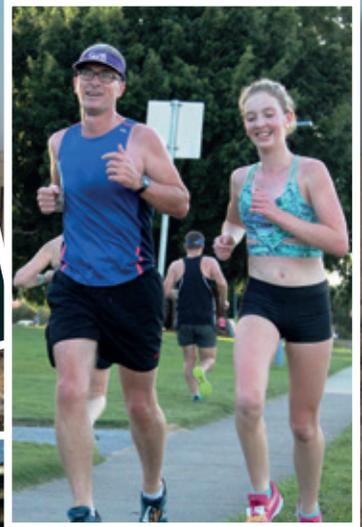




BRRC

Winter 2018



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.

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

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Please send photos/ logos as JPEG or TIFF images, in a separate file to the text.

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From the Editor...

By Robert Lofthouse



Welcome to the Winter edition of the BRRC Magazine!

The cooler weather has finally arrived and with it thoughts of upcoming races such as Gold Coast, Sydney or the Melbourne Running Festival. How's your training going?

Since the last edition, we have seen the Twilight Running Festival at St Lucia, The Great South Run at Algester and the Warwick Pentath run. These events have kick started what promises to be a very busy few months for many BRRC members.

This edition of the magazine covers a good variety of reports with the Great South Run covered by Adrian Royce and the Australian Masters Championships in Perth providing inspiration for Irene Davey to furnish an entertaining report.

The club members profiles have received a very encouraging response for this edition with six members profiled.

Enjoy the upcoming Winter calendar....and don't forget to send me an email if you have a story about your event experience.

I trust that you enjoy the latest edition of this magazine!

Enjoy your running!

Robert Lofthouse (Editor)

rob.lofthouse@optusnet.com.au



From your Committee

By John Dempster



This being the Winter edition of the club magazine means the weather is now cooler which makes running a lot more pleasant. The longer BRRRC events are now in full swing as our members build up their training for their target event, Gold Coast Marathon, Brisbane Marathon etc.

We have many members running at the Gold Coast in the BRRRC team, competing in distances ranging from the junior dash to the full marathon. By now, all BRRRC team members should have downloaded their Entry Confirmation Certificate which was attached to their entry confirmation email from the Gold Coast event organisers. You need to have it and photo ID with you when picking up your race pack at the collection venue you nominated – either the Royal International Convention Centre, 600 Gregory Terrace, Bowen Hills, Brisbane or the Gold Coast Convention and Exhibition Centre, Broadbeach, Gold Coast. If you need someone else to collect your race number on your behalf please give them a copy of your confirmation along with an email, letter or text giving them permission to collect on your behalf. Thank you to our Team Manager, Kerri Hodge, for her work organising our team.

BRRRC members running at the Gold Coast are urged to wear the Club uniform so that you get plenty of encouragement as you pass the BRRRC tent. It doesn't matter if you are a runner or a supporter – the BRRRC hospitality tent is an ideal place to meet, leave your bags, recover after your run or support others as they finish. Similar to last year, our tent will be pitched on Marine Parade about 200-400 metres before the finish line and it will be next to the intraining tent.

There was an excellent turnout for the second championship event, the 21.1k Half Marathon, our longest event. There are a large number of members, 'The Commitments Club', still eligible for the BRRRC monogrammed towel.

The next championship event, the 10K, is on 17 June.

To all our members who are preparing for major distance races, the marathon and half marathons, I wish you well and hope that your training produces the success you are aiming for.

John Dempster

President





MEMBER PROFILE

Name: Elizabeth O'Neil

Age: 38

Occupation: Kitchen & Bathroom designer/sales

How and when did you start running?:

Janette Campbell encouraged me to do Mitchelton parkrun with her back in 2014, 5k seemed like such a long way so I did a few practice runs on my own, my first 4k run took me ages and I could not walk properly for a week.

Most Memorable Running Moments:

Being 1st female at Mitchelton parkrun after 3 years!

And winning a mug at Brisbane Road Runners! I was so excited I told anyone that would listen.

Favourite Running Distance and PB:

Very hard question, I love all distances but after I did my first half marathon back in 2016 @ Wynnum I vowed to never do one again, I have now done 6 (official) half marathons, I am hooked

PB @ St Lucia Twilight 2018 1:41:31

Running Goals: To do a marathon!

Try and stay injury free

Favourite Runs: Anything by the water or a good trail run with my mates.

Favourite Running Partners/Group:

I am part of a lovely little running group, we meet on a Tuesday morning at Teralba park and also to do parkrun touring together. It's always fun, we try not to take ourselves too seriously.

I am lucky enough to also have Jason Cox to run with, we are very similar pace wise and training for the same events, he pushes me along, but if you ask him he thinks I push him along.

Who is your running idol?: Jess Trengove who just won a Bronze at the Com games for the marathon, I was pretty excited to see her cross the finish line!

Favourite Sportsperson/s: Charlotte Caslick, I really enjoyed watching her in women's rugby 7's during the 2016 Summer Olympics in Rio, and more recently at the Com games, she has the most determined look on her face when she gets the ball. She is an amazing athlete.

Favourite Shoe Brand: ASICS

Favourite Food:

A good steak or spaghetti bolognese. Home-made lemon tart. I don't mind a vanilla slice too, oops you probably only wanted one.

Favourite Drink:

Is it wrong to say Champagne?....

Favourite Movie: Riding in cars with boys, (2001) with Drew Barrymore

Favourite Music: Anything pop related, nothing too heavy that makes my head hurt

Star Sign: Aquarian

If you had one wish in life it would be?: For my three children to be as happy as I am when they grow up.

Brisbane Road Runners Race Report

by Robert Lofthouse



March 11th – 25km / 20km / 10km / 5km (185 finishers)

****Kerri Hodge breaks ladies 25km course record****

Conditions were much more runner friendly than the previous few events with less humidity making it more comfortable for everyone. A great turnout for the morning with nearly 200 runners crossing the start mat.

25km – A strong fourth lap by **Derrick Leahy** laid the platform for his win in this five-lap event. At the 15km mark, Corey Mansinger held a 10 second lead over Derrick but Derrick unleashed a 17:57 split between the 15 and 20km marks to give him a lead of nearly a minute, heading into the last lap. He was able to build an even wider margin by the end crossing in a time of **1:36:02**. Corey was two minutes behind at the end but still a fine performance by him with Alex Haywood claiming third place.

In the ladies' 25km, **Kerri Hodge** recorded a sub 4-minute km average for the journey winning in a time of **1:39:18**. In the process, Kerri lowered the previous course record by nearly two minutes. Kim Knox (the previous record holder) was second and Noo Bowker ran consistent 22-minute laps to be third finisher.

20km – No surprises in the men's division with **Elliot Carr** claiming the winner's trophy in **1:17:25**. Second place went to former Australian 50km title holder Scott Brittain, who was making his first appearance at the club since 2016. Scott certainly hasn't lost any of his form during his absence. BRRC committee man Adrian Royce claimed third place by passing Warren Marsh with just two kilometres to go. West End newcomer **Anna**

Mayr had a comfortable win in the ladies' 20km clocking **1:33:42**. Elizabeth O'Neil continued her good form in 2018 to cross second with Margot Manning third.

10km – The men's 10km saw **Peter Bracken** scoot round the course in an impressive **33:11**. Peter was the recent winner of the 5-mile race at West End and is hoping for a sub 2:30 marathon later in the year.

Chris Adams also ran a strong race to finish second and Scott Gittoes was third.

Kate Juhasz claimed her first BRRC trophy recording **41:23** for the distance with Selina Ward second and Sinead Bates rounding out the top three.

5km – The men's race was dominated by **Aaron Breed** who 'stopped the clock' at **17:25**. Chris Vanleer was second with Thomas McNicol third. Teenager, **Isobel Hermiston** claimed the trophy in the ladies' event recording a time of **21:47** with Michelle Cassimatis and Anita Breed crossing the finish second and third respectively.

Kerri Biggins did an excellent job as Race Director and also a big thank you to our race day sponsor Patrick Nispel from the **P.A.T. 42.2 Running Group**.

March 25th – Half Marathon Champs / 10km / 5km (218 finishers)

A good attendance for the second race in the BRRC Championship series with 151 runners electing to compete in the half marathon.

In the men's race, there were some new faces leading the way with Paul Tierney from the Gold Coast, Ironman triathlete Andy Dey and well performed Brisbane runner Matt Cooper

mixing it with leading BRRC runners Elliot Carr, Derrick Leahy and Christopher Dalby. The course consisted of a 1.1km loop followed by four laps of the normal 5km circuit.

Gold Coast runner Paul Tierney led the field by nearly a minute with 5km to go with the battle for the second and third places really hotting up with Andy Dey holding a 2 second lead over Matt Cooper with Derrick Leahy a similar margin behind in 4th place.

Who would be the strongest over the last 5km?

The last lap saw Paul Tierney hold his lead though Andy Dey ran a sizzling 17:38 to pull back 30 seconds on Paul by the end. Derrick Leahy ended up third by passing Matt Cooper early in the final lap. **Paul Tierney's winning time was 1:16:32.** The first three club members to finish were Derrick Leahy, Elliot Carr and Christopher Dalby.

The ladies' race featured a dominant performance by Kerri Hodge who won in a time of 1:21:22. Second went to Olivia Lennon and third to Noo Bowker. Also, added congratulations to Kerri and Noo who broke their respective BRRC Age Group records for the distance on the morning. Derrick Leahy and Harold Haldane also broke Age Group records in the men's division.



Andrei Wightman and Betty Menzies



David Smitheram, Brad Lye and Peter Lewis



Derrick Leahy and Elliot Carr



Janette Campbell and Jenny Cawood

10km – In this event, BRRC newcomer **Kieren Perkins** established a 30 second lead by the halfway point and then proceeded to run even quicker in the second half of the race winning in **36:37**. Daniel James was second and Josh Cresswell third.

In the ladies' race, Nerissa O'Donnell had established a 10 second lead over **Eliza Buzacott** at the 5km mark but Nerissa slowed a little in the second lap with Eliza taking the lead just after the 6km mark before going on to claim victory in a time of **38:41**. Nerissa was second and Sophie Walkom third.

5km – **Chris Lewis** had too much speed for his male counterparts in the one lap event taking the honours in a time of **22:25**. BRRC committee man Andrei Wightman was second and Condy Canuta third. In the ladies' division, **Jane McMahon** was first across the mat in **25:14** with Shandre Coetzee second. It was a close finish for third with Jeanette Solly edging out Emily Towner by a second.

Overall, a very successful and enjoyable morning for the annual club Half Marathon with everything running like clockwork thanks to **Race Director Betty Menzies** and her wonderful team of volunteers. **Intraining** was the race sponsor on the day with their club singlet being very prominent amongst the runners.

