



BRRC

Autumn 2017



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

Editor: Rob Lofthouse - 12 Sturt Street, KEDRON 4031

Ph: 3008 2473(W) and 3359 6144(H) Email: rob.lofthouse@optusnet.com.au

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.

BRRC Postal Address: PO Box 5959, West End, QLD 4101

BRRC Website

www.brisbaneroadrunners.org

Email: run@brisbaneroadrunners.org

Pictorial, illustrative or editorial contributions sent by Email or disk are welcome. Please send in PC format - Microsoft Word (text only) or PDF. Please send photos/ logos as JPEG or TIFF images, in a separate file to the text.

ADVERTISING

The costs for advertising in the BRRC magazine are as follows:

Full Page: (120 x 180mm) portrait \$60.00

Half Page: (120 x 80mm) landscape \$30.00

Business Card: (89 x 54mm) \$25.00

Inserts:** \$25.00

** (must fit into A5 book or folding charges apply)

Classified Advertisements: \$15.00

Cheques made payable to: BRRC.

Address: PO Box 5959, West End, QLD 4101

Please send artwork for advertising to BRRC (as above).

C O N T E N T S

From the Editor.....	<i>Robert Lofthouse</i>	2
From the President.....	<i>Andrew Leggett</i>	3
Honolulu Marathon.....	<i>Richard Wardle</i>	4
Falls Creek 2017.....	<i>Aidan Hobbs</i>	6
Member Profile.....	<i>Colin Buckley</i>	8
My Parkrun Story.....	<i>Susan Tessmann</i>	9
Member Profile.....	<i>Penny Byrne</i>	10
Importance of Setting New Training Goals.....	<i>Steve Manning</i>	11
Member Profile.....	<i>Renae Sawatzki</i>	12
BRRC Members On Track This Summer.....	<i>Robert Lofthouse</i>	13
Member Profile.....	<i>Geoff Orr</i>	14
At The Races.....	<i>Robert Lofthouse</i>	15
Member Profile.....	<i>Peter Lewis</i>	19
Brisbane Road Runners Race Report.....	<i>Robert Lofthouse</i>	20
Results of 2016 BRRC Championship Series.....	<i>Bruce Smerdon & Brian McCarthy</i>	26
2017 BRRC Championship Series.....	<i>Bruce Smerdon</i>	28

FROM THE EDITOR...

By Robert Lofthouse



Welcome to the Autumn edition of the BRRC Magazine!

For many it's been a long summer and training sessions in the humidity testing out even the fittest! Thank goodness the worst is nearly over and we can look forward to the cooler conditions and start planning for that next big event whether it be here or overseas.

The club championship series has already commenced and it was gratifying to see many new faces at the 5 mile championship event – the first race in the series. Again it looks like there will be plenty of good competition in most of the age groups which is a healthy sign for BRRC as we head into the peak running months.

This edition of the magazine contains a variety of stories from club members including an interesting report from Aidan Hobbs on his visit to Falls Creek to train with some of the country's top runners. Susan Tessmann has also kindly put together a piece on her 200th Parkrun which is certainly a great achievement.

If you're wondering how the points system works for the 2017 club championship series then you will find Bruce Smerdon's guide in this edition very enlightening.

Enjoy your training as you prepare yourself for the plethora of events on the calendar over the next six months and remember to include BRRC events as part of your preparation.

I trust that you enjoy the latest edition of this magazine, which is only as good as you make it with your contributions, so please don't forget to send me any reports or stories you have from an event or even a training run that you did while on holidays. All input and ideas from you the members will be gratefully accepted!



Robert Lofthouse

Robert Lofthouse (Editor)

rob.lofthouse@optusnet.com.au

FROM THE PRESIDENT

By President Andrew Leggett



Andrew Leggett & Kerri Hodge

Thanks again to Robbie Lofthouse, and those who have offered articles for publication, and to Kerri Hodge (proofreading), who have enabled us to bring you the Autumn 2017 edition of Brisbane Road Runners Club Magazine.

Our summer was a very hot one, not entirely conducive to running enthusiasm. I'm looking forward to the cooler weather! In spite of the heat, we've seen some very fine performances with several age group records broken in recent 5km club championships at the end of November by Brittany Zendler, Kerri Hodge, Jayden Little, Aidan Hobbs, Clay Dawson, Ian Cameron and Colin Woods; and in the 5 mile club championships in February by Kerri Hodge, Noo Bowker, David Sweeney and Neil Bath. At our Splash & Dash event at Yeronga Pool in December, Brittany Zendler and Clay Dawson were acknowledged as our overall club champions for 2016. While it is

often said that one swallow does not make a summer, it may be that Clay's four successive overall club championships constitute a habit. Let's see what performances the next few, hopefully much cooler, months bring, with increased participation as runners make use of the opportunities at BRRC for conditioning in preparation for major events in the winter road running season. Many of you will be aiming for marathons or half marathons, and I wish you all the best in your preparations.

We have made a number of changes to our registration, pre-race briefing procedures and we've moved the start back a little towards Orleigh Park, in consideration of the Sunday rest and comfort of residential neighbours. We have been endeavouring to keep pre-and-post race noise to a minimum under the quiet instructions of our race directors and volunteers to enable us to sustain good relationships with the Sailing Club and with local residents.

Brisbane Road Runners have been an integral part of the West End community for many years and we hope to continue to contribute to the character of a neighbourhood in a suburb of cultural and social diversity. We remain grateful for the opportunity to use the South Brisbane Sailing Club facilities and to conduct our races on a scenic course along the banks of our great meandering brown snake of ancient river that's been running longer than any of us, though we are the oldest and most enduring road running club in this city. That river will continue to run along these banks long after we are gone. With that in mind, let's continue to endeavour to conduct ourselves quietly, go gently, and be good neighbours.

Andrew Leggett President BRRC

HONOLULU MARATHON

By Richard Wardle



The Honolulu marathon is the fourth largest marathon in the United States. There is no time limit and no limit on the number of participants. The marathon takes place on a Sunday (the second Sunday in December) with an Expo at the Hawaii Convention Center on the Thursday, Friday, and Saturday. The Expo caters very much to the many Japanese runners that take part each year and, in fact, the marathon is sponsored by Japanese Airlines. Much of the information about the marathon is in Japanese first and English second. I noted that the flyer for the LA marathon was only in Japanese, there was no English version. There were loads of race goodies to buy and after attending the Expo on the Thursday and Saturday it was clear there was a seemingly endless supply of t-shirts, singlets and hats. There were also free shuttle buses running on the three days of the Expo touring around Waikiki picking up expo attendees at specified stops. I actually took a ride on one of these shuttle buses to get a bit of a tour around Waikiki.

There are no parkruns in Hawaii, so to get my 7am Saturday running fix I signed up to do the Kalakaua Merrie Mile, which is a mile race held at 7am on the Saturday(!) on the famous Kalakaua Avenue in Waikiki and ended with a post-race party on Queen's Beach with live music and post-race fun. It was good to do to get a sense of what to expect (like the playing of the US national anthem and the singing of a Hawaiian song) before the marathon proper. The race was in waves based on your projected finishing time followed by an elite race half an hour after the first wave. It was fun, although it was hard not to go flat out due to being raring to go after the taper and I got a nice shiny medal for the experience.

The marathon itself started at 5am, which was almost two hours before sunrise. The start is in the Ala Moana Park, opposite the Ala Moana Shopping Center, which is the largest open-air shopping mall in the world. The first 3km are

spent heading west before turning east and heading east until 27km or so at which point you turn and head back west to the finish. For me this meant running about 22km in the dark before twilight and, importantly, once the sun was in the sky I had already turned to head back west so I had the sun on my back. Due to running on the other side of the road to the slower runners as I headed towards the finish, I could see the sun was shining right into their eyes, thankfully I didn't experience that. Weather-wise the morning was humid (very similar humidity levels to Brisbane that I had been training in with a 5am dew point temperature of 19C on race morning), but slightly cooler than the previous few mornings thanks to a northerly wind from the interior of Oahu, so it was only 20C! You know those warm parkruns in summer when we complain about the heat and mugginess? Yes, it was like running a marathon in those conditions...

