



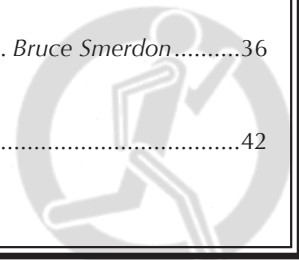
BRRRC

Winter 2016



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FROM THE EDITOR...

By Robert Lofthouse



Welcome to the Winter edition of the BRRC Magazine!

This edition contains a variety of reports covering what already has been a busy couple of months.

Pam Goddard has sent in an excellent report on her recent Paris Marathon and as well, will be staying over there for the next twelve months. Some people have all the fun!

Closer to home, Adrian Royce has put pen to paper as he takes us through his Half Marathon journey at In Training's Brisbane Twilight event at University of Queensland.

The club members profiles also make for interesting reading with long time club members Marion and Phillip Hermitage amongst the contributors for this edition.

If you're interested in the progress of this year's BRRC Club Championship Series then you will find the article by Bruce Smerdon of considerable interest.

On behalf of everyone at BRRC I would like to thank all our event sponsors for their ongoing support of the club. These include INTRAINING (Steve and Margot Manning), THE RUN INN (Phil Hungerford), NRCHI (Greg Beerling), SKIRT SPORTS and our newest sponsor P.A.T. 42.2 (Patrick Nispel).

With the cooler weather having finally arrived, it's time to step up that training as you work towards that 2016 goal. Enjoy your training and the upcoming winter calendar which is chockful of great events....and don't forget to send me an email if you have a story to tell about your event or if you would like to complete a profile in the coming months.

Enjoy the outdoors and being part of such a great sport where you meet so many like minded people just enjoying life!

I trust that you enjoy the Winter edition of this magazine.

See you at West End in the coming months!

Robert Lofthouse (Editor)

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Robert Lofthouse

FROM THE PRESIDENT

By President Andrew Leggett



Robbie Lofthouse has been busy in the early hours once again, putting together this Winter 2016 issue of our BRRC magazine. It's good to see him back on the road again, making good progress in the process of recovery from injury. I'm enjoying that humbling process myself, finding the need to adapt by cross training with race walking and swimming. Not content to finish towards the end of the field at BRRC events, I'm venturing out next weekend to find out what it's like to finish in a similar position in my first ever ocean swim race at Noosa next weekend. I'm already enjoying the benefits of the new set of orthotics Steve Manning has made for me, so some of you may find me passing you on the road again soon, rather than watching your tails recede into the distance.

With April temperatures at record highs across many Brisbane locations, it has not been until the third week of May that we have begun to see the cooler mornings we runners love, and with them the possibility of our times coming down and long runs once again become potentially pleasurable experiences. Many of you will be preparing for the major events pending over the coming weeks at the longer distances, including half marathons and marathons, and using BRRC races to gradually increase your mileage and to sustain even pace. Although early bird discounts have now closed, those of you who are intending to compete at any distance in the Gold Coast Marathon Festival still have the opportunity to sign up for the BRRC Team, ably managed this year by Mark Robinson. Make sure you drop into the BRRC tent before and after your event. Wear the club uniform so that everyone knows who to cheer for.

Already this year we have had some remarkable performance in our Club championship races, with new championship age group records set in the 5 mile and half marathon events by Brittany Zender, Laura Daly, Clare Geraghty, Crystal Mahony, Margot Manning, Cynthia Cliff, Betty Menzies, Daniel James, Nathan Cook, Shane George, John Shaw (at both distances), and Colin Woods (also at both distances). I hope we'll see more age records fall in our 10 km and 20 km championship events in June and July.

Whatever event you are preparing for, I encourage you to keep your training enjoyable and sociable, increase intensity and distance gradually, keep up your hydration, and watch your life balance! I wish you success in attaining your personal goals, and I look forward to talking with you about your progress, and your ideas for the progress and development of our club. Please bring these to my attention, or approach any of the members of our committee on race days: myself, John Dempster (VP), Vicki Fennelly (Hon Sec), Bruce Smerdon (Treasurer), Tracey Baker, Kerrie Biggins, Deborah Davis, Susan McGee, and Russell Wilson. We continue to be ably supported, with my thanks, by our club registrar Betty Menzies; our registration and timing teams; our sponsors Intraining, The Run Inn, NRCHI, PAT42.2 Running and Skirt Sports; and by each of you as you take your annual turn as race day volunteers.

Andrew Leggett President BRRC



MEMBERS PROFILE



Name: Kym Mansfield

Age: 43

Occupation: Senior Development Officer (Science and Engineering Faculty) at QUT. Essentially my role is relationship building and fundraising.

How and when did you start running: In 2007 a friend asked me to join the In Training running group on Riverside Drive at West End. In our third session I ran more than 10km for the first time ever (a 16km run)! That year I also won a radio competition to train for the Bridge to Brisbane with group of 10 competition winners and a personal trainer ('Campos Angels' through 97.3FM). So 2007 was the first year I trained with other people and felt I'd joined the Brisbane running scene.

Prior to joining In Training I regularly ran 5km distances around my local neighbourhoods for fitness. I also competed in cross countries and the odd 1500 metre race at school, but I never

thought I would run more than 10km. Now I have a marathon and several half marathons under my belt.

Most memorable running moments:

Finishing my first and only marathon at the Gold Coast in 2014. I liken it to child birth – I know it hurt at the time but can't remember the pain, only the elation of finishing and the fantastic support from family and friends along the way.

Your most memorable sporting achievement?

Completing my first (and I think only) full Noosa Triathlon in 2008 in 2:38, significantly faster than my goal time of 3 hours.

Favourite runs: When I was training for the Gold Coast marathon I loved doing a 27km run from home (Moorooka) to South Bank, over the Story Bridge, through the city, along Coronation Drive, through UQ, over the green bridge and back home via Yeronga. Running anywhere along the Brisbane River is great.

Favourite Running Distance and PB:

Hmmm good question. Probably 10km and my PB is somewhere between 46-47 minutes (pre-kids!).

Who is your running idol?

Cassie Smith. I am completely amazed at Cassie's determination and tenacity to keep going during events of up to 48 hours (and probably more). Cassie's '7 marathons in 7 days' (December 2015 to January 2016) to raise funds for her friend, Karen Masnata, was truly inspirational.

Favourite Sports Persons: When I was a teenager I used to love the Czech tennis player, Hana Mandlikova, especially when she became an Australian citizen. I nearly 'ball girl'd' for her at Milton once - when it was home to the lead up tournament to the Australian open - but her match was postponed to another day. I don't really follow sports now (I leave that to my husband, James).

Running Goals: I'd like to do another marathon

one day but in the meantime am happy to keep doing the Gold Coast Half. In 2016 my goal is to compete in all BRRC age championships to qualify for a towel at the end of the year!

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

I used to work for the Leukaemia Foundation and participated in a 250km fundraising bicycle ride over three days for about three years in a row. We rode from Dalby to Tara and finished at Chinchilla. Head winds were a challenge but the company was fantastic.

Favourite Foods:

Cheese (tasty, vintage, soft but not an enormous fan of mouldy cheeses).

Favourite Movies: A few years ago Pat Carroll (of PCRG fame) arranged a special screening at Dendy Portside of the movie documentary, Spirit of the Marathon. The movie followed a couple of elite runners and several ordinary Americans while they trained for the Boston Marathon (or was it Chicago?). Watching the movie was the first time I thought, 'I could do a marathon'.

Favourite Drink: Wine – red, white or bubbles.

Shoe Brand: Mostly Mizuno but I also wear Brooks and Saucony (they were really cheap on sale so I had to buy them, and now need to get my money's worth!).

Favourite Running Partners/Group:

I love BRRC! It provides the motivation I need to get out and keep running and I've made some lovely friends through the group – thank you!

Star sign: Leo

Favourite Music: For years my favourite was Billy Joel and more recently I've enjoyed Robbie Williams. I think there is a storytelling element to the songs of both which I find appealing.

If you had one wish in life it would be?

To make a positive difference to the lives of those around me – my wonderful husband, James, gorgeous kids, Anastasia and Alexander, as well as family, friends, work colleagues and the organisations/communities I'm involved in.



MEMBERS PROFILE



Name: Paul Circosta

Age: 63

Occupation: IT Contractor

How and when did you start running: I started running in 1970 my last year of high school doing 800 and 1500 metre races. After finishing school I joined the Ashgrove Rangers Athletic Club where I have been a member ever since. I joined the Queensland Marathon Club (the forerunner to the Brisbane Road Runners) when it started up out at the University of Queensland before it moved to West End.

Most memorable running moments:

I guess it would be my 2.42 marathon run at Point Cook in Victoria way back when.

Your most memorable sporting achievement?

Something that I remember well was running the last leg of the Maleny relay for Ashgrove Rangers and just holding off the Thompson Estate runner. The Maleny relay was a 64 km relay that started in Caboolture and finished in the main street of Maleny. It was very exciting for everyone to see two teams separated by just a couple of seconds after 64kms.

Favourite runs: I like getting out into forest and trail and just going with the terrain.

Favourite Running Distance and PB:

These days it the 5km as I don't do the mileage to be able to race longer distances. PBs are a thing of the past so I am happy just to be able to get to the starting line.

Who is your running idol?

I don't think about idols but one person I have a lot of respect for is Peter Norman the Australian 200 metres sprinter who won a silver medal at the Mexico Olympics. Although he didn't have to, Norman supported the black American's John Carlos and Tommy Smith in their "black power" protest. It probably cost him selection in future Australian teams.

Favourite Sports Persons: I like how Steve Waugh captained the Australian cricket team – no fuss no theatrics. From a running point of view, Yiannis Kourou the Greek ultra who sets swags of world records blew me away with his times. Another would be Ron Grant, his mental resilience was unbelievable.

Running Goals: PBs are a thing of the past so my goal is to keep my body together enough to keep up some regular running.

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

I was in the support crew for Ron Grant when he did a summer crossing of the Simpson Desert back in the 1980's. Ron was going for the Guinness World Record for the hottest run. The temperature was up to 50° C as we crossed endless sand hills from Alka Seltzer bore to Birdsville. We had some interesting company with dingos coming up very close to check us out and huge snakes crossing our path.

Favourite Foods:

I guess it may be my Italian background, but I really like good spaghetti bolognaise.

Favourite Movies: In terms of sporting movies it would have to be Chariots of Fire. This movie has many themes in it. It was a good study into two determined athletes each with their own reasons for want to achieve Olympic victory.

Favourite Drink: I am not much of an alcohol drinker but I am known to favour a social beer.

Shoe Brand: Mizuno Wave Rider

Favourite Running Partners/Group:

These days I do most of my training by myself, so the only time I run in company is at a race. I like running at the BRRC, with Queensland Masters Athletics and at the Sherwood Forest run.

Star sign: Aries

Favourite Music: I am a product of the 1970's and I have always liked the Rolling Stones.

If you had one wish in life it would be?

From a personal point of view it would be to maintain good health and to get to finish all the projects I have set myself.

WIN SOME, LOSE SOME

By Irene Davey



Report on the Australian Masters Athletics National Championships held in Adelaide in April 2016.

I looked back over the stories I wrote after the past three Nationals (Astronomical Feats, Canberra 2013, Devilish Deeds, Hobart 2014 and Raining Medals, Sydney, 2015 and wondered what characterised the Champs this year. Well I think my title says enough!

The National Championships brings together many of the top Masters athletes from across Australia (and a few from New Zealand). Past rivalries are re-ignited and new challenges faced as people move up age groups. Races can be won or lost by millimetres, or sometimes by a 'mile'. Your rival can beat you in one event, but you get your revenge in another! This was certainly the case in Adelaide this year.

We were sad to lose Russell and Carol Wilson from the Queensland contingent as Russell recuperated from life-saving medical stuff. So that left the West-enders in the Queensland team as Betty and Bruce, Sean and Anne Ryan, Colin and Jenny Woods, John Sheer, Ian Cameron and Irene Davey. Now where to start with the winning and losing?