April 8th – 15km / 10km / 5km / 2km (107 finishers)

With the Great South Run and the Commonwealth Games also scheduled, it was a busy morning around South East Queensland. Attendances were down compared to the March events but the enthusiasm on the start line was still high. Clear skies made the conditions quite bearable though there was still a little humidity.

15km - The men's three lapper proved to be very competitive up front with **Mark Walkey** first across the mat in **1:03:10**, just 10 seconds ahead of Kleber Ribeiro Cunha who has certainly been a big improver over the last 12 months. Alain Raud claimed third place

after a good battle with Nicholas Turner. In the ladies' race, **Belinda Bradberry** took the honours in **1:11:27** from Nicole Mulholland and Jane Hornsby.

10km – The men's race was won by **Dan Henderson** in **41:34** with Nicholas Murphy second ahead of Matt Redwood. In the ladies' race **Lauren Harris (42:47)** won by a convincing margin of over four minutes from Crystal Mahony and Samantha Kent.

5km – BRRC first timer **Nick Mooney** sped around the course in **18:20** to win comfortably from Tim Appleton and Harvey Cramb. In the ladies' 5km, Melbourne visitor **Megan Withers** recorded the good time of **18:55** to win the trophy from Michelle Cassimatis and Elissa Cramb.

2km – **Caitlin Towner** was the only entrant in the Junior Dash and she recorded a time of **10:22**.

Thanks to **Andrei Wightman** our Race Director and his team of volunteers for a job well done.



Peter Kennedy and family

April 22nd – 25km / 20km / 10km / 5km (123 finishers)

At long last, cooler conditions greeted all runners, especially welcome for those doing the longer 25 and 20km events.

25km – In the men's five lap event, Danny McDonald and Christophe Manchon ran together at the front of the field for the entire 25km, averaging just under four (4) minute km pace. **Danny McDonald (1:39:33)** was awarded the winner's trophy crossing the mat just a step ahead of Christophe. Marc Nickels was third.

Kerri Hodge won the ladies' 25km in **1:47:07** with her last lap being nearly a minute quicker than the previous four laps. Shannon Proffitt was second with Catherine Turton just edging out Melanie Foote for third place.

20km – It was good to see some new faces leading the way in this event. **Chris Schmidt** took the honours in a time of **1:22:55** and after going through the first 5km with a lead of a minute he was able to extend the margin to over three minutes by the end. Wade Hough was second and one of our club sponsors Greg Beerling (NRChi) finished third.

The ladies' 20km was a see-sawing affair with the lead changing several times during the race. At the halfway point, Charlotte Walton held a narrow lead over Amanda Shipway with **Jane Hornsby** a further minute back in third place. The third lap saw Charlotte keep her narrow lead over Amanda but Jane had whittled the gap down to thirty seconds and was looking to challenge for the lead in the final 5km of the race. Jane picked up the pace and by 18km had passed both Charlotte and Amanda and proceeded to build a lead of nearly a minute, crossing the finish mat as the winner in **1:40:19**. Amanda Shipway claimed second by a few seconds after passing Charlotte Walton in the latter stage of the race.

10km – After a long absence from West End, **Hamish Hamilton** made a successful return and after a conservative first 5km, Hamish started to get into full stride and passed Chris Hansson, Geoff Marsh and Matthew Allen on route to winning the 10km in **40:33**. Chris and Geoff were second and third respectively.

Nicole Mulholland won the ladies' 10km in **45:39** from Jenny Deag and Sharon Millhouse.

5km – **Michelle Cassimatis** continued her good form in this event winning in **22:28** from Anita Breed and Tracy Baker. **Kai Barry** took out the men's race in **18:13** from Nicholas Turner and Harvey Cramb.

Thanks to **Pam Goddard** our Race Director and her team of volunteers for a job well done. **Skirt Sports** were the event sponsor.

May 6th – 20km/12km/4km 'Riverbank Run' (116 finishers)

After using the 4km loop last year because of a scheduled bike race, it was decided to use the course once again this year. Conditions on the morning were still quite warm though very pleasant for running with the humidity finally dropping away after a long summer.

The 4km course started and finished at the back of the Sailing Club (next to the river bank) and headed out on the path next to the river, down to the West End Ferry before turning back and heading past the start line and up the grass slope and then heading onto the path next to the river for a kilometre before retracing the course back to the start.

20km – Two of Brisbane's best performed runners **Aidan Hobbs** and Peter Bracken were on the start line for the four-lap race ensuring that the pace up front would be pretty quick. Aidan was making his first club appearance for the year and having won the QUT Classic 10km the previous week, was in pretty good form. Both Aidan and Peter ran very conservatively in the first four kilometres and at that stage, Myles Burfield and Damon Bruce were with them in the lead group. Aidan and Peter really 'upped the tempo' in the second loop running over 30 seconds quicker as they shook off their opposition. They continued to build on the lead as they ran together and it was only in the last couple of kms that Aidan pulled out a burst of speed to go on and take out the race in a time of **1:13:08**. His last lap (14:17) was the quickest by any runner on the morning! Peter Bracken was second and Adrian Royce claimed third place. **Kerri Hodge (1:27:19)** won the ladies' division by a substantial margin with the battle

for second being won by Elizabeth O'Neil who was nearly a minute behind Jillian Peberdy at the 16km mark before catching and passing Jillian with 1.5km to go.

12km – A strong first lap by **Myles Burfield** put him in a good position to win this event. At the 4km mark, Myles had established a lead of nearly a minute over Mark Walkey and even though his next two laps were a little slower he still managed a winning time of **46:30**, a margin of nearly two minutes over Mark giving him the BRRC trophy by nearly two minutes. Greg Beerling was third.

The ladies' 12km saw Anna Mayr lead the field by half a minute at the 8km point. Muriel McLean was second at that stage with **Margot Manning** a further minute back in third place. Margot really put on the pace in the final lap and managed to catch Muriel McLean and then set her sights on catching race leader Anna Mayr. Incredibly, Margot was able to pass Anna just before the finish to claim the win in a time of **53:15**. She had managed to make up 90 seconds in the final 4km of the event to win by....1 second!

4km – Ladies' winner **Kate Riethmuller** was also the first runner to cross the mat in the one lap event. Her winning time of **16:59** saw her winning by a minute from her sister Amy with Tina Bacon third. The men's race was close with **Lee Horobin (17:21)** claiming the winner's trophy by the barest of margins over Eddie du Plessis. Peter Riethmuller made it a successful morning for the family by crossing in third place.

Ironically, the **fastest 4km** lap by a male was recorded by **Aidan Hobbs (14:17)** on the last lap of his 20km win. **Margot Manning** recorded the quickest lap by a female on the morning with her **16:23** effort on the last lap of her win in the 12km event.

Despite the course being a little more difficult than the normal 5km loop most runners were happy with the course because it offered some variety from the normal 5km road loop.

Thanks to **Race Director Bruce Smerdon** and his volunteers who did a good job on the

morning. No one got lost on the new loop and special thanks to intraining for sponsoring the event.



Peter Bracken and Aidan Hobbs



Bruce Smerdon and Lee Horobin

May 20th – 25km / 20km / 10km / 5km (119 finishers)

Clear blue skies and a temperature around 11 degrees created ideal conditions, especially for those doing the longer two distances on offer.

25km – In the men's race, **Peter Lavery** led the field by a minute after the first 5km and then proceeded to build on his lead, eventually winning the five-lap event in a time of **1:41:17**. Bennie Lindeque was second and Danny McDonald third.

Olivia Lennon has been running well at West End this year and ran a good race in the 25km with her last lap (20:20) being her quickest as she finished in a time of **1:45:15**.

Liz Grolimund finished second with her last lap also being her quickest and Zoe Manning took out third after cruising through the first 10km before gradually picking up the pace in each ensuing lap.

20km – A sizzling last 5km by **Jayden Lyttle** enabled him to take the honours in this event by a second over Ben Hinterreiter. At the 10km mark, Ben was leading by three minutes over Jayden and at 15km still had a seemingly unbeatable lead of over two minutes but a fast 18:29 by Jayden in the last lap, enabled him to catch Ben just before the finish. Jayden clocked **1:21:50** and third place went to Josh Cresswell.

Jane Hornsby won the ladies' race in **1:37:02** from Shannon Proffit and Nicola Newell.

10km – **Nicholas Kirkup (35:24)** ran a well-controlled race, leading by a minute at the 5km mark before eventually winning by over

a minute and a half from long time BRRC member and regular race winner Shane George, who made the early morning trip down from Gatton. Atul Arora finished third.

Well performed trail runner **Kim Knox** showed that she is equally as comfortable competing on the road, winning the ladies' event in **37:18**. Nerissa O'Donnell and Kym Coogan finished second and third respectively, both recording sub 40-minute efforts.

5km – The men's division was won by **Ray Shanks** in **18:34** with John Maguire and Brendan Burns rounding out the top three. In the ladies' one lap event, **Isobel Hermiston** collected the winner's trophy in **21:08**. Yvonne Paetz snared second place ahead of Michelle Cassimatis. Isobel is the daughter of long time Brisbane runner Jim Hermiston who has been on the Brisbane running scene for over 30 years.

Special mention to **Race Director Adrian Royce** and his volunteers for their efforts on the morning and to Greg Beerling from **NRChi** for his donation of random draw prizes.

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.



MEMBER PROFILE

Name: Anja Bion

Age: 49

Occupation: Sales Admin / Customer Service

How and when did you start running?:

I have always been active, did Volleyball, Karate, Jazz dance, Hip Hop, Aerobics (in G-string and legwarmers!) When I moved to Australia in 2001, I initially went to various gyms, but then started running through the hoods. Not much fun by myself, so I joined the Caboolture Road Runners in 2007.

Most Memorable Running Moments:

Gold Coast Marathon 2010 - long time ago but never forgotten – so many great memories were created on the day, during training and the lead up to it! It all started with me offering to be a training buddy for the long runs. A couple of weeks before the race, I figured, I might as well enter.

Favourite Running Distance and PB:

I like the longer distances but will never say no to a parkrun

5k PB 2016: 22.17

10k PB 2017: 48.57

City2South 14k 2017: 1:10:50

Gold Coast Marathon 2010: 3:55:04

50k Flinders Tour, Glasshouse 2011: 6:34

Running Goals:

Having faced one injury after the other lately, any run is a good one these days and I enjoy the slower ones.

One goal is to get closer to my old PBs once I can start speedwork, another is to run another Marathon when the time is right

I also started guiding VI athletes last year and I love to be a part when they reach their goals.