Overall there were 20,118 finishers, but I reckon a few more than that started. Unfortunately, and this was the only negative I found with the event, the start area was self seeded, which, in my opinion led to a bit of carnage in the first two kms of the race. I started at the back of the 2-3 hour group some 200m or so from the start line itself and within the first 200m of crossing the start line I was passing walkers!! I tried to keep the weaving and dodging to a minimum to keep the heart rate down, but it was tough and my gel flask fell from my shorts in the first 500m, but, luckily, I was able to scoop down and pick it up to avoid a nutrition disaster later in the race. By 2km I was able to run at a comfortable pace without having to dodge too many other runners. After that I settled into running by feel and rarely looking at the watch (being dark helped with that).

The crowd support the whole way was really impressive and encouraging and the course

was well marked with both mile and kilometre flags the whole way. It's a mostly flat course with a bit of up and down around Diamond Head crater (out and back) - something that wasn't too bad in kms 12 to 15, but was tough going on the way back in kms 38 to 40 (although the impressive Japanese drummers on Diamond Head did encourage me on that final hill). The scenery is spectacular and I made sure to take in the mountains to one side when running through the suburb of Kuliouou and the ocean views to the other side. And I managed to have the energy to give the 'shaka' or hang-loose sign whenever I saw one of the many photographers throughout the course.

In terms of how I found the race, the first two km were really annoying as described earlier and then I settled well. However, at 15km I realised that I was completely saturated from sweat and my shorts were clinging to me and my socks were wet - all from sweat! I took in fluids at every drink station from 7km and beyond, and my technique of drinking through a jumbo straw received many comments, but the fluid went down the right hole without having to slow too much (you might be able to see my straw tucked into my visor in the photos). At the 27km drink station the volunteers (who were really great the whole way) were giving out sponges soaked in ice water. When I squeezed the waters over my head (I was wearing a visor so it went straight on my hair and scalp) it was such a great feeling of relief from the heat that I immediately formed a special bond with that sponge as I slowly squeezed that water over my head for the next couple of kms. By the way, that sponge travelled back with me to Brisbane and now sits on my shelf at home as a memento. I suppose what I'm trying to get across was that it was hot and humid! Thankfully once the temperatures really started to warm up I was in the last 5km of my race and I have massive respect for those finishing towards or around midday when the temperature was around 27C.

Given my training during winter and spring I knew going into the race that I didn't have the legs for a PB (which is 3:05), but I thought I had the legs for around 3:15. In the end I crossed the

line in 3:20, probably losing 5mins or so to the warm, humid conditions and I was very happy with finishing strongly and I felt good afterwards with no cramps or leg issues as I walked the 3.5km back to my accommodation. I was also happy with the time given that I had run by feel and not pace watched at all during the run.



Richard Wardle in Honolulu

Immediately after crossing the finish line in Kapiolani Park, there are volunteers ready to give you a Lei necklace made from shells and a finisher's medal. There are cold mist showers to help you recover (which feel great) before the usual fruit, water, electrolytes etc. and, uniquely, we were given Malasadas which are Hawaiian doughnuts. The last thing to pick up was the finisher's shirt before warming-down by walking by Waikiki Beach back to my accommodation. During the walk back I received many claps from Japanese tourists who I think were heading to the finish line to spectate and there was one Japanese woman insistent on having many pictures taken together; I think she was impressed by the size of the medal (it's quite big).

Overall, this was a great race experience and a trip that I'll never forget. I got to explore most of Oahu, which I had a long-held desire to visit. I would definitely do this race again in the future if I have the opportunity to and I'd hopefully be better mentally prepared for running a marathon in hot and humid conditions.

P.S. Did I mention that it was hot and humid?

FALLS CREEK 2017

by Aidan Hobbs



The end of 2016 was approaching and my work colleagues began to ask “what are your plans over the Christmas break?”. With great enthusiasm, I would explain that I was heading down to the Victorian snow fields to join hundreds of other runners from around Australia and the world where we would submit ourselves to as much pain as we could tolerate on the trails of Falls Creek, then eat, sleep and do it all again the next day. I still don’t get why my colleagues didn’t share my joy at the thought of this running holiday. Maybe they were upset that I didn’t invite them? _(ツ)_/

Falls Creek has become the annual training base of the Australian distance calendar, where for two weeks, high-performance, school-age and developing distance runners converge on the mountains to experience what it’s like to train alongside world-class athletes.

I arrived on Monday evening and rolled out for an easy 10k with fellow Queenslander, Franki, who had already spent a week at altitude. Although Falls is at the lower end of ‘high altitude’, the difference in breathing and heart rate is noticeable immediately. The scenery is spectacular and cruising along the aqueducts and through the endless trails in the cool weather is a welcome change from the humidity of our Brisbane summer.

After a late night in the Common Room chatting with the various other athletes from around the world, followed by the longest sleep-in I’d had since Levi was born, I was looking forward to my first big group session at 9:30am on the Tuesday morning. The session was 6 x 1km reps with 1min standing recovery.

As the convoy of cars arrived at the entrance of the trail, I joined around 100 other runners for the 5km warm up to the start. Once we arrived, it immediately hit me that I was a part of something special.

Australian distance coach Nic Bideau gave us a briefing on the session, including a stern warning to stay left and respect the lead bunch. We were told to add at least 10 seconds to our sea level times so I seeded myself around six rows back in the 3:10 group behind at least ten Olympic athletes, plus Toowoomba athlete and recently crowned NCAA XC and Zatopek Australian 10,000 champion, Patrick Tiernan who had come down to watch on from the side. Steve Moneghetti then started ahead of the 1km group to pace a smaller group who were doing a Mona Fartlek. How cool is that – Monas with Mona!

(I managed to catch up with Mona for a run later in the week and let him know my mum wasn’t too pleased when he talked me down in the commentary of the City2Surf a few years back when I led out the field as Superman – but that’s another story.)

During my first three reps at altitude I felt surprisingly good. I had tucked in behind another runner and was gradually pulling in others who had gone out too quickly. The two-way trails didn’t leave much room for safe passing (particularly in sections where the trail gave way to a sheer cliff drop on the left) and limited visibility of the ground at 3:10 pace meant that navigating the uneven surfaces ahead required considerable faith in the person in front.

By the fourth rep I began to really struggle in the thin air. As I pushed through the last two reps, I began to appreciate all the coaches, family and photographers spread across the entire length of the course who were cheering us on. The atmosphere was more like a race than a training session. I’ll admit that on more than one occasion, I may have swung out from the bunch to make sure I made it into a photo or two.

After the cool down, I had the opportunity to participate in one of Falls Creek's oldest running traditions – the post run ice bath in one of the mountain's many aqueducts. For someone with a reputation of not coping well in the cold, my 30 second effort before throwing in the towel was not at all a highlight of the trip. For the record though I did manage to redeem myself with a 15min ice bath after the Thursday session.

After the morning debrief over coffee with my dorm mates Franki, Nathan, and Nikki, the rest of the time was largely spent watching Netflix, day trips to the surrounding towns at the base of the mountains and debating who would win a best of three 400/600/800 race between Mo Farah and Usain Bolt.

I think that this is what makes Falls such a great environment for the development of athletes - being surrounded by other dedicated runners, doing hard sessions in the morning and easy runs in the evening, but also separating the training with focussed recovery, both physical and mental.

This was the rest of my program during my week at Falls:

Monday: AM: Arrive PM: 10.8km Easy

Tuesday: AM: 4.8km W/U, 6 x 1km w/ 1min standing rec., 4.8km C/D. PM: 8.2km Easy

Wednesday: AM: 16km hilly trail run PM: 8.2km Easy

Thursday: AM: 4.4km W/U, "Quarters" - 8 x 400m w/ 200m float, 3km C/D PM: 8.2km Easy

Friday: AM: 16.2km Tempo PM: Rest

Saturday: AM: 4.5km W/U, "Hills to pay the bills" - 6 x 800m hill reps w/ jog back recovery, 4.5km C/D PM: 8.2km Easy

Sunday: Home!

