them. Bridge hopping is an easy way to add a little more distance without being aware of it.

Often when I get to Place de la Concorde, I stop the bridge hopping and run through Jardins des Tuileries, as it is quite lovely, and then I can run through the giant area at the Louvre with the pyramid and out through the doors at the back of that, then into another courtyard, and out the back of that to end up with a dose of culture on my run! Sometimes I have been too early in the summer and the last gate hasn't been opened before 7am, so I've had to retrace my steps. Those of you who are my Facebook friends will have seen many photos of "Pics from This Morning's Run" of this part of town and Pont Alexandre III, as I really enjoy the fabulous scenery here.

On Sunday mornings, I usually run from my place over the river, up behind Trocadero, from where you get good photos of the Eiffel Tower, and then over to Champs Elysees. Let me tell you, when you run down an empty Champs Elysees any time before 8am on a Sunday morning, you own the world! It's just amazing, one of the most famous streets in the world to yourself, and even better on the first Sunday of the month, as the mayor of Paris, Anne Hildane, has declared it traffic free on

those days, but on any given Sunday, I might see only 50 vehicles over a 2km stretch. Then back into Jardins des Tuileries and Louvre, Notre Dame and back along the river. After Pont du Carrousel on the way back, I usually drop down to the river level, although I couldn't for about three weeks after the June floods as it took that long to get cleaned up (the disorganised part of Paris!) This is what I call my tourist run, as Jenny and Lisa Downie will tell you, as we stopped at all my photo spots and it took us 2 hours to run 10 km, but it's an amazing run. So if you're over here, I'll take you on it.

One of the reasons I drop down to river level, apart from avoiding traffic and traffic lights, is that there is a fountain down there that disperses sparkling water! How very French! Never mind that there are very few water taps along the river and other areas I've run in Paris. I don't like carrying water on me, so I need to plan water stops. Just after I arrived here I decided to run in Bois de Boulogne, not knowing it very well, and couldn't find one water tap, (19km!) although I've discovered a few since, one of which is where we finish Parkrun.

Shortly after arriving here I joined a Meetup running group. I wanted to meet people and have running friends, but it hasn't worked out very well. They don't run till 8pm, as some people don't finish work till 7, and as it's across the other side of town, I don't get home till nearly 10, which is no fun when you are drenched. They run about 10km. Also, they don't socialise after, and they only have two running routes, Spring/Summer and Autumn/Winter. And both have LARGE hills (like over 1200m!) The group is divided into 5, 6 and 7 minute groups, so not very suitable if you fall in the middle. I didn't find them very friendly either, so haven't been for about 6 months. I'm ashamed to say that the leader of one of the groups was from Australia and quite rude if you couldn't keep up... I expected that we would have a drink or coffee after, but the group does that only on Saturday mornings, when they have their long runs of up to 32km, but I go to Parkrun.

Aah, Parkrun, where would we all be without it? It only started in Paris in late January this year in Bois de Boulogne, which is really picturesque with the changing autumn colours

at the moment, and I have been informed, that yes, they have run in snow.....! But I love it! If we have over 30 runners, it's a crowd! There's a core group of about 15 runners (I count myself among them), but only 5 are French by birth. So English is widely spoken, and we do have lots of Parkrun tourists, especially from UK. I have met someone there who lives 4 streets away from me in Brisbane.... The drawback of such a small group is that I seem to do one run and one volunteer duty.

Most of us go for a coffee and croissant after the run, but if you wanted a typical coffee in a Parisian café, this is the complete antithesis – it's a bright green corrugated iron shed in the middle of the forest with plastic chairs, but at 2 euro for the usual disgusting Paris coffee and 3 euro for a croissant or other pastry, it's good to socialise. But Parkrun doesn't start till 9, so I try to leave by 10.30, walk part way home till I come across a Velib stand and ride the rest of the way. Velib is the same as Brisbane City Cycles, but a lot cheaper – 39 euro for a year!! And that's with the longer option of 45 minutes ride, otherwise it's 29 euro for a year of 30 minute rides. I love them and rode them most days in the summer, but the cyclists are well cared for here, and there is no rage between them and motorists. I feel very safe, but I am aware of which intersections to be very careful at. You ride in defined lanes or failing that, you share the bus lanes with the buses and taxis, or after that, just near the kerb, and everyone gives way to you. So different to you know where!

There were lots of what we would call Fun Runs in Paris over the summer and early autumn, but they don't usually start till 9 or 10am, and tend to be expensive, particularly if you enter later. Whereas at home the entry goes up on a certain date, in France it is by numbers, so for a 10km race, the first 10,000 runners might pay 20 euro, the next 10,000 pay 30 euro etc. At every run you get a t-shirt, so I have accumulated about 6, I think.

I did enter the women's run Pour Elles 10km, which was in early June. French women are not traditionally big on running and the numbers were limited to 25,000. It was wonderful seeing all the colourful running gear, and I did take photos of other runners' gear and then went looking for it online, to see where I could buy it if necessary. I thought I might do OK in

the over 60 age group, but unfortunately the groupings were under 30, 30-50 and over 50. I did place 582 out of 2417 finishers, 91st in my age group of 430 and in a time of 55.54, so I was quite happy with that.

The next race I thought of entering was fancy dress run around the gardens at Versailles, but as my category was due for an 11am start, so I decided against it. It was just as well as the day was the first really hot Sunday in Paris, and running at that time would have been very hot, particularly if wearing fancy dress. I had also agreed to go to a picnic with one of my other Meetup groups, a chocolate and strawberry picnic at 1.00pm, so I would have run out of time. The French love picnics, and a lot of the socialising in summer is picnics. Every weekend the area in front of the Eiffel Tower is covered with picnickers, and with the long daylight, until quite late in the evening.

Several short jaunts around Europe meant I got lazy over the summer and I didn't run consistently, but that's not a problem to me. I did enter a Paris by Night Run which was due to start on 18th September. Three weeks before the race I received an email to say that the race had been cancelled by the government, as it was deemed too dangerous. The problem was that the race was due to start at La Defense, where there are several government headquarters.

I was really ticked off and replied to the email asking for a refund. I was informed that as the government had cancelled the race, they would not be giving refunds, but I was entitled to a free entry next year. So presuming that out of a field of 20,000, there would be about 5,000 first time or one-off entries from people who would not be there next year, that's a cool 100,000 euro for nothing. Furious! I know it's about safety, but given that you get scanned and patted down before a race, where can a runner hide stuff? You'd think they would have had insurance for such a possibility. Whinge complete!

I entered the Paris-Versailles 16km race with a friend of my daughter from London. The start was weird. You had to nominate a finishing time and those who expected to finish in under 90 minutes were asked to line up before 10.30 (the race started at 10.00), and the others after 10.30. So Susan and I over exaggerated our

ability to make the first group. Much pushing and shoving (by others!) saw us at the front of the group at 10.35! So why did it take so long? Well, they would only let 350 runners start each minute, so we went into one of 18 chutes, with about 4 others in each chute. Nowhere near 350 were starting each minute. When the group in front of us had gone, we moved forward through an open area to another lot of chutes, and when the minute was up, we were PERMITTED to start! So slow and time wasting, as everyone was supposed to be on the road by 11, but I heard that other people didn't even start till 11.30....

The race profile showed an incline of 160 metres over 3km, starting at 5km, but I'm sure it was much more than that! It was like Heartbreak Hill in the Sydney City to Surf 3 times over, for those of you who have run that course. I would have been OK, but Susan is fairly new to running and was overawed by the enormity of it, but we finished the race in time to catch a train back to Paris along with the other 39,998 runners in time to make our Eiffel Tower booking. And I ran into someone there from Parkrun, in such a huge crowd. Anyhow, another t-shirt and medal for the collection!

I entered the Paris 20km with a start date of 8 October, but I had had a lot of trouble with painful feet They punished me for the rest of the day if I ran in the mornings and kept me awake at night. I didn't make a final decision until the morning of the race, but figured that if 5km at Parkrun the day before was enough to keep me awake at night, I would be silly doing 20km on top of that. However, I did collect my finisher's t-shirt prior to the run, so I kept it! Makes up for the cancelled run. I did see a doctor about it and it fits all the symptoms of extensor tendonitis in the top of my feet, so I'm currently doing 5-6km and seeing how it goes for a couple of days at a time.

I've entered the Semi de Paris on 5 March next year and I'm not looking forward to the winter training, but it's a one-off.

French ladies my age aren't traditionally big on running, so most of the female runners here are much younger, but it also makes it hard to find well cut running gear suitable for older ladies. There are a few reasonable shops here, and I shall need to look at buying running gear suitable for the winter, particularly if it

snows while I'm out there! I did bring back a headlamp as advised by one of my running friends here, as sunrise is now already after 8am, and sunset at 5pm. I find it's the wind that makes it so cold, with a chill factor of 2-3 degrees.

While the French aren't known for running, it is catching on, but I don't think it will ever catch up to cycling here. Apart from the fact that lots of people cycle recreationally, when I run through Bois de Boulogne, particularly on a Sunday morning, I see hundreds (not exaggerating) of cyclists, all very serious. And I've been fortunate enough to see the end of the Tour de France at Champs Elysees, where 175 cyclists go past in 10 seconds!

Their other great love is football (soccer) and with France being the host nation for this year's European Cup meant I was able to see several matches in the Fan Zone near the Eiffel Tower (even if it meant they cut my buses for over 2 months to keep traffic to a minimum!) But I did go back inside my apartment during the riots in my street when they wouldn't let any more fans in for the final – tear gas, smoke bombs, water cannon and lots of police!