Favourite Runs:

Up and down the Brisbane River. Such a beautiful area, and there is always a great vibe in the mornings with so many people exercising. I also love to be out on the trails (Mt Coot-tha, Mt Nebo, Bunyaville)

Favourite Running Partners/Group:

BRRC of course, Achilles Brisbane, Brisbane Trail Runners

Who is your running idol?:

I have met so many inspiring people off all ages and abilities over the time. You don't have to be fast and famous to be an inspiration and motivation to me.

Favourite Shoe Brand: Brooks

Favourite Food: Thai (NOT superhot but coconutty), Salads, Greek Yoghurt

Favourite Drink:

Mineral water with apple juice = Apfelschorle in German; all sorts of tea when it gets colder (chai, rooibos, green, herbal); glass of wine or a little Schnapps – I like it balanced :-)

Favourite Movie:

I don't have a TV, sold it years ago and never looked back. The movies I could watch over and over again are "The Usual Suspects", "Sleepers", "Run Lola Run"

Favourite Music:

I like it multilingual and love overseas radio stations. And you can't go wrong with anything from the 80ties! On runs I like listening to the podcasts from podrunner.com

Star Sign: Leo

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

For "Beam me up, Scotty" to work. I could be anywhere I like in a split second. It would make visiting my family overseas so much easier. Would never use my superpower during a run though.....promise!

AT THE RACES

(News from around Australia and the World)

Compiled by Robert Lofthouse



PARIS MARATHON – 8th April 2018

Paul Lonyangata claims back to back Titles!

In the men's race, 19 runners (including three Kenyan pacemakers) passed the halfway mark in 1:03:00. After the pacemakers dropped off at the 25km mark, a group of 15 stayed together until 30km. The pace slowed a little over the next kilometre and defending champion Kenya's Paul Lonyangata decided to test his opponents with a surge. Only three other runners were able to hang on and at 35km the lead group of four held a 15 second gap over the chasing pack. The lead group was down to three when Ethiopia's Yita Atnafu dropped off and it wasn't until 40km that Lonyangata was able to forge a slight gap over fellow Kenyan runners Mathew Kisorio and Ernest Ngeno. Kisorio and Ngeno could not bridge the gap in the last two kilometres ensuring that **Paul Lonyangata** was able to retain his Paris title, breaking the finish banner in **2:06:25**, 15 seconds slower than his 2017 winning time. His winning margin over Kisorio was 11 seconds with Ngeno five seconds back in third place.

Afer finishing fifth in the 10,000 metres track race at the 2016 Rio Olympics, Kenya's **Betsy Saina** decided to move up to the Marathon. After failing to finish at the 2017 Tokyo and New York Marathons, Saina was able to produce a strong last two kilometres to claim the prestigious Paris crown. At 40km, it was a battle between Saina and her Kenyan compatriot Ruth Chepngetich and Ethiopia's Gulume Chala. Saina held a narrow lead of four seconds over Chepngetich with Chala only a second further back. With a kilometre to go Chepngetich joined Saina at the front but Saina summoned some of her track speed to forge ahead and win by four seconds. Her

winning time was **2:22:55**. Chala finished third after being dropped in the hectic last kilometre.

This year's Paris Marathon attracted 43,000 runners, which makes it currently the fifth largest marathon in the world.

Paris Marathon: Men/Women Results

1 – Paul Lonyangata (Kenya)	2:06:25
	Has PB of 2:06:10
1 – Betsy Saina (Kenya)	2:22:55
2- Mathew Kisorio (Kenya)	2:06:36
	Has PB of 2:06:33
2 – Ruth Chepngetich (Kenya)	2:22:59
	Has PB of 2:22:36
3 – Ernest Ngeno (Kenya)	2:06:41 PB
3 – Gulume Chala (Ethiopia)	2:23:06 PB

ROTTERDAM MARATHON (Netherlands) – 8th April 2018

This was the 38th edition of this race on a course considered one of the flattest and fastest in the world. Temperatures at the start were 15 degrees C, with no wind but unusually high humidity for the Netherlands.

Making his debut over the marathon distance, 33-year old Kenyan **Kenneth Kipkemoi** left it until the last kilometre, to forge away from his more experienced Ethiopian rivals Abere Kuma and Kelkile Gezahegn to win by six seconds in a time of **2:05:44**. The halfway point was reached in 1:02:50 but the pace slowed after the pacers finished their duties at the 30km mark. By 35km, there was just four men left in the hunt and the group remained close together until 40km when Kipkemoi managed to gain a slight ascendancy over Kuma, Gezahegn and Laban Korir. Kipkemoi crossed

the line first with Kuma second and Gezahegn edging out Korir by just two seconds in the tense battle for third place.

The women's race saw pre-race favourite **Visiline Jepkesho** lead the field through the halfway point in a time of 1:10:09. Even though she slowed up in the second half of the race, her winning time of **2:23:47** gave her a winning margin of three minutes over Ethiopia's Biruktayit Eshetu.

Rotterdam Marathon: Men/Women Results

1 - Kenneth Kipkemoi (Kenya)	2:05:44
	Debut Marathon
1 - Visiline Jepkesho (Kenya)	2:23:47
	Has PB of 2:21:37
2- Abere Kuma (Ethiopia)	2:05:50 PB
2 - Biruktayit Eshetu (Ethiopia)	2:26:56
	Has PB of 2:23:51
3 - Kelkile Gezahegn (Ethiopia)	2:05:56 PB
3 - Sentayehu Lewetegn (Ethiopia)	2:30:29 PB

CANBERRA MARATHON - 15th April 2018

The two-day Canberra Running Festival incorporates a 10 and 5km race on the Saturday and a 50km Ultra, Marathon and Half Marathon on the Sunday morning. This year's festival attracted 7,150 entrants over the four races. Windy conditions on the Sunday made it hard for all competitors in the longer races.

Canberra Marathon: Men/Women Results

1 - Dion Finocchiaro (Victoria)	2:25:36
1 - Kirsten Molloy (NSW)	3:00:55
2- Dane Verney (Victoria)	2:26:12
2 - Leigha Wills (NSW)	3:08:15
3 - Craig Appleby (Victoria)	2:27:17
3 - Jane Christinson (Brisbane, QLD)	3:09:44

BRRC Result:

*Congratulations to **John Diamond** who chalked up his 25th Canberra Marathon, finishing in a time of 5:22:14*

XXI COMMONWEALTH GAMES MARATHON - Sunday 15th April

Large crowds lined the marathon route which basically followed a very similar course to the Gold Coast Marathon held every year, starting and finishing at the Southport Broadwater. Three races were held on the morning, each starting an hour apart with the men's event on last.

Wheelchair:

Starting at 6.10am, the men's race was dominated by Australia's Athletics co-captain **Kurt Fearnley** who had established a 40 second lead by the halfway point before building on that margin in the second half of the race to cross the line in **1:30:26**. After the race Kurt gave a great interview with Channel 7's Pat Welsh in which he stated that this would be his last race in Australia's colours. Kurt was spent. He gave it all and what a way to bow out - winning a Gold Medal in front of a parochial Australian crowd and his own family.

Shortly after Kurt's win, more success followed when Australia's **Madison de Rozario** crossed the line first in the women's event after a good tussle with fellow Australian Eliza Ault-Connell, England's Jade Jones and Samantha Kinghorn from Scotland. At the 35km mark, it was still a tight contest with the lead pack of four. Madison decided to make a move then simply because no one else did. No one was able to go with her and in the end she crossed the finish with a 13 second winning buffer over fellow Aussie Eliza Ault-Connell. Her winning time was 1:44:00. Conditions were ideal for the Wheelchair event but it was over 20 degrees in the latter stages of the race so you did wonder how hot it was going to be for the Women's and Men's Marathons which were to follow.

Women's Marathon:

The ladies field had just 17 starters and the three Australian women were expected to finish well up in the field especially as Kenya had not selected any of their top 50 runners,

due to the number of other major marathons being held around the world during April. At the 30km mark, a group of four runners were out front in the lead pack, Namibia's **Helalia Johannes**, the Australian pair of Jessica Trengove and Lisa Weightman and Kenya's Sheila Jerotich. The 30km time split was a relatively slow 1:49:29 and it was obvious by the facial expressions that the heat was having a big impact on the runners. Even at that stage it looked like the winning time would be over 2:30. Australia's leading runner Lisa Weightman had dropped back at the halfway point but had battled back to catch the lead group as they started to slow. The lead group remained in tact until 35km, but shortly after, Kenya's Sheila Jerotich dropped off. Helalia Johannes then started to forge a small lead over Lisa Weightman with Jessica Trengove slipping behind Weightman as she started to feel the effects of having been at the front of the lead group for the first 35km of the race.

The 40km mark was reached first by Johannes who had a handy 19 second lead over Lisa Weightman with Trengove a similar margin back in third place. The heat was slowing up all runners and the Australian pair were in survival mode just to make sure they held their second and third places over the final stages of the race. Helalia Johannes looked the best of all the finishers as she crossed the line first to claim the Gold Medal and a rare international victory for Namibia. Her winning time was **2:32:40** with Lisa Weightman second in 2:33:23 and Jessica Trengove rounding out the top three in 2:34:09.

Men's Marathon:

Michael Shelley wins a dramatic race!

The men's race started at the relatively late time of 8.15am. It was already 20 degrees Celsius as the field of 24 set off in the northerly direction toward Runaway Bay. As defending champion from the previous Commonwealth Games, Michael Shelley was expected to do well in front of his home Gold Coast crowd but he wasn't the fastest runner going into the race with Kenya's 44 year old Kenneth Mungara and Uganda's Munyo Solomon

Mutai having run 2:09 and Scotland's Callum Hawkins having twice run 2:10 in the last couple of years.

At the halfway mark, Callum Hawkins (1:07:44) was heading a pack of five runners which included Michael Shelley, fellow Australian Liam Adams as well as Kenneth Mungara and Mutai. Adams and Mungara soon started to lose contact with the group as Callum Hawkins surged away to a handy lead over Michael Shelley who was trying to maintain his composure and not speed up, realising that the heat would be a big factor in the final 10km. At the 35km mark, Callum Hawkins had established a lead of over 90 seconds with Michael Shelley second and Lesotho's Tsepo Mathibelle holding down third place ahead of Uganda's Munyo Solomon Mutai. The temperature had risen to 28 degrees celsius and around the 38km mark, race leader Callum Hawkins became disoriented, briefly holding himself up next to a race barrier to try and regain his balance. Remarkably he continued for the next two kilometres though he was having difficulty running in a straight line. At 40km he had a two-minute buffer over **Michael Shelley** but all of a sudden he crashed into a barrier and fell to the road. He eventually received medical attention but Michael Shelley raced past him knowing that if he stopped himself he would struggle to run the last two kilometres to the finish line. Finally, after 2:16:46 of hard 'slog' a weary Michael Shelley crossed the finish line a winner after a dramatic final few kilometres in temperatures more akin to early summer in Queensland. Another casualty in the latter stages of the race was Lesotho's Tsepo Mathibelle who was in the bronze medal position at the 35km but succumbed to the heat and did not finish.