Weekly total: 123.6km

Bring on Falls Creek 2018!!



*"1km reps"
Photo credit - Ewa Facioni*



*"Hills to pay the bills"
Photo credit: Aidan Hobbs*



*"Convoy to the quarters session"
Photo credit: Aidan Hobbs*

MEMBER PROFILE



Name: Colin Buckley

Age: 51

Occupation: Accountant

How and when did you start running:

I started running to lose weight and get fit about 4 years ago. I struggled to run for a minute when I first started.

Most memorable running moments:

The Hilly Half Marathon @ Hamilton Island. Great weekend away with running mates.

Your most memorable sporting achievement?

My first marathon. Intraining Marathon School – Gold Coast 2014.

I have now completed 5 marathons and about 15 half marathons.

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

I'm an Accountant – we don't do crazy!

Favourite Running Distance and PB:

Half or Full Marathons

21.1 kms - 01:53:01 – Noosa

42.2 kms - 04:26:11 – Brisbane

Running Goals:

2017 Sydney Marathon

2018 Outback Marathon

Favourite Runs:

Really enjoying trail runs at the moment. South East Queensland Trail Running Series – Highly recommend it for trail running newbies.

Favourite Running Partners/Group:

Intraining New Farm. Tracy Baker rocks!

Who is your running idol?

Hanny Allston – Ultra Trails. I met her at Hamilton Island last year. She is an amazing person with a great outlook on life.

Favourite Shoe Brand:

Brooks

Favourite Food:

Not picky – love all food, that's why I run!

Favourite Drink:

Pinot Noir

Favourite Movie:

Willie Wonka and the Chocolate Factory. The original, not that remake rubbish!

Favourite Music:

Anything fast and loud to help through the 'dark' moments in a marathon!

Star Sign:

Virgo

MY PARKRUN STORY

by Susan Tessmann



My partner Lawrie and I have both recently completed our 200th parkrun. Sixteen of these have been tourist parkruns and the rest at our home parkrun, New Farm Park. We have completed parkruns in Adelaide (Torrens), Melbourne (Albert Park), and Sydney (St Peters). On 5 March 2017, whilst we are holidaying in Darwin, we will run the Bicentennial Park parkrun. We have also run in Dunedin, New Zealand.

We heard about parkrun from a friend in October 2011. After googling, we went along in November 2011 soon after it had started in Australia and we have been every Saturday since. The only time we have missed parkrun is when we have been on overseas trips where no parkruns currently exist or we have been volunteering. This shows how much we enjoy our Saturdays at parkrun. We have renamed Saturday to 'parkrun day'.

We have made so many fabulous lifelong friends through parkrun. Parkrun does not exist without the special contingent of people who put so much effort into every week to pull this fabulous event together, the same

as Road Runners with Betty and Bruce and all the Road Runners volunteers. Rhondda Whetton is our parkrun event director and puts in so much of her time. All events cannot be run without race directors and volunteers.

My goals this year are to do a PB at parkrun and at Road Runners and continue running with Pat Carroll Running Group (PCRG) where Pat is helping me achieve this. I train with PCRG twice a week (Tuesdays and Thursdays). I also swim on a Friday morning with a lovely group of friends. I currently have a few back issues so will be keeping to 5-10 km so hopefully will nail my PB in winter.

Parkrun gives you the opportunity to aim for a PB one week or run/walk with your friends on another week to catch up with the latest goss. Parkrun is about the acceptance of everyone young and old and is an opportunity to be part of a wonderful group. It's a great way to start your weekend on a positive high. Of course the most important part of any of our runs is the coffee/brekky/chat afterwards!!!



Pat Carroll running me in at my 200th parkrun



Taking it easy with Anita Jarvis & Jenny Downie at Minnippi parkrun's 3rd birthday.

MEMBER PROFILE



Name: Penny Byrne

Age: 55

Occupation: PA to Dean of Learning & Teaching, Iona College

How and when did you start running:

Thirty odd years ago I did a fun run sponsored by my then employer. Got the bug.

Most memorable running moments:

Seeing the 'Lucky Penny' signs being held up by Kerri Hodge's children at the Sunshine Coast Marathon. Made me laugh because we all say how lucky we are to get up at 4.30am to have time to run before work and the ladies I work with tell me how lucky I am not to be overweight.

Favourite Running Distance and PB:

Favourite distance is any race I finish and I haven't run a PB since last century.

Running Goals:

To continue to be able to run for another 30 or 40 years.

Favourite Runs:

Always like running anywhere on holidays because it's different. Have done some enjoyable runs overseas – Hyde Park in London, Tiergarten in Berlin, Vondelpark in Amsterdam, around Lake Genève in Switzerland, and many other places. It's a great way to get a different view of things. Got lost running alone around a castle in Wales and had a few scary minutes until I figured out I'd exited through a different gate. Had no money, no phone and didn't know the name or address of the apartment we were staying in.

Favourite Running Partners/Group:

The Hot Chicks and Wynnum Running Group (WRG).

Who is your running idol?:

Betty Menzies from Road Runners. She is inspirational because she keeps running and still has a pretty handy pace.

Favourite Sportsperson/s:

Roger Federer and Rafa Nadal.

Favourite Shoe Brand:

Asics

Favourite Food:

Chocolate

Favourite Drink:

Shiraz. Beer for carb loading, which probably explains my race results.

Favourite Movie:

James Bond movies starring Pierce Brosnan.

Favourite Music:

Coldplay, Greenday, Robbie Williams. Favourite entertainer is Tim Minchin.

Star Sign:

Pisces

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

To have my family close by and healthy.

IMPORTANCE OF SETTING NEW TRAINING GOALS

by Steve Manning *intraining* podiatrist and Level 4 athletics coach



It can be hard to regain your motivation and training focus after a big event. Following a long-term training program towards your major event goal, and completing that event, is very satisfying, but can also be both mentally and physically draining. After a long training block it's important to take some time to revel in your performance, and enjoy some well-deserved time off with rest and/or easy training.

Recovery is vital as it decreases injury risk and mental fatigue, and allows your body to adapt and benefit more fully from all your training. During this recovery phase, you should take time to decide where to take your next step. Setting a new goal is very important because it will encourage continued training enjoyment and success, and allow you to re-focus. Without direction, your training will lack

purpose, and might become erratic – either excessive, or not enough.

Many runners become over-zealous, and train excessively (too much volume and speed) too soon after a big event, which can significantly increase injury risk. These runners need a goal and a structured training program to keep them reined in. A periodised program incorporating overload and adequate recovery time is designed to keep everything in perspective, and highlight the importance of taking adequate time in building towards the next goal - so as to reduce the risk of overtraining, and/or mental burnout.

Other runners struggle with post-event blues and lack motivation after their target event. This is ok, but you can't rest on your laurels forever. Setting a new goal can help re-invigorate your passion and give you the extra drive to get out of bed and out the door for training.

Sometimes you need to change your focus in order to re-gain interest and motivation. Target a different event distance, or chase a specific time, or venture out and do some trail running or a triathlon. If you're running events regularly, you should consider targeting just a couple each season as key events, with more emphasis on performance. You should race hard, recover well, and then re-focus towards your next long-term goal. Be sure to always set specific, achievable and measurable goals, including a targeted training approach. Most importantly - enjoy your running experience!

MEMBER PROFILE



Name: Renae Sawatzki
(not 'Swarovski' as my mum hoped when I first met my husband-to-be!)

Age: 37

Occupation: Dentist

How and when did you start running?:

After finishing Uni in 2002 and moving to the Gold Coast for my first job, I thought I had better try to undo some of my 'unhealthy' Uni habits. Initially it was run for a minute, walk for a minute. It took me a long time to build up but that year I completed my first Fun Run, the Gold Coast 10km....and survived!