The first event on Day 1, Saturday 16th April was the 10,000 metres on the track, contested by Colin Woods and John Sheer. Colin was a winner in his age group but check his time – just under 56 min 30 secs. Amazing! John feels he was a winner, running a PB for the

year. On Saturday afternoon, most of us ran the 800 metres. Anne and Ian won their first gold medals, both with brilliant runs. Colin won silver, but hey – he had run 10 k that morning! Sean finished well in a very spread out field for a bronze, while Betty and Irene decided that although they didn't medal, to finish was to win.

Then Colin backed up to run the 100 metre sprint! And was beaten into second place by less than half a second.

On Day 2, events contested included 1500 metres, 2000 metres steeplechase, and 200 metres. Ian and Anne won their second gold medals in the 1500 metres, both by the proverbial 'mile' and Betty a bronze, but then she was racing against the legendary Lavinia Petrie who holds Australian and some world records over distances from 800 metres to the marathon. In the Steeplechase, Irene lost out to her Australian rival who she beat at the World Championships last year. Colin was the only one to run the 200 metres, winning by a very big margin.

Day 3 started with the 5000 metre track run. Ian and Anne won their third gold medals, Colin also a gold and Betty bronze. Both Anne and Betty set new Queensland records. John ran another season PB. Colin backed up to run the 400 metres. This was one of the most exciting race finishes of the championships! Colin and Australian champion David Carr were level with 50 metres to go. (David beat

Colin in the 800 metres.) Colin has a longer stride and just powered away to win by a very small margin. Lose some, win some! The photo tells it all! Talk about crazy competitive octogenarians!

Three of us – Anne, Irene and Sean got to run in the 4 x 400 metre relays, with Anne and Irene’s team winning gold. (I won’t tell you there was only one team in their age group!)

On the last day of competition, Colin had a well deserved day off while the rest of us tackled the fairly tough 8 km Cross Country

in the parklands near the stadium. In another exciting finish, Ian just lost out to the athlete he beat in the 5000 metres. As I said – win some, lose some. Betty won her age group, setting another Queensland best time for the event. Irene won silver in her age group, while Sean and John ran good times.

I haven’t mentioned Bruce and Jenny. Bruce went off on Sunday morning and ran with the South Australian Road Runners Club. But both were great team supporters and cheer squad for the rest of us.

RESULTS				
COLIN WOODS M80			BETTY MENZIES W70	
100 Metres	2	18.05	800 Metres	4 3.54.41
200 Metres	1	35.05	1500 Metres	3 7.58.95
400 Metres	1	1.20.64	5000 Metres	3 29.12.70QR
800 Metres	2	3.23.14	8k Cross Country	1 51.08.00QR
5000 Metres	1	27.53.92		
10,000 Metres	1	56.29.70		
JOHN SHEER M65			IRENE DAVEY W65	
5000 Metres	10	22.58.56	400 Metres	3 1.35.04
10,000 Metres	6	48.35.30	800 Metres	4 3.48.56
8k Cross Country	10	43.29.00	2000m Steeple	2 11.27.30
			8k Cross Country	2 52.34.00
			4 x 400 relay	1
SEAN RYAN M65			ANNE RYAN W60	
400 Metres	5	73.33	800 Metres	1 2.48.69
800 Metres	3	2.50.20	1500 Metres	1 5.40.80
8k Cross Country	9	40.25.00	5000 Metres	1 21.06.56QR
4 x 400 relay			8k Cross Country	1 35.36.00
			4 x 400 relay	1
IAN CAMERON M60				
800 Metres	1	2.24.53		
1500 Metres	1	4.50.62		
5000 Metres	1	18.00.32		
8k Cross Country	2	31.59.00		





Ian Cameron winning the 5000 metres



Betty and Irene in 800 metres



Anne Ryan and Irene Davey in Relay



A proud Colin Woods

MEMBERS PROFILE



Name: Marion Hermitage

Age: 52

Occupation: Airline Services

How and when did you start running:

I did Little Athletics in the mid 70's and excelled at high jump, however my swim coach said to leave Little A's for swimming. I swam at State Level. Move forward to 1984, I met Phillip, now my husband, who got me into running. Running also helped with cross training in swimming as I was still swimming competitively. Little by little we were improving, then we joined Townsville Road Runners and Townsville Triathlon Clubs in 1986.

Most memorable running moments:

There are quite a few I would consider memorable, but these are standouts.

North QLD Half Marathon in 1989 in Townsville: 1:22.20 – First Female. I took the first half of the race conservatively. I ran the last 8 km hard and passed a number of athletes and also beating the hot favourite at the time.

5 km in 2001 in Totton, England. 18.15 – First Female. A fast race as you had to get over a railway line before the train came along which I made. If you didn't beat the train, then you would have to go over the railway bridge and that would add another minute on your time.

10 Miles in 1999 in New Forest, England. 64.15 – 2nd Female. This race started at 1 pm. One of the hottest days of the year, 36 deg C. There were no water stops on the entire course and I was completely spent by the finish line. Mostly cross country and running through cow paddocks, farms and turnstiles. Great course but a tough day with the heat.

Most memorable sporting achievements:

September 2011 - World Triathlon and World Aquathlon Championships in Beijing, China: Bronze in age group Triathlon. Gold in age group Aquathlon.

September 2014 – World Long Distance Triathlon Championships (4 km swim 120 km cycle and 20 km run) in Weihai, China, Gold in Age Group.

July, 2008 - Canada Day 10 km Fun Run in Quebec: Tough hilly course and picturesque through the historical city centre. Won age group 4th female.

October 2007 & February 2008 - Triathlon: Australian Sprint Distance (750/20/5) and Australian Long Course (2/80/20). Winning both Australian titles in the same season in age group.

March 1987: Queensland Masters Swimming Champs: Age Group Champion also breaking the QLD 100m Freestyle record at the time (winning 6 events). I did hold a number of State and National Masters Swimming records in the mid-late 80's and World Top 10 rankings.

Favourite runs:

Running in Daisy Hill forest, which is on our back doorstep. Lots of hills and trails and no traffic! Road runners is also good and gives you a challenge to chase other runners.

Favourite Running Distance and PB:

5km 18.15 – Totton, Hampshire, England 2001
10 km 37.43 – Copythorne, New Forest, England 2001
15 km 59.52 – QMRRC, West End, March 1995
20k 1:19.45 – BRRC May 2005
5 miles 30.51 June 2000 Swanmore, UK
10 miles 64.10 – November 2000 Lordshill, Southampton, England
21 km 1:22:20 – 1989 Townsville

I still enjoy the variety of distances from 5 km to the longer events but prefer the longer events. The PB's these days are long gone, but still do the best I can. Five years ago, I dislocated my left posterior tibialis tendon with 3 tears/rips, requiring surgery. I dislocated it at the start of a half ironman triathlon (I did still swim the 2 km and cycled 90 km and couldn't run!). Just happy to be back running.

Who is your running idol?

Anyone who enjoys running, no matter how fast or slow.

Favourite Sports Person?

I don't really have any favourite sports people, but I am inspired by anyone who goes out there, gives it a go and better themselves, particularly the age groupers.

Running goals:

Just to keep running, injury free, for long as I can while the body is willing and able. Hope to conquer a Marathon or longer than a half marathon in the near future.

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

A back to front Triathlon in England in October 2000. It was an 8 km run followed by a 35 km cycle and the 600 m swim was last. The race was in October and quite a cold day. I was frozen once off the bike and tried to swim which was difficult when the body is cold, numb and shivering. At the least the pool was indoors and warm and I did finish.

1987, Townsville, I did a 10 km pool swim event where I was the fastest female, which was pretty crazy at the time.

Favourite Foods:

I enjoy what I cook and like experimenting with whatever I throw into the pan with pasta or rice. Usually Italian, stir fries and curries of some description.

Favourite Movies:

Usually a good British comedy or drama.

Favourite Drink:

Adelscott (a French Beer). A good wine.

Powerade or Sustagen when training/racing.

Twinings Earl Grey Tea.

Shoe Brand:

Brooks Adrenaline – training. Nike – Racing.

Favourite Running Partners/Group:

I run with Phillip or I run on my own which I enjoy, can do a lot of sole searching here. Road runners each fortnight is also good.

Star Sign: Leo

Favourite Music:

Queen

Mid 70's - early 80's showing my age here.

If you have one wish in life it would be:

Take a look at your life and appreciate what you do and what you achieve. With my family, to be fit, happy and healthy, as well to enjoy and achieve in what we like to do.



BRISBANE TWILIGHT HALF MARATHON

By Adrian Royce

– St Lucia 20th March 2016



I should say right at the start that this is my own race report – your mileage might vary (though not far from 13.1)! Twilight is generally viewed as the first fun run of the season and it's a run that I look forward to every year, especially after a summer of slogging it out in the heat and a little break. Suddenly there's a goal to focus on! Not that we seem to get to run it every year, but the weather gods were shining upon the Twilight organisers this time around and by golly do they deserve a little luck! There was even a whisper of "it's a bit cooler today" and as Steve Manning passed the parkrun tent I yelled "not looking bad eh Steve?" and the legend nodded in agreement, like a wise sage on a running track, well he was on the UQ track after all!

The funny thing about calling the run "Twilight" is that any BrisVegan person will tell you that the city is almost without any twilight, one moment light and the next dark. But certainly you have to love the atmosphere at Twilight, and there's plenty of it. I had the task of setting up the parkrun tent and from 3pm it was very busy with lots of the parkrunners dropping in. And on the course the drink stations are well staffed, very encouraging and loud. I have a habit of pointing directly at the attendant whom I will receive the cup from as I run towards the drink station. A funny thing happened at one of the stations. The young woman was not paying attention as I pointed at her and she promptly started putting the cup away, forcing me to snatch it just out of her hands and an admonition from the senior attendant!

That's not to say the Twilight course is straightforward, no in fact it is a bit tricky. There's that Green Bridge smack bang in the middle and pretty well we all forget that there's a short sharp hill on the return leg—ok feels like a long sharp hill – Strava suffer score 320--and suddenly your quads are engaged for the first time and they start to scream! Whilst running in summer I certainly do not stop to consider "oh well better start overcoming gravity and do some hill repeats". Probably Clay Dawson does. You can always tilt the treadmill in the aircon but that's not much fun!

After the hilly bit, you say hello to the Brisbane Corso - it's nice, flat and endless. Along the way, a friend from work running the 10k shouted "hello Adrian" however I was in THE ZONE. Whilst in that zone there is no external stimulus that can disturb a runner. Pathetically, I'm generally just in the zone for a couple of minutes but at least I get there! The turnaround sees you going back the way you came with some views of the river. The Corso also has the local residents on the first lap (before dark), out there in force cheering the runners, giving the feel of one of the big city marathons and adding to the atmosphere.

So how did I go? My first 10k was ok, sub-40, so I was thinking ok, about 1:24 finish. But a big afternoon setting up the tent and moving about the tent sandbags left my legs a bit sore and I was wrecked on the 2nd lap. I finished 19th in 1:26 and although nowhere near a PB, it was a Twilight PB for me.

The Brisbane Twilight Running Festival - It's a great start to the Brisbane competitive running season and is held in March every year at the University of Queensland. Many thanks to IN TRAINING and all the volunteers who make this event such an enjoyable one for the Brisbane running community.

Twilight Half Marathon (St. Lucia): Men/ Women Results

1 – Isaias Beyn (Eritrea)	1:08.18
Has Marathon PB of 2:11.37	
1 – Kiarra Walters	1:28.08
2- Samuel Woldeamanuel (Ethiopia)	1:09.12
Has Marathon PB of 2:08.45	
2 – Marita Eisler	1:31.09
3 – James Turner	1:17.36
3 – Stephanie Dumigan	1:33.10

Twilight 10km:

1 – Drew Williams	33.24
1 – Elle Christison	37.26
2 – David Lean	33.45
2 – Shiloh Watts	38.53
3 – Clay Dawson (BRRC)	34.15
3 – Lucinda Crouch	40.13

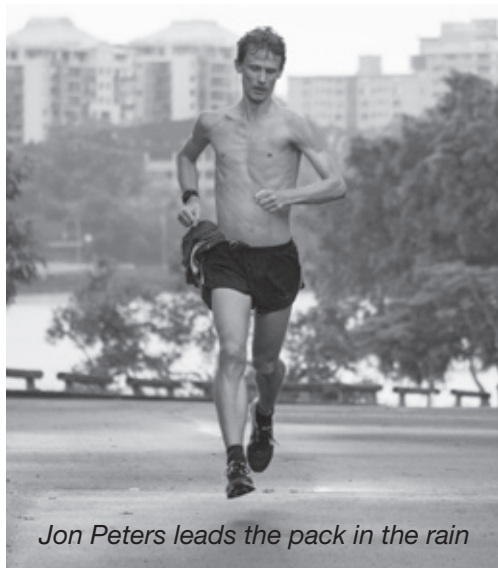
BRISBANE ROAD RUNNERS RACE REPORT

by Robert Lofthouse



March 13th – 25km/20km/10km/5km/2km (194 finishers)

Car parking was at a premium with nearly 200 runners turning up to compete in one of the five races on offer.