Certainly a race that will be remembered for years to come but not necessarily for the right reasons. Full credit though to Gold Coast's Michael Shelley who has now competed in three Commonwealth Games Marathons finishing second in 2010 before winning in 2014 and 2018.

2018 Commonwealth Games Marathon: Men/Women Results

1 – Michael Shelley (Australia)	2:16:46
	Has PB of 2:11:15
1 – Helalia Johannes (Namibia)	2:32:40
	Has PB of 2:26:09
2- Munyo Solomon Mutai (Uganda)	2:19:02
	Has PB of 2:09:59
2 – Lisa Weightman (Australia)	2:33:23
	Has PB of 2:25:15
3 – Robbie Simpson (Scotland)	2:19:36
	Has PB of 2:15:04
3 – Jessica Trengove (Australia)	2:34:09
	Has PB of 2:27:01

Other Australian results:

5 – Liam Adams (Australia)	2:21:08
	Has PB of 2:12:52
16 – Virginia Moloney (Australia)	2:58:54
	Has PB of 2:29:14

BOSTON MARATHON (USA) – 16th April 2018 (122nd Edition)

‘The ‘citizen’ runner from Japan wins in terrible conditions’

Patriots’ Day in Boston falls on the third Monday in April and that means for many that it’s also Boston Marathon day. Strong headwinds, icy rain and near freezing conditions created havoc with runners and their finish times in the 2018 edition of the race, which many competitors will never forget.

The men’s race saw 2017 Boston winner Geoffrey Kirui (Kenya) lead the field at the end of the hilly section but by 35km the effects of the hills started to tell on Kirui who suffered stiff legs with the freezing conditions making it even harder. Japanese runner **Yuki Kawauchi** managed to pass Kirui at 39km but didn’t know that he was leading the race until the finish line when a volunteer waved him to the right. Kawauchi is well known on the Gold Coast having won there in 2013 and finishing in the top three on several more

recent visits to the Gold Coast. He is known as the ‘citizen runner’ because he works fulltime for the Government of Saitama in Japan and is not considered a professional runner. In 2017 Kawauchi finished 12 Marathons and won five of them! His winning time in the awkward conditions was **2:15:58** with Kirui staggering over the line some two minutes later. Kenyan born USA runner Shadrack Biwott finished third and admitted that the driving rain made it difficult to tell if anyone was close enough to catch in the closing few kilometres of the race.

In the women’s race, Ethiopia’s Mamitu Daska lead at the 30km but the effects of the hills and the weather slowed her up and at 35km USA’s **Desiree Linden** passed her at 35km. Linden had previously finished 2nd, 4th (twice) and 8th in Boston and hadn’t expected anything special in 2018 but this was to be her day. She had no challenges over the last seven kilometres and ended up winning by over four minutes in a time of **2:39:54** – the slowest winning time for Boston in over 30 years! Another USA runner Sarah Sellers (a fulltime nurse) finished second in only her second marathon and Canada Olympian Krista DuChene was third. Daska ended up pulling out of the race with 5km to go.

Boston Marathon: Men/Women Results

1 – Yuki Kawauchi (Japan)	The citizen runner’	2:15:58
		Has PB of 2:08:14
1 – Desiree Linden (USA)		2:39:54
		Has PB of 2:22:38
2- Geoffrey Kirui (Kenya)		2:18:23
		Has PB of 2:06:27
2 – Sarah Sellers (USA)		2:44:04 PB
3 – Shadrack Biwott (USA)		2:18:35
		Has PB of 2:12:01
3 – Krista DuChene (Canada)		2:44:20
		Has PB of 2:28:32

LONDON MARATHON – 22nd April 2018

**Men's World Record – Dennis Kimetto
(Kenya) 2:02:57 Berlin 2014**

**Women's World Record – Paula Radcliffe
(England) 2:15:25 London 2003**

In stark contrast to the freezing and wet conditions in Boston the previous week, London turned on the warmest conditions in the 38 years of the event for the 42,000 starters. The mercury reached 24.1 degrees during the latter stages of the elite races. The field assembled included three of the greatest distance runners of the modern era Eliud Kipchoge (Marathon), Keneisa Bekele (5000 and 10,000 metres World Record holder) and Sir Mo Farah (5000 and 10,000 metres Olympic champion). In the women, Mary Keitany and Tirumesh DiBaba who were first and second respectively in the 2017 race were chasing Paula Radcliffe's elusive World Record of 2:15:25 set at London back in 2003.

Men's Marathon

After missing last year's race to concentrate on trying to break 2:00 hours at the NIKE 'Breaking 2 Hour' Project Kenya's **Eliud Kipchoge** was back and determined to break the World Record. He had recorded a 2:00:24 at the NIKE project run but the course was not recognised as an official marathon course.

The first half of the race was furious as pacemakers took the field through in 1:01:00 as directed by the organisers. As the heat rose, the lead pack slowed with Keneisa Bekele dropping off the lead pack at 30km, leaving a group of five to battle for the title. Kipchoge looked comfortable up front as another two runners dropped off the pack leaving Kipchoge, surprise packet Tola Shura Kitata (Ethiopia) and **Sir Mo Farah** to fight it out for the podium finishes. Farah dropped off at 35km when Kipchoge increased the pace and over the next 5km and only the determined Kitata was able to shadow Kipchoge until 40km when the relaxed Kipchoge started to draw away. By the time he crossed the finish line **Eliud Kipchoge**

(2:04:17) had a lead of 43 seconds over the second placed Kitata who was pleased with his PB. Despite running the last 7km by himself Sir Mo Farah still managed to break the 33-year old British record set by Steve Jones as he claimed third place and a position on the winner's podium at the presentations. The heat on the day ensured that the Men's World Record would stay in tact for the time being. Track great Keneisa Bekele ended up 6th in a time of 2:08:53. This was Kipchoge's 3rd win in London after having won Berlin twice and the Rio 2016 Olympic Marathon. Certainly he is the No 1 Marathon runner in the world at present!

Women's Marathon

As expected, Mary Keitany and Tirumesh Dibaba were on world record pace for 20km but then Dibaba started to slow and within 500 metres she stopped and walked off the course. Her race was over. Keitany was running up front with a couple of male pacers but the effects of the heat and early pace were showing on her face. Her leg stride shortened and just after 30km she was passed by Vivian Cheruiyot who was looking in great form with her long leg stride, developed over her many years as a 5,000 and 10,000 metre world champion and also a winner of a World Cross Country Championship. As Cheruiyot took control of the race Keitany continued to slow and was passed by another three runners before she eventually crossed in 5th place. Kenya's **Vivian Cheruiyot** won in a time of **2:18:31** with compatriot Brigid Kosgei nearly two minutes behind in second place and Ethiopia's Tadelech Bekele crossing the line third.

Wheelchair Category:

England's David Weir won his 8th London title in 1:31:15. Australia's **Kurt Fearnley** finished 5th only a week after winning the Gold Coast Commonwealth Games Marathon. A great result in the women's race with **Australia's Madison de Rozario** pipping USA legend Tatyana McFadden in a time of 1:42:58. Madison was also backing up from her win at the Gold Coast Commonwealth Games.

London Marathon: Men/Women Results

1 - Eliud Kipchoge (Kenya)	2:04:17
	Has PB of 2:03:05
1 - Vivian Cheruiyot (Kenya)	2:18:31 PB
2 - Tola Shura Kitata (Ethiopia)	2:05:00 PB
2 - Brigid Kosgei (Kenya)	2:20:13 PB
3 - Sir Mo Farah (Great Britain)	2:06:21 PB
3 - Tadelech Bekele (Ethiopia)	2:21:30 PB



Eliud Kipchoge and Vivian Cheruiyot

Great South Run 2018

By Adrian Royce



April saw the third instalment of the Great South Run but the first to start on Paradise Road itself. Anyone who did the race the first two years would know that the first kilometre and a bit meandered through Algester suburbia and around Col Bennett Park. Personally I didn't mind a bit of meandering, by the time you hit Paradise Rd you were warmed up and in full flight! The new course equated to 3 laps of the section of Paradise Rd if you did the half marathon. With the course adjustments, hopes were high for a new course record. On top of that QA had awarded the organisers with the official hosting of the Qld half marathon championships and a high-quality field was expected.

The event ambassadors this year were Benita Willis and Patrick Nispel. It was especially appropriate for Benita having won the Great North Run half marathon in her heyday.

The event is well organised and the club/team marquee set up at half way around the lap means alot of cheering and motivation for runners. It was a great atmosphere.

And now for the Wheelchair race - it's going to be a corker we just knew. Except there was only one entrant. Yes there was just one lone athlete and what a cracking pace - 3:36/km. One athlete only did seem odd, more like a time trial. But the same occurred in the Sunshine Coast half marathon last year - a single Wheelie athlete.

Soon after the half marathoners and those competing in the 7km race began with the latter obviously running just the single lap. I fell into stride and did the first 10k in 37:41 but as each km passed my GPS was getting further behind the lap markers! Could be an anomaly I thought. It always seems IAAF-AIMS certified courses are long [for a comprehensive discussion on course lengths please refer to the owner of one of BRRC's sponsors!!]. At the last turnaround the course was extended for another 100m to make up the 0.1 of the 21.1. My GPS measured the course 300m too long and I took every tangent known to mankind!

At about the 18km mark for me there was a passing shower with which did not react well to my Nike Reacts. The newly paved road became like an ice-rink and I was slipping and sliding in the Reacts. Definitely the last time I wear those in a race where there's a chance of rain and I had to slow down to prevent a fall. No half PB or even event PB for me that day.

The male event records did not fall this year and the half marathon winner was intraining's Isaias Beyn successfully defending his title, Jackson Elliott 2nd and intraining's Aidan Hobbs a close third. However, the half course record did fall for the females with Samantha Phillips clocking 1:17:58 - a great run by Samantha, with Tamara Carvolth 2nd and BRRC's Kerri Hodge 3rd.

The 10K event was held a bit later and having definitely heated up, again the course records did not fall, with the winners being Daryl Crook (32:56) and Kathryn Smyrneos (38:42).

The event is on the southside and it is great. I see why it's called Great South Run.