I've also been fortunate enough to go to the tennis at Roland Garros for three days, Wimbledon for two, the BNP Paris Masters Tennis a couple of weeks ago, and tomorrow night I'm off to see the Wallabies play France at Stade de France, the national stadium, a special moment. I'll be wearing the t-shirt in the photo shown here, which was taken at Parkrun on International Parkrun Day.

But there's nothing like stopping at my neighbourhood boulangerie and picking up a demi-baguette to eat with butter and raspberry jam each day, and on Sundays I usually get something a little more special to eat while I read my English newspaper later in the day. Running lets you get away with these little things, but seriously, if you're living in Paris, eat what the Parisians do! My local boulangerie just ask me if I want my usual demi-baguette now! I love it here and have no regrets about coming, as I've had such an amazing time, and am tempted to extend my visa. But otherwise I'll be back at the end of March, to run with the club again.

## MEMBERS PROFILE



**Name:** Andy Marrington

**Age:** 41

**Occupation:** IT Field Support

**How and when did you start running:**

I ran my first event about 12 years ago – 12km bridge to Brisbane and stepped up the distances I ran about 6 years ago when I joined Brisbane Run Squad

**Most memorable running moments:**

My first overseas trip to do a ½ marathon in Phuket

**Your most memorable sporting achievement?**

Doing a sub 3:20:00 marathon when i was only aiming for 3:30:00

**Favourite runs:**

Atm this would probably be the sunny coast marathon as i have always been able to do a pb in it.

**Favourite Running Distance and PB:**

½ marathon. 1h33min

**Who is your running idol?**

Don't really have one

**Favourite Sports Persons:**

**Running Goals:** to get under 20 mins for 5km and 3h30m for the marathon started typing this profile in May. Since then I have achieved these goals at the sunshine coast marathon – 3:19:58 and at bridgetobrisbane 10km – 00:39:44. Now need to work out a new goal is going to be

**What is the craziest sporting event you have been involved in?**

The 2013 15km trail run at Mt Tamborine – it was very wet and muddy and backing it up with the ½ marathon the next day

**Favourite Foods:**

Anything home made

**Favourite Movies:**

Marvel movies.

**Favourite Drink:**

A glass of farm fresh milk

**Shoe Brand:**

Mizuno

**Favourite Running Partners/Group:**

Brisbane Run Squad

**Star sign:**

Capricorn

**Favourite Music:**

Country

## MEMBERS PROFILE



**Name:** Steve Beck

**Age:** 43

**Occupation:**

Env Health Officer and Personal Trainer

**How and when did you start running:**

2009 – working in Saudi Arabia for 3 months there wasn't much to do but run, so I got hooked and trained for my first half marathon.

**Most memorable running moments:**

- 1- Paris marathon 2016 with Dee
- 2- Finally breaking 4hrs in a marathon at Sunny Coast 2012 (3:50)
- 3- Running the corniche at Abu Dhabi
- 4- 100th Parkrun at stones corner park run

**Your most memorable sporting achievement?**

Winning the grand final in representative indoor cricket super series for Lang Park Panthers in 1997

**Favourite runs:**

Park run anywhere

Noosa half

Along the Promenade des Anglais in Nice and the Playa de la Concha in San Sebastian.

**Favourite Running Distance and PB:**

Half marathon - 1:41:33 (Gold Coast 2014)

**Who is your running idol?**

Robert DeCastella

**Favourite Sports Persons:**

Steve Waugh and Steve Kernahan

**Running Goals:**

Be injury free

Get to 50 half marathons (currently on 45)

Sub 20 min 5k (20:36)

Sub 1:40 half (1:41:33)

**What is the craziest sporting event you have been involved in?**

Stampede

**Favourite Foods:**

Cheese, mangoes, steak, pasta

**Favourite Movies:**

Star Wars, Braveheart, Back to the future

**Favourite Drink:**

Activlab BCAA Extra

**Shoe Brand:**

Nike and Brooks

**Favourite Running Partners/Group:**

Deanna Eldridge / Windsor Intraining group / Stones Corner Runners

**Star sign:** Cancer

**Favourite Music:** Eminem

**If you had one wish in life it would be?**

Travel and run all the major marathons and parkruns in the world

# COLIN WOODS BRINGS HOME THE GOLD AT PAN PACIFIC GAMES



By Betty Menzies

BRRC member Colin Woods recently brought home five gold medals and smashed two age category records at the Pan Pacific Masters Games at the Gold Coast.

BRRC has runners from many different walks of life - old runners, young runners, social runners, ambitious runners, track runners and race-walkers to name a few.

But not many clubs have old, fast runners – well, not as fast as our Colin Woods ...at 81, he hasn't slowed down very much at all!

Colin first came to the notice of the running community about ten years ago when he was a youthful 70 year old. When quizzed about his running longevity at that time he confessed that he'd only taken up running the previous year!

More than a decade later he's still putting much younger runners to the sword. Who else would have driven to the Pan Pacific Masters Games at the Gold Coast in the middle of a November heat wave, then not only win five gold medals, but also reset the record books in two Pan Pacific age categories.

Many of our members who are decades younger than him cannot keep up with Colin on the road, but once he puts on his track shoes there's no stopping him, running outstanding times that many would die for (literally, if they tried to stay with him).

Check out Colin's times below and ponder your chances of matching him now, let alone when/if you get to 81.

5,000 metres: 27mins 25secs

1500 metres: 7mins 6 secs

800 metres: 3mins 14secs

400 metres: 1min 23secs

200 metres: 35.52secs



*Colin receiving one of his gold medals from Australian Olympian Glynis Nunn*

# UNDER WESTERN SKIES

(REPORT ON THE WORLD MASTERS ATHLETICS CHAMPIONSHIPS)

PERTH, 26 OCTOBER – 6 NOVEMBER 2106.

By Irene Davey



The western skies were wonderfully blue for most days of the Championships while temperatures generally remained pleasantly cool for running. However on this occasion, there were very few West Enders competing. Those I have identified are John Shaw, John Sheer, Dave Sweeney, Adrian Royce, Cynthia Cliff and myself (Irene Davey). A few others had entered, but had to withdraw due to late injuries (I won't name and shame them!). And my apologies if I have missed anyone.

All together, there were just over 4000 competitors from 92 countries around the world. 1400 of these were Australians with around 125 from Queensland. Competition was held over 10 days across two athletics tracks, an extensive park area where the cross country and road walks were held, and a marathon course winding around the shores of the Swan river.

As usual, the Cross Country (8 km) was held on the first day. The course was pretty ordinary over flat terrain with short grass and some sandy patches. All of the above except John Shaw competed with the following results:

John Sheer	M65	36:51	35th of 47
Dave Sweeney	M55	27:18	Gold & Team Gold
Adrian Royce	M45	30:19	12th of 31
Cynthia Cliff	W60	45:13	11th of 13
Irene Davey	W65	50:57	15th of 17

Cynthia, Dave and John Sheer competed in the 5000m and 10,000 m track events, the latter event on a very hot day. Results as follows:

## 5000 m

John Sheer	M65	22:56	31st of 35
Dave Sweeney	M55	16:43	Gold
Cynthia Cliff	W60	25:32	11th of 13

## 10,000 m

John Sheer	M65	49:57	18th of 27
Dave Sweeney	M55	33:15	Gold
Cynthia Cliff	W60	52:33	7th of 9

Irene meanwhile was not sitting on the sidelines but running in shorter track events: 400 m, 800 m and 1500 m. Let's just say I finished them all, wasn't last, and made the finals of the 800 and 1500.

The Marathon and Half Marathon were held concurrently on the last day. John Shaw would have to have been our most successful competitor in the Marathon, finishing with Gold (and Team Gold) in his age group (M60) in a time of 2:55:42. I have taken the liberty of copying his photo and description from his Facebook page:

THE pivotal moment in my pursuit for M60 Marathon Gold at the World Masters Athletics Championships in Perth. I had "stalked" my main rival; the Spanish runner behind me and his "5 pack" of mates for the best part of 37km. Seconds earlier I had made the decision that NOW was the time to make my move. I threw down the gauntlet; put the foot to the floor and zoomed passed them all in one go. It was then a case of catch me if you can. If any of them were going to pass me they would have to work bloody hard. None of them did and I finished almost 2 minutes ahead of my rival.



John Shaw - leading the way in the Masters Marathon

Adrian Royce also completed the Marathon in 2:53:41, finishing 5th of 28 in the age group.

Dave Sweeney added to his medal haul with Gold and Team Gold in the Half Marathon, finishing in 1:13:42, while John Sheer finished in a very creditable time of 1:51:05, placing 20th in a field of 30.

On the last day, while the men were running the long road events, Cynthia and Irene tackled the 2000 m steeplechase. This is such a fun event! I might have been the defending champion, but at 69 and a ½, I knew it was going to be a hard one, especially as I knew there was a runner from USA who had just turned 65 and had broken many US records in the previous age group. She had also won the Cross Country, 5000 m and 10,000 m, and finished second in the 800 m and 1500 m. The current Australian record holder in my

age group was also running. I had thought I might have a good race with Heather again, for the bronze medal, but this time she was much fitter and stronger than me. And no medals for fourth! But again, not last. What I will remember is that my two younger daughters watched the race via the live streaming on the website – one in Launceston and the other in Emerald, while talking to each other by phone! As the one in Launceston said – the wonders of technology, that we were in three different time zones and this was possible. And within minutes she had posted a screen shot of me finishing on Facebook! Cynthia, running her second only steeple and her first at World Championships, scored a bronze medal.

But it was lovely running under those western skies!