Most Memorable Running Moment:

The Medoc Marathon in France in 2010 was hilarious. The French are quite mad (and I mean that in a good way!). My husband Mark and I sat in the finishing area for ages watching runners finish, grab a wine or beer (the 'recovery drinks') and light a cigarette. Never in our conservative country, where is our sense of fun????! Mark and I also had a great time climbing Mt Kinabalu in Sabah and The Pinnacles in Sarawak a few years ago.

Most Memorable Sporting Achievement:

10kms, half marathons, marathons ... they have all been memorable in their own way (not always for good reasons!). The Gold Coast marathon last year was pretty special for me as I had trained with two ladies who were doing their debut marathons and we all did well. I was very proud of them!

Running Goals:

To keep it up for as long as I enjoy it.

Favourite Runs:

Anything around home (Boonah). The Scenic Rim deserves its name, the views out here are amazing.

Favourite Running Partners/Groups:

We miss being able to attend BRRC routinely now that we don't live in Brisbane, but always enjoy it when we do. I run with a few ladies in Boonah and we meet several times a week and solve the problems of the world.

Favourite Shoe Brand:

ASICS for a long time now.

Favourite Food:

We grow the most amazing dragon fruit at home...and an open jar of crunchy natural peanut butter never lasts long if I'm around.

Favourite Drink:

Our lime tree keeps producing wonderful limes so I am partial to a lime and soda.

Favourite Movie:

Two hours in front of a TV screen????! Not these days! But an old favourite is Space Balls, doesn't get much funnier (or cornier) than that.

Star Sign:

Capricorn, but I really have no idea about that sort of thing.

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

Possibly to have no more wishes, as my immediate response is 'to have more wishes' and then that would just turn me into a greedy beast!

BRRC MEMBERS ON TRACK THIS SUMMER

By Robert Lofthouse



Quite a few of our club members have been mixing their road events with some track racing in the search for more speed. As a result, some good performances in the 3000, 5000 and 10,000 metre track races have been recorded during February and March at QSAC (QEII) Stadium and at the University of Queensland (UQ) track.

Results are listed below:

Men 10,000 metres:

Aidan Hobbs	32:22.01
Patrick Nispel	32:38.59
David Sweeney	33:56.26
Adrian Royce	37:53.44
Darrell Giles	43:18.78
John Sheer	47:36.69

Women 10,000 metres:

Kerri Hodge	38:07.16
Cynthia Cliff	51:02.20

Men 5000 metres:

Aidan Hobbs	14:56.13
Patrick Nispel	15:58.73
Jayden Lyttle	16:37.58
David Sweeney	16:37.60
Jee Leung	17:15.16
Aaron Breed	18:23.06

Women 5000 metres:

Brittany Zendler	18:04.88
Kerri Hodge	18:22.32
Zoe Manning	19:03.04
Margot Manning	19:11.25

Men 3000 metres:

Aidan Hobbs	8:34.79
Patrick Nispel	8:45.36
Jayden Lyttle	9:28.10
Aaron Breed	10:23.82
Neil Bath	10:35.59
David Smitheram	10:58.22
Stephen Walmsley	11:11.51
Alec Lyttle	11:34.87
Alex Coman	12:59.93
Andrei Wightman	13:14.77

Women 3000 metres:

Zoe Manning	10:30.20
Kerri Hodge	10:31.69
Margot Manning	11:13.42

Even long time BRRC members Steve Manning, Michael Schultz and John Dempster were spotted out on the track 'having a trundle' so it might be worth the while to give track running a try during our summer months. You may surprise yourself and find that you get quicker in your road races by adding variety to your normal running program!

Details of Queensland Athletics track events and the coming Winter Cross Country program can be found on the Queensland Athletics website.

MEMBER PROFILE



Name: Geoff Orr

Age: 61

Occupation: Financial Planner (own my own business – Brisbane Money Management - and an accounting practice, Herzig Prosser)

How and when did you start running?:

2nd January 1991 – got a health scare with high cholesterol so started running in the early mornings when I had control over my time – ran my first marathon, the Johnson Crane Marathon, on 30th January.

Most Memorable Running Moments:

Finishing Comrades in 1992.

Most Memorable Sporting Achievement:

Selected to play Masters Hockey for Queensland in 2012 – my first year of playing the sport.

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

Playing rugby for the Dubai Exiles in 1978 – on bare sand – in the trials, Probables v Possibles, 7 people were hospitalised: they were nuts, so I took a sabbatical that season!

Favourite Running Distance and PB:

10kms - 42 mins 40secs – but a very long time ago, downhill with the wind behind me – and if I'm being totally honest, even though it claimed to be a measured course, it felt short.

Running Goals:

To keep going – I wonder about another marathon but I've done 26 and 11 ultras in some really interesting places so if I did another it would have to be somewhere special.

Favourite Runs:

Jock of the Bushveldt – Eastern Transvaal – now parkruns.

Favourite Running Partners/Group:

Love the inclusive spirit of parkruns and BRRC – but generally love runners – they tend to be really good people.

Who is your running idol?:

Bruce Fordyce, Comrades Champion – when I first moved to South Africa in the 80s Bruce had finished Comrades before I even woke up – but I vowed that one day I'd run Comrades so I did, twice – 1992 and 1993.

Favourite Sportsperson/s:

Corey Parker and/or Cameron Smith – both play sport in the right spirit.

Favourite Shoe Brand:

Currently Brooks but have used many: Nike, New Balance, Asics to name a few.

Favourite Food:

Roast Lamb with veggies

Favourite Drink:

Iced Tea

Favourite Movie:

Fast action movies that don't require too much/any thought.

Favourite Music:

Used to run a mobile disco for parties, weddings etc. and still enjoy listening to a broad spread of music – was musically fortunate to grow up in the UK and saw Queen, Elton John, Rod Stewart, Lou Reed, The Who, America and a whole bunch of other great bands many of whom are still performing. Currently Pink, Taylor Swift, Lady Gaga.

Star Sign:

Libra

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

Less stress for all so that we can all enjoy life more.



XIAMEN MARATHON (China) – 2nd January 2017

This event began in 2003 and is famous for its coastal scenic course. Xiamen has become one of the world's best attended marathons with 50,000 runners competing every year.

After a lead group of 15 runners passed through the 10km in 30:15, pre-race favourite **Lemi Berhanu** (from Ethiopia) made an early break. Berhanu had a PB of 2:04:33 going into the race. Running alone at the front, with countrymen Shura Kitata and Mosinet Geremew chasing, Berhanu passed 25km in 1:15:16 and at that stage held a 40 second lead. He continued to build on that lead, eventually winning the race in **2:08:27**. Behind him, half marathon specialist Geremew outraced Kitata over the last 10km to claim second place. For Geremew, this race was his first over the 42.2km, but with a half marathon PB of 59:11 he proved that he will be a force in marathon running in the next few years.

All credit though to the race winner Lemi Berhanu who was just too good on the day after making his break just after the 10km mark and from then on was never seriously challenged. All three male placegetters were from Ethiopia.

The ladies' race boasted a class field with 2016 Beijing Marathon winner **Meseret Mengistu** lining up against defending Xiamen title holder Workenesh Edesa and 2016 Beijing runner up Melkam Gizaw. At the halfway point, there was a lead group of four runners which included the above mentioned three along with another Ethiopian lady Meseret Legese who had won the inaugural Wuhan Marathon in 2016.

At the 26km mark, Edesa and Mengistu pulled away from the other two and from then on Edesa tried to shake off Mengistu with surges but her efforts came to nothing

as Mengistu stayed patient and finally at the 35km mark Mengistu was able to wear down her countrymate and start to forge ahead. In the end, Meseret Mengistu (2:25:58) won by a margin of 29 seconds from Edesa with Gizaw a further 20 seconds back in third place. Again this result mirrored the men's podium finish with all three placegetters from Ethiopia. There will be some great battles in the coming years around the world, as Ethiopia throws out a serious challenge to Kenya for the top Marathon running nation.