Great South Run - Half Marathon: Men/ Women Results

1 - Isaias Beyn	1:08:43
1 - Samantha Phillips	1:17:58
2 - Jackson Elliott	1:11:10
2 - Tamara Carvolth	1:18:59
3 - Aidan Hobbs	1:11:48
3 - Kerri Hodge	1:22:02

Leading BRRC times: Men/Women

Peter Bracken	1:12:31
Clay Dawson	1:13:06
Daniel James	1:18:52
Elliot Carr	1:19:03
Adrian Royce	1:21:07
Kerri Hodge	1:22:02
Olivia Lennon	1:24:51
Noo Bowker	1:26:53
Zoe Manning	1:27:10



Adrian Royce

David Holleran

– BRRC Life Member and Record Breaker

By Robert Lofthouse



After successfully completing the crossing of every desert in Australia on foot as well as part of Death Valley in the USA you would expect that there would be little left to challenge BRRC Life Member David Holleran. Well how about this for something different!

David has been known for his fund-raising feats as well as his endurance running and recently took on a 10-day challenge of overcoming 1,113 obstacles over a 500km distance. The event started at the Eidsvold Showground in the Central Burnett Region on March 26 and David completed the course in 10 Days, 5 Hours.

Fund raising wise, David was able to raise an amount of \$10,000.00 for LifeFlight which is an organisation which provides vital services to country regions like the Burnett District

where David lives. Keeping helicopters in the sky as part of their service is something that resonates with David and his family, so the Obstacle Challenge took on special meaning.

After finishing the World's longest solo obstacle course, David had this to say:

"In preparation for this event, I completed more than 1000 hours, including around 4000km of running and obstacle training. The human body, how far it can be pushed psychologically and physiologically has always been my passion and my life".

David Holleran normally gets down to a few West End runs during the year from his home in Mundubbera, so if you see him, stop and say hello. You never know what his next endurance challenge might be!





MEMBER PROFILE

Name: Katherine Jackman (KJ)

Age: 45

Occupation: Nurse

How and when did you start running?:

As a girl I found it very difficult to run. I didn't like it. I couldn't understand why Dad would take me to "fun" runs. What was fun about running? What I did love however, was getting up early and having tea and toast with Dad when it was still dark!! I liked his enjoyment of it and would cheer him on! I didn't run, but I saw my sisters run. They were faster and fitter than me. And that was ok! Never in a million years did I envisage my adult self being called a 'runner'. My real running journey started as an adult, in 2006 aged 33, after I divorced. It was an extremely challenging time. My idea of the trajectory of my life - changed. My home changed. My job changed. My son's school changed. I relocated states and had lost my friends. I needed to start again and this is when I started running. One day, I very shyly stepped into a running shop called "The Run Inn". A guy called Phil Hungerford invited me to a run on a Wednesday night. I was very

nervous - and insecure but - they were one of the most welcoming groups of people I had met. I didn't know them - but they smiled at me. They said hello. They asked me how I was. And they would talk to me whilst jogging (how fit were they??). I can't tell you how much those conversations meant to someone going through a difficult time. In 2011 my sister challenged me to do the Gold Coast half marathon. 21km seemed nuts! With the help of the Run Inn crew I steadily increased my runs - I was amazed I could finish 8km, 10 km and OMG even 21.1km! I completed the CGAM ½ and have run ever since!

Most Memorable Running Moments:

One of my first runs at Run Inn I tripped and fell on concrete. I was so embarrassed! A fellow who I was running with, who was quiet, inclusive and kind, proudly announced to all the group at the end of the run that I had my first fall. His name was Schultz! And he is a legend! My other memorable moments happened in 2016 - when I was tackling the Sunshine Coast marathon. My family were on the sideline cheering me on - 6 of them! I would pull in at 10km and would have my sister apply sunscreen to me and restock my tailwind bottles! At about 32km, it was tough and I was tired when my 14-year old son started to run with me. He asked me "Mum - how do you feel?..." I heard a voice snap back "I feel #\$\$%"... About 10 seconds later I realised **I said that!!!** I never swear at my son!!! I was so apologetic and said "I'm so sorry, Ryan. That was completely inappropriate and I shouldn't have sworn" I felt mortified! What mother says that to her son? Ryan replied "that's ok, Mum. That's totally fine. You can say that. You can say anything you want!". (Side note... a little voice in my brain astonishingly noted I was able to talk back whilst running a marathon.. #superstar). At about 36km I saw my Tuesday@Teralba friends waving from the balcony of a hotel! What a lift! At about 40km I felt 'popping' sensations in my calves...and I wanted the misery to end. My gorgeous friend Kym who was running with me was distracting me with singing and dancing! After crossing the finish line I saw 2 beautiful ladies Lucy and

Alissa from the Run Inn saying "Well Done" and giving me a hug as I cried. I joined my Dad on the sideline and he gave me a big hug (and a lolly!) and said welcome to the marathon club!

Favourite Running Distance and PB:

Not 42.2km!!! 5km is my favourite! My PB for 5km was 24:42, this was due to being paced by my awesome friend Jason (Shout Out!!) in 2016.

Running Goals:

Aiming for under 2 hours for the GCAM ½ this year. I'm also toying seriously with the idea of doing the NY Marathon (charity entry) in 2019. I've heard the atmosphere is amazing!!

Favourite Runs:

Without doubt the Japanese Imperial Palace run! It's a perfect 5 km loop and in February this year I ran 2 loops on 2 consecutive days! It's so great because it starts on a decline ☺ !! It's very motivating as there are runners on the track at any time of the day or night (we were fortunate to have a hotel looking out over the track!!!). Interestingly everyone must run in an anticlockwise direction!!

Favourite Running Partners/Group:

So grateful to all who run with me! Or give me a high five, thumbs up or cheer – including - Anthony, Gina, Kym, Jason, Greg, Janette, Liz, Gemma, Roz, Deb! We have a Tuesdays@ Teralba Group that I really love!! BRRC of course and Ashgrove parkrun regulars!

Who is your running idol?:

There's a lady in "Running Mums Australia" called "Jessica Hay". She has publicly spoken (and published) about the challenges she has faced with being very overweight and blogs how she has embraced parkrun in her journey to health and happiness. She inspires me more than the fit and fast. She is struggling to change a lifetime habit. And she is winning. She chooses to get up, out of bed and run 5 km, sometimes 3 times as long as it would take many of our fast runners. She urges others to "be brave and ignore the haters". She also blogs about how some people cheer her on and some come back and run with her. Both strategies are incredibly powerful motivators. I like to cheer because that spreads joy!

Favourite Sportsperson/s:

My favourite sportsperson at the moment is one of the Mitchelton Run Director Team. His name is Andrew Welch. He is a legend!! Andrew has just completed an IRONMAN on Sunday 6 May 2018. His story is incredible! And he is very funny!

Favourite Shoe Brand:

Asics! (Although I have just bought a pair of Innov8s for the Kokoda challenge)

Favourite Food:

Lemon Meringue Pie!! (the one my Mum makes!... Not the cheesecake shop... although that will do when Mum is out of the country!!)

Favourite Drink: Merlot! :)

Favourite Movie:

I have just seen "The literary and potato peel society" Movie.. Awww – so good!

Favourite Music:

... Grease.. ABBA.. (showing my age)!

Star Sign: Pisces!!

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

I thought about this for a long time! I actually feel very lucky to be where I am at now and who I am with, so I'm going to wish for the perpetual relief of suffering for those in need. At the end of last year, I nearly lost my 7-year old niece to haemophilus influenza. She was on life support and lung bypass and we were extremely worried. My sister was beside herself and Lucy only surviving due to competence and compassion of the healthcare team and the overwhelming support of thousands of people (including many within the running community). I am so grateful to live a good and happy life with wonderful friends and family. But life can be so very difficult for some. I wish to remove suffering. I don't like it and I don't like others suffering. I believe this wish can become reality if we collectively keep an eye out and actively do one little act of kindness every day for others (even if it is just cheering someone on), – we can make the world a better place! So my one wish is for everyone to realise they have the power to make the world a better place by their positive contributions.

A Century of Cool Running

By Bob Miller



Robert (Bob) Horman has packed many adventures into his years.



As a previous member of BRRC, he is now just slowing down to celebrate his 100th season of traversing around the sun and almost just as much time running around the world.

Robert (Bob) Horman has packed many adventures into his years.

He has travelled the world, seen two world wars, been Councillor and Mayor of Ringwood - Victoria (when Ringwood was a separate township in a distant galaxy far away from Melbourne City), seen men land on the moon, computers, mobile phones and the internet !

Through it all Bob always returned to his first passion – running.

Born in Geelong in 1918, Bob grew up during the Great Depression when money was scarce and kids had to find ways to amuse themselves. "You either rode your bike, or you ran or you swam" he once told us.

Bob started some serious running when he was about 12-14 years old after joining the Geelong Harriers.

Bob has won world cross country and marathon championships as well as recording world and Australian national records along the way.

Whilst not a great swimmer, he could ride a bike and under the Geelong Amateur Cycling Club has held several Victorian State cycling records.

Just to be an all-rounder, Bob also has records for several race walking championships in Australia and overseas.

With the 1956 Olympic Games being held in his own backyard (Melbourne), Bob could not break into landing that all important 1st or 2nd placing in any of the qualifying events (only finishing in the top 10!!) thus was relegated to "B" grade status. Also competing for those "A" grade status were the likes of John Landy, Herb Elliott, Les Parry and Ronnie Clark to name but a few. How could one ever win a qualifier with the likes of these guys competing in the same events!!

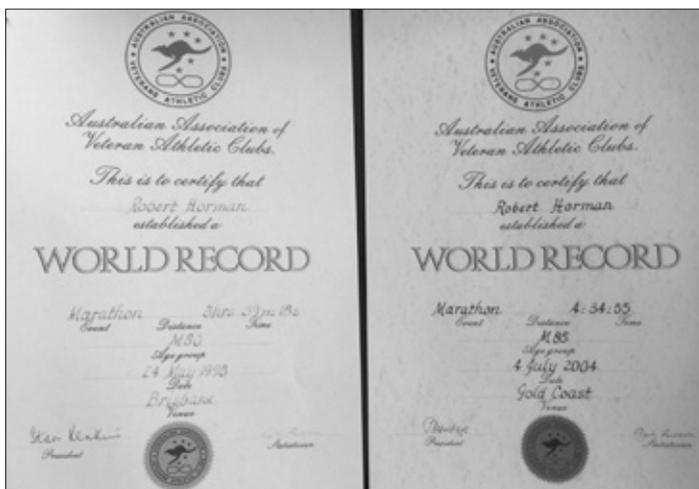
In amongst his ambitious athletics prowess, Bob had a successful career as a construction engineer which allowed him to spend time travelling throughout the USA, Asia, Middle East, UK and South Africa.