## **AT THE RACES** *(News from around Australia and the World)*

*Compiled by Robert Lofthouse*



### **SYDNEY RUNNING FESTIVAL – 18th September 2016**

Despite the threat of morning showers, the rain stayed away, creating ideal cool conditions for nearly 33,000 runners who took part in one of the four different events on the Festival program.

The event starts at Milsom's Point on the north side of the iconic Sydney Harbour Bridge and finishes at the Sydney Opera House. The distances on the program include a Marathon, Half Marathon, 9km Bridge Run and a 3.5km Family Fun Run.

In the men's marathon, Japan's **Tomohiro Tanigawa** made his decisive move at the 40km mark after running in a three man group that chased down the early leader and pre-race favourite Mogus Shumay from Eritrea. The group caught Shumay just after the halfway mark and from then on it was a battle between Tanigawa, Ethiopia's Belachew Ameta and Kenya's Julius Muriuki Wahome. Tanigawa won in the time of 2:12.11 with Ameta just under a minute behind in second place with Wahome a

further minute back in third place.

Melbourne based Ethiopian runner **Makda Harun Haji** dominated the ladies Marathon to win by over six minutes from Bahrain's Merima Mohammed Hasen with China's Yinli He a further five minutes adrift in third place.

#### **Half Marathon:**

19 year old teenager Kei Katanashi from Japan, proved too strong for his Sydney counterparts in the second half of the race, winning in 1:05.20. Well respected Sydney runners Thomas Do Canto and Matthew Cox were second and third respectively.

In the ladies Half, Victoria Beck, a New Zealand runner currently living in Mackay (Queensland) was first across the line in 1:18.25. New South Wales runners Marnie Ponton and Fiona Yates could not match Victoria Beck in the back end of the race and had to settle for the minor placings.

#### **9.5km Bridge Run:**

Australian Olympic team representatives Brad

Milosevic (Marathon) and Victoria Mitchell (3000 metres Steeplechase) made their return from the Rio Olympics and both were determined to perform well after disappointing results at the Olympics.

Brad Milosevic conquered the 9km course in 26.53 to win by nearly a minute while in the ladies division Victoria Mitchell completed the run in 29.55 giving her the win by 20 seconds over Lara Tamsett and Belinda Martin both of whom are well known on the Sydney racing scene.

### Sydney Running Festival: Men/Women Results

#### Marathon:

1 – Tomohiro Tanigawa (Japan)	2:12.11
1 – Makda Harun Haji (Ethiopia)	2:32.20
2- Belachew Alemayehu Ameta (Ethiopia)	2:13.07
2 – Merima Mohammed Hasen (Bahrain)	2:39.02
3 – Julius Muriuki Wahome (Kenya)	2:14.14
3 – Yinli He (China)	2:44.15

#### Half Marathon:

1 – Kei Katanishi (Japan)	1:05.20
1 – Victoria Beck (New Zealand)	1:18.25
2- Thomas Do Canto (Sydney)	1:06.05
2 – Marnie Ponton (New South Wales)	1:19.18
3 – Matthew Cox (Sydney)	1:07.02
3 – Fiona Yates (New South Wales)	1:21.05

#### 9km:

1 – Brad Milosevic (Sydney)	26.53
1 – Victoria Mitchell (Sydney)	29.55
2- Ben Liddy (Sydney)	27.51
2 – Lara Tamsett (Sydney)	30.15
3 – Scott O'Connor (Sydney)	28.12
3 – Belinda Martin (Sydney)	32.13

### WYNNUM TWILIGHT RUNNING FESTIVAL – 24th September 2016

The fifth annual staging of this event was yet another great success for the **In Training** running crew. The great late afternoon Spring weather by the Bay coupled with the enthusiasm of the volunteers and spectators made it a highly enjoyable event for the runners. I thoroughly enjoyed the spirit and feel generated out on the course as the sun set and the temperatures dropped - something you don't experience in most morning races.

#### Half Marathon

The main race of the evening was the Half Marathon and the two lap event attracted a field of over 600 runners. The men's race featured a solo front running performance by **Isaias Beyn** who sped around the course in a time of 1:07.40, which was only 11 seconds shy of Jonathan Peters course record set in 2015.

Wayne Spies took out second place to match his effort at Jetty to Jetty the previous month and Mark Windsor was third.

In the ladies race, **Ellen Christison** was the only female competitor to maintain a sub 4 minute km pace for the entire distance, crossing the finish line in **1:23.47**.

Kiarra Waters was second and Kerri Hodge (BRRC) third.

#### 10km

1,100 runners lined up on the start line to tackle the out and back one loop course with Jetty to Jetty and Park to Park Half Marathon winner **Glen Yarham (32.30)** taking the honours by just four seconds after a sterling battle with Liam Boudin. Glen is originally from Ipswich and since his return from University in the USA, has recorded some impressive victories in South East Queensland.

In the ladies 10km, **Tamara Carvolth (36.37)** recorded a strong victory by nearly a minute over Brittany Zandler with Kim Knox a similar margin back in third place.

## Half Marathon:

1 – Isaias Beyn	1:07.40
1 – Ellen Christison	1:23.47
2- Wayne Spies	1:14.10
2 – Kiarra Walters	1:26.20
3 – Mark Windsor	1:17.04
3 – Kerri Hodge	1:27.08 <b>BRRC</b>

## 10km:

1 – Glen Yarham (Ipswich)	32.30
1 – Tamara Carvolth	36.37
2- Liam Boudin	32.34
2 – Brittany Zender	37.34 <b>BRRC</b>
3 – James Turner	34.21
3 – Kim Knox	38.33

## 5km:

1 – David Lean	15.13
1 – Lucinda Crouch	17.45
2- Sam Blake	15.15
2 – Jamie Hiscock	17.58
3 – Brendan Press	16.01
3 – Alexandra Blake	18.51

## BERLIN MARATHON – 25th September 2016

### Kenenisa Bekele – A champion over all distances!

Ethiopian great **Kenenisa Bekele** (now 34 years of age), has held the World Record for the 5000 metres and 10,000 metres track for 12 years and in recent times has stepped up to the Marathon with great success.

He had already won the Paris Marathon a few years ago and this race, held on one of the world's fastest courses, would give him a chance to have a go at Dennis Kimetto's World record time of 2:02.57 set in Berlin back in 2014. Also in the field was 2013 Berlin winner Wilson Kipsang who had clocked a 2:03.23 back then.

A field of over 41,000 runners set off, with 122 countries represented on the morning.

At the halfway mark, the lead group went through in 1:01.11 (inside World Record pace) and it was the Kenyan Wilson Kipsang who made the surge at 30km which broke up the lead group of five runners. Only Bekele was able to hang on to Kipsang, who made three attempts to drop Bekele but could not do so. Bekele was able to respond every time and finally with just over a kilometre to go broke away to cross the finish as the winner in **2:03.03**. He missed the world record by just six seconds and is now the second fastest marathoner of all time. Wilson Kipsang also ran a great race to finish second and claimed a PB for himself in 2:03.13. Kenya's Evans Chebet finished just over two minutes behind in third place but also achieved a PB.

The women were also fast in getting away with the lead group of three passing the 10km point in 33.12. After 17km, **Aberu Kebede (Ethiopia)** was out in front and she crossed the halfway mark in 1:09.27 which had her on track to break the course record. Kebede ran out of some energy in the last 10km and slowed considerably but she still had a lead of nearly four minutes over her Ethiopian compatriots Birhane Dibaba and Ruti Aga. Aberu Kebede's winning time was **2:20.45** and despite missing the course record and her PB she was still happy to be crowned Berlin champion for the third time.

Queensland's Cassie Fien finished eighth in a time of 2:37.28 which was a few minutes slower than her best time of 2:33.36 set in London Marathon earlier this year.

### Berlin Marathon: Men/Women Results

1 – Kenenisa Bekele (Ethiopia)	2:03.03 <b>PB</b>
1 – Aberu Kebede (Ethiopia)	2:20.45 Has PB of 2:20.30
2- Wilson Kipsang (Kenya)	2:03.13 <b>PB</b>
2 – Birhane Dibaba (Ethiopia)	2:23.58 Has PB of 2:22.30
3 – Evans Chebet (Kenya)	2:05.31 <b>PB</b>

- 3 – Ruti Aga (Ethiopia) 2:24.41 **PB**  
 8 – Cassie Fien (Queensland) 2:37.28  
 Has PB of 2:33.36



*Kene Bekele and Wilson Kipsang*

### CHICAGO MARATHON – 9th October 2016

40,400 runners crossed the finish line as ideal weather conditions greeted them as well as thousands of volunteers and over a million and a half spectators.

#### Men's Race:

The men's race moved out slowly and a group of 16 runners went through a remarkably slow first half in 1:06.50. The cool temperatures lingered throughout the race but by 32km it was a four person race with Kenya's Gideon Kipketer duelling with defending champion Dickson Chumba (Kenya) and two other Kenyan runners Abel Kirui and Paul Lonyangata. Lonyangata dropped off at 35km and then Kipketer started falling back just after 37km. Up front, the remaining two runners Kirui and Chumba jockeyed back and forth before **Abel Kirui** put in one final burst that Chumba could not match. Kirui's winning time of **2:11.23** was the slowest winning time in Chicago since 1993! Kirui was the silver medallist at the 2012 Olympic Marathon.