Xiamen International Marathon: Men/Women Results

1 – Lemi Berhanu (Ethiopia)	2:08:27
	Has PB of 2:04:33
1 – Meseret Mengistu (Ethiopia)	2:25:58
	Has PB of 2:23:26
2- Mosinet Geremew (Ethiopia)	2:10:20
	PB Debut Marathon
2 – Workenesh Edesa (Ethiopia)	2:26:27
	Has PB of 2:24:04
3 – Shura Kitata (Ethiopia)	2:10:36
	Has PB of 2:08:53
3 – Melkam Gizaw (Ethiopia)	2:26:47
	Has PB of 2:24:28



DUBAI MARATHON – 20th January 2017

Bekele's World Record Attempt Thwarted by Crash!

Kenenisa Bekele – possibly the greatest distance runner of all time had indicated that he was after Dennis Kimetto's world record of 2:02:57 and after having won Berlin last year in 2:03:03, it was expected that he would give it a real shake. Bekele has held the 5000 and 10,000 metre world records for 12 years and his more recent step up to the gruelling Marathon had already brought him success as shown by his winning time in Berlin 2016.

Incredibly, when the start gun went off in Dubai, Bekele tripped and fell. He picked himself up again but never really recovered and pulled out at the 23km mark, clutching his left calf.

The first half of the men's race was run at a super fast pace with a pack of six runners going through the 21km mark in 1:01:18. The fast pace took its toll on the majority of the lead pack after 30km and in the last 5km, Ethiopia's **Tamirat Tola** left the tiring runners in his wake, as he crossed the finish line in a race record time of **2:04:11**. This was a breakthrough victory for Tola who had won a bronze medal last year in the 10,000 metres track event at the Rio Olympics. Fellow Ethiopian runners Mule Wasihun (2:06:46) and Sissay Lemma (2:08:04), made it a clean sweep for Ethiopia by coming second and third respectively.

It will be interesting to see where Kenenisa Bekele stages his next world record attempt. After failing to finish in Dubai, he will be one determined individual in his next race!

The women's race was won by Marathon debutant **Worknesh Degefa** in **2:22:36**. Degefa went into the race with a half marathon PB of 1:06:14 and used her pace to shake off all rivals (except Shure Demise) who made up some ground on Degefa in the last two kilometres but ultimately finished 21 seconds behind in second place. Yebgual Melese ensured that it was a 1,2,3 on the podium for Ethiopia by crossing in third place.

Both male and female winners pocketed \$200,000.00 (US) for their efforts.

The Marathon and associated 10km and 4km events attracted about 30,000 runners.

Another big boost for tourism in Dubai and a great day for Ethiopia claiming the top three places in both the male and female Marathon events.

Dubai Marathon: Men/Women Results

1 – Tamirat Tola (Ethiopia)	2:04:11
PB and Course Record	
1 – Worknesh Degefa (Ethiopia)	2:22:36
Her first marathon!	
2 – Mule Wasihun (Ethiopia)	2:06:46
	Has PB of 2:05:44
2 – Shure Demise (Ethiopia)	2:22:57
	Has PB of 2:20:59
3 – Sissay Lemma (Ethiopia)	2:08:04
	Has PB of 2:05:16
3 – Yebgual Melese (Ethiopia)	2:23:13 PB

OSAKA WOMEN'S MARATHON (Japan) – 29th January 2017

Queensland's Cassie Fien records PB Marathon!

Leading Queensland distance runner Cassie Fien, who has won many races in Australia in the last few years, finished 14th in the prestigious Osaka Women's Marathon and in the process, lowered her marathon PB to 2:33:01.

The race started with the temperature around 9 degrees C and only rising to 13 degrees during the race, it was ideal for some fast times.

At the halfway mark, Japan's Misato Horie lead the field, going through in a time of 1:11:46. 2012 London Olympian **Risa Shigetomo** and fellow Japanese runner Hanae Tanaka were together in second place, some 100 metres behind at that stage. At the 30km mark, Horie still lead by 20 seconds from Shigetomo with Tanaka seven seconds back in third place, but starting to tire. Over the next five kms, Shigetomo made up significant ground on

the leader Misato Horie and by the 35km had taken the lead and established a seven second break. From then on, Shigetomo took charge of the race going on to win in a time of **2:24:22**.

Leading Queensland distance runner Cassie Fien went through the halfway mark in 1:15:24 and despite recording her slowest five km time split between the 35 and 40km mark still managed a PB time of 2:33:01.



Cassie Fien

Osaka Women's Marathon: Results

- | | |
|-------------------------------|-------------------|
| 1 – Risa Shigetomo (Japan) | 2:24:22 |
| | Has PB of 2:23:23 |
| 2 – Misato Horie (Japan) | 2:25:44 PB |
| 3 – Hanae Tanaka (Japan) | 2:26:19 PB |
| 14 – Cassie Fien (Queensland) | 2:33:01 PB |

Time Spilts for Cassie:

- 5km – 17:53
- 10km – 35:45
- 15km – 53:29
- Half – 1:15:24
- 30km – 1:48:01
- 35km – 2:06:21
- 40km – 2:24:57

TOKYO MARATHON – 26th February 2017

Wilson Kipsang misses World Record!

Wilson Kipsang of Kenya missed out on the world record but ran the fastest Marathon ever on Japanese soil finishing in a time of **2:03:58**.

The 34 year old was looking to better Dennis Kimetto's world record of 2:02:57 and wrest back the world record he lost in 2014.

All six of the recent world record times have been set at the Berlin Marathon with Kipsang winning the 2013 version.

Kipsang was on world record pace at the halfway mark but tired a little in the windy conditions. The race temperature at the start was around 8 degrees C.

At the 30km mark, only compatriot Dickson Chumba was still with him but after 35km Kipsang had established a break on Chumba, with another Kenyan Gideon Kipketer, gaining steadily on the tiring Chumba.

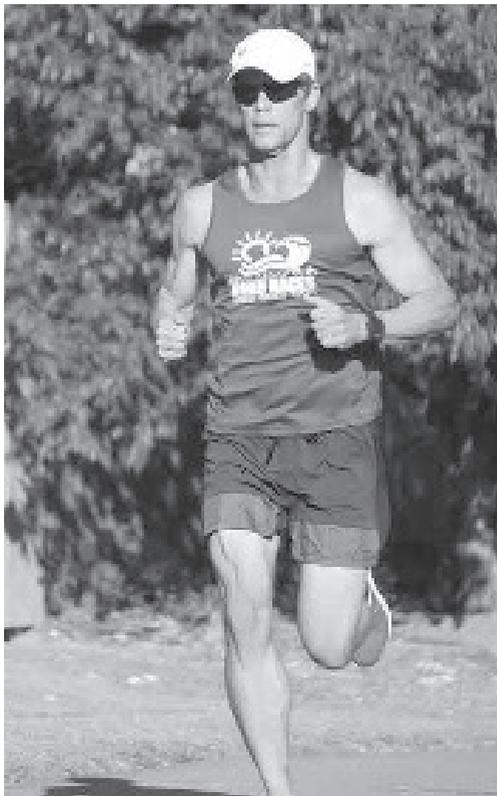
Kipsang continued to widen the gap on second place and ended up winning by nearly two minutes over Kipketer who passed Chumba just after the 40km mark.

In the ladies' race, Kenya's **Sarah Chepchirchir** ran a personal best time of **2:19:47** to outlast her Ethiopian rivals Birhane Dibaba and Amane Gobena who finished second and third respectively. Chepchirchir broke the women's course record on the day, claiming the record which had stood since 2003.