Whilst in the USA at the age of 55 years, Bob set new world age records for 2 miles (11.04), 9 miles, 666yds (National 1 hr Championships) and recorded some awesome times for several world class marathons (averaging around 2:48:00) - events such as Boston, New York and Chicago.

In some of these events Bob would be quite literally running beside other notable runners including the likes of Frank Shorter – (Gold Medallist 1972 and Silver Medallist 1976 Summer Olympics) and Bill Rodgers (Winner Boston and New York Marathons).

Bob has competed in several South African events such as Comrades Marathon – (best placing 11th [6:56:56] – worst placing 17th [7:37:56]) and the Two Oceans Ultra Marathon.

Back home in Australia, Bob moved to Redland Bay and continued his strong running career and joined BRRC around the early 1990s. During his time with BRRC (the 1990's and 2000's), Bob set several new Australian age records (M75) for the ½ Marathon (1:41:44) and Marathon (3:41:08) – (M80) for the ½ Marathon (1:46:00) (WR) and Marathon (3:39:18) (WR) – (M85) Marathon (4:34:55) (WR).



Bob may also be the only runner to have competed in both of Australia's Olympic "test" Marathons courses – Melbourne (1956) and Sydney (2000).

With age now bearing down on him, Bob has slowed his pace just a little. Whilst a move up north may have taken him away from the competitive running calendar, he could still be seen running along the back streets of Atherton, so much so that it seems he would have a write up in the local paper almost every couple of months – "Running on Crazy", "Back Street Runner", etc.

Now aged over the 100 years and in an aged care facility in Cairns, Bob has reduced his training to a more comfortable jog of a hundred metres or so, rather than running those thousands of metres.

Although Bob has not been a financial member of BRRC for some time now, he has been keen

to be kept up to date with many of the club member's records and achievements. With every visit, Bob maintains his inquisitive mind and can recall a lot of information about the club and its past and present members.

Bob's legacy and contribution to running will live on through his running records and prowess on and off the track. He has written several stories about Nutrition, the Health and Well-being of the Human Body, Re-Hydration and the likes.

Now being a "Centurion", Bob's running career has been inspirational and years of living a full life - he can honestly say that he has had:

"A Century of Cool Running"

Gold Coast Running Festival - 20 May 2018

By Kerri Biggins



Gold Coast Running Festival - not be confused with the Gold Coast Marathon Festival - is somewhat a poor cousin of the latter. This is the second year in a row I have done the half marathon race at this event and I believe it has a lot going for it.

It is a **small event** - but not so small that you have no one to chase or to challenge you. This has its benefits. The first kilometre is not spent weaving through the crowd trying to establish a decent pace, or running the first kilometre too fast because you've positioned yourself in a speedy cohort.

It is **relatively flat**. Although there is a sizable rise about 1.5km in and there are some rises for a further 1km on from that. Otherwise it is pretty much flat.

It offers a **number of events that cross over**. There is a 10km, 5km, a family friendly 2.5 walk/run and a kids' 1km event along with the 21.1km run. This creates a great inclusive atmosphere allowing runners across events to encourage each other. The program also means groups of friends or family, with diverse running goals, can enjoy a morning of running without committing to a whole day or even a whole weekend to the activity.

The course is **run in loops**. Some runners don't like this but I personally love loops. For the half marathoners it is two loops.

The **course is all on roads** which have been closed off. Many events include some paths. I found the event being 100% on the road a huge advantage, with no uneven surfaces, traffic, or even bikes and pedestrians to navigate.

The **event is easy to get to**. Whilst the Robina exit is a bit further down the M1 the venue is quite close to the off ramp. Parking at Robina train station is amble and is a few minutes walk to the start at CBUS stadium.

You **finish your event by running into the CBUS stadium**. What else is there to say - who does not like a stadium finish?

[Insert GC Run Festival_Kerri Biggins Photo]

The event is well run, with little wait times for getting your run pack if you are like me and didn't manage to pick it up prior to race day, or were too cheap to get it posted. This year's event included an evacuation with the fire service giving the OK less than 10 minutes before the start of the first event. Despite the delay all ran smoothly with the start delayed by only 10 minutes.

Some people may find the course less than inspiring but I took time to look either side of the road throughout the run and caught sight of some lovely waterways; and the Surfers Paradise skyline was visible in one section. The waterways had a lovely mist rising from them during the first loop. Magic!

This event gets the thumbs up from me. It is the only course where I have gone under 2 hours for a half marathon, and have achieved this twice. This year Susan Tessmann, Anita Jarvis and Jenny Downie did the 10km, all doing great times. Jenny reports it was her best 10km for 4 years. I suggest other BRRC members consider this event for your 2019 calendar. I know I will be there.



Kerri Biggins



MEMBER PROFILE

Name: Gina de la Cruz

Age: 1976 was a great year.

Occupation: Banking & Finance Lawyer

How and when did you start running?:

Until 2 years ago I was one of those casual runners that would rock up to a charity event once a year (e.g. Bridge to Brisbane) without any training and then not run again for another year.

In February 2016 I discovered our local parkrun. I took my then 9-year old boy along (he hated every team sport I had ever enrolled him in) and discovered he was a natural distance runner. Ever since then we have been parkrun fanatics, and I have even become a run director at Ashgrove parkrun.

Most Memorable Running Moments:

Last year I competed in my first ever half marathon (I ran three in total for 2017), and I achieved my goal of a sub two-hour time when I ran my second half marathon. I also ran the Auckland half and the scenery was breathtaking.

I was pretty chuffed last month when I ran the BRRC half marathon Championship Event and managed a PB. Crossing the finish line with wonderful friends from the Tuesdays @ Teralba running crew cheering me on was very special.

Favourite Running Distance and PB:

For some reason I get better with distance, so my favourite distance is the half marathon. My PB is around 1 hour 52 minutes.

Running Goals:

It would take a lot of training, but I would love to break 23 minutes for parkrun, and also go sub 1 hour 50 min for a half marathon.

Whilst my knees have other ideas, I would also love to experience one full marathon in my lifetime. The plan is to do the New York Marathon in 2019. I will have to pay my way in through a travel running company, because based on my current half marathon time, I would only qualify if I was in the 55 to 59 year category!

Favourite Runs:

I love the BRRC course – the people and the river really make it worthwhile getting up at 4:30am on a Sunday instead of sleeping in. I'm biased but I also love Ashgrove parkrun, followed closely by New Farm parkrun.

Favourite Running Partners/Group:

My lovely friends from Tuesdays @ Teralba always motivate me to run. I also love attending The Gap High School sprint sessions as often as I can because I hate doing sprints on my own. I prefer not to run at a quick pace unless being chased by wild animals.

Who is your running idol?:

I don't really follow any elite runners but my running hero is one of our Ashgrove parkrunners who is 70 something and still smashing out sub 29 minute times each week.

Favourite Sportsperson/s:

Kurt Fearnley brings out the emotion in me whenever he races or speaks. What an

inspirational man and athlete.

Favourite Shoe Brand:

I only recently discovered Mizunos, and ever since I have been achieving heaps of PBs!

Favourite Food:

Vietnamese; French; Japanese; Modern Australian (but definitely not Outdated Australian).

Favourite Drink:

Champagne and Gin & Tonic. But that's not what I put in my sports drink bottle.

Favourite Movie:

I have kids. We watched Coco a few months ago and it was AMAZING. Beautiful storyline and brilliant graphics. I even cried a little at the end. Normally only movies with Leonardo DiCaprio, Bette Midler or Ryan Gosling can do this to me.

Favourite Music:

I've created a special running track for BRRC races – let's just say that Madonna and Backstreet Boys help me keep up the cadence and bring me down the home straight with an extra spring in my step.

Star Sign:

Taurus- and yes, I'm stubborn.

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

For my altruistic wish, I would like to quote the Miss Universe contestants from the last ten years or so and say "to see a cure for cancer in my lifetime" and also "World Peace". Otherwise, my own selfish wish is for my children to live a happy, healthy life surrounded by great friends. Pretty simple, really.

Club Stalwarts for 2018



In 2018, eleven names were added to the honour board of Brisbane Road Runners Club "Stalwarts." These eleven runners have now been members for ten years and the Club will formally recognise and thank them for their support and loyalty at the end of year Dash & Splash event in December. The new Stalwarts for 2018 are:

Dinesh Chand, John Dempster, Julie Hill-Webber, Kerri Hodge, Andrew Holden, Richard Knevitt, Heather Marshall, Andreas Mindt, Jayne Riethmuller, Jonathan Sawyer and Colin Woods.



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
Dinesh Chand	Jenny Chaston (L.M.)	Paul Circosta
Katrina Crook	Irene Davey	John Dempster
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
Julie Hill-Webber	Kerri Hodge	Andrew Holden
David Holleran (L.M.)	Peter Holles (L.M.)	Peter S, James
Ian Javes (L.M.)	Richard Knevt	Andrew Leggett
Robert Lofthouse (L.M.)	Steve Manning (LM)	Margot Manning (LM)
Daniel Manning	Zoe Manning	Jack Marsh
Heather Marshall	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.)
Andreas Mindt	Eddie Ngenda	Derek Nixon-Smith (L.M.)
Garry Page	Adrian Pearce	Mark Phillips
Trudy Porter	Jayne Riethmuller	Erkki Ryhanen
Jonathan Sawyer	Michael Schultz	Andy Semple (L.M.)
Bruce Smerdon	Diana Southern (L.M.)	Ron Vines
Norm Walker (L.M.)	Karen Wiersma	Brian Williams
Russell Wilson	James Winters	John Wishart (L.M.)
Colin Woods		
		As at 03/04/18



MEMBER PROFILE

Name: Jurgen Paetz

Age: 51

Occupation: Trader/investor

How and when did you start running?:

I started running in January 2013 doing parkrun at Claisebrook Cove in Perth, WA.

Most Memorable Running Moments:

My most memorable moment was meeting my wife whilst running Claisebrook parkrun in Perth in 2013. Shortly after we met I had to go overseas but managed to persuade Yvonne to join me. We got married (Jan 2016) upon our return to Brisbane.

My first memorable running moment leads to the second one because shortly after we met at parkrun (only ever doing around 5kms) she challenged me to complete a marathon with her – one that she had already chosen.

This is where it gets nasty.... The marathon was Day 3 of one of the toughest ultras in Aus (3 Marathons in 3 Days). Who picks that as your first marathon? Humid Hilly Cairns Rainforest ?