#### Women's Race:

The women's race was in contrast to the men's with defending champion Florence Kiplagat opting for a swift pace early in the race. Kiplagat took a pack of six through the halfway point in 1:10.29. With 10km to go, there was

still five runners in the lead group but then **Florence Kiplagat** increased the tempo and her blistering pace left the others in her wake as she went on to win in **2:21.32**. Compatriot Edna Kiplagat finished two minutes behind in second place and Valentine Kipketer matched her brother's third place finish with a strong performance.

### Chicago Marathon: Men/Women Results

- 1 – Abel Kirui (Kenya) 2:11.23  
 Has PB of 2:05.04
- 1 – Florence Kiplagat (Kenya) 2:21.32  
 Has PB of 2:19.44
- 2- Dickson Chumba (Kenya) 2:11.26  
 Has PB of 2:05.42
- 2 – Edna Kiplagat (Kenya) 2:23.28  
 Has PB of 2:19.50
- 3 – Gideon Kipketer (Kenya) 2:12.20  
 Has PB of 2:08.14
- 3 – Valentine Kipketer (Kenya) 2:23.41  
 Has PB of 2:23.02



*Florence Kiplagat*

### MELBOURNE MARATHON – 16th October 2016

It was an unusually warm 17 degrees at the start of the race and coupled with strong winds on various parts of the course it proved to be a testing morning for most runners.

After finishing second at this year's City to Surf and announcing himself as a runner with plenty of potential, Sydney's **Thomas Do Canto**

decided to have a go at a full marathon.

Running in his first marathon, North Sydney podiatrist Thomas Do Canto was in the top three for much of the race before making his move at 34km and establishing a handy lead over fellow Sydney runners Jack Colreavy and Matthew Cox. Do Canto ended up crossing the finish mat in **2:20.53**, over two minutes ahead of Jack Colreavy with Cox just under a minute behind in third place. Do Canto was rapt at winning a marathon at his first attempt but said in his post race interview that "the headwind coming back towards St Kilda was ridiculous and it hit me like a brick wall".

In the ladies marathon, it was three Melbourne runners leading the way with Schoolteacher **Virginia Moloney** posting a good time of **2:34.24** to take the honours by a margin of nearly seven minutes from Sinead Diver and Victoria Beck.

### Half Marathon:

The men's race saw two Australian Olympic representatives **Brett Robinson** (5,000 metres track) and Brad Milosevic (Marathon) battle it out with Robinson winning in **1:06.42**. Milosevic was 16 seconds behind in second place while Toby Rayner was a similar margin back in third place.

In the ladies Half Marathon, another Olympian **Eloise Wellings**, was the victor in a time of **1:14.18**. Eloise had competed in both the 5000 and 10,000 metre track events at Rio and performed exceptionally well in Brazil coming away with PB's.

Eloise was pushed early in the race by Sydney marathon winner Makda Harun Haji (who has moved from Ethiopia to Melbourne) but gained the upper hand in the second half of the race to cross the finish mat inside the famous Melbourne Cricket Ground with a 30 second gap. Gold Coast's Tennille Ellis did well to claim third place behind the highly regarded front runners.

### Melbourne Marathon: Men/Women Results

1 – Thomas Do Canto (Sydney)	2:20.53
Debut Marathon	
1 – Virginia Moloney (Melbourne)	2:34.28
2- Jack Colreavy (Sydney)	2:23.16
2 – Sinead Diver (Melbourne)	2:41.15
3 – Matthew Cox (Sydney)	2:24.05
3 – Victoria Beck (Melbourne)	2:46.02

### BRRC Performances:

Isaias Beyn	2:27.06
Peter Bracken	2:44.00
John Egen	2:56.11
Kerri Hodge	2:59.20
Wayne Jones	3:01.21
Solveig Litchfield	3:17.46
Taryn Axelsen	3:20.54
Peta Dunne	3:21.01
Gerard Daly	3:22.13
Graham Robertson	3:31.14
Naomi Daly	4:24.01
Michael Schultz	6:09.39

### NEW YORK MARATHON – 6th November 2016

51,388 runners crossed the finish line making this the biggest in the history of the race. In fact some sources have said that this was the largest finishing field for any big city marathon!

### Men's Race:

At 20 years of age, Eritrea's **Ghirmay Ghebreslassie** is already a World Marathon Championship winner having won the World Championship race in Beijing back in 2015.

After finishing fourth at the recent Rio Olympics in the marathon, Ghirmay went into this race determined to prove that his Beijing performance wasn't just a 'one off' effort.

At the 32km mark, Ghebreslassie made a

winning break and no one could match him. Ultimately he went on to win in a time of **2:07.51** with Kenyan Lucas Rotich a further minute back in second place and Somali's Abdi Abdirahman third.

### Women's Race:

34 year old Kenyan runner **Mary Keitany** is the second fastest female marathoner in history having run a 2:18.37 to win the London Marathon back in 2011.

Going in to this race, she was the clear favourite and was attempting to make it three wins in a row at New York. At the 16km mark, Mary broke away from fellow team mate Sally Kipyego and continued to run solo for the rest of the race. Her winning time was **2:24.26** with Sally Kipyego almost four minutes behind in second place. USA runner Molly Huddle finished strongly in her first marathon to take out third place and almost caught the tiring



*Mary Keitany winner of New York Marathon*

Sally Kipyego in the latter stages of the race.

The male and female winner of the New York marathon each received \$100,000.00 US.

**Wheelchair category:** In the men's race, Kurt Fearnley (Australia) did his utmost to stave off arch rival Marcel Hug (Switzerland) but Marcel's speed won out in the end. Both were credited with a time of 1:35.49 but unfortunately Kurt had to settle for second again, in a repeat of the Rio Paralympics Marathon back in September.

In the ladies marathon, the truly amazing Tatyana McFadden (USA) won her fifth New York title in 1:47.43. Tatyana has won virtually every major marathon title in the last six years.

### New York Marathon: Men/Women Results

1 – Ghirmay Ghebreslassie (Eritrea)	2:07.51
	Has PB of 2:07.46
1 – Mary Keitany (Kenya)	2:24.26
	Has PB of 2:18.37
2- Lucas Rotich (Kenya)	2:08.53
	Has PB of 2:07.17
2 – Sally Kipyego (Kenya)	2:28.01 <b>PB</b>
3 – Abdi Abdirahman (Somali)	2:11.23
Now USA resident	Has PB of 2:08.56
3 – Molly Huddle (USA)	2:28.13
	Her debut marathon!

# BRISBANE ROAD RUNNERS RACE REPORT

By Robert Lofthouse



## September 18th – 10km/5km/2km (92 finishers)

Excellent spring weather, greeted the smallish turnout with runners having two distances to choose from.

**10km** – The two lap event saw **Matt Cooper** lead the field at the halfway mark. Matt went through 5km in just over 18 minutes and at that stage had established a handy 40 second lead over Kevin Muller and Ben Hewitt. Little changed in the second half of the race with Matt increasing his lead, going on to record a winning time of **36.30**. Kevin Muller held on to second position with Ben Hewitt crossing the timing mat just seven seconds behind in third place.

In the ladies 10km, long time BRRC members and regular race winners **Margot Manning** and Kerri Hodge were first and second respectively with Margot's winning time being **39.10**. Margot's daughter Zoe, finished third with Crystal Mahony finishing strongly to be only a few seconds behind Zoe at the finish.

**5km** – Well performed Triathlete **Mike Lubke**, made a rare appearance at West End and took the honours in the 5km, speeding around the course in **18.01**. Mike has been involved in Triathlon for 30 years and has represented Australia many times at World Championships as well as being heavily involved in the sport as a coach. Second and third respectively were Harvey Cramb and Brett Spencer.

**Anna Fuller** took out the ladies one lap event in **25.12** with Rachael Pascoe second and Katie Byers staving off the challenge of Kym Mansfield to cross just a second ahead in third place.

**2km** – The junior dash proved to be a triumph for **Samson Kirisome** and **Indigo Barber** with Samson taking out the boys section in 9.24 and Indigo the girl's winner in 10.24.

Thanks to Race Director **Karen Rossel** and the volunteers who did an excellent job and a special mention to our race day sponsor **Greg Beerling** from **NRCHI Bodywork** for his donation of the Random Draw prizes.



*Nicholas and Karen Rossel*

## October 2nd – 15km Club Champs/10km/5km (137 finishers)

Back to the 6.00am start for the 15km Championships and coupled with excellent running conditions some fast times were expected. This was the sixth race of the seven event Championship series and with only the 5km Championship race left many club members were looking for a good performance to try and improve their position on the Age Group table.

15km Championship – No great surprises here with 2015 Championship series winner Clay Dawson, clocking a 17.19 for the first 5km to establish a lead by over a minute from Danny McDonald and Derrick Leahy who were locked in a close battle for second and third. As the race wore on, Clay continued to build on his lead while Danny and Derrick were still

neck and neck at the 10km mark. Clay ended up winning in a time of 53.17 with Danny crossing second just two seconds ahead of Derrick after running together for virtually the entire distance.

The ladies race saw well performed Ironman triathlete Taryn Axelsen, head the ladies front group through the first five km in 20.43 with reigning Club Champion Brittany Zendler and Kerri Hodge just a few seconds behind at that stage. Taryn slowed up a little in the second lap and Brittany took over the lead and by 10km had a 10 second margin over Kerri Hodge with Taryn a minute further back in third place.

In the last lap, Brittany increased her speed, built on her lead and went on to take the honours in a comfortable 1:01.17. Kerri was less than a minute behind in second place and Taryn claimed third place, as well as winning her Age Group category.



*Andrew Leggett and Clay Dawson*



*Race Director Tracy Baker & Brittany Zendler*

One of the highlights of the 15km was the performance of nine (9) year old Noah Carter who ran an unofficial World Record time for his age of 1:06.20!