25km – An outstanding run by leading Queensland distance runner **Jonathan Peters** was the highlight of the five lap race. Peters shattered the current course record by nearly six minutes, recording a sizzling time of **1:26.44**. Jonathan has a current Marathon PB of 2:20.02 and is looking to go under 2:19 and put his name up for selection in the Australian Marathon team in the future.

Second place proved to be a good battle between newcomer Leif Mawson and BRRC regular Steve Barraclough. At the 20km mark, Leif held a narrow three second lead over Steve and managed to hold that slim margin throughout the last 5km to claim second place by just two seconds.

No surprises in the ladies 25km with regular BRRC race winner **Kerri Hodge** recording a time of **1:52.30** to easily take out the trophy. Hagiwara Yoshimi was second with only two ladies deciding to do the 25km on the morning.

20km – Race day sponsor **Patrick Nispel** showed his quality with a strong run in the 20km recording a winning time of **1:14.39**. Adrian Royce ended up with a three minute margin over Robert Dean to be second to cross the finish mat.

In the ladies race, **Trish Russell** claimed the honours with a **1:38.16** effort. Margot Manning and Renae Sawatzki were second and third respectively.

10km – Without a doubt, the most popular distance of the morning with nearly 100 runners choosing the two lap option.

The first lap of the men's division saw **Nick Mansfield** and Stuart Houliston locked in a close tussle with Stuart just a second ahead as they crossed the mat at the 5km mark.

Nick took the lead early in the second lap and forged away from Stuart to end up winning by over a minute in the time of **39.10**. Third place also proved to be a three way 'scrap' between Thomas Enslin, Nick Holland and Don Atcheson. Don showed his marathon strength in the latter stages of the race to pass both Nick Holland and Thomas to claim third.

In the ladies equivalent, BRRC stalwart **Marion Hermitage (43.57)**, won by a minute after recording a negative split and seeing off the challenge of Crystal Mahony who was only three seconds behind at the halfway point. Jenny Deag ended up in third place, overcoming the challenge of Jennifer Strack with a strong second lap after being nine seconds behind at the 5km mark.

5km – The one lap event proved to be an exciting race at the front, with leading Villanova College runner **Jacob Willems** and

well performed Queensland Masters distance runner **Ian Cameron** going head to head. In the end, this classic battle between youth and experience was declared a dead heat with both runners crossing in **18.21**. Lee Horobin from the Run Inn Runners was third.

In the ladies event **Isabelle Chisholm (21.08)**, won her first BRRC trophy crossing the finish mat over a minute ahead of BRRC regular Amy Riethmuller. Caitlyn Willems was third.

2km – Harvey Cramb sped around the course to be first male home in **8:22** while **Pryia Madders** was first girl over the mat in 9.25.

Special thanks to race director **Karen Rossel** and her crew who did a sterling job on the morning ensuring that everything ran like clockwork. **PAT 42.2 RUNNING** were the Race day sponsor. Thanks again to Patrick Nispe! for sponsoring the event. If you need a training program for any upcoming events – Patrick is your man who can help you achieve that elusive personal best.

April 3rd – 15km/10km/5km (178 finishers)

Runners were greeted to a humid morning which was a little unexpected for April but there was still a strong roll up with three distances on offer.

15km – The men's race saw the return of **Aidan Hobbs** who was one of the club's leading runners five years ago before getting transferred to Mt Isa. Aidan soon showed that he is getting back to his former self winning the race in a time of **57.28** – and he pushed the pram all the way! Second place went to Kevin Muller with the consistent Steve Barraclough third.

In the ladies event, **Kerri Hodge** won her fifth BRRC event of the year recording a time of **1:03.39**. Angela Clarke, who has been on the Brisbane running and triathlon scene for over 30 years, ran a solid race for second place with Jayde Graham a further two minutes back in third place.

10km – The men's two lap race saw **Nicholas Kirkup** head the field by a minute at the 5km

mark. The race for second was a real tussle at that stage with Steve Nicholls heading Neil Bath by just a second as they commenced the second lap.

Nicholas continued to build on his lead, going on to win in **36.33** with Steve managing to pull away from Neil in the latter stages to claim second.

The ladies 10km proved to be a successful one for **Kelly Obst** who crossed the mat first in **47.27**. Jenny Deag, who has finished top three on several occasions at recent BRRC events was only 17 seconds behind Kelly at the finish with Hagiwara Yoshimi third.

5km – In the men's race, leading Queensland Masters runner **Ian Cameron** showed up his younger rivals, winning in a time of **18.20**, which was one second quicker than his time three weeks earlier at West End. Alejandro Cancino was second and Philip Lukin claimed third after a good battle with Harrison Adams.

The women's race was a complete contrast to the men's, with the youngest competitor

in the race **Amy Riethmuller (22.28)**, winning by a two minute margin from Caitlyn Williams with Lisa Murphy rounding out the top three.

Thanks once again to Race Director **Karen Rossel** and the volunteers who did an excellent job and a special mention to our race day sponsor **Phil Hungerford** from **THE RUN INN** for his donation of the Random Draw prizes.

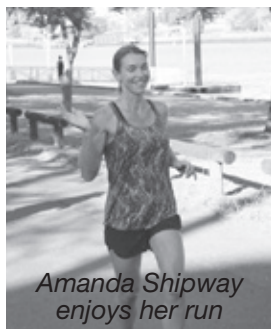
April 17th – 25km/20km/10km/5km/2km (184 finishers)

At long last, runners were greeted to a cooler morning with less humidity as an added bonus. With five distances on offer it was pleasing to see a good roll up with the registration table being very busy right up until the 6.00am start.

25km – The highlight of the five lap event was the performance of **Ben MacCronan** who was making his first West End appearance since 2014. Ben ended up with a winning time of

1:32.39, with his final lap being his quickest, as he finished over 10 minutes ahead of his nearest rival Leif Mawson, who is a good marathon runner in his own right. Lucas Brown rounded out the top three.

No surprises in the ladies top three with **Kerri Hodge** recording her sixth West End win for the year running a consistent 21.16 average for each of the five laps to end up with a time of **1:46.19**. BRRC regulars Amanda Shipway and Margot Manning were second and third respectively.



Amanda Shipway enjoys her run

20km – The men's race saw Troy Collins leading at the halfway point by nearly a minute from Queensland Masters runner **Phil Davies** but by the 15km mark, Phil had caught Troy and held a 40 metre lead going into the last lap. Phil was able to build on his lead over the last 5km and ended up winning by over a minute and a half recording a time of **1:24.39**. Leo Altarelli ran the fastest 5km lap of any runner in the field, recording a 19.48 on his final lap to finish in third place, just a few seconds behind Troy Collins.

In the ladies 20km, it was good to see some new faces featuring in the top three with a delighted **Mirna Yogiama**n claiming the winner's trophy, crossing the mat in **1:43.23**. Rachel Bushell and Krita Page were the other podium finishers.

10km – This distance proved to be the most popular of the day with 68 finishers. **Elliot Carr** lead the field from start to finish, winning in **35.39** with Warren Marsh over three minutes behind in second place and long time BRRC member Don Atcheson third. Don confessed after the race that his marathon days are over and he is now focusing on getting quicker over the 10 km distance.

The ladies division of the race proved to be

the most exciting of the day with **Nicole Gunthorpe** and **Shiloh Watts** running together for the entire race to cross the finish together in **41.48**. Both were awarded trophies as they could not be separated at the finish. Shiloh has previously represented Queensland in the Australian Half Marathon championships held in Melbourne in 2015. Isabella Chisholm held off a challenge from Crystal Mahony to take out third place.

5km – **Robert Henderson** won his first ever BRRC Trophy being first to cross the mat in **22.11**. Bhima Emz and Peter Riethmuller were second and third male respectively. **Kate Riethmuller** took the honours in the female division with a **21.56** winning effort. Sharon Feldman held off a challenge from Amy Riethmuller to finish second while Amy capped off a successful morning for the Riethmuller family by taking out third place to emulate her father's effort in the men's race.

2km – Congratulations to **Samson Kirisome (9.58)** and **Allegra Majer Smith (10.04)** who were the respective winners of the Junior 2km run.

A special mention and thank you to **Andrew Leggett** (our club president) for being race director on the morning and to all the volunteers who contributed to another successful BRRC event.



Club President Andrew Leggett and John Harris

Greg Beerling from **NRChi** was the race sponsor and his generous donation of random draw prizes is always greatly appreciated. Greg is the man to see if you need massage, acupuncture and advice on managing running injuries.

May 1st – Half Marathon Championships/10km/5km (232 finishers)

This year's Half Marathon Championship attracted a large turnout with 159 runners opting to do the Half, with the remaining 80 odd runners on the start line doing either a 10km or 5km.

The weather was unusually humid and overcast with the threat of rain. Half Marathon runners started their race by completing a 1.1km mini loop before doing four laps of the normal BRRC 5km course.

Half Marathon – With the likes of 2015 BRRC Male Club Champion Clay Dawson and one of the club's event sponsors Patrick Nispel, not on the start line it was very hard to nominate a possible winner in the men's race with seven or eight runners in with a chance.

As the lead runners crossed the timing mat with 11.1km completed, Danny McDonald lead the field with Will Barton looming as a threat while Elliot Carr, Ray Crilly and leading masters distance runner John Shaw still in contention for a top three finish. Will Barton surged past Danny and with one lap to go, Will held a 15 second lead over Ray Crilly, with Elliot Carr a similar distance back in third place, ahead of Danny McDonald and John Shaw, who was starting to make up some ground on the third and fourth placed runners. The rain had also started and conditions were starting to test even the fittest and fastest.

The real story of the race came in the final lap with **Ray Crilly** powering home with a sizzling 18.39 last lap to pass Will and surge away to take out the race by over a minute in a time of **1:20.13**. Will Barton was second with Elliot Carr third over the line ahead of John Shaw (who was officially fourth) but as Elliot was not a current member, John was actually third BRRC member over the line in the Championship series.

Special mention and congratulations to **Colin Woods** and **John Shaw** who broke course records in the Men's 80-84 and 60-64 Age groups respectively.

Leading Queensland distance runners Aarthi Venkatesan and Clare Geraghty headed a strong ladies field which also included Kim Knox and leading BRRC regulars Kerri Hodge, Peta Dunne and Marion Hermitage.

With a resume which included a 2:48 marathon in Melbourne, it was no surprise to see **Aarthi Venkatesan** leading Kim Knox by over two minutes with 10km to go. Clare Geraghty had elected to not 'race' the half after a Cross Country Championship the previous afternoon and stepped off the course with 10km still to go. Kerri Hodge was coming third at that stage but admitted after the race that she wasn't having one of her better days. Aarthi eased off in the last 5km lap but still was able to record a relatively easy minute and a half win over Kim Knox, crossing the finish mat in **1:27.31**. Kerri Hodge took out third in 1:31.29 with Peta Dunne and Marion Hermitage fourth and fifth respectively. The first three BRRC members to finish were Kerri, Peta and Marion who all claimed valuable points in the BRRC Championship series for 2016.

10km – The men's two lap event was dominated by **Osman Saleh** (35.50) who went through the first five kilometres in 17.49 before going on to win by a margin of nearly three minutes from James Hollanby. Third place went to Andrew Garnsworthy who was 12 seconds behind Aaron Breed at the halfway point but Aaron slowed noticeably after 6km and Andrew was able to catch up and eventually crossed the mat with a 30 second margin over Aaron.