We trained for 18 weeks, volunteered for two days at 3M3D (hoping to pick up some good tips) and together completed our first marathon. Here is the kicker ! All the first timers got to set off at 6:00 a.m. - an hour head start on the rest. The idea was that the seasoned runners catch up and overtake the first timers. That never happened and we ended up with line honours (and a nice medal each). What a day!

Favourite Running Distance and PB:

At this stage 5 km is still my favourite running distance. My PB (Claisebrook Cove, Perth, W.A.) is 19:21.

Running Goals:

I always like to have an event on the horizon to train for. Even weekly parkruns and bi-weekly BRRC runs for instance help to keep me on the straight and narrow !

Besides BRRC events I have signed up for a 10km and a 16 km (once again in the tropical rainforest of Cairns).

My 10km goal is to do better than 45 minutes on a course that is not entirely flat. I have not formulated a time goal for 16 km as I have not studied the route profile in detail yet. All I know is that it is on pretty damn hilly tracks through the rainforest so flat road running time goals won't apply.

My parkrun goal is a new PB.

Favourite Runs:

My favourite is running in different scenic destinations whilst travelling. We recently went to New Zealand to run the Buller Gorge Half Marathon and travelled the South Island running at each scenic stopover leading up to Race Day. I find that so inspiring and loved that

Some of my favourite local runs are variations of what I refer to as the "City loop" as well as runs in Mt. Coot-tha. The "City Loop" starts at Kangaroo cliffs heading down the stairs and toward South Bank. Head to the BRRC

and back to South Bank crossing over to the opposite bank at QUT. Head through the Botanical Gardens hugging the river all the way to New Farm. Turn back and go up Ivory Lane crossing Story Bridge back to the start.

Favourite Running Partners/Group:

My wife Yvonne is my favourite running partner & BRRC my favourite group. I enjoy my parkruns too.

Who is your running idol?:

Don't have a specific one.

Favourite Sportsperson/s:

Don't have a specific one.

Favourite Shoe Brand: Asics & Kalenji

Favourite Food:

Green curry & Connoisseur Ice Cream (vanilla or Belgian Chocolate)

Favourite Drink:

Little Creatures Pale Ale

Coke Cola

Coffee

Favourite Movie: Angels & Demons

Favourite Music:

I listen to a broad range of music but laid-back stuff like Sade, Mark Wilkinson, Mark Knopfler and some South African artists like the Soweto String Quartet are easily my favourite.

Star Sign: Sagittarius

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

Eternal happiness for my family and I

Twilight Running Festival

by Olivia Lennon



The beauty of the Twilight race is avoiding an early start. The challenge is that the race is on your mind for most of the day! This year the event was held a month later than previous years which was good news for all participants after the hot and humid temperature we encountered last year. This year the weather was kinder with reasonably cool temperatures and minimal wind. Perfect running conditions!

The crowds started to build from 3pm with the first main event, the 5km, commencing at 4pm. There were some speedy runners at the start line and the crowds along the home straight cheered the 5km runners home.

When it was time for my 10km run, I made my way to the start line after a gentle warm up. The start line was a reasonably relaxed affair with many runners finding time for a quick catch-up prior to the run; however, when the gun fired, it was on! I always endeavour to remain calm and not get swept up in the excitement with the other runners. The aim is always to run conservatively for the first 1km, albeit sometimes unsuccessfully.

Along the course runners were treated to some awesome cheering from the Cheer Squads at the water stations. Personally, I am grateful for the high-fives and support from spectators, volunteers and the various cheer

squads as it is a welcome distraction from the foe that is our inner critic and muscle fatigue.

As the crowds spread out and runners found their rhythm, I felt pretty comfortable. As most runners aspire to, I was hoping to run a PB. My conservative race plan was to run sub-40mins.

At the 5km mark I crossed the timing mat in 18:38 which I was happy with and hopeful this could lead to a personal course PB. From this point on I tried to run by focussing on effort and not too much on my splits (easier said than done). I knew I still had the Green Bridge hill to combat so I pushed a little harder to counter the slower pace I was most likely to run up the hill.

Coming off the bridge there was 1km to go and I soaked up the atmosphere and the cheering crowd. The legs were hurting and the cheers certainly spurred me on towards

the home straight. This is one my favourite parts of the race as the atmosphere is always electric. This year was no different.

I crossed the mat in a time of 37:53 and was ecstatic as it was a personal course PB. To top it off I also placed third female which was a welcome surprise!

This year I was honoured to race as part of the BERT squad and was thrilled when the team were awarded the fastest 10km team, thanks to some speedy results from some of our talented male runners.

There were some inspirational performances on the night. A particular highlight was the phenomenal achievement by Joshua Williams who broke the world record for 7 year-olds by running 10km in 39:28. Sensational! Well done to the organisers for organising such a great event! I'll be back next year.



Olivia Lennon with fellow runners at Twilight Running Festival



MEMBER PROFILE

Name: Yvonne Paetz

Age: 39

Occupation: Restaurant Manager

How and when did you start running?:

In 2012 when I discovered "parkrun" in Perth. Unfortunately, I almost stopped running in the last couple of years and only started running again last year with training for "Bridge to Brisbane 2017".

Most Memorable Running Moments:

Claisebrook Cove parkrun (Perth) 12th of January 2013.

On that Saturday I met my husband Jurgen who came sprinting past me 50 metres before the finish line. Very gentleman like he apologized after the run for pipping me to the finish and invited me for coffee. That was a life-changing run.

Favourite Running Distance and PB:

My favourite running distance is 5 km (PB 20:38 in parkrun 2013) and

10 km (47 min Bridge to Brisbane 2017)

Running Goals:

I have a few goals before the next summer:

At the moment I am running 5 km in 22:30, I would like to get back to my PB time but that might be a bit ambitious.

To run "Bridge to Brisbane 2018" in 45 min.

Favourite Runs:

In 2013 I ran the Cairns Marathon. The race starts in Kuranda in the Rainforest and ends in Cairns. An amazing place for such a long run.

Favourite Running Partners/Group:

Brisbane Road Runners Club and Kedron parkrun

My favourite running partner is my husband Jurgen. I do not run without him.

Who is your running idol?:

My running idol is Manuel Dos Santos. He is a regular at my local parkrun in Kedron. For months I have been trying to catch him but I have no chance he is improving week by week. Manuel (age category 60-64) is not just a very good seasoned runner, he is humble and full of helpful running hints and tips.

Favourite Sportsperson/s:

Ultra runner Scott Jurek. His book "Eat and Run" inspired me to train for a full marathon.

Favourite Shoe Brand: Asics

Favourite Food:

Vanilla ice cream from Connoisseur
My husband's Green Curry

Favourite Drink:

Coca Cola after a long run on a hot day
Soy Flat white with one sugar
Indian tonic water

Favourite Movie: Inception

Favourite Music: Mark Wilkinson, Sade

Star Sign: Scorpio

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

A healthy life for my husband and I

Numb About The Batty Medals

Report on the Australian Masters Track and Field Championships 2018

by Irene Davey



The Championships this year were held in Perth from the 26th to the 30th April, at the same venue where the World Masters Championships were held in 2016.

Now at the Nationals in Darwin last year we had smiling crocodiles on the medals. This year we had this:



I will leave you pondering on that for a bit!

Three BRRC members competed: Lou Abram (W 55), John Sheer (M 70), and Irene Davey (W70).

Their results are:

Lou Abram

5000m: 18:25 (94.3% AG) Gold to Lou and a new Australian Masters record.

8000m Cross Country: 30:29 (94.3% AG) Gold and a new QMA 'Best Performance'

John Sheer

1500 m: 6:30 (72.7% AG) placed 5th

5000 m: 23:32 (71.7% AG) placed 6th.

10,000 m: 48:49 (72.7% AG) placed 2nd for Silver medal (and some 3 minutes ahead of his old rival John Walton.)

6000 m Cross Country: 27:14 (77.7% AG) placed 8th

Irene Davey

400 m: 1:32.6 (77.8% AG) Second behind Kiwi friend Chris Waring, but awarded a gold medal as the first Australian.

800 m: 3:44.7 (74.7% AG) Second behind Lavinia Petrie

2000 m Steeplechase: 11:41 (82.7% AG) Second behind Jillian Young - Aus and World record holder for the event

6000 m Cross Country: 36:23 (70.8% AG) Again, second, 10 minutes behind Lavinia!

I think we were all pleased with our performances. I was happy to have run season bests for my three track events. The 6000m Cross Country was introduced for the first time this year for all competitors in 70+ age groups. Cross Country medals were presented by the legendary John Gilmour who turned 99 the week after the Champs.

In one of the outstanding performances of the Championships, Bruce Graham from ACT broke John Gilmour's 10,000 m M55 Championship record that was set in 1976 – 42 years ago.

And the critter on the medals? It's a Numbat – an endangered marsupial and the animal emblem for West Australia. This representation was apparently taken from a children's 'Australian Animal Alphabet' book. It definitely left most of us feeling a bit numb or a bit batty. We will have to be careful where we put our medals in case they get eaten by last year's crocodiles.

PS – we are looking for a graphic designer to design our medals for the Masters National Championships to be held in Brisbane in 2020.



Irene with the legendary John Gilmour

Ultra Trail Australia 100k Recap

By Paula Treagle



I'm not one to celebrate my "crazy" publicly and for me running is a hobby, not a way of life. But running ultras seems to be the new marathon...so this is a good read for anyone keen to consider the UTA 100k through the Blue Mountains in the future.

I'll start by saying any of the races that form part of the UTA are basically very long stair races. Others had mentioned this, and you'd think sections called "Landslide, Cliff Falls, Golden Stairs, Furber Steps, Giant Stairway" would be a giveaway. But until you are out there, you don't realise how many times you ascend and descend the cliff faces of the mountains on stairs, sometimes heaving yourself up with your arms, other times

crawling. I was lucky to run a good half of the race with Karen Wallace and we had trained together for months. Our amazing friendship made it easier for us to deal with the difficulty and the enormity of the day ahead.

The sheer beauty of this run will take your breath away. During the 10 hours of daylight I found myself appreciating life, the world we live in and the abundant natural beauty around me. I'm not a particularly spiritual person, but the emotions ran strong all day. At a point around 35k after a major climb and a (dangerous) cliff walk, a local was playing a didgeridoo out on a jutting ledge. It was echoing through the valleys around us. That memory will stay with me for years.



Local didgeridoo player

My next words were "If I ever mention doing it again, punch me!"

I am quite certain I won't do this again, but if I did I would run it differently, working harder during the daylight to get more of the technical climbing done, trying to get in that mental bubble earlier. I had trained really well for it, so physically I found it on par with a really hard marathon, but mentally it was new territory for me. Something I am proud of my brain for working through. If you ever want to enter this race, chat to me. I am a working mum with limited time, an over the top optimist, and a mid-pack runner. I will give you the realistic picture and many tips to help you get through it.