*Noah Carter*

10km – Speedsters James Turner and Daniel James left the field in their wake as they battled each up front with James a second in front at the 5km mark. In the second lap both runners increased their speed to both record negative splits but James Turner managed to forge a 10 second lead over Daniel, winning the race in 34.25. Marc Nickels took out third place after passing Stan Fetting midway through the second lap.

The ladies event was dominated by Olivia Lennon who won in 40.48 with Selina Ward and Keiran Gilmore second and third respectively.

5km – With the main emphasis being on the 15km Club Championship, only a small field was present for the 5km.

In the men's event, Harvey Cramb won in 20.12 with Bob Baker second and Bruce Smerdon third.

The ladies event was won in convincing fashion by Morgan O'Brien who crossed the finish mat in 23.10 from Anita Jarvis and Katie Byers.

A special mention and thank you to Tracy Baker for being race director on the morning and to all the volunteers who contributed to another successful staging of a BRRC Championship event.

Phil Hungerford from The Run Inn was the race sponsor and his generous donation of random draw prizes is always greatly appreciated.

October 16th – 3 Person Team Relay 3 x 4.5km (9 teams)

Only nine teams took part in this event with each team consisting of three runners. The winning team on the day consisted of Julie Hill-Webber, Catherine Turton and Alec Lyttle. Alec ran the final leg for his team in 16 mins 46 secs to snatch the race from the team of Chris Lewis, Juliane Lewis and Mark Moller.

The fastest run of the morning was recorded by Jayden Lyttle who sizzled around the course in 16 mins 6 secs.

1 – Julie Hill- Webber (23.03) Catherine Turton (23.03) Alec Lyttle (16.46)

Total Team Time – 1:02.55

2 – Chris Lewis (20.33) Juliane Lewis (22.20) Mark Moller (20.33)

Total Team Time – 1:03.30

3 – Rene Croisier (20.32) Colin Woods (24.30) Robert Henderson (19.10)

Total Team Time – 1:04.28

Thanks to Bruce Smerdon for organising the teams and ensuring that the morning went without a hitch.

October 30th – 10km Novice Champs//5km/2km (102 finishers)

Jayden Lyttle and Jenny Cawood win Novice Champs

The annual 10km Novice Championships give two BRRC members (one male and one female) a chance to win a trophy which they might not



*Catherine Turton, Julie Hill-Webber, Alec Lyttle*



*Mark Robinson, Natalie Petersen, Bruce Smerdon* normally win. The only rule is that you must not have previously won an event at BRRC in 2016.

It was noticeably warmer on the morning, a gentle reminder that summer is just around the corner.

In the men's race, Daniel James lead after the first five kilometres and increased his lead margin in the second half of the race to be first across the line in 35.50. Jayden Lyttle continues to improve with every outing at West End and ended up in second place with Nicholas Kirkup rounding out the top three.

The Novice Men's trophy was awarded to Jayden Lyttle by Race Sponsor, Steve Manning from In Training.

The ladies 10km, saw Kerri Hodge lead the field through the first five kilometres with Trish Russell second and Louise Dunn third. Kerri went on to win in a time of 43.26 with Trish a further minute back in second place and Louise maintaining her third place throughout the second half of the event.

After checking results from earlier in the year Jenny Cawood was declared as the winner of the female novice trophy. Jenny has been a long time club member and was extremely happy to walk away with the trophy on the morning.



*Jayden Lyttle, Steve Manning & Alec Lyttle*



*Jenny Cawood*

5km – In the men's 5km, Leo Altarelli was the victor, recording a winning time of 17.53. Second place went to Christopher Dalby who held Ian Cameron at bay, crossing the mat with a five second margin over Ian.

The ladies equivalent saw Zoe Manning in fine form, winning by a margin of nearly seven minutes. Zoe's time was 19.25 with Gina Delacruz second and Andrea Green pipped Georgia Hutchison on the line in a close finish for third.

2km – The junior dash saw good results for Tasman Barry and Mackenzie Hall with Tasman taking out the boys division in 10.43 and Mackenzie the girl's winner in 13.05.

Thanks to Race Director Russell Wilson and the volunteers who did an excellent job and a special mention to our race day sponsor Steve Manning from IN TRAINING for his donation of the Random Draw prizes.

November 13th – 10km Handicap/5km (93 finishers)

Hot, steamy conditions greeted runners for the annual 10km Handicap event.

The Handicap Rules:

The 10km handicaps were calculated using the runner's prediction of their 10km time, which each runner had to nominate at the registration desk. Handicap times were then calculated by subtracting a runner's predicted race time from 72 minutes eg If you predicted 60 minutes as your time then that would be taken off 72 minutes given you a start time of 12 minutes after the timing clock was started.

First runner across the line would be declared as the winner and as well there were trophies for the male and female who finished closest to their predicted time.

After pre race instructions from Race Director Kerri Biggins, the timing clock was started.

The Race:

65 runners set off at various times, depending on their handicap, and after the lead changed many times during the 10km, the first across the line was Nick Binns who was declared the

Handicap winner.

Closest to predicted time winners:

Male – Jonathan Day. Jon had predicted before the race that he would cover the distance in 55 minutes. He actually recorded a time of 54.59, so was only one (1) second outside his prediction.

Female – Francisca Aviles. Francisca predicted 49 minutes pre-race and actually crossed the mat in 48.56, so was just four seconds outside her predicted time.

Fastest Male and Female:

No surprises here, with Clay Dawson and Kerri Hodge being the fastest respectively, with Clay recording a 35.25 effort and Kerri just missing the 40 minute finish time crossing the finish mat in 40.04.

5km – In the men's event, Jeeming Leung quickly took the lead and then put space between himself and the rest of the field and by the turn around point had established a 40 second gap over his nearest rival Aaron Breed. By the end of the race his winning margin had increased to around 90 seconds. His winning time was 17.25 with Aaron second and Harvey Cramb rounding out the top three finishers.

In the ladies equivalent, Kate Riethmuller won in 22.25 with Jenny Deag second, just one (1) second ahead of Crystal Mahony.

The Handicap race is always an event which throws up plenty of twists and surprises during the morning. The lead usually changes several times during the race as the faster runners with the bigger handicaps, attempt to run down as many as possible in front of them. You never know who will cross the line first, which makes it so different from the normal races where you can often predict the winner early in the race.

A great job by Race Director Kerri Biggins and all the volunteers at the Registration Dek and out on the course at the water stop or at the various turn around points. It was a humid morning with plenty of comments passed about the 'sweat factor' which felt akin to February Brisbane weather. The random draw prizes were donated by Phil Hungerford from The

Run Inn which is now located in the northside suburb of Stafford.

November 27th – 10km /5km Champs/2km (133 finishers)

Clay Dawson and Brittany Zendler take out 5km Champs

Brittany Zendler breaks ladies course record by 1 second!

BRRC 5km Championship Race:

The last championship race of the year was over the one lap course. Conditions on the morning were overcast and humid, but at least the sun stayed hidden away for the duration of the event.

The men's race proved to be a good contest, with current club champion Clay Dawson being tested in the early stages by the speed of Osman Saleh and Wynnum Twilight Half Marathon runner up Wayne Spies. At one stage, Clay was fourth, but as Osman tired, Clay worked his way up to the front and in the end crossed the mat in a time of 16.10 to claim the 5km title by a margin of 15 seconds from Osman. Aidan Hobbs also put in a fine effort, pushing the pram all the way around the course and finishing just a few second behind Osman to claim third place.

The ladies 5km Championship, saw an outstanding performance by current ladies club champion Brittany Zendler, as she sped around the course in a time of 17.01 and in the process, broke Clare Geraghty's 2010 course record by the barest of margins – one second! Kerri Hodge also continued her great form of 2016 by finishing second in 18.30. Third place went to Katy Russell, who has benefited greatly from years of training and speed work with the Pat Carroll (PCRG) running group.

A special mention to some of the club's great runners in the older age groups, with the likes of Ian Cameron, Harold Haldane, Jack Marsh and Colin Woods (see article on him in this magazine) taking out their Age Groups on a regular basis at BRRC championships and in the ladies divisions, Susan Tessmann, Jenny Downie, Irene Davey and Di Southern amongst

the Gold Medal winners.

10km – Only a small field for the 10km event, with the men's race taken out by David Vandersee in 40.16. Tim Osborne pipped Andrew Beecroft by a mere second to claim second place.

The ladies division featured a strong performance by Kathryn Smyrneos who has been a consistent performer on the Brisbane running scene for over a decade. Her winning time was 40.42 with Margot Manning second and Fiona Lawrence rounding out the top three.

2km – The junior dash saw an excellent performance in the girl's division by Indigo Barber who managed to lower her time to 8.38 to be first across the line. Considering that Indigo had done the Junior Dash back in September, recording a time then of 10.24, her improvement is very commendable.

Samson Kirisome took out the boys trophy in 9.09, which also represented an improvement on his September time.

Special mention to club President Andrew Leggett who was Race Director on the day and as usual the ongoing assistance provided by Bruce Smerdon at the post race presentations. The volunteers were excellent and as usual, thanks to race sponsor Greg Beerling from NRCHI Bodywork for his donation of the random draw prizes on the morning.

A great way to finish the year at West End, with some memorable performances in all age categories.

For a complete list of BRRC race results for every race, go to our Website at [www.brisbaneroadrunners.org](http://www.brisbaneroadrunners.org) or visit our Facebook page to download the results.\*

## SETTING RUNNING GOALS - OLDER, FURTHER AND FASTER



*By Garry Page*



*Garry Page*

Speed has never been my forte so when I set my running goals this year it was about the number of runs more than about being faster or chasing pb's.