In the ladies 10km, **Kathryn Smyrneos** made her first BRRC appearance a memorable one by leading from start to finish, as she sped around the course in a time of **40.45**. Emma Pratt was second and Sally Adams third.

5km – There was only sixteen runners in this event with **Connor Fountain** winning in a time of **19.58**. Lawrence Barry was second and last start 5km winner Robert Henderson came home third.

In the ladies equivalent, **Alicia Coetzee** took home the trophy, winning in **21.57**. Shandra Coetzee and Cynthia Cliff rounded out the top three.

Thanks to race director Bruce Smerdon and his volunteers who did a great job on a busy morning. The rain in the latter stages of the event did not help either. In Training were the event sponsor with Margot Manning doing the random draws.

May 22nd – 25km/20km/10km/5km/2km (185 finishers)

It was overcast and quite humid on the morning (where is that cooler weather?) but a good turnout with nearly 200 runners on the start line.

Race Director Tracey Baker addressed the crowd with the usual pre race instructions and welcome to new runners and then we were under way.

25km – The five lap event saw Sandgate runner **Richard Wardle** lead the field at the 10km mark by a margin of 20 seconds over Don Atcheson with Nick Holland a further 45 seconds back in third place. Richard steadily built on his lead in the last few laps and eventually took the honours in a time of **1:44.10**. Don maintained his second place but the big finish came from BRRC regular Adrian Royce who ran sub four minute kilometre pace over the last 10km to snatch third place, ahead of Nick Holland by six seconds.

Amanda Shipway won the ladies race by a comfortable eight minute margin, crossing the finish mat in **2:01.04**. Amanda ran consistent 23 minute efforts for the first four laps before

easing off in the last lap. Emma Scott took out second place with BRRC stalwart Karen Wiersma rounding out the top three.

20km – In the men's event, **James Pisasale** and Scott Brittain ran together for the entire race with James edging out Scott at the end by just two seconds. Both gentleman maintained sub four minute kilometre pace for the entire journey and also showed their endurance fitness by running 18.53 for the last lap, easily their fastest lap split of the morning! James recorded a winning time of **1:18.45**.

No surprises in the ladies 20km with **Marion Hermitage** clocking a time of **1:30.54** to win by a margin of over eight minutes from West End newcomer Nicole Mulholland and Joanne Gosselin. Does anyone know how many 1st places Marion has chalked up at West End over the last 20 years?

10km – The 10km distance proved to be the most popular of the morning with 85 runners completing the distance.

Well known Brisbane coach and leading Marathoner **Patrick Nispel** sizzled around the course in **32.37** to take the win with Elliot Carr second and Michael Edmondson third.

The ladies two lap event also saw a good performance by 2015 BRRC Club Champion **Brittany Zendler** who crossed the finish mat in the swift time of **36.51**. Brittany went through the first five kms in 18.23 and her second lap was only a few seconds slower as she showed her liking for the 10km distance. Crystal Mahony was second and in the battle



Bruce Smerdon and Half
Marathon winner Ray Crilly



Bruce Smerdon and Half winner
Aarthi Venkatesan

for third place, Jenny Deag passed both Sally Adams and Leanne Zendler in the second lap, recording a negative split of nearly a minute in the process.

5km – In the men's event, **Jacob Willems** had a comfortable victory clocking **18.20** with Brad Hough second and Bhima Emz third.

The ladies 5km was dominated by the Riethmuller sisters with Kate taking home the winner's trophy and recording a time of 20.19 in the process. Amy was second and ageless Queensland Masters runner Irene Davey took out third place. Irene is one of many top performing Masters runners in BRRC and her report on the recent Australian Masters Athletics Championships can be found elsewhere in this magazine.



Name: Phillip Hermitage

Age: 61

Occupation: Dogs body (IT manager in high school)

How and when did you start running:

Doing gymnastics, however it was only 20m to the vault, but it was very fast! Did

2km – In the Junior Dash which started five minutes after the other events, **Samson Kirisome** took out the boys division in **8.48** and **Pryia Madders** was the girl's winner in **8.59**.

Thanks to Race Director Tracey Baker and her volunteers who did an excellent job on the morning and to our Event sponsor Greg Beerling from NRCHI.

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.*

Southampton's first ever marathon in 1982 called 'Mr. Mayor's Martini Marathon'.

Most memorable running moments:

5 km in 2001 in Totton, England. Not sure if it was planned but you needed to get to the 4k mark in about 15 minutes otherwise the level crossing gates were shut. If you didn't beat the train, then you would have go over the rail bridge with everyone else.

10 Miles in 1999 in New Forest, England. This race started at 1 pm. Was one of the hottest days of the year, 36 deg C. There were no water stops on the entire course and I was completely spent by the finish line. Course was mostly cross country and running through farms, cow paddocks and turnstiles. Great course but a tough day with the heat and no water stops.

Most memorable sporting achievement:

Many podiums in Gymnastics at national level in GB and Scotland.

Represented Scotland in Gymnastics at the Brisbane Games 1982.

Australian Skydiving record held for about 15 years – As a tandem master I took the youngest female tandem passenger.

July, 2008 - Canada Day 10 km Fun Run in

Quebec: Tough hilly course and picturesque through the historical city centre. Won age group.

September, 2011 - World Triathlon and World Aquathlon Championships in Beijing, China: 9th in age group Triathlon. 5th in Aquathlon in age group.

Held a number of State and National Masters Swimming age group records in the mid-late 80's.

September 2014 - Weihai, China - Silver medal in age group at Long Distance Triathlon World championships. (4k swim, 120K bike, 20k run shortened from 30k because the bike was brutal)

Favourite runs:

Running in Daisy Hill forest. Lots of hills and trails and no traffic! Road runners is also good and gives you a challenge to chase other runners, I do a lot of chasing these days!

Favourite Running Distance and PB:

5k 18.23 Totton, Hampshire, England June 2000

10k 36.48 October 2000 Duathlon World championships Calais, France

15k 1:04.26 1996 QMMRC

Half marathon 1:25:10 April 1992 Gold Coast

5 miles 30.09 August 1991

Marathon 3:02:05 July 1991 Townsville

Who is your running idol?

I don't idolize anyone. Anyone who enjoys running, no matter how fast or slow.

Favourite Sports Person?

As said before, I don't really have any favourite sports people, they all get paid far too much. (Maybe I'm jealous - I grew up in the truly amateur era!) I got my expenses when travelling, that's all. However, I am inspired by anyone who has a family, fulltime job, trains and goes out there and gives it a go.

Running goals:

Just to keep running, injury free, for long as I can.

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

Parachuting – Training for national canopy rotations got caught up in a 'wrap' at 6000 feet. 4 of us under 1 canopy and 3 of us had to cut away!

Favourite Foods:

Whatever Marion gives me of course.

Favourite Movies:

A good British comedy.

Favourite Drink:

European beer, my favourite is Adelscott (French). If anyone ever sees it please let me know.

Coffee lots of it

Twinnings Earl Grey Tea

Shoe Brand:

Brooks Adrenaline – training. Nike – Racing.

Favourite Running Partners/Group:

I run with Marion or I run on my own which I enjoy, can do a lot of thinking here. Road runners each fortnight is also good.

Star Sign: Capricorn

Favourite Music:

Wide variety – from classical to rock

If you have one wish in life it would be:

Take a look at your life and appreciate what you do and what you achieve in life. Look back on life and say wow look at the things I have achieved. (Too many people today want everything now don't achieve and then blame everyone else.)





TOKYO MARATHON – 28th February 2016

Current World Records – Dennis Kimetto (Kenya) 2:02.57 Berlin 2014

Paula Radcliffe (England) 2:15.25 London 2003

Current Tokyo Course Records – Dickson Chumba (Kenya) 2:05.42 MALE

Tirfi Tsegaye (Kenya) 2:22.23 FEMALE

In the men's race, Ethiopia's Feyisa Lelisa won his first marathon since 2010 after kicking away from 2015 winner Dickson Chumba (Kenya) in the final kilometre. The tiring Chumba was also passed by Bernard Kipyego in the final metres leaving him to contemplate a third place finish after leading at 40km.

After nine runners passed the 30km mark in 1:29.49, Chumba made his move and Lelisa went with him. At the 40km mark, Chumba and Lelisa led the field by 50 seconds but Chumba started to tire and Lelisa made his move.

2012 Olympic champion Stephen Kipritich from Uganda finished fourth.

In the ladies race, Kenya's Helah Kiprop set a new Tokyo course record of 2:21.27, lowering the previous record by nearly a minute. At 35km, Kiprop had compatriot Edna Kiplagat and the Ethiopian pair of Amane Gobena and Aberu Kebede on her tail but she steadily surged away, covering the next 5 km in 16.39 while the others all clocked over 17 minutes. Kiprop not only broke the course record but also lowered her personal best by over two minutes.

Tokyo Marathon: Men/Women Results

1 – Feyisa Lelisa (Ethiopia) 2:06.56
Has PB of 2:04.52

1 – Helah Kiprop (Kenya) 2:21.47
PB and Course Record

2 – Bernard Kipyego (Kenya) 2:07.33
Has PB of 2:06.19

2 – Amane Gobena (Ethiopia) 2:21.51 **PB**

3 – Dickson Chumba (Kenya) 2:07.34

Has PB of 2:04.32

3 – Edna Kiplagat (Kenya) 2:22.36

Has PB of 2:19.50

WORLD HALF MARATHON CHAMPIONSHIPS – 26th March 2016

Current World Records – Zersenay Tadese (Eritrea) 58:23 MALE

Flo Kiplagat (Kenya) 1:05.09 FEMALE

This year's World Champs were held in Cardiff on a wet and windy day – not conducive for fast times!

The men's race had 88 starters and the women 86. Apart from medals for the top three in both races there were also team medals with each team consisting of three runners.

The men's race had an early mishap with defending champion Geoffrey Kamworor (Kenya) slipping on the wet road before picking himself up and managing to catch up to the lead group again. At the 10km mark, Kenya's Bedan Muchiri headed the lead group passing in the time of 27.59 with Kamworor and Ethiopia's Ayele and Tola hot on his heels. Well known Olympic 5000 and 10,000 metre champion Mo Farah was five seconds behind at that stage but was determined to keep the lead pack in view. Heavy rain started to fall in the last five kms and coupled with a strong wind, it made things very difficult for everyone.

Geoffrey Kamworor made a winning break at 20km and went on to repeat his success of 2015 to retain the World Half Marathon title. His winning time of 59.10 was an excellent effort in the slippery conditions. Bedan Muchiri was second in 59.36 with England's Mo Farah claiming third even though Ethiopia's Abaynab

Ayele was credited with exactly the same finish time as Farah.

Leading Queensland runner was the only Australian in the men's field, finishing 20th in 1:03.33.

Kenya won the Gold Medal in the teams category with there top three runners finishing 1st, 2nd and 6th respectively.

If you're wondering what Kamworor's best marathon time is at present? – 2:06.12 is the answer and he's only 23 years of age!

The women's World Championship race was close at the 15km mark with six runners still in contention. Four Kenyans and two Ethiopians were engaged in a fierce battle at that stage. At the 20km mark, it was the two Kenyans **Peres Jechirchir** and Cynthia Limo fighting for the title having established a handy 15 second lead over the second group which was down to two runners.

Jechirchir finished the stronger in the last kilometre to win by just three seconds from her fellow countrywoman Limo with Mary Ngugi making it a Kenyan sweep of the top three, relegating the lead two Ethiopian runners to 4th and 5th respectively.

The winning time was **1:07.31** which was over two minutes outside the World Record. The Kenyan team won the team's championship easily and showed the depth of women's distance running in that country.

A special congratulations to the Australian team who finished 4th overall and just 23 seconds behind the third placed Japanese team.

The Australian team consisted of Eloise Wellings (1:10.47), Milly Clark (1:10.48) and Queensland's Cassie Fien (1:11.13) who all ran superbly to finish in the top 20.