Thank you to my wonderful coaches John Whelan and John Pearson from Intraining. Without their wonderful support and program I wouldn't have had such an amazing experience.

Now to find the next adventure.

Being my first run over 45k, I wasn't aware of the meditative mental state needed to get through 10 hours of technical forest running at night. After having to say goodbye to Karen at the 57k mark as darkness hit and the temperature hit 1 degree, I entered a weird bubble. I put my GPS watch in my bag, turned the head-torch on, ran when I could, hiked hard when I couldn't. I spent a good 10 hours on my own, staring into a torch light with a watch in my backpack humming every 1k. My natural state of humour had left me, I wasn't laughing.

The last 5k of the race is a technical vertical climb, crossing bridges, jumping rocks and walking through creeks. I was in good shape and the 951 stairs to the finish were like a stairway to heaven. That all sounds very dramatic. It kind of was. There at the top stood my sister. I have never been so happy to see her in my life. My first words were "What time of night is it?" and she said "4.30am the next morning". I couldn't believe it. The hours were slow but the focus made it pass quickly.

2018 Warwick Pentath Run

(16th Year of event) – May 19th & 20th

By Robert Lofthouse



The Warwick Pentath consists of five races conducted over two days totalling the normal Marathon distance of 42.2km.

The weather was typical for Warwick in May, cold mornings that turned into beautiful sunny days with little humidity. Ideal for competing in such a gruelling event.

A good contingent of BRRC members made the trip to Warwick with some outstanding performances recorded. The overall winners of the Male and Female Divisions of the race

are based on the total combined times of the five races.

The event took part on the Saturday and Sunday with three events being held on the Saturday – A Half Marathon in the morning, followed by a 4.6 km Cross Country in the middle of the day and a 5km road race in the afternoon.

Sunday featured a gruelling 10km hill ascent in the morning followed by a 1500 metre dash down the main street of Warwick to finish the event.

Times of top three Men:

	1-Isaias Beyn	2-Aidan Hobbs	3-Peter Bracken
Half Marathon	1:09:29	1:11:06	1:12:12
4.6km Cross Country	14:24	14:06	15:53
5km Road Race	15:12	15:10	16:07
10km Hill Ascent	37:22	38:19	39:50
1500 metres	4:17	4:16	4:26
TOTAL TIME	2:20:47	2:22:58	2:28:30

The strength of Isaias Beyn over the Half Marathon and 10km Ascent runs ultimately helped him to clinch 1st place overall at the end of what proved to be a fascinating contest in the male division. Beyn won the half by over 90 seconds but Aidan was able to pull that distance back a little by scoring an 18 second win in the Cross Country. The 5km road race on the Saturday afternoon proved to be an absolute thriller with Aidan snaring the win by two seconds on the flat, fast course.

Going into the fourth race of the weekend, the gruelling 10km hill run, Isaias Beyn had to protect a lead of 1:17 and this he did in fine style as he crossed the finish at Queen Mary Falls with a margin of nearly a minute over Aidan.

A strong showing also from the 3rd placed Peter Bracken over the weekend, finishing in an overall time of under 2:30.

Times of top three Women:

	1-Kerri Hodge	2-Laura Daly	3-Margot Daniels
Half Marathon	1:22:57	1:33:23	1:38:03
4.6km Cross Country	17:03	19:15	20:45
5km Road Race	18:05	20:12	21:03
10km Hill Ascent	44:59	49:19	50:39
1500 metres	5:00	5:50	5:57
TOTAL TIME	2:48:05	3:08:00	3:16:29

BRRC did well in the women's division with Kerri Hodge recording a convincing winning margin of nearly 20 minutes from Laura Daly who proved how good her endurance fitness is for someone who is still relatively new to this type of event.

It will be interesting to see how well the times recorded in Warwick, stack up when the top three above (from the Men's and Women's events) compete in their respective marathons later in the year!



Verne Lowson, Brad Lye, Kerri Hodge and Derrick Leahy

Great BRRC performances:

Some great efforts on the weekend also from Derrick Leahy (4th overall) in 2:39:45, Stephen Walmsley 3:02:14, Brad Lye 3:08:39 and Adrian Pearce 3:14:51.

Peta Dunne was 4th lady overall in 3:22:37 and Elizabeth O'Neil did well in her first Pentath



Elizabeth O'Neil

Run recording an overall time of 3:36:15 for the five races.

There were 269 runners who finished all five races with another 400 opting to do a combination of the four shorter distance events (excluding the half marathon).

Long time BRRC members and Warwick regulars Graham Robertson, Theresa Fabian and of course Bob and Di Miller typify the spirit of this great event.

I'm sure many BRRC runners will take up the challenge again next year and be part of this unique endurance running event – THE WARWICK PENTATH RUN. Certainly a different way of covering the marathon distance. You get two days to do it – and you actually get to have a rest between events! Sounds easy doesn't it?

Below: Greg Campbell, Elizabeth O'Neil, Felicia Elgey, Jason Cox, Janette Campbell and Gina de la Cruz



BRRC Runners are jumping for joy

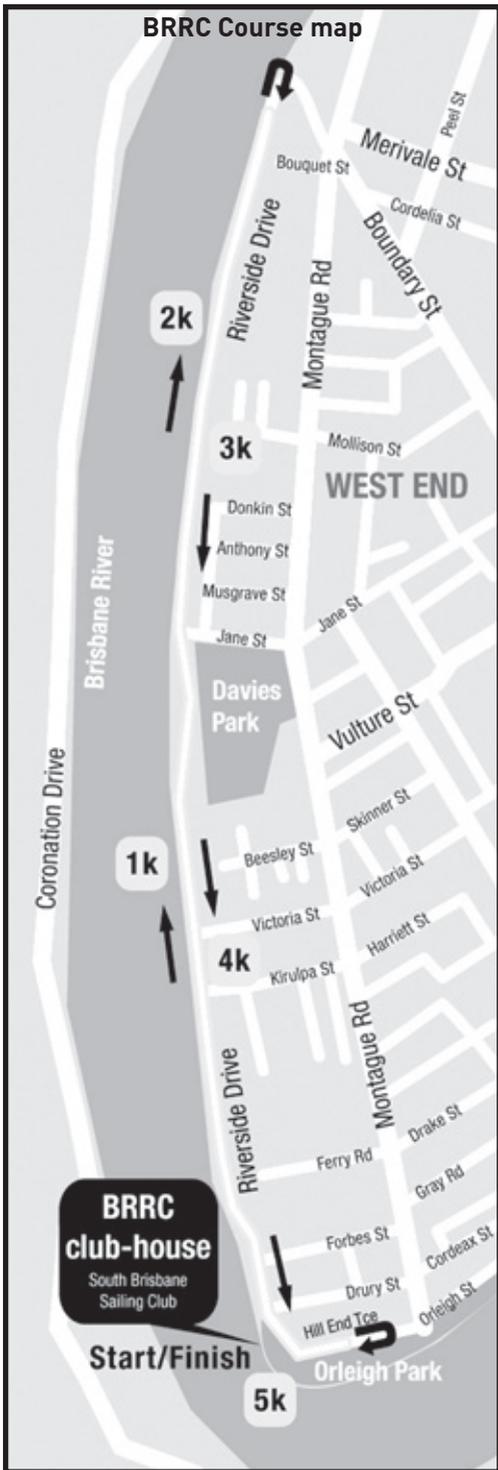




BRRC Life Members



<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
2017	Margot Manning
2017	Steve Manning



Thank you to our Sponsors and Supporters for your continued support during 2018

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Date	Club Events	Start	Sponsor
07-Jan-18	5k Predictor & 10k Predictor "No Watches"	6:00am	The Run Inn
14-Jan-18	2k, 5k, 10k & 15k	6:00am	NRChi
21-Jan-18			
28-Jan-18	5k, 10k & 15k "Bring A Friend"	6:00am	Intraining
04-Feb-18			
11-Feb-18	5 Mile Club Championship & 10k, 5k	6:00am	NRChi
18-Feb-18			
25-Feb-18	2k, 5k, 10k & 15k	6:00am	Skirt Sports
04-Mar-18			
11-Mar-18	5k, 10k, 20k & 25k	6:00am	P.A.T.42.2 Running
18-Mar-18			
25-Mar-18	21.1k Club Championship & 5k, 10k	6:00am	Intraining
01-Apr-18			
08-Apr-18	2k, 5k, 10k & 15k	6:00am	The Run Inn
15-Apr-18			
22-Apr-18	2k, 5k, 10k, 20k & 25k	6:00am	Skirt Sports
29-Apr-18			
06-May-18	4k, 12k & 20k "Riverbank Run"	6:30am	Intraining
13-May-18			
20-May-18	2k, 5k, 10k, 20k & 25k	6:30am	NRChi
27-May-18			
03-Jun-18	5k, 10k, 15k, 20k, 25k & 30k	6:30am	The Run Inn
10-Jun-18			
17-Jun-18	10k Club Championship, 5k & QMA 10k Championship	6:30am	P.A.T.42.2 Running
24-Jun-18			
01-Jul-18			
08-Jul-18	2k, 5k, 10k & 15k	6:30am	Intraining
15-Jul-18			
22-Jul-18	20k Club Championship, 5k, 10k & 15k	6:30am	NRChi
29-Jul-18			
05-Aug-18			
12-Aug-18	2k, 5k, 10k & 15k	6:30am	P.A.T.42.2 Running
19-Aug-18			
26-Aug-18	5k & 10k	6:30am	Intraining
02-Sep-18			
09-Sep-18	10 Mile Club Championship (Robin Flower Memorial) & 5k, 10k	6:30am	The Run Inn
16-Sep-18			
23-Sep-18	2k, 5k & 10k	6:30am	NRChi
30-Sep-18			
07-Oct-18	15k Club Championship & 5k, 10k	6:30am	The Run Inn
14-Oct-18			
21-Oct-18	3 Person X 4.5k Relay	6:30am	NRChi
28-Oct-18			
04-Nov-18	2k, 5k & 10k Novice	6:30am	P.A.T.42.2 Running
11-Nov-18			
18-Nov-18	5k Club Championship & 10k	6:30am	Intraining
25-Nov-18			
02-Dec-18	5k & 10k Handicap "No Watches" & AGM	6:30am	The Run Inn
09-Dec-18			
16-Dec-18	Dash & Splash, Yeronga Pool	7:00am	BRRCC
23-Dec-18			
30-Dec-18			
06-Jan-19	5k Predictor & 10k Predictor "No Watches"	6:00am	