My 2016 goal was to run more half marathons than I had ever run in a year and to run in all BRRC Club Championship runs (as I have done for the last two years). My other cheeky goal was a silver medal in a Club Championship run, a goal that had previously eluded me with bronze my best result in twelve years of trying.

So how did I go? My previous highest number of half marathons in a year was seven. Got over the line on that one with thirteen completed halves – a fairly significant leap!. My son Kyle did suggest I stop at eight as I would still have room for improvement next year and I had reached my goal.

I ran in the following halves this year:

Twilight St Lucia

Great Southern

Gold Coast Bulletin

BRRC

Qld Half

Gold Coast

Jetty to Jetty

Ipswich

Brisbane Half

Sunshine Coast

Berimba Wetlands

Twilight Wynnum

Griffith Uni Toohey Trail run half

So how did I go?, I did 5 PB's – potentially due to the fact I had never run in five of the halves, but I will take that. In relation to the seven halves I did last year, I was faster in six out of seven of these with my best improvement being 6 minutes and 32 seconds faster. My average improvement was 4 minutes for each half. I also managed to run my fastest half marathon since 2012, my best time since 33 half marathons ago. So it is pleasing to see, despite getting older, you can still reach running goals, run further and run faster – well sort of anyway.

Just for the record I had not run a half till I joined BRRC and for quite a few years I only ran in the Gold Coast Half. I have now run 76 half marathons.

In relation to Club Championship runs, in my previous twelve years as a member of BRRC I have received three bronze medals, one every four years, this year alone I have received four bronze medals – my goal was to reach a silver though which had not been a reality so far. I mentioned this one day to Life Member, Brian McCarthy who on hearing of my inability to do better than a bronze kindly offered to give me one of his many gold medals! A very genuine offer however I politely refused.

Then one day in October 2016 my club medal status changed forever – a gold in the 15km Club Champs – could this be me?, I even suggested when receiving the medal that it must be a mistake. When I thought of writing something for our newsletter I was originally going to say I had not reached silver medal status in the first thirteen years however perhaps I would in the next thirteen years – no need to include that comment now!

In my first twelve years as a member of BRRC I won three bronze medals in club championship runs, in this my thirteenth year I won four bronze medals and a gold medal – so good things do come to those who wait.

So who wants to join me next year for 14 halves – or should it be double the previous year and minus one like I managed to do this year – a target of 25 halves?

Just for the record I have also managed to have lots of fun outside of running too, I have changed jobs in the last year moving into a not for profit CEO role – well most of it has been fun, travelled to Turkey, had a white Christmas and New Year with my whole family whilst skiing in Japan, went on a river cruise from Amsterdam to Budapest, and just arrived back from an amazing trip to New York, Las Vegas and San Francisco. I play competition squash, ride to work when I can and am a member and director of a Rotary Club.

You too can grow a little older, run a little further and run a little faster.

Don't forget to set your running goals next year and have fun, I will be!

Cheers, Garry



## MEMBERSHIP RENEWALS

Brisbane Road Runners Club membership forms for 2017 are now available on the website and at the registration desk on our event days. If it is your intention to renew your membership it would be appreciated if you could complete this process by the end of January 2017. Please look under "Membership" on the website for instructions on how to renew your BRRC membership online. Go to <http://brisbaneroadrunners.org/wp/membership/>

If it is not your intention to renew your BRRC membership for 2017, please return your timing chip by the end of January 2017. If you wish to return the timing chip by mail, the Club's address is: BRRC, P.O. Box 5959, WEST END 4101

There are two reasons for the above requests:

1. To reduce the workload involved in processing membership renewals during the first three months of next year
2. To retrieve as many timing chips as possible from 2016 Club members who do not renew in 2017

**The process of contacting current members who have not renewed for 2017 will begin at the start of February. Your cooperation is therefore sought in either renewing your membership or returning your chip by the end of January.**

# WEST END RACE RECORDS

(COMPILED BY ROB LOFTHOUSE)

## AS AT 28TH NOVEMBER 2016



### History –

The Brisbane Road Runners Club (formerly Q.M.R.R.C.) moved to its current site at West End on January 8, 1989.

The first race on that day was conducted over a 5.5km loop.

After a few events were conducted on this loop it was decided to change to the more accepted 5km course.

March 19, 1989 was the club's 30km Championship – the first race held on the now famous 5km West End loop.

Since then, many fast times have been run on this course over a variety of distances.

After careful examination of all race results since then, I have compiled a list of the three (3) best times over each distance.

As of **August 27, 2006**, new 5km & 7km loops were used. Safety of the runners was the main criteria for the revised loops.

On **June 29th, 2008**, a new 5km course was trialled starting at the South Brisbane Sailing Club. The course proved popular with club members so the decision was made to move there officially on **September 21st, 2008**.

**\*\*A new set of records is now included to cover the new course\*\***

### 5KM

Shane George	14.53 (24/07/94)
Shane George	15.09 (14/07/96)
Shane George	15.11 (26/07/98)
Felicity Abram	17.12 (28/11/04)
Alison Lapinski	17.41 (05/01/97)
Vivien Pott	17.46 (28/11/04)

\*NEW COURSE – From 27/08/2006\*

Christian Cobbold	15.27 (22/10/06)
Aidan Hobbs	16.04 (22/10/06)
Aidan Hobbs	16.12 (03/02/08)

### 5KM (cont.) – NEW COURSE

Sarah Bouchard	17.11 (15/04/07)
Sarah Bouchard	17.20 (20/05/07)
Clare Geraghty	17.31 (22/10/06)

\*NEW COURSE – From 21/09/2008\*

Liam Woollett	15.33 (13/10/13)
Matthew Hawke	15.38 (19/06/11)
Peter Ross	16.10 (19/09/11)
Clay Dawson	16.10 (27/11/16)
Brittany Zandler	17.01 (27/11/16)
Clare Geraghty	17.02 (28/11//10)
Brittany Zandler	17.21 (14/02/16)

### 7KM(Held on 7km loop)

Shane George	21.58 (24/03/02)
Shane George	22.14 (19/09/99)
Shane George	22.17 (25/07/04)
Clare Geraghty	25.49 (21/05/06)
Marion Hermitage	26.43 (21/05/06)
Marion Hermitage	26.45 (01/05/05)

\*NEW COURSE – From 27/08/2006\*

Dan Wilson	22.53 (08/07/07)
Ricardo Barbosa	23.14 (08/07/07)
Shane George	24.01 (11/05/08)
Melanie Kaasinen	26.25 (13/07/08)
Leesa White	26.51 (08/07/07)
Karen Seymour	27.53 (27/08/06)

\*NEW COURSE – From 21/09/2008\*

Shane George	23.02 (15/05/11)
Shane George	23.30 (10/05/09)
Andrew Fuller	23.44 (15/05/11)
Melanie Kaasinen	25.03 (10/05/09)
Melanie Kaasinen	27.35 (16/05/10)
Melissa Watson	28.02 (05/05/13)

**5MILE**

Shane George	25.43 (20/01/02)
Shane George	25.48 (21/01/01)
Paul Dodd	25.56 (16/01/00)
Jackie Gallagher	28.01 (20/01/02)
Margot Manning	29.54 (17/01/99)
Anna Kostilek	30.00 (30/01/94)

\*NEW COURSE – From 27/08/2006\*

Alun Williams	28.21 (18/02/07)
Grant Coleman	29.38 (24/08/08)
Michael Bray	31.17 (18/02/07)
Trineane Patch	34.23 (24/08/08)
Leigh Coleman	36.17 (24/08/08)
Perri Newman	37.00 (17/02/08)

\*NEW COURSE – From 21/09/2008\*

Clay Dawson	26.13 (17/02/13)
Clay Dawson	27.15 (02/03/14)
Gerard Balnaves	27.20 (17/02/13)
Clare Geraghty	28.33 (13/02/11)
Clare Geraghty	28.57 (28/02/16)
Brittany Zender	29.16 (28/02/16)

**10KM**

Ian Kent	30.50 (12/06/94)
Craig Mead	31.18 (05/01/97)
Craig Mead	31.23 (29/03/98)
Felicity Abram	34.27 (26/06/05)
Krishna Stanton	36.22 (07/04/03)
Kerry Schreiber	36.25 (10/07/94)

\*NEW COURSE – From 27/08/2006\*

Christopher Reeves	31.46 (30/09/07)
Ian Hornabrook	32.22 (30/09/07)
Christian Cobbold	32.46 (24/09/06)
Sarah Fien	38.37 (30/12/07)
Marion Hermitage	39.31 (04/02/07)
Sarah Fien	39.36 (18/11/07)

\*NEW COURSE – From 21/09/2008\*

Jonathan Peters	31.59 (15/02/15)
Isaias Beyn	32.17 (29/11/15)
Patrick Nispel	32.37 (22/05/16)
Clare Geraghty	35.28 (02/01/11)
Roxie Schmidt	35.53 (29/06/08)
Clare Geraghty	36.13 (29/01/12)

**14KM(Held on 7km loop)**

Brad Smith	44.15 (15/07/01)
Salim Rane	45.49 (30/06/91)
Ian Kent	45.52 (30/06/91)
Clare Geraghty	53.53 (15/01/06)
Bethany Van Loenen	55.43 (26/03/06)
Robyn Meadows	55.48 (19/09/99)