World Half Marathon Champs (Cardiff): Men/ Women Results

1 – Geoffrey Kamworor (Kenya)	59.10
1 – Peres Jechirchir (Kenya)	1:07.3
2 – Bedan Karoki Muchiri (Kenya)	59.36
2 – Cynthia Limo (Kenya)	1:07.34
3 – Mo Farah (Great Britain)	59.59
3 – Mary Ngugi (Kenya)	1:07.54

Australian performances:

Women

12 – Eloise Wellings	1:07.47
13 – Milly Clark	1:10.48
18 – Cassie Fien	1:11.13 Queensland

Men

20 – Michael Shelley	1:03.33 Queensland
(Michael Shelley was the only Australian male in the race)	

PARIS MARATHON – 3rd

April 2016

Current Course Records – Kene Bekele (Ethiopia) 2:05.04 MALE

Boru Tadesse (Ethiopia) 2:21.06 FEMALE

Boasting a field of nearly 44,000 runners, the Paris marathon is now one of the biggest in the world. This years race which was the 40th edition of the event, started in relatively mild conditions with the temperature around 9 degrees Celcius.

The men's race was highly competitive with the lead pack of 15 runners going through the 10km mark in 29.35. By the 30km mark, there was still a lead group of nine runners with Kenya's Laban Korir attempting to ramp up the pace and make a break – but he did not get away and the lead pack remained as a constant until 38km when Ethiopia's Gebre Abraha produced a big surge and finally broke up the lead pack. Kenya's Cyprian Kotut joined him at the front before forging ahead as Abraha began to pay for his vicious surge. At 40km, Kotut had established a lead of 10 seconds over his Kenyan compatriots with the tiring Abraha well behind.

Cyprian Kotut held his form for the last two km to win the coveted race in a time of 2:07.11. Korir was a further 18 seconds back in second place with Stephen Chemlany third to ensure that Kenya made a clean sweep on the podium at presentation time.

The women's event proved to be a triumph for Kenya's Visiline Jepkesho who previously had won marathons in Milan and Lisbon back in 2014.

Jepkesho led a pack of six athletes through the halfway point in 1:12.32. With 15km to go, there were still four runners in contention with defending champion Meseret Mengistu and fellow Ethiopians Gulume Tollesa and Dinknesh Mekasha keeping Jepkesho honest. After 30km, Jepkesho changed gears and only Tollesa could stay with her. With 10km to go the pace started to tell on Tollesa who could not match the strength of Jepkesho and started to tail off. At 28 years of age, Visiline Jepkesho ended up crossing the finish line in 2:25.53 to score the biggest win of her career to date, being 21 seconds ahead of Tollesa. There was a margin of two minutes back to the third placed Mekasha who had dropped off the lead two runners just after the 30km mark.

Paris Marathon: Men/Women Results

1 – Cyprian Kotut (Kenya)	2:07.11 PB
1 – Visiline Jepkesho (Kenya)	2:25.53
Has PB of 2:24.44	
2- Laban Korir (Kenya)	2:07.29
Has PB of 2:06.05	
2 – Gulume Tollesa (Ethiopia)	2:26.14
Has PB of 2:23.12	
3 – Stephen Chemlany (Kenya)	2:07.37
Has PB of 2:06.24	
3 – Dinknesh Mekasha (Ethiopia)	2:28.12
Has PB of 2:23.12	

Leading Australian performance:

Sarah Klein	2:34.08
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ROTTERDAM MARATHON – 10th April 2016

Current Course Records – Duncan Kibet (Kenya) 2:04.27 MALE

Tiki Gelana (Ethiopia) 2:18.58 FEMALE

Kenya's Marius Kipserem notched an upset victory in 2:06.11 to knock more than three minutes off his previous career best. Two of the pre race favourites, Ayele Abshero and John Mwangangi dropped off the lead back at 15km and when the lead group passed the halfway point in 1:02.20 there were still 12 in the group. By 30km, the other pre race favourite and best known runner in the field

Tsegaye Kebede, started to drift back and it was a race between three with Kipserem, Kenya's marathon newcomer Geoffrey Kirui and Ethiopia's Solomon Deksis. Kipserem made the decisive move with five kilometres to go and only Deksis hung on but at the 40km mark Kipserem pushed hard and His Ethiopian rival was left in his wake.

Marius Kipserem crossed the finish with an 11 second margin over Deksis with the exhausted Geoffrey Kirui claiming third, a further minute back, but still delighted at recording a 2:07.22 marathon debut and a podium finish.

In the women's contest, Ethiopia's Sutume Kebede ran solo in the first half of the race and when she passed the halfway point in 1:10.49, her lead was nearly two minutes over fellow Ethiopian runner Haylay Gebreslasea and Kenya's Rebecca Korir.

Just after the 30km mark, disaster struck race leader Kebede as she slowed dramatically after being hit by a stitch. Gebreslasea started to reel in the race leader and managed to catch her with five kilometres to go before surging away to win in a time of 2:26.15. Kebede 'toughed' it out to the end of the race to claim second place but she crossed the finish line nearly two minutes behind the race winner. Rebecca Korir maintained third place for the entire second half of the race and was just over a minute behind Kebede at the end.

The Rotterdam Marathon attracted a field of 17,500 runners from 86 countries and was run in ideal conditions with start time temperature of 8 degrees Celcius, little wind and low humidity. The course is considered to be one of the fastest and flattest in the world.

Rotterdam Marathon: Men/Women Results

1 – Marius Kipserem (Kenya)	2:06.11 PB
1 – Haylay Gebreslasea (Ethiopia)	2:26.15
Has PB of 2:25.24	
2- Solomon Deksis (Ethiopia)	2:06.22
Debut Marathon	
2 – Sutume Asefa Kebede (Ethiopia)	2:28.04
Has PB of 2:24.00	
3 – Geoffrey Kirui (Kenya)	2:07.22
Debut Marathon	
3 – Rebecca Korir (Kenya)	2:29.16 PB

HAMBURG MARATHON – 17th April 2016

Current Course Records – Eliud Kipchoge (Kenya) 2:05.30 MALE

Netsanet Achamo (Ethiopia) 2:24.12 FEMALE

Special interest in this race with two leading Australian marathoners Brad Milosevic and Jeff Hunt trying to post fast marathon times to qualify them for the Rio Olympics later in the year.

Hamburg is Germany's second largest town and is situated in Northern Germany.

Runners were greeted to fine but windy conditions with a starting temperature around 5 degrees and reaching a maximum of 11 later in the day.

The Marathon attracted a field of 17,000 which was a big turnout for Germany's major port city.

The men's race was taken out by Ethiopia's Tesfaye Abera in a time of 2:06.58. At the 40km mark Abera and Kenya's Philemon Rono were having a good battle up front with the third runner over three minutes behind. Abera, who had won Dubai back in January in a sizzling 2:04.24, made a surge just before 41km and Rono was unable to respond. The win by Abera makes him a certainty to make the Ethiopian marathon team for the Rio Olympics.

In the women's race, Meselech Melkamu from Ethiopia lead her team mate Meseret Hailu by 15 seconds at the halfway mark. Her time was 1:11.04 at that stage and despite a strong headwind in the second half of the race, Melkamu actually ran quicker in the second half to smash the course record by over two minutes as she crossed the finish line in 2:21.54. Hailu, the defending champion was second with the most popular result of the day being Germany's Anja Scherl who finished third and improved her PB by eight minutes.

Hamburg Marathon: Men/Women Results

1 – Tesfaye Abera (Ethiopia)	2:06.58
Has PB of 2:04.24	
1 – Meselech Melkamu (Ethiopia)	2:21.54
Has PB of 2:21.01	
2- Philemon Rono (Kenya)	2:07.20
Has PB of 2:07.07	
2 – Meseret Hailu (Ethiopia)	2:26.26
Has PB of 2:21.09	
3 – Josphat Kiprono (Kenya)	2:10.44
Has PB of 2:09.34	
3 – Anja Scherl (Germany)	2:27.50
PB by eight minutes!	

Leading Australian performances:

Jeff Hunt	2:16.09
Brad Milosevic	2:19.33

Current leading Australian Marathon rankings:

MEN:

Michael Shelley	2:11.19 London 2015 Age 32
Scott Westcott	2:15.30 Berlin 2015 Age 40!
Brad Milosevic	2:16.00 Melbourne 2015 Age 26
Jeff Hunt	2:16.09 Hamburg 2016 Age 33

WOMEN:

Lisa Weightman	2:27.35 Houston 2016
Jess Trengrove	2:27.45 Melbourne 2015
Milly Clark	2:29.07 Amsterdam 2015
Cassie Fien (Qld)	2:33.36 London 2016

Qualifying period for Olympic selection finishes on the 24th April (after London Marathon). Can Craig Mottram run quick enough in London to claim a berth for Rio? London will be his first Marathon. He has already been to four (4) Olympics.

Liam Adams from Melbourne will also be trying to qualify on the same day when he runs in the Warsaw Marathon in Poland.

The fastest three times for both male and female will be the criteria for selection in the Australian team for the Rio Olympics.



BOSTON MARATHON – 18th

April 2016

Current Course Records – Geoffrey Mutai (Kenya) 2:03.02 MALE

Rita Jeptoo (Kenya) 2:18.57 FEMALE

An enthusiastic crowd of over 27,000 started in near perfect conditions with a gentle cooling breeze and no humidity. The elite men covered the first half of the race in a pedestrian like 1:06.43 and at this stage there was still 17 runners in the lead group. Ethiopian's Lemi Berhanu Hayle and defending champion Lelisa Desisa broke the pack at 30km and from then on staged a great battle for supremacy. At 40km, with thousands of spectators on the course, Desisa slowed at a water table and Hayle injected a surge and within a handful of strides had a ten second lead which quickly stretched to 20 metres. Hayle continued to build on that lead and when he crossed the finish line in 2:12.45 his margin over Desisa had grown to 47 seconds. The battle for third was much closer with Ethiopia's Yemane Tsegay outlasting the highly fancied Kenyan Wesley Korir by just three seconds, resulting in a clean sweep for the Ethiopian men!

The women's race also featured a slow first half with plenty of runners still in the lead pack at this stage. At 35km, Ethiopia's Tirfi Tsegaye and Kenya's Joyce Chepkirui lead by a 35 second margin from the lonely figure of Atsede Baysa (Ethiopia) but Baysa did not give in and as Chepkirui slowed dramatically, Tsegaye took the lead and with a PB of 2:19.41 you would expect her to be able to surge away but Baysa sensed the pain of Chepkirui and started to turn on the 'after burners' passing the tiring Kenyan at the 38km mark and then setting her sights on Tsegaye who was also tiring. Remarkably, Baysa was able to catch her highly credentialled Ethiopian team mate at the 40km mark before surging away to win by over 40 seconds. The win by Atsede Baysa ranks among the best 'come from behind wins' in the recent history of the ladies Marathon in Boston.

2015 ladies winner Caroline Rotich pulled out at around 8km with an ankle injury and was spotted by the Television cameras getting her ankle taped.

Boston Marathon: Men/Women Results

1 – Lemi Berhanu Hayle (Ethiopia)	2:12.45
Has PB of 2:04.33	
1 – Atsede Baysa (Ethiopia)	2:29.19
Has PB of 2:22.03	
2- Lelisa Desisa (Ethiopia)	2:13.32
Has PB of 2:04.45	
2 – Tirfi Tsegaye (Ethiopia)	2:30.03
Has PB of 2:19.41	
3 – Yemane Tsegay (Ethiopia)	2:14.02
Has PB of 2:04.48	
3 – Joyce Chepkirui (Kenya)	2:30.50
Has PB of 2:24.11	

Wheelchair category:

The world's greatest female Wheelchair athlete **Tatyana McFadden** took out her fourth consecutive Boston title winning in 1:42.16. Tatyana is the only athlete to have won four different big city marathons in one year.

She is planning to compete in seven different events at the Paralympics this year.

In the male wheelchair event, Australian legend **Kurt Fearnley** ended up in a three way sprint to the finish line and was unfortunately relegated to third place beaten by Switzerland's **Marcel Hug** and South Africa's Ernst Van Dyke. Hug won by a second, in a time of 1:24.05 with both Van Dyke and Fearnley recording 1:24.06. Van Dyke was awarded second place ahead of Fearnley by the **margin of a tyre rim!**

All the guys are set to do battle again in London, in a week's time. Amazing recovery these wheelchair athletes!