Tokyo Marathon: Men/Women Results

- | | |
|--------------------------------|--|
| 1 – Wilson Kipsang (Kenya) | 2:03:58 |
| | COURSE RECORD Has PB of 2:03:13 |
| 1 – Sarah Chepchirchir (Kenya) | 2:19:47 |
| | PB Course Record |
| 2- Gideon Kipketer (Kenya) | 2:05:51 PB |
| | 2 – Birhane Dibaba (Ethiopia)2:21:19 PB |
| 3 – Dickson Chumba (Kenya) | 2:06:25 |
| | Has PB of 2:04:32 |
| 3 – Amane Gobena (Ethiopia) | 2:23:09 |
| | Has PB of 2:21:51 |

MEMBER PROFILE



Name: Peter Lewis

Age: 50

Occupation: School Deputy Principal

How and when did you start running?:

I started running about 10 years ago primarily so I could lose some weight and for the next 8 years I ran to eat. I'd always hated fitness work throughout my cricket career and actually prided myself in my laziness. I found I really enjoyed it. A couple of years ago I decided to alter my diet and was amazed at the difference. I suddenly took 14 minutes off my time without changing anything in training.

Most Memorable Running Moments:

Running in the 2016 Boston marathon was definitely a highlight. I loved everything about the race and I'd recommend anyone who runs a qualifier do it. It is like Melbourne Cup day in Boston – it's a public holiday for the whole state and the course is lined with a million spectators. Maybe it's the fact that to get into the field you need to run a qualifying time, but they make each runner feel like an elite athlete. Although it seems trivial now, breaking 20 minutes for the first time at parkrun and a sub 90 half were pretty cool, because for a long time I thought those goals were beyond me.

Most Memorable Sporting Achievement:

I love competitive sport and have always played it. I played cricket for 40 years including a stint in England and all over Queensland. I never imagined I could leave the game as I especially enjoyed winning various premierships and sharing those moments with teammates. I currently play lawn bowls and love the challenge that now provides. My standard joke these days is that I'm a member of two sporting clubs. At the running club I'm probably the best lawn bowler and at the bowls club I'm definitely the best runner! Just need to switch it around.

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

I thought doing a marathon was crazy 10 years ago.

Favourite Running Distance and PB:

I like the marathon because you have to really prepare properly and there's no guarantee things will go to plan. There is a risk factor which makes a good marathon all the more satisfying. I ran my PB marathon 3:06:51 at last year's Sunshine Coast Marathon.

PBs

Parkrun	18:12
10k	39:57
Half marathon	1:27:13
Marathon	3:06:51

Running Goals:

I'd love to run a sub 3 hour marathon but I might've left my run a bit late in life. I should've gotten fitter years ago instead of only taking it seriously for the past couple of years. I'm planning to run marathons in Paris and Melbourne this year so I'm certainly aiming to go under 3:05. I'd also like to run New York marathon in the next couple of years and Comrades ultra marathon in South Africa. In the very short term I'd like to get my 10k time under 40 minutes.

Favourite Runs:

I've done a lot of my long runs along the Sandgate/Redcliffe foreshore over the past 10 years. In recent times I've given the Kedron Brook bikeway a pretty good workout. I try to vary my runs a bit more these days to get variety. The Angourie coastal track south of Yamba in northern NSW is a great run if you're ever down that way.

Favourite Running Partners/Group:

I'm a member of South Pine Striders so I've got a few people I run with there and I'm also a Chermside parkrunner and a few of us from there get together for a run too.

Who is your running idol?:

I don't have any idols as such, but I really admire anyone older than me who is still competitive in open competition, and there are certainly quite a few who fit into that category at Brisbane Road Runners. I remember being mightily impressed a few years ago when a 49 year old Steve Moneghetti turned up to the Redcliffe Jetty to Jetty as the special guest and smashed the field with a sub 31 minute 10k.

Favourite Sportsperson/s:

Carl Lewis – he won back to back gold medals in the Olympic 100m and it wasn't even his best event. Four consecutive long jump golds is testimony to his versatility, dominance and longevity. Adam Glichrist is my favourite all time cricketer, though I loved watching Brian Lara play too.

Favourite Shoe Brand:

Nike Pegasus

Favourite Food:

I love all food and restricting it is the toughest price to pay to stay fit. I have a particular weakness for peanut M&Ms.

Favourite Drink:

Saxby's diet ginger beer

Favourite Movie:

Shawshank Redemption, The Full Monty

Favourite Music:

I'm not much of a music fan I'm afraid.

Star Sign:

Virgo

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

To remain fit, healthy, alert and loved as long as I'm alive.

BRISBANE ROAD RUNNERS RACE REPORT

By Robert Lofthouse



December 11th – 5km DASH & SPLASH and PRESENTATIONS (75 Runners)

Yeronga Park Swimming Pool played host to the annual end of year BRRC event. The Junior event is conducted over a 1.4km running course and a one lap (50 metre swim) and the main race is held over a 5km course, followed by a 100 metre swim in the vpool to finish.

John Diamond was the Race Director and was ably assisted by a multitude of volunteers out on the course and inside the pool complex. It was also great to see former Club President Peter Holles make his once a year appearance at the start line to send the runners on their way.

As expected, it was quite warm for the 7.00am start with the 5km run being conducted on both the footpaths around Yeronga Park as well as the road and path inside Yeronga Park. There was also a section of cross country in the last kilometre – just to make things interesting! The course certainly contained some hills which made it a tougher course than the usual West End 5km.

1.4km Junior Dash – The Junior event was won in convincing fashion by **Harvey Cramb** who scooted around the course in **5 mins 58 secs**, finishing a minute ahead of Samson Kirisome with Aidan Vaene third.

5km Dash & Splash – A field of 75 took on the challenge with Osman Saleh leading the way on the early hills before entering into the park itself just before the 1km point. The battle behind Osman was quite intense as the runners made their way down the bumpy, potholed road inside Yeronga Park. Danny McDonald and Jayden Lyttle were having a good race for second place with Ian Cameron and Adrian Royce not far behind.

Osman Saleh continued to increase his lead in the second half of the race, showing his hill strength as he eventually passed the finish clock

in a time of 16:52. (Osman elected not do the swim leg). **Danny McDonald** and Jayden Lyttle were next to finish the run and they came in together in **18:13**. Danny managed to get a lead over Jayden in the swim and was declared the male winner of the Dash & Splash. Ian Cameron and Adrian Royce were the next to finish.

In the ladies' event, **Kerri Hodge** was the winner, recording a run time of **19:42** with Margot Manning just over a minute behind in second place. The battle for third was probably the highlight of the morning with Laura Daly just holding out Marion Hermitage by one second with Zoe Manning only a few seconds behind.

A delicious cooked breakfast awaited all in attendance as President Andrew Leggett and Treasurer Bruce Smerdon handed out the overall Club Championship trophies and the Age Group prizes for 2016.

Male Club Champion 2016 – CLAY DAWSON
(Four years in a row)

Female Club Champion 2016 – BRITTANY ZENDLER
(Two years in a row)

Dash & Splash Winners 2016 – Danny McDonald and Kerri Hodge

Junior Dash & Splash Winner – Harvey Cramb



Danny McDonald



Kerri Hodge



Irene Davey & Betty Menzies

**January 1st –10km/5km NO WATCHES
PREDICTION RUN (50 finishers)**

The smallish crowd that turned up early on New Year's morning were welcomed by hot, humid conditions with the mercury having already reached 28 degrees Celcius by the 6.00am start time.

The 10km and 5km events were conducted differently from normal BRRC races with everyone required to predict their finish time before the event start and have it recorded at the registration desk. As well, no one was allowed to wear a watch to ensure that no 'cheating' took place. **The winner of each race would be the person who finished closest to their predicted time.**

10km – In the two lap event, Ray Shanks proved to be the shrewdest judge on the

morning, finishing only 5 seconds outside his predicted time of 38 mins 40 secs.

Fastest on the day – Osman Saleh was the first to cross the finish mat, recording **35:58** to finish a couple of minutes in front of Ray Shanks (38:45) with Jayden Lyttle continuing his good West End form of 2016 by finishing third in 39:24.