\*NEW COURSE – From 27/08/2006\*

Ricky Swindale	52.30 (15/06/08)
Brendan Whelan	53.06 (03/02/08)
Andrew Clowes	54.02 (04/02/07)
Clare Geraghty	58.42 (04/02/07)
Bethany Van Loenen	1:00.03 (22/07/07)
Sarah Fien	1:00.06 (21/10/07)

\*NEW COURSE – From 27/08/2006\*

Shane George	48.56 (21/01/07)
Paul Dodd	49.48 (11/05/08)
Ron Peters	49.50 (11/05/08)
Clare Geraghty	50.37 (01/04/07)
Bethany Van Loenen	55.08 (21/01/07)
Marion Hermitage	57.25 (20/01/08)

\*NEW COURSE – From 21/09/2008\*

Joe More (USA)	48.07 (08/08/10)
Ben Macronan	49.20 (11/08/13)
Liam Woollett	49.47 (27/10/13)
Mel Panayiotou	54.53 (16/02/14)
Leisa Smith	56.31 (08/08/10)
Aarthi Venkatesan	57.36 (17/03/13)

**14KM(cont.)**

\*NEW COURSE – From 21/09/2008\*

Johnathon Peters	49.08 (18/01/09)
Stephen Courtney	49.19 (13/05/12)
Cameron Munro	50.29 (15/05/11)
Melanie Kaasinen	53.54 (17/01/10)
Jacqui Kelly	56.06 (16/05/10)
Marion Hermitage	56.46 (18/01/09)
Clare Williams	56.46 (16/10/11)

**10MILE**

Shane George	53.06 (09/08/98)
James Ottaway	53.21 (17/06/90)
James Ottaway	53.23 (16/06/91)
Liz Hepple	1:01.05 (17/06/90)
Clare Geraghty	1:01.09 (12/02/06)
Jodie Willett	1:01.48 (13/02/05)

\*NEW COURSE – From 27/08/2006\*

Aidan Hobbs	57.11 (26/08/07)
Christian Cobbold	57.26 (18/02/07)
Aidan Hobbs	57.34 (17/02/08)
Glenda Banaghan	1:01.23 (17/02/08)
Clare Geraghty	1:02.44 (18/02/07)
Marion Hermitage	1:07.11 (24/08/08)

**15KM**

Michael Inwood	46.59 (20/05/90)
Bruce Jones	47.06 (20/05/90)
Ian Eckersley	47.12 (20/05/90)
Carole Connolly	53.02 (20/05/90)
Carole Connolly	53.48 (19/05/91)
Rina Hill	55.31 (19/05/91)

\*NEW COURSE – From 21/09/2008\*

Clay Dawson	53.49 (25/08/13)
Liam Woollett	54.26 (25/08/13)
Patrick Nispel	55.19 (17/02/13)
Nerissa Campbell	59.59 (02/03/14)
Glenda Banaghan	1:00.24(15/02/09)
Clare Geraghty	1:01.37(28/08/11)

## 21KM(Held on 7km loop)

Rob Crosato	1:09.52 (18/02/90)
Ian Kent	1:10.00 (18/02/90)
Tony Kleiner	1:10.36 (18/02/90)
Robyn Meadows	1:25.06 (18/02/90)
Leanda Cave	1:26.44 (03/05/97)
Vivian Pott	1:27.37 (24/04/94)

## 20KM

Ian Kent	1:05.49 (02/02/92)
Laurie Adams	1:05.57 (02/02/92)
Michael Inwood	1:06.10 (03/10/99)
Clare Geraghty	1:15.04 (09/04/06)
Christine Ware	1:18.00 (22/10/95)
Bethany Van Loenen	1:18.56(09/04/06)

\*NEW COURSE – From 27/08/2006\*

Steve Turner	1:33.21 (01/04/07)
James Fitzsimon	1:36.29 (01/04/07)
Alan Raud	1:36.56 (01/04/07)
Linda Watson	1:42.53 (01/04/07)
Tania Shipton	1:44.23 (01/04/07)
Monique Werda	1:47.08 (01/04/07)

\*NEW COURSE – From 27/08/2006\*

Nori Ueda	1:12.51 (07/10/07)
Christian Cobbold	1:15.19 (08/10/06)
Tim Molesworth	1:15.50 (08/10/06)
Sarah Fien	1:27.27 (07/10/07)
Sharee Andersen	1:28.13 (08/10/06)
Felicity Ward	1:33.49 (16/03/08)

## HALF MARATHON

Michael Inwood	1:09.13 (06/04/97)
Brad Smith	1:09.50 (06/04/97)
Steve Manning	1:09.58 (21/03/93)
Samantha Hughes	1:17.32 (12/03/00)
Clare Geraghty	1:18.10 (12/03/06)
Linda Fox	1:21.50 (26/04/98)

\*NEW COURSE – From 21/09/2008\*

Patrick Nispel	1:07.31(12/06/16)
Patrick Nispel	1:08.51 (03/03/13)
Jonathan Peters	1:09.58 (24/07/16)
Leisa Smith	1:17.53 (02/05/10)
Brittany Zendler	1:17.56 (24/07/16)
Amanda Watson	1:19.06 (15/04/12)

\*NEW COURSE – From 27/08/2006\*

Aidan Hobbs	1:12.26 (02/03/08)
Shane George	1:17.38 (02/03/08)
James Bayliss	1:18.02 (02/03/08)
Clare Geraghty	1:16.29 (18/03/07)
Glenda Banaghan	1:19.27 (02/03/08)
Muriel Cummins	1:23.38 (02/03/08)

**\*NEW COURSE – From 21/09/2008\***

Jonathan Peters	1:12.13 (01/03/09)
Clay Dawson	1:12.34 (21/04/13)
Clay Dawson	1:15.33 (26/04/15)
Leisa Smith	1:19.14 (01/03/09)
Clare Geraghty	1:22.10 (26/02/12)
Glenda Banaghan	1:24.32 (28/02/10)

**28KM(Held on 7km loop)**

Brad Smith	1:37.32 (01/04/01)
Graeme Orange	1:39.51 (30/06/91)
Steve Armstrong	1:41.32 (30/06/91)
Clare Geraghty	1:52.44 (26/03/06)
Lisa Barton-Polizzi	1:58.02 (24/03/02)
Sue Pearson	2:02.02 (25/04/93)

**25KM**

Rob Crosato	1:23.19 (03/06/90)
Paul Ashford	1:24.01 (03/06/90)
Brad Smith	1:24.19 (04/04/93)
Margot Manning	1:36.23 (10/04/94)
Liz Hepple	1:36.47 (03/06/90)
Margot Manning	1:39.25(04/04/93)

**\*NEW COURSE – From 27/08/2006\***

Stuart Morrison	1:56.51 (01/04/07)
Conrad Yoong	2:02.44 (01/04/07)
Malcolm Anson	2:05.17 (01/04/07)
Theresa Fabian	2:20.32 (01/04/07)
Michelle Williams	2:43.51 (01/04/07)
Anne Crawford-Nutt	3:22.47 (01/04/07)

**\*NEW COURSE – From 27/08/2006\***

Ron Peters	1:31.41 (10/09/06)
Nick Schilling	1:34.45 (10/09/06)
Tim Molesworth	1:34.51 (10/09/06)
Clare Geraghty	1:42.51 (10/09/06)
Karen Seymour	1:48.28 (10/09/06)
Theresa Fabian	1:58.23 (10/09/06)

**30KM**

Tony Kleiner	1:46.19 (18/03/90)
Ian Kent	1:48.00 (07/04/91)
Paul Houston	1:48.36 (29/03/92)
Cathy Grattan	2:00.40 (19/03/89)
Liz Hepple	2:02.31 (09/04/89)
Robyn Meadows	2:04.22 (18/03/90)

**\*NEW COURSE – From 21/09/2008\***

Jonathan Peters	1:26.44 (13/03/16)
Peter Run	1:32.27 (15/03/15)
Shane George	1:33.43 (26/07/09)
Clare Geraghty	1:43.15 (12/04/15)
Kerri Hodge	1:46.19 (17/04/16)
Kerri Hodge	1:46.26 (12/04/15)

**\*NEW COURSE – From 27/08/2006\***

David Warren	2:06.11 (30/03/08)
Stuart Morrison	2:09.42 (30/03/08)
Atul Arora	2:22.09 (15/06/08)
Cathy Grattan	2:34.40 (30/03/08)
Karen Wiersma	2:35.51 (30/03/08)
Skye Howie	2:36.11 (15/06/08)

\*NEW COURSE – From 21/09/2008\*

Craig Pascoe	1:58.07 (11/04/10)
Ralf Hamann	2:01.01 (09/06/13)
Matt Battams	2:01.43 (10/06/12)
Aarthi Venkatesan	1:59.21(08/06/14)
Natalie Boddington	2:16.21 (08/06/14)
Marita Eisler	2:19.13 (14/06/09)

\*NEW COURSE – From 27/08/2006\*

Ron Eglinton	2:19.57 (15/06/08)
Ron Peters	2:20.42 (01/04/07)
Steve Gurr	2:22.03 (01/04/07)
Carley Ekert	2:43.14 (01/04/07)
Parmy Atcheson	2:51.43 (15/06/08)
Linda Watson	2:58.17 (15/06/08)
Karen Wiersma	2:58.17 (15/06/08)

## 20MILE

Tony Kleiner	1:53.44 (20/06/93)
Paul Houston	1:55.20 (16/06/91)
Paul Dodd	1:55.55 (14/06/92)
Jo Sherman	2:14.21 (30/05/04)
Linda Fox	2:15.16 (20/06/99)
Marianne Kramer	2:19.53 (30/06/96)