LONDON MARATHON – 24th

April 2016

Current Course Records – Wilson Kipsang (Kenya) 2:04.29 MALE

Paula Radcliffe (Great Britain) 2:15.25 FEMALE AND WORLD RECORD

Early morning rain cleared just in time for the 40,000 runners gathered at the start line.

Both male and female elite categories boasted exceptionally strong fields with the Men's race looking at a possible World Record with the likes of World Record holder Denis Kimetto and his Kenyan compatriots Wilson Kipsang, Eliud Kipchoge, Stanley Biwott and Ethiopia's 10,000 and 5,000 metres World record holder Kene Bekele along side them.

As expected the first half of the race was run at a furious pace with the two lead pacers taking the elite front pack of seven runners through in a scorching time of 1:01.24. The world record was under siege with defending London champion Eliud Kipchoge and Kenyan compatriot Stanley Biwott heading the pack. World record holder Denis Kimetto had dropped off the lead pack and was eight seconds behind at that stage.

Wilson Kipsang and Kene Bekele were dropped off after 35 km and from then on it was a battle between Kipchoge and Biwott as they ran side by side until 40km when Kipchoge surged and Biwott could not match him.



Kipchoge powered through the last two kilometres and only missed the World Record by eight seconds as he saluted the crowd, celebrating his back to back London victories and the second fastest marathon ever run. **Eliud Kipchoge's** final time was **2:03.05**. Stanley Biwott finished second in a PB of 2:03.51 with Olympic track great and winner of many World Cross Country titles Kene Bekele showing his running versatility by claiming third place.

The ladies race proved to be quite sensational with the eventual winner **Jemima Sumgong** tripping over Ethiopian Aselefech Mergia and pre race favourite Mary Keitany as they approached a water station 5km from the end. Sumgong managed to get back on her feet and



despite the bump on her head, managed to make up the 20 metres she lost, to again take her place with the leading pack of six runners. Keitany, her Kenyan compatriot Flo Kiplagat and Mergia started to lose ground and the leading three runners Sumgong (Kenya) and the two Ethiopians Tigist Tufa and Mare Dibaba were left to tussle for supremacy. Sumgong had not won a major marathon since Rotterdam 2013 and was battling the defending London champion Tufa and the highly fancied Dibaba. Dibaba dropped off and Tufa tried to pass Sumgong but couldn't. It was only in the last kilometre that the resolute Sumgong finally stole a break on Tufa as she finally crossed the finish in **2:22.58**, winning by five seconds. A truly memorable and stoic performance by Kenya's Jemima Sumgong who had been a runner up at Boston, Chicago and New York in recent years. She was extremely happy despite nursing a sore head, having finally shaken off her 'bridesmaid's tag' at one of the world's best known events.

London Marathon: Men/Women Results

1 – Eliud Kipchoge (Kenya)	2:03.05
PB and Course Record!	
1 – Jemima Sumgong (Kenya)	2:22.58
Has PB of 2:20.48	
2- Stanley Biwott (Kenya)	2:03.51 PB
2 – Tigist Tufa (Ethiopia)	2:23.03
Has PB of 2:21.52	
3 – Kene Bekele (Ethiopia)	2:06.36
Has PB of 2:05.04	
3 – Florence Kiplagat (Kenya)	2:23.39
Has PB of 2:19.44	

Wheelchair category:

After winning the Boston event on the previous Monday, Switzerland's **Marcel Hug** won the Male Division in 1:35.19, out sprinting Australia's **Kurt Fearnley** yet again for a one second victory.

USA's **Tatyana McFadden** made it four consecutive London wins but was pushed hard at the end before winning in 1:44.14.

Leading Australian performances:

Vlad Shatrov (NSW)	2:25.47 30th Male
Has PB of 2:18.40	
Craig Mottram (VIC)	2:28.39 36th Male
Debut Marathon	
Cassie Fien (QLD)	2:33.36 17th Female

This was **Craig Mottram's** first official Marathon and to qualify for the Rio Olympics he needed to beat 2:16.00 set by Sydney's Brad Milosevic to become one of the top three qualifiers. At the half way point, Craig was still looking a chance, posting a time of 1:07.04 but unfortunately struggled from the 30km mark onwards, finally crossing the line in 2:28.39. Newcastle's **Vlad Shatrov** passed Mottram in the latter stages to be first Australian home but he also missed an opportunity to qualify.

Queensland's **Cassie Fien** made a bold challenge to try and post an Olympics qualifying time in the Elite women's category. To qualify, Cassie needed to run better than Milly Clark's 2:29.07 to claim the third spot in the Australian marathon team for Rio. At the halfway mark, Cassie was looking good, posting a 1:14.29 but could not quite replicate that time in the second half to eventually record a 2:33.36 time. Cassie is a Physical Instruction trainer for the RAAF based at Amberley near Ipswich.

WARSAW MARATHON (Poland) – 24th April 2016

Liam Adams posts Olympic qualifier in Warsaw by finishing 5th

Melbourne's **Liam Adams** achieved what Craig Mottram could not do (on the same day in London) by running a time which qualified him in the top three Australian male times recorded in the past 12 months for the marathon distance.

Going into the race, Liam needed to post a time better than Brad Milosevic's 2:16.00 to elevate him into the top three.

A strong performance by Liam in the Polish capital saw him finish in the time of **2:14.58** which elevated him to second fastest of the qualifiers having surpassed Scott Westcott's 2:15.30 and Milosevic's 2:16.00.

Liam is starting to build an impressive resume as a runner having won City to Surf twice in Sydney as well as representing Australia many times in World Cross Country Championships since 2009. In relation to Marathons, he has a PB of 2:13.49 set in Glasgow back in 2014 so is certainly a distance runner on the rise!

Poland's Artur Kozlowski won Warsaw in 2:11.54 so Liam was only three minutes behind in fifth place.

The Warsaw marathon is Poland's oldest marathon having started back in 1979 and this year's race had a field of nearly 7,000 runners.

WARWICK PENTATHLON: 21st-22nd May 2016

This was the 14th annual Pentathlon and attracted a record number of event nominations with 2,572 runners taking part in at least one of the five events. The Pentathlon consists of five events in total adding up to the 42.2km marathon distance. Runners can do all five events or any other combination of events they wish to choose.

The weather was probably the warmest Warwick has seen in the fourteen years with the minimum being a very mild 12 degrees and the maximum reaching 26 degrees.

The event takes part on the Saturday and Sunday with three events being held on the Saturday – A Half Marathon in the morning, followed by a 4.8km Cross Country in the middle of the day and a 5km road race in the mid afternoon.

By Saturday night there is some pretty tired and sore people tucking into their evening meal.

Sunday features a gruelling 10km Hill ascent in the morning followed by a 1500 metre dash down the main street at 11.30am to finish the event.

The men's overall winner was former BRRC member **Liam Woollett** who ended up with a total time of 2:32.28 for the five events. 2015 winner **Dan Symonds** pushed him in all of the events to finish second in 2:34.29. Aidan Hobbs, who returned to Brisbane last year after working in Mount Isa for many years, showed that he is returning to his best, being only two minutes behind Dan in third place.

The ladies overall winner was **Kylie Simpson** who runs for Team Victory from Robina on the Gold Coast. Kylie's overall time was a very creditable 2:59.14. Good to see one of BRRC's best Kerri Hodge, putting in a top performance all weekend to claim second place in 3:05.08.



Special mention to **Theresa Fabian** who has competed in all 14 Pentath runs and has done all five races at every one. True Ironwoman material, especially considering that Theresa had injuries going into the event and was wondering if she could manage to complete the Half Marathon distance – the first event of the weekend. She managed to finish all five events to keep up her unblemished record of not missing a single race in the 14 year history.

BRRC were well represented on the weekend with the likes of Mark 'Gooner' Anthony, Anthony Marrington, Will Towner, Lee Horobin, James Winters, Graham Robertson

and of course Dan Symonds, who put in a gallant effort all weekend for his second place finish overall.

Likewise in the ladies with Kerri Hodge second and a host of BRRC runners including Katrina Crook, Jenny Downie and Theresa Fabian enjoying the weekend.

If you want to be part of this unique but highly enjoyable weekend of running and a little socialising between events, go to the event website.

pentathrun.com

Warwick Pentath-Run : Men/Women Overall Results (5 events)

1 – Liam Woollett	2:32.28
1 – Kylie Simpson	2:59.14
2- Dan Symonds	2:34.29 BRRC
2 – Kerri Hodge	3:05.08 BRRC
3 – Aidan Hobbs	2:36.57
3 – Kate Menzies	3:07.51



AN EVENT NOT TO MISS – World Masters Athletics Championships

By Wilma Perkins



If you are old enough you are good enough. Old enough is being 35 years or older by 26th October this year.

The event is the World Masters Athletics (WMA) Championships in Perth to be conducted from 26th October through to the 6th November. Over 4000 athletes are expected to attend from more than 70 countries.

Besides all the track events from 100m to 10000m and field events, non stadia events include an 8km cross country, half marathon, marathon as well as 10 and 20km road walks. All events are contested in five year age groups such as 35-39, 40-44, 45-49, 50-54 years.....80-84, 85-89.....

Team Medals as well as Individual Medals

Team medals are up for grabs in the Non Stadia events with the placings of the first three finishers from a country in each age group deciding the team positions.

8 km cross country: 26th October

10km road walk: 31st October

20km road walk: 4th November

Marathon/Half Marathon 6th November

There is also:

5000m track event: 28th October for women and 29th October for men

10000m track event: 31st October for women and 1st November for men

Australian Masters Athletics is keen to have as many Aussies as possible competing so that there are Australian teams in all of the age groups in the Non Stadia events. Consequently, Australian Masters Athletics through their state associations are offering a temporary membership for athletes who are currently not members of masters athletic clubs.

Details for the WMA Perth Championships can be viewed on www.perth2016.com

Temporary Membership

Temporary membership can be obtained by going to: www.mastersathleticswa.org

and going to the temporary registration for WA athletes which appears on the right hand side of the home page.

As much as AMA would like all participants to be members of masters athletics they also recognize that many athletes are well catered for through alternative athletic organisations. Australian Masters Athletics are currently looking at an alternative temporary membership for athletes already registered with Athletics Australia. For details on this email: wilmaperkins@me.com Note that all athletes will be required to compete in the Australian approved uniform.

This is a great opportunity for all participants to compete against their own five year age group. The last Championships were held in Lyon France where there were over 8000 participants and the one following Perth will be the WMA Indoor Championships in Daegu, South Korea in March 2017 where outdoor events will include an 8km cross country, 10km road walk and a half marathon.

PARIS MARATHON 2016

By Pam Goddard



Pam Goddard in Paris

A little over a year ago, I decided that the time was right for me to fulfil a long held ambition/dream of spending a year living in France. A few days later, I thought I might run the marathon here in 2016, and imagine my surprise when I found out that the first round of entries opened 3 days later, so I took that as an omen. I was going!

I set a departure date of Easter 2016, with the marathon being the following Sunday. I decided that Business Class would be a good way to go, so I would have some recovery time on the ground, and I used my frequent flyer points to achieve that. That's a good excuse to go shopping!

Lots of paperwork had to be organised to get a visa to stay here for a year, including a trip to Sydney with about 1cm of paperwork, and to have my photo and digital fingerprints done, as it was not available in Brisbane. I figured that I had a good chance of having the visa approved after they took my money and fingerprints.

I began training 6 months out, after a bout of influenza B, when I ended up in hospital. My coach, Barry Keem, from Team Keem Coaching

sent me a four week training program and I was off. The programs came at regular 4 week intervals.

As I had had several injuries, and continued to have them throughout the training, things weren't always up to scratch, but I did my best, even if I was on the road by 5am over the summer for my long runs on a Sunday. That's why I didn't hang around for coffees or breakfast, as I had about 10km to run home after BRRC. Sometimes the temperature 25 and humidity was over 80% when I started my run, so it was a bit daunting. If I didn't know where every water tap on my run was before, I did after!

Paris at the end of March cannot be described as warm, and I arrived here with maximum temperatures of around 10 degrees, and minimum around 3. So I ran not at 5am, but much later in the morning. I had an unfortunate back injury as I was getting undressed after my last training run on the Thursday and my immediate reaction was, "No! This cannot be, after all I have done!" So I got straight into a hot shower and was very careful not to bend over unnecessarily over the next few days.

The Salon du Running was open on the Thursday, Friday and Saturday to collect race kits. I have never seen such a huge expo, and I must admit I had only heard of about 25% of the brands there. So I lay low on Thursday in order to help my back and rocked up on Friday. I had my photo taken with my race number and the countdown till start time. There was a huge wall with all the entrants' names on it, and it was great to find mine.

When I registered for the run, it said start time was 8.30am, but later information showed that it would be a staggered start, and since I'm not an elite runner, I wouldn't be starting till 10.05am, based on my predicted finish time, which I put as 4.15. This meant running over the lunch period, something I hadn't done before, so I loaded up with extra gels.

I also entered the "Breakfast Run", which was held at 9am on the day before the race, 5km of

a scenic route, starting flat and a taper down at 4km, ending at the bottom of the Champs de Mars, the grassy area in front of the Eiffel Tower, which was great for me, as I only live 100m from the grassy area right beside the tower.

Due to the back injury, I decided to just walk the Breakfast Run, for which you were given a miniature flag of your country, so you could find your fellow runners. I did run for 15 minutes to the start, just to see how my back was, and it was ok, but I still walked the run, which started on Champs Elysees, and ended near the Eiffel Tower, with just a few cobblestones near the start close to Arc de Triomphe. After the Breakfast Run, the reward was coffee and croissants, excellent pre marathon cuisine!

My daughter Stephanie arrived at lunchtime from London on the Saturday to be my cheer squad and recovery person after the run. I met her where the bus from the airport stops at Opera, which just happens to be right outside the Lindt shop, a wonderful world of post-race treats. So naturally I had to stock up! We had a quiet meal in the restaurant right next door to my apartment, and who should be in there eating dinner, but Shaun Thompson, former BRRC member till he moved to UK in late 2015, so a quick chat. Small world!

So race morning, plenty of time for a good breakfast and walk to the start. A temperature increase just for the day meant it was around 15 degrees when I started with a predicted high of 20, which was fine with me.

The security at the start was very good, you certainly would not get a start ahead of your one defined at entry. Wearing a running top proudly displaying that I was from Australia, courtesy of Betty and Bruce, at 10.05, I was off, as the staggered start meant you crossed the line very quickly, and we started following the row of flags down the Champs Elysees, on cobblestones for few hundred metres. I had been warned about the cobblestones, but they were the nice smaller ones, not the ankle turning ones I was dreading.

The crowd as great and I soon settled down into a good pace of just under 6 minute kms, but always aware of my underlying injuries in my left ITB and back, and having predicted a

finish of 4.15 upon entering, I was realistic and thought 4.30 would be great.

The kms flew by and before I knew it, I was at the first water stop at 5km. Here there were also banana and orange segments available. The water stop was in the corner of 2 right angles, so you turned sharp left, then sharp right, with the refreshments available going onto the second corner and out of it. So water spills combined with 2 sharp turns, banana skins and orange peels, and a lot of people trying to do their best, made it a bit tricky.

The water was in bottles, which were capped but unscrewed, instead of cups, so it was easier to spread your hydration out over the race, as the refreshment stops were only every 5km. At one stage I lost my cap, but just put my thumb in my bottle and it worked very well.

So we are running through the landmarks and history of Paris, and I have to say I agree with the title of the most beautiful marathon in the world, Champs Elysees, Rue de Rivoli, past the Louvre, Bastille and then out to Bois de Vincennes, a huge park with a castle and zoo in east Paris.

All the way people were yelling, "Allez!" which means "Go", and the music support was fantastic, the whole way. About every 500m to 1km, there was a band, and perhaps the two I enjoyed the most were the Rolling Stones cover bands, one at 12km and another at about 38km, but both playing "Brown Sugar" as I went past! They were age appropriate- 50 plus! A lot of the bands were African or Caribbean drum bands, but they were absolutely fantastic, and probably spent as much energy as I did over the period of the day.

I felt that I was running really well and was always surprised to see another km marker come up, as I felt I was only running about 930m for each km! So at 10km, I clocked 59.15, pretty happy and enjoying the glorious day which Paris had turned on just for the race.

At about 20m, for which my time was 2.00.32, we came out of Bois de Vincennes, and then after a few km, hit the patch of running along the Seine, which was great. The course is pretty flat, so you can see everything, Notre Dame, the Louvre again, Musee d'Orsay, museums to the left, palaces to the right, and of course, thousands of runners in front of me!

2.32.41 for 25km, which is when I started to feel the ITB injury bite. By the time I hit 27km, which was in a horrible tunnel that went for about 1500m, I had a spasm from my left knee right up to my back. The tunnel had piped soothing type of music and was scented, but I couldn't wait to get out.

I knew I was going to see Stephanie at around 29km, but it turned out to be closer to 30km. I kept my eye on the Eiffel Tower as it was across the river from there, in a carefully defined spot that I was going to see her. I knew I would have to stop and walk soon as the pain was making it hard to run. At that point, someone with a sense of humour had erected a faux wall, and a sign saying "The Wall!" Just what you need right then.

The reduction in pace took me to 30km in 3.09.02, so not too bad. I knew we were going into Bois de Boulogne, so I was expecting lots of greenery after about 32km, but it was actually quite built up, and when I did get in to the park proper at about 34km, it was quite deserted of buildings, but we ran up a long road flanked by trees. It was odd given my reduction in pace, but at this point and right until the end, there was a group of maybe 20 runners that were loosely together, and I must say that there were a lot of people walking after about 28km. Maybe over half the entrants, possibly it was the unusually warm day after the winter, I don't know.

At this point I was running till I had to stop with the spasm, then walk 5 minutes then run

again. I had signed up for updates to my run to be posted to Stephanie which she uploaded to Facebook.

Running those last few km, I knew I was well over the 4.30, but I was just determined to finish it. Fewer people calling encouragement at Bois de Boulogne, but throughout the race I had lots of calls of "Australia!" or "Australienne!" due to my running top.

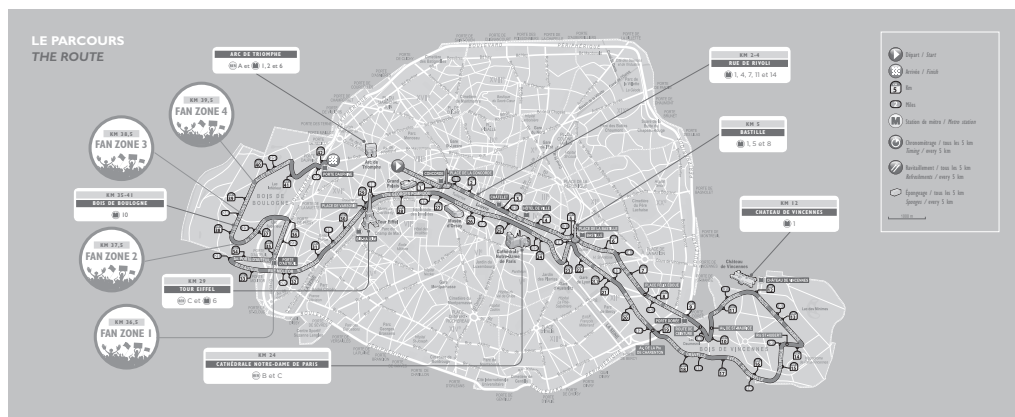
I decided to just grit my teeth and run through the pain at 40km in 4.35.38, an abysmal pace, and just run those last 2.195km non-stop, even though it was little better than walking. Actually I think it was slower when I look at my times!

So suddenly I came out of Bois de Boulogne, and there I can see the Arc de Triomphe, which for me it certainly was that day! I finished in 4.53.14, not a good time, but still placed 60th out of 174 in my age group, the winner in 3.36 something...

Medal, refreshments, t-shirt and Stephanie with flowers and Champagne!!

I then had to walk up 4 flights of stairs to my apartment, which I was dreading but it wasn't too bad and I pulled up well overall. A couple of short runs later that week to recover before falling off a bike in Holland and injuring myself in the chest and back!

It's a beautiful city to run in, and I'm really enjoying it here. Especially now I'm not having to get out of bed for long runs!



WEST END RACE RECORDS (as at 23rd May 2016)

Compiled by Robert Lofthouse



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

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

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

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

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

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

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

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

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

5KM

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

NEW COURSE – From 27/08/2006

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

5KM (cont.) – NEW COURSE

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

NEW COURSE – From 21/09/2008

Liam Woollett	15.33 (13/10/13)
Matthew Hawke	15.38 (19/06/11)
Peter Ross	16.10 (19/09/11)
Clare Geraghty	17.02 (28/11/10)
Brittany Zendler	17.21 (14/02/16)
Melanie Kaasinen	17.29 (22/11/09)

7KM (Held on 7km loop)

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

NEW COURSE – From 27/08/2006

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

NEW COURSE – From 21/09/2008

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

5 MILE

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

NEW COURSE – From 27/08/2006

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

NEW COURSE – From 21/09/2008

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

10KM

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

NEW COURSE – From 27/08/2006

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

NEW COURSE – From 21/09/2008

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

14KM (Held on 7km loop)

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

NEW COURSE – From 27/08/2006

Shane George	48.56 (21/01/07)
Paul Dodd	49.48 (11/05/08)
Ron Peters	49.50 (11/05/08)
Clare Geraghty	50.37 (01/04/07)
Bethany Van Loenen	55.08 (21/01/07)
Marion Hermitage	57.25 (20/01/08)
14KM(cont.)	

NEW COURSE – From 21/09/2008

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

15KM

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

NEW COURSE – From 27/08/2006

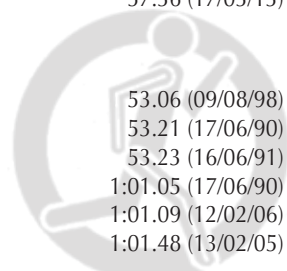
Ricky Swindale	52.30 (15/06/08)
Brendan Whelan	53.06 (03/02/08)
Andrew Clowes	54.02 (04/02/07)
Clare Geraghty	58.42 (04/02/07)
Bethany Van Loenen	1:00.03 (22/07/07)
Sarah Fien	1:00.06 (21/10/07)

NEW COURSE – From 21/09/2008

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

10 MILE

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



NEW COURSE – From 27/08/2006

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

NEW COURSE – From 21/09/2008

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

20KM

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

NEW COURSE – From 27/08/2006

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

NEW COURSE – From 21/09/2008

Patrick Nispel	1:08.51(03/03/13)
Dave Kalinowski	1:12.20(08/06/14)
Patrick Nispel	1:12.29 (07/06/15)
Leisa Smith	1:17.53 (02/05/10)
Amanda Watson	1:19.06 (15/04/12)
Kerri Hodge	1:22.25 (07/06/15)

21KM (Held on 7km loop)

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

NEW COURSE – From 27/08/2006

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

HALF MARATHON

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

NEW COURSE – From 27/08/2006

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

NEW COURSE – From 21/09/2008

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

25KM

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

NEW COURSE – From 27/08/2006

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

NEW COURSE – From 21/09/2008

Jonathan Peters	1:26.44 (13/03/16)
Peter Run	1:32.27 (15/03/15)
Shane George	1:33.43 (26/07/09)
Clare Geraghty	1:43.15 (12/04/15)
Kerri Hodge	1:46.26 (12/04/15)
Clare Williams	1:49.36 (09/06/13)

28KM (Held on 7km loop)

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

NEW COURSE – From 27/08/2006

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

30KM

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

NEW COURSE – From 27/08/2006

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

NEW COURSE – From 21/09/2008

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

20 MILE

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

NEW COURSE – From 27/08/2006

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

35KM

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

NEW COURSE – From 27/08/2006

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

NEW COURSE – From 21/09/2008

Mark Ainsworth	2:14.42 (09/06/13)
Craig Pascoe	2:16.32 (13/06/10)
Tim Toner	2:20.50 (07/06/15)
Mel Panayiotou	2:13.47 (08/06/14)
Clare Williams	2:30.50 (12/06/11)
Trish Russell	2:34.11 (08/06/14)

THE MARATHON (run on a 6km loop)

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

The last Q.M.R.R.C. Marathon at West End was conducted on 21/04/91. From then on, it became known as the Brisbane Marathon

2016 BRRC CHAMPIONSHIP SERIES

By Bruce Smerdon



Male and Female Age Group Champions

The 2016 BRRC running calendar includes seven age group championship events i.e.