Kerri Hodge was easily the fastest lady on the day recording a **39:25** effort with Morgan O'Brien second and Astrid Gomez just holding off the challenge of Julie Hill-Webber to claim third place in the results.

5km – In the one lap event, Deirdre Westerdale was closest to the predicted time, only finishing six seconds outside her nominated time of 38 mins 48 secs.

Fastest on the day – intraining runner **Dan Symonds**, was the first male to finish, recording a very relaxed time of **20:09**. Andy Richmond and Andrew Marrington were second and third respectively with both runners dipping under the 21 minute mark in hot, oppressive conditions.

Selina Ward took the honours in the ladies 5km, finishing in a time of **22:45**. Jenny Deag and Peta Dunne rounded out the top three.

Special thanks to Race Director **Russell Wilson** and race sponsor **intraining**, both long time and proud supporters of BRRC.

January 15th–15km/10km/5km/2km (147 finishers)

The extreme heat and humidity was posing a real test so early in the new year, but on the positive side, it was great to see nearly 150 runners out on the road.

15km – Leading Queensland Masters runner **David Sweeney**, made his first appearance at West End a memorable one, leading the field from beginning to end. At the 5km mark, David held a 30 second lead over Clay Dawson with Osman Saleh a further 20 seconds back in third place. David managed to increase the lead to over a minute by the 10km point of the race and at the end, crossed the mat in a winning time of **53:59**. Clay Dawson

finished second and Osman Saleh third. David capped off a memorable 2016 by winning four Gold Medals in the World Masters Athletics Championships (Perth) in the men's 55-59 Age Group, so his presence at club events this year will give the younger brigade plenty of competition.

In the ladies' three lap event, **Kerri Hodge** won in a time of **1:02:45** with Carley Patten second and Margot Manning third.

10km – The 10km proved to be the most popular distance on the morning with 60 runners completing the distance. In the men's category, **Dan Wright** made his first appearance at the club (for a few years) a winning one, completing the distance in **38:25**. Dan was pushed in the first 5km by Ray Shanks and held a 13 second lead at that stage before widening the margin in the second half of the race to record a victory margin of over 30 seconds. Troy Collins was third male to finish.

In the ladies' race, Jenny Deag held a 12 second lead over **Morgan O'Brien** at the halfway mark but Jenny tired a little in the tough conditions and Morgan was able to pass Jenny with a kilometre to go and ultimately cross the finish mat, seven seconds ahead of Jenny in a time of **48:50**. Michelle Keogh finished third, after recording a noticeable 30 second negative split time in the second lap of the race.

5km – After running a PB in the World Masters Champs Marathon last year in Perth **Adrian Royce** showed that he is no slouch over the shorter distances either winning the one lap event in convincing fashion. Adrian is certainly no stranger to the 5km distance though, having done plenty of parkruns around Queensland in the last few years. Adrian finished in a time of **18:34** with Robert Henderson second and David Willems third.

The ladies' 5km was won by West End newcomer **Raquel Lopez** in **23:38**. Rheena Walton placed second and BRR regular Liz McCracken rounded out the top three.

2km – The first Junior Dash for the year resulted in a win to **George Collins** in a time of **8:46**. **Indigo Barber** was the first girl to finish in **9:24**.

A special mention and thank you to **Karen Rossel** for being Race Director on the morning and to all the volunteers who contributed to another successful staging of a BRR event in extremely oppressive conditions.

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

January 29th–15km/10km/5km (148 finishers)

Another hot, steamy morning greeted runners and though not as bad as a fortnight earlier, the conditions still made it uncomfortable – even for the fittest.

15km – BRR regular **Danny McDonald**, took charge of the race early and continued to widen the margin, eventually crossing the mat in a finish time of **58:39**.

Second place went to Aidan Hobbs, who elected to push the pram and still managed a very creditable time. Nic Kirkup and Peter Bracken elected to use the 15km as a training run and ran together for the three laps, with Nic being credited with third place, after both crossed the mat together.

It was good to see a 'new face' at West End taking out the ladies' 15km, with **Olivia Lennon** winning in **1:04:38**. Second place was taken out by long time club member Marion Hermitage with Zoe Manning third, after running a strong third lap and making up a minute on Marion in the last five km. It will be interesting to see how Zoe goes over the longer distances this year!

10km – As was the case a fortnight earlier, this distance attracted the largest field of the morning with 70 runners completing the distance.

After finishing second in the previous two 10km events held at West End, **Ray Shanks** went one better, taking out the race in a time of **38:03**. By the halfway point of the event Ray had established a lead of nearly two minutes over his nearest male rival Marc Nickels and by the end had stretched his margin to over three minutes. Geordie Koest took out third place.

In the ladies' 10km, regular event winner **Kerri Hodge** ran an extremely creditable **38:38** in

the warm conditions giving her a win by nearly two minutes from Margot Manning and Liz Grolimund.

5km – Leading Masters runner **Ian Cameron**, was a convincing winner in the one lap event, completing the course in **18:42**. Harrison Adams and Robert Henderson were second and third respectively.

Meg Henderson took out the ladies' division in **20:35** with the Riethmuller sisters Kate and Amy placing second and third.

A special mention and thank you to **Kerri Biggins** for being Race Director on the morning and to all the volunteers who contributed to another successful staging of a BRRC event in the oppressive conditions.

Intraining was the race sponsor and their generous donation of random draw prizes is always greatly appreciated.

February 12th – 5 mile Champs/10 mile (125 finishers)

Dave Sweeney and Kerri Hodge take the honours

The first event in the seven race championship series was conducted in warm, humid conditions – just a continuation of the record-breaking heat which has tested out anyone doing exercise outdoors away from the air conditioner.

The **5 mile (8.045km) championship** event was conducted over a 3.045km course followed by the normal BRRC 5km loop.

In the men's event, new BRRC member **David Sweeney** set the pace early and was never headed as he went through the first lap with a 28 second lead over well performed Ultra runner Kevin Muller and intraining youngster Jayden Lyttle just a few seconds behind in third place. David increased his lead over the second loop crossing the mat in a winning time of **27:53**. Jayden used his speed to his advantage in the latter stages of the 5km loop, to pass Kevin and claim second place. Ray Shanks was the only other runner to break 30 minutes on the morning in the testing humid conditions, finishing fourth overall.

The ladies' 5 miler saw **Kerri Hodge** complete the first lap with a comfortable lead over newcomers Noo Bowker and Sara Parkinson. Nothing changed up front during the second lap with Kerri extending her lead to nearly a minute and a half as she crossed in a time of **31:08**. The battle for second was a close affair with intraining runner Sara Parkinson pipping Noo Bowker at the end to take second place.

A field of 110 runners took part in the first championship race of the season and there were many fine performances recorded and Age Group records broken despite the uncomfortable conditions.

10 mile (16.09km) – This race consisted of a 1.09km loop followed by three laps of the normal 5km circuit. With most club members focussing on the shorter championship event only a small field opted for the longer run.

In the men's event, **Kieber Cunha** (a West End first timer) took the honours in a time of **1:12:17** with Bassel Banna and Bennie Lindeque second and third respectively.

The ladies' race saw University of Queensland Sports Medicine Researcher **Dr Fleur Garton** lead the field for the entire race clocking **1:12:16** to finish just in front of male winner Kieber Cunha. Fleur is an avid runner and cyclist. Clare Mitchell and Pamela Malone were second and third on the morning.

Andrew Leggett did an excellent job as Race Director ensuring that things ran smoothly on the morning and also a special thanks to all the volunteers who helped make this an enjoyable morning for all and finally a vote of thanks to Greg Beerling from NRChi Bodyworks for donating the random draw prizes on the morning.

Looks like there will be some very good contests in the various Age Groups over the seven race series.

February 26th – 15km/10km/5km/2km (156 finishers)

For the first time this year conditions were a little more conducive to running. The humidity had eased off and it was quite pleasant for the 6.00am start.

15km – The three lap event was dominated by **David Sweeney** who made it three wins from three starts at BRRC.