\*NEW COURSE – From 21/09/2008\*

Mark Ainsworth	2:14.42 (09/06/13)
Craig Pascoe	2:16.32 (13/06/10)
David Reesby	2:17.32 (12/06/16)
Mel Panayiotou	2:13.47(08/06/14)
Clare Williams	2:30.50 (12/06/11)
Kerri Hodge	2:31.51 (12/06/16)

\*NEW COURSE – From 27/08/2006\*

Scott Brittain	2:05.48 (10/06/07)
Christopher Reeves	2:05.49 (10/06/07)
Ross Nicholls	2:13.03 (10/06/07)
Parmy Atcheson	2:37.46 (10/06/07)
Sandra Cormack	3:05.57 (10/06/07)

## THE MARATHON (run on a 6km loop)

IAN KENT	2:28.16 (23/04/89)
TONY KLEINER	2:37.17 (22/04/90)
DEREK NIXON SMITH	2:37.46 (22//04/90)
ALISON COLEMAN	3:10.23 (22/04/90)
ALISON COLEMAN	3:13.05 (21/04/91)
WENDY CHRISP	3:28.08 (23/04/89)

## 35KM

Brad Smith	2:03.06 (24/04/94)
Paul Dodd	2:03.30 (25/04/93)
Brad Smith	2:04.15 (24/03/02)
Margot Manning	2:23.08 (24/04/94)
Linda Fox	2:25.44 (09/04/00)
Verity Tolhurst	2:29.53 (09/04/00)

\*The last Q.M.R.R.C. Marathon at West End was conducted on 21/04/91.

From then on, it became known as the Brisbane Marathon\*

**LIFE MEMBERS**

<i>Year of appointment</i>	<i>Name</i>
1983	Ron Grant
1986	Andy Semple
1993	Norm Walker
1996	Chris Mead
1996	David Heap
1996	Bruce Annabel
2004	Ian Javes
2004	Jenny Chaston
2006	Bob Miller
2006	Di Miller
2007	John Wishart
2010	Peter Holles
2011	Robert Lofthouse
2011	Debra McBride
2012	Diana Southern
2012	Brian McCarthy
2014	Betty Menzies
2015	Pam Goddard
2015	Derek Nixon-Smith
2016	David Holleran

**Thank you to our Sponsors and Supporters for your continued support during 2016**

To all of our members and visitors please support the businesses that support the Club.



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Email us: [info@theruninn.com.au](mailto:info@theruninn.com.au)  
[www.theruninn.com.au](http://www.theruninn.com.au)



Shop 7 Level 1 214-18  
Waterworks Rd ASHGROVE 4060  
Phone: 07 3366 8595  
Email us: [info@nrchi.com.au](mailto:info@nrchi.com.au)  
[www.nrchi.com.au](http://www.nrchi.com.au)



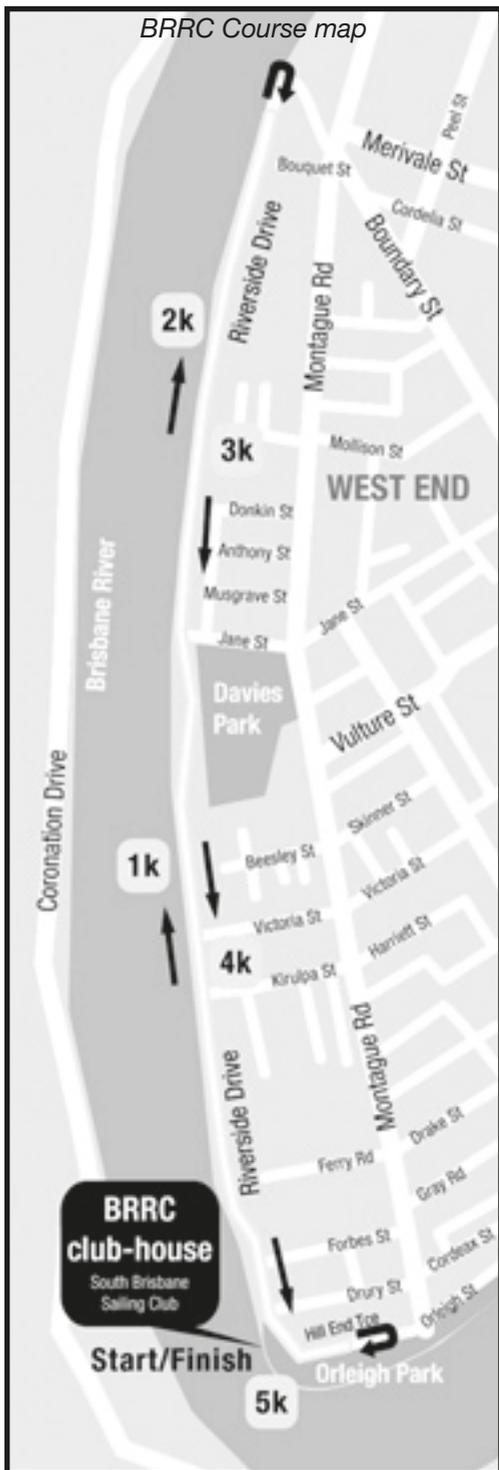
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Level 3, Indooroopilly Shopping Centre  
Phone: 3378 5588  
Email us: [sales@intraining.com.au](mailto:sales@intraining.com.au)  
[www.intraining.com.au](http://www.intraining.com.au)



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[www.patricknispel.com](http://www.patricknispel.com)





## HONOUR BOARD

### BRISBANE ROAD RUNNERS CLUB STALWARTS

Current Members with over 10 years membership - includes Life Members

Bruce Annabel (L.M.)	John Buttner	Greg Beerling
Jenny Chaston (L.M.)	Paul Circosta	Irene Davey
John Diamond	Phil Dickinson	Laurie Dunn
Theresa Fabian	James Fitzsimon	Shane George
Pam Goddard (L.M.)	Ron Grant (L.M.)	Harold Haldane
David Heap (L.M.)	Marion Hermitage	Phillip Hermitage
David Holleran	Peter Holles (L.M.)	Phil Hungerford
Ian Javes (L.M.)	Andrew Leggett	Robert Lofthouse (L.M.)
Steve Manning	Margot Manning	Daniel Manning
Zoe Manning	Jack Marsh	Ralph Marshall
Debra McBride (L.M.)	Brian McCarthy (L.M.)	James McCarthy
Chris Mead (L.M.)	Betty Menzies (L.M.)	Bob Miller (L.M.)
Di Miller (L.M.)	Eddie Ngenda	Derek Nixon-Smith (L.M.)
Garry Page	Adrian Pearce	Mark Phillips
Trudy Porter	Tony Roebuck	Michael Schultz
Andy Semple (L.M.)	Bruce Smerdon	Diana Southern (L.M.)
Madonna Stewart	Ron Vines	Norm Walker (L.M.)
Karen Wiersma	Brian Williams	Russell Wilson
James Winters	John Wishart (L.M.)	

As at 12/07/16





# Brisbane Road Runners Club CALENDAR of EVENTS 2017

DATE	EVENT	START	SPONSOR
01-Jan-17	5k Predictor & 10k Predictor "No Watches"	6am	Intraining
15-Jan-17	2k, 5k, 10k & 15k	6am	The Run Inn
29-Jan-17	5k, 10k & 15k "Bring A Friend"	6am	Intraining
12-Feb-17	<b>5 mile Club Championship &amp; 10 miles</b>	6am	NRChi
26-Feb-17	2k, 5k, 10k & 15k	6am	Skirt Sports
12-Mar-17	5k, 10k, 20k & 25k	6am	P.A.T.42.2 Running
26-Mar-17	2k, 5k, 10k & 15k	6am	NRChi
09-Apr-17	<b>21.1k Club Championship &amp; 5k, 10k</b>	6am	Intraining
23-Apr-17	2k, 5k, 10k, 20k & 25k	6am	The Run Inn
07-May-17	4k, 8k, 12k, 16k & 20k "Riverbank Run"	6:30am	NRChi
21-May-17	2k, 5k, 10k, 20k & 25k	6:30am	Skirt Sports
04-Jun-17	5k, 10k, 15k, 20k, 25k & 30k	6:30am	The Run Inn
18-Jun-17	<b>10k Club Championship, 5k &amp; QMA 10k Championship</b>	6:30am	P.A.T.42.2 Running
09-Jul-17	2k, 5k, 10k & 15k	6:30am	Intraining
23-Jul-17	<b>20k Club Championship, 5k, 10k &amp; 15k</b>	6:30am	P.A.T.42.2 Running
13-Aug-17	2k, 5k, 10k & 15k	6:30am	NRChi
27-Aug-17	5k & 10k	6:30am	Intraining
10-Sep-17	<b>10 mile Club Championship (Robin Flower Memorial) &amp; 5 miles</b>	6:30am	The Run Inn
24-Sep-17	2k, 5k & 10k	6:30am	P.A.T. 42.2 Running
08-Oct-17	<b>15k Club Championship &amp; 5k, 10k</b>	6:30am	The Run Inn
22-Oct-17	3 Person X 4.5k Relay	6:30am	NRChi
05-Nov-17	2k, 5k & 10k Novice	6:30am	Intraining
19-Nov-17	<b>5k Club Championship &amp; 10k</b>	6:30am	NRChi
03-Dec-17	5k & 10k Handicap "No Watches" & AGM	6:30am	The Run Inn
17-Dec-17	Dash & Splash, Yeronga Pool	7:00am	BRRC
07-Jan-18	5k Predictor & 10k Predictor "No Watches"	6:00am	TBA