28 February	5 mile
1 May	21.1 km
26 June	10 km
24 July	20 km
4 September	10 mile
2 October	15 km
27 November	5 km

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 above 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

Leading Male and Female Age Group Champions (after first two events)

Age Categories	5 mile	21.1 km	10 km	20 km	10 mile	15 km	5 km	Points
Male								
A (Male 0-19)								
Jayden Lyttle	1							1
Jacob Willems	2							2
Joshua Unwin	3							3
C (Male 20-24)								
Daniel James	1							1
Aaron Breed	2							2
Kai Barry	3							3
Dan Symonds	1							1
Craig Rooth		1						1
G (Male 30-34)								
Nicholas Kirkup	1	2						3
Will Barton	2	1						3
Leo Altareli	3							3
Mark Morton		3						3

I (Male 35-39)								
Nathan Cook	1	3						4
Derrick Leahy	2							2
Lucas Brown	3	2						5
Leif Mawson		1						1
K (Male 40-44)								
David Melville	1	3						4
Jim Morton	2							2
Damien Gannon	3							3
Chris Voisey		1						1
Richard Wardle		2						2
M (Male 45-49)								
Adrian Royce	1	2						3
Ian Donald	2							2
Adrian Pearce	3							3
Ray Crilly		1						1
David Smitheram		3						3
O (Male 50-54)								
Shane George	1							1
Gerard Daly	2							2
Brad Lye	3	3						6
Don Atcheson		1						1
Steve Nichols		2						2
Q (Male 55-59)								
Barry Broe	1							1
John Whelan	2							2
Derek Enslin	3							3
Phil Davies		1						1
Gerry Danby		2						2
Garry Page		3						3

S (Male 60-64)								
John Shaw	1	1						2
Graham Robertson	2							2
Phillip Hermitage	3							3
Bob Miller		2						2
John Dempster		3						3
U (Male 65-69)								
John Sheer	1	2						3
Erkki Ryhanen	2							2
John Diamond	3	3						6
Peter James		1						1
W (Male 70-74)								
Ron Vines	1	2						3
Harold Haldane		1						1
Y (Male 75+79)								
Jack Marsh	1	1						2
YX (Male 80+84)								
Colin Woods	1	1						2
Female								
B (Female 0-19)								
Brittany Zendler	1							1
D (Female 20-24)								
Laura Daly	1							1
Libby Burgess	2	1						3
Donna Mach	3							3
F (Female 25-29)								
Clare Geraghty	1							1
Mirna Yogiman	2							2
Lisa Downie	3	2						5
Francisca Aviles		1						1
Natalie Petersen		3						3

H (Female 30-34)								
Crystal Mahony	1							1
Anita Breed	2							2
Deanna Eldridge	3	1						4
Cassandra Zayonce		2						2
J (Female 35-39)								
Wei Yin Han	1							1
Angela Allen	2							2
Rebecca Walker	3	3						6
Sarah-Jane Marshall		1						1
Erica Leota		2						2
L (Female 40-44)								
Margot Manning	1	3						4
Kerri Hodge	2	1						3
Peta Dunne	3	2						5
N (Female 45-49)								
Tracy Baker	1							1
Karen Wiersma	2	2						4
Elaina King	3							3
Leanne Zendler		1						1
Katrina Crook		3						3
P (Female 50-54)								
Marion Hemitage	1	1						2
Naomi Daly	2							2
Kathy Peasey	3	3						6
Leann Lye		2						2
R (Female 55-59)								
Theresa Fabian	1							1
Ruth Peacock	2							2
Tracey Chappell	3							3
Esther Alexander		1						1

T (Female 60-64)								
Cynthia Cliff	1							1
Madonna Stewart	2							2
Jenny Downie	3	1						4
Helen Banks		2						2
V (Female 65-69)								
Irene Davey	1							1
Gwen Vines	2							2
X (Female 70-74)								
Betty Menzies	1							1

Overall Male and Female Club Champions

The overall male and female club champions are determined by their finish order placing in each of 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 event, 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 27 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.

At this early stage (after only two championship events), the leading contenders for overall male

and female club champions are:

Male

Daniel James – one point (overall male winner of the 5 mile championship event)

Ray Crilly – one point (overall male winner of the 21.1k championship event)

Female

Clare Geraghty – one point (overall female winner of the 5 mile championship event)

Kerri Hodge – one point (first female club member over the line in the 21.1k championship event)

Consistency Champions

To recognise their support for the Club, members who compete in all seven championship events during 2016 will be awarded a specially embroidered BRRC towel at the end of the year. Last year there were only eleven members who competed in all seven championship events and duly received their towel. Word seems to have got out because there are 56 members who ran in both championship events conducted so far this year and therefore are still in the running for a towel. These members are:

FEMALE	
Banks	Helen
Biggins	Kerri
Burgess	Libby
Crook	Katrina
Davis	Deborah
Deag	Jenny
Downie	Jenny
Downie	Lisa
Dunne	Peta
Eldridge	Deanna
Hermitage	Marion
Hodge	Kerri
Manning	Margot
Mansfield	Kym
Murray	Clare
Peasey	Kathy
Petersen	Natalie
Renwick	Adele
Walker	Rebecca
Wiersma	Karen
Zayonce	Cassandra

MALE	
Anthony	Mark
Barton	Will
Bell	James
Brown	Lucas
Cook	Nathan
Daly	Gerard
Dempster	John
Diamond	John
Donald	Ian
Galluzzo	Richard
Going	Dean
Goodley	Andrew
Gray	Paul
Heinz	Richard
Moller	Mark
Morton	Jim
Horobin	Lee
Kirkup	Nicholas
Lye	Brad
Marrington	Andrew
Marsh	Jack
Melville	David
Miller	Bob
Page	Garry
Pointon	Peter
Royce	Adrian
Shaw	John
Sheer	John
Smitheram	David
Towner	William
Vines	Ron
Walmsley	Stephen
Wightman	Andrei
Woods	Colin
Zendler	Shane



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



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

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



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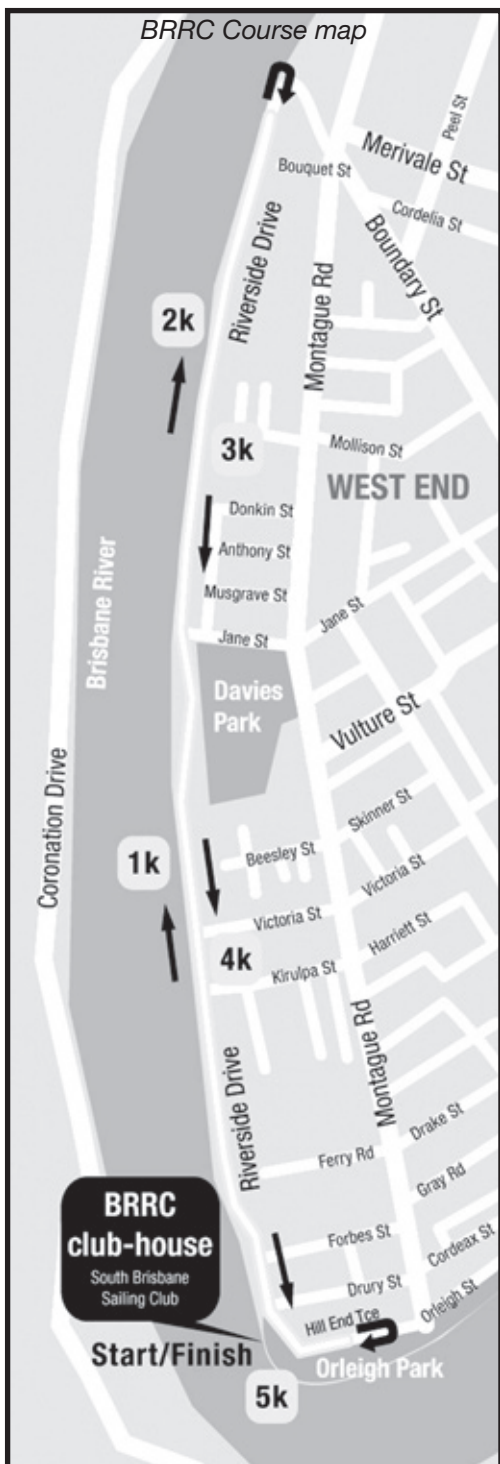
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HONOUR BOARD

BRISBANE ROAD RUNNERS CLUB STALWARTS

Current Members with over 10 years membership - includes Life Members

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

As at 09/05/16

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).

Brisbane Road Runners Club CALENDAR of EVENTS 2016

DATE	EVENT	START	SPONSOR
03-Jan-16	5k Predictor & 10k Predictor - No Watches	6.00am	Intraining
17-Jan-16	2k, 5k, 10k & 15k	6.00am	The Run Inn
31-Jan-16	5k, 10k & 15k "Bring a Friend"	6.00am	Intraining
14-Feb-16	2k, 5k, 10k & 15k	6.00am	NRChi
28-Feb-16	5 mile Club Championship & 10 miles	6.00am	Skirt Sports
06-Mar-16	INTERNATIONAL WOMENS' DAY FUN RUN - NON BRRC EVENT		
13-Mar-16	2k, 5k, 10k, 20k & 25k	6.00am	P.A.T. 42.2 Running
20-Mar-16	TWILIGHT RUNNING FESTIVAL - NON BRRC EVENT		
03-Apr-16	5k, 10k & 15k	6.00am	The Run Inn
17-Apr-16	2k, 5k, 10k, 20k & 25k	6.00am	NRChi
01-May-16	21.1k Club Championship & 5k, 10k	6.30am	Intraining
08-May-16	MOTHERS DAY CLASSIC - NON BRRC EVENT		
22-May-16	2k, 5k, 10k, 20k & 25k	6.30am	NRChi
29-May-16	5k, 10k, 15k & 20k	6.30am	Skirt Sports
05-Jun-16	QLD HALF MARATHON & CITY 2 SOUTH - NON BRRC EVENT		
12-Jun-16	2k, 5k, 10k, 15k, 20k & 35k	6.30am	P.A.T. 42.2 Running
26-Jun-16	10k Club Championship, 5k & QMA 10k Championship	6.30am	The Run Inn
03-Jul-16	GOLD COAST MARATHON - NON BRRC EVENT		
10-Jul-16	3 Person Criterion Relay	6.30am	Intraining
24-Jul-16	20k Club Championship & 2k, 5k, 10k, 15k	6.30am	P.A.T. 42.2 Running
07-Aug-16	BRISBANE MARATHON FESTIVAL - NON BRRC EVENT		
14-Aug-16	2k, 5k, 10k & 15k	6.30am	Intraining
21-Aug-16	SUNSHINE COAST MARATHON - NON BRRC EVENT		
28-Aug-16	BRIDGE TO BRISBANE - NON BRRC EVENT		
04-Sep-16	10 mile Club Championship (Robin Flower Memorial) & 5 miles	6.30am	The Run Inn
18-Sep-16	2k, 5k, 10k Age-Graded	6.30am	NRChi
24-Sep-16	TWILIGHT BAY RUN - NON BRRC EVENT		
02-Oct-16	15k Club Championship & 5k, 10k	6.00am	The Run Inn
16-Oct-16	3 Person x 4.5k Relay	6.00am	NRChi
30-Oct-16	2k, 5k, 10k Novice & AGM	6.00am	Intraining
13-Nov-16	5k, 10k Handicap	6.00am	The Run Inn
27-Nov-16	5k Club Championship & 2k, 10k	6.00am	NRChi
11-Dec-16	Dash & Splash, Yeronga Pool	7.00am	BRRC
01-Jan-17	5k Predictor & 10k Predictor - No Watches	6.00am	TBA