At the 10km mark, David had a lead of nearly five minutes over his nearest rival and actually 'sped up' in the third lap, recording his fastest split of 17:55. His overall race time of 54:33 gave him victory by seven minutes over Neil Bath. The battle for third was close with Chris Schmidt staving off the late challenge of David Melville to cross the timing mat just two seconds ahead.

In the ladies' race, **Margot Manning** maintained a consistent pace for the three laps to win comfortably in a time of 1:02:57. Second place went to Angela Clarke who first started running with the club back in the 1980s. Angela has been competing in long distance triathlons over the last 20 years and has represented Australia as a leading Age Group performer. Cherie Lowe was third finisher in the ladies' category on the morning.

10km – **Aaron Johnman** lead the field through the first five km and by that stage had established a 40 second lead over Javier Alvarez with David Smitheram a further 100 metres behind in third place. Aaron picked up the speed in the second lap to establish a two minute lead over his nearest rival by the end of the race. Aaron's winning time was **37:58** with Javier just claiming second place by the barest of margins over the fast finishing David Smitheram.

Olivia Lennon claimed her second win for the year at West End, taking out the 10km in **41:29**. Prior to this, Olivia had won the 15km back at the end of January. Leading Australian age group triathlete (and long time club member) Marion Hermitage was second and Tae Van Brummen was third.

5km – **Simon Allison** took out the one lap event, recording a time of **17:45** with Jacob Willems second and Harrison Adams third. Simon ended up with a winning margin of just over a minute.

In the ladies' event, **Susan Tessmann** was delighted to win her first BRRC mug taking out the race in **26:13** with Angela Allen and Laticia Transon also dipping under the 27 minute mark, to be second and third respectively.

2km – The Junior Dash saw 10 'eager beavers' take off at the start. In the boys' division, **George Collins** won in an impressive time of **8:15**. **Pryia Madders** was the girls' winner, crossing in **9:18**.

Many thanks to Kerri Hodge who did an excellent job in her first gig as Race Director and to Bruce Smerdon for his assistance on the morning. **Skirt Sports** was the event sponsor.

Our Race Sponsor – Skirt Sports

Skirt Sports is one of the leading women's fitness apparel brands with a full collection of styles from running skirts and dresses to performance tops and bottoms for use in Running, Yoga, Tennis, Golf, Hiking and everything fitness related. Check out their website!

For a complete list of BRRC race results for every race, go to our website at

www.brisbaneroadrunners.org

or visit our Facebook page to download the results.



Pryia Madders



*Noo Bowker, Julie Hill-Webber
and Gwen Vines*



David Sweeney



*Kerri Hodge, Cherie Lowe and
Margot Manning*



John Sheer, James Winters and John Diamond

RESULTS OF 2016 BRR CHAMPIONSHIP SERIES

Compiled by Bruce Smerdon & Brian McCarthy



Overall Male and Female Club Champions

Overall Female Club Champion

1. Brittany Zandler (second year in a row)
2. Kerri Hodge
3. Katy Russell

Overall Male Club Champion

1. Clay Dawson (fourth year in a row)
2. Will Barton
3. Nathan Cook



*2016 Overall Female Club Champion
– Brittany Zandler*



*2016 Overall Male Club Champion
– Clay Dawson*

Male and Female Age Group Champions

CATEGORY	WINNER	EVENTS CONTESTED	RESULTS WITHIN AGE CATEGORY
FEMALES			
Female 0-19	Brittany Zendler	5	5 first placings
Female 20-24	Laura Daly	6	6 first placings
Female 25-29	Francisca Aviles	4	2 first placings, 1 second placing, 1 third placing
Female 30-34	Crystal Mahony	5	5 first placings
Female 35-39	Wei Yin Han	6	3 first placings, 3 second placings
Female 40-44	Kerri Hodge	7	6 first placings, 1 second placing
Female 45-49	Katy Russell	4	4 first placings
Female 50-54	Marion Hermitage	4	4 first placings
Female 55-59	Susan Tessmann	6	3 first placings, 2 second placings, 1 fourth placing
Female 60-64	Madonna Stewart	4	3 first placings, 1 second placing
MALES			
Male 0-19	Jayden Lyttle	5	4 first placings, 1 second placing
Male 20-24	Kai Barry	4	2 first placings, 1 second placing, 1 third placing
Male 25-29	Dan Symonds	4	2 first placings, 2 second placings
Male 30-34	Clay Dawson	4	4 first placings
Male 35-39	Nathan Cook	5	3 first placings, 1 second placing, 1 third placing
Male 40-44	Chris Voisey	5	5 first placings
Male 45-49	Adrian Royce	7	3 first placings, 3 second placings, 1 third placing
Male 50-54	Don Atcheson	5	2 first placings, 2 second placings, 1 third placing
Male 55-59	Phil Davies	4	4 first placings
Male 60-64	John Shaw	4	4 first placings
Male 65-69	John Sheer	4	3 first placings, 1 second placing
Male 70-74	Harold Haldane	6	6 first placings
Male 75-79	Jack Marsh	5	5 first placings

Congratulations to those members who completed all seven championship events in 2016 and were each awarded a specially embroidered Brisbane Road Runners Club towel - Kerri Biggins, Deborah Davis, Jenny Deag, Jenny Downie, Deanna Eldridge, Kerri Hodge, Kym Mansfield, Clare Murray, Adele Renwick, John Dempster, Richard Heinz, Jim Morton, Garry Page, Adrian Royce, William Towner, Andrei Wightman



2017 BRRC CHAMPIONSHIP SERIES

By Bruce Smerdon



The 2017 BRRC running calendar includes seven championship events i.e.

12 February	5 mile
9 April	21.1 km
18 June	10 km
23 July	20 km
10 September	10 mile
8 October	15 km
19 November	5 km

Overall Male and Female Club Champions

The overall male and female club champions are determined by each participant's finish order placing in the seven championship events.

You must compete in at least four of the seven events to be eligible. Depending on your finish placing in each of the events, points are awarded as follows:

1st place overall	1 point
2nd place overall	2 points
3rd place overall	3 points
4th place overall	4 points

and so on for each participant in the event

After the final championship event on the 19th of November, the best four scores achieved by male and female participants in each of the seven championship events are used to determine the overall male and female club champions. The best possible winning points total is 4, which is achieved by being the first male or the first female across the line in four events.

Male and Female Age Group Champions

You must compete in at least four of the seven events to be eligible. Depending on where you finish in your age group in each of the seven events, points are awarded as follows:

1st place (in your age category)	1 point
2nd place (in your age category)	2 points
3rd place (in your age category)	3 points
4th place (in your age category)	4 points

and so on for each participant in your age group category

After the final championship event on the 19th of November, the best four scores achieved by participants in each age category are used to determine the champion in each group. The best possible winning points total is 4, which is achieved by coming first in an age group in four events.

Consistency Champions

Members who complete all seven championship events during 2017 will be awarded a specially embroidered BRRC towel at the end of the year. In 2015 there were only eleven members who completed all seven championship events. In 2016 there were sixteen. How many Consistency Champions will emerge in 2017? If you completed the 5 mile Club Championship event on February 12th, you only have to complete the other six championship events during the year to be awarded your towel. Thereafter your name will be spoken within the running community in hushed, awed tones, and you will forever be revered as a BRRC Consistency Champion. Well, for a few weeks, anyway.

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	5 mile Club Championship & 10 miles	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	21.1k Club Championship & 5k, 10k	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	10k Club Championship, 5k & QMA 10k Championship	6:30am	P.A.T.42.2 Running
09-Jul-17	2k, 5k, 10k & 15k	6:30am	Intraining
23-Jul-17	20k Club Championship, 5k, 10k & 15k	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	10 mile Club Championship (Robin Flower Memorial) & 5 miles	6:30am	The Run Inn
24-Sep-17	2k, 5k & 10k	6:30am	P.A.T. 42.2 Running
08-Oct-17	15k Club Championship & 5k, 10k	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	5k Club Championship & 10k	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

