



BRRRC

Summer 2018



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

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Club Events: BRRC conducts around 25 events each year ranging from 5km to 30km.

Events are open to all – there is no race entry fee for members and the entry fee for visitors is \$10 and \$5 for juniors under 18 (includes light breakfast of fresh fruit and sports drink).

A program of events appears in this magazine and on our website.

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

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Address: PO Box 5959, West End, QLD 4101

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From the Editor...

By Robert Lofthouse

Welcome to the Summer edition of the BRRC Magazine!

I hope everyone had an enjoyable festive season and already planning for some exciting running events in 2019.

From a Club point of view I would like to thank our President John Dempster and his hard-working Committee for their efforts in making sure that all events ran smoothly and that all newcomers were made to feel part of the Club.

A decision has been made regarding future editions of this magazine. It will now be produced in January, May and September, with a monthly email newsletter being used to supplement and update members on Club happenings. My special thanks to Andrei Wightman who did a sterling job with his monthly updates in 2018.

This edition of the magazine includes an interesting article by Stephen Walmsley on his trail run adventure in Japan as well as a report on the BRRC 3-Person Team Relay by Betty Menzies and a great article on the Sydney Marathon written by Derrick Leahy. The usual Club member profiles always make for interesting reading, with five of our current members profiled in this summer edition.

I hope you enjoy this summer edition and I look forward to your thoughts and contributions in 2019 as I strive to present a magazine that truly represents BRRC.

Hope you enjoy the magazine!



Robert Lofthouse (Editor)

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From your Committee

By John Dempster

Summer in Brisbane means high temperatures and humidity which can make running more challenging at this time of year. It can also be a time when runners reflect on achievements during the year and set goals for the next year. Congratulations to all members who met their goals for 2018 and achieved a PB or completed their first Marathon, Half Marathon, 10k or 5k during the year.

The Club has seen several changes over the past year which will benefit members in the years to come. The main change has been affiliation with Queensland Athletics/QRun which will provide members and the Club with an improved insurance coverage and greater exposure for the Club and our events. We have also restructured the membership fees with one annual fee which entitles members to compete in any BRRC event, including Club Championships, during the year at no further cost. Online membership registrations for 2019 have commenced through the QA portal and the response to date has been excellent.

Commencing shortly, pre-event registration via the BRRC website will be available for members, which will over time eliminate the registration queues on race mornings. This will also reduce the number of volunteers required at our events.

The Club's monthly e-newsletter has been expanded this year to keep members up to date with Club news and events. The BRRC Magazine continues to be an entertaining and enjoyable read which provides race reports on all of the Club events, member's profiles, articles and photos. If any members wish to contribute an article to the magazine please contact editor, Robert Lofthouse.

It was pleasing to see the Club Championship events being well contested during the year

and congratulations to the Club Champions and Age Group Champions. Congratulations also to the 32 'Commitments' who competed in all Championship events and will receive a monogrammed BRRC towel. Please read the article "Results of Championship Series 2018" in this edition for full details and photos.

I have enjoyed being President of BRRC during 2018 would like to thank the committee and members for their support during the year. I look forward to continuing to be part of a great Club in 2019.



John Dempster

President



MEMBER PROFILE

Name: Greg Coulter

Age: 60

Occupation: Administrative Officer

How and when did you start running?:

I started walking and running to friends' places when I was eight. However, I started to run for fitness when I was 17 to help my kayak training. The day before my 20th birthday, I made the commitment to stick with it.

Most Memorable Running Moments:

In over 40 years of running there have been many. The three that stand out are: 1. running in Hyde Park, London, on a bitterly cold, but beautiful, winter's morning in 2009; 2. running at altitude in several locations in Peru in 2015/2016; and 3. an event called the Mount Misery Mini-Marathon (4M) that occurred in a previous millennium in a state far, far away, which I'll call South Australia. It was at 4M, which was organised by one Brian "Chappy" Chapman, who may be known to a few of you, I met a (relatively) young John Sheer, who again may be known to one or two of you. We were fortunate enough to live to tell the tale of a course that had rugged scenery and an even more rugged trail.

Favourite Running Distance and PB:

My psychology and physiology are best suited to distances from 8km to the half-marathon, together with cross-country courses. In terms of speed versus distance, my PB for a half-marathon was 1h10m25s back in 1985. This year I ran my first serious half-marathon since 1995 and I managed 1h34m20s.

Running Goals: To get closer to 1h30m for the half next year.

Favourite Runs: Running the tracks in Whites Hill Reserve are both challenging and enjoyable.

Favourite Running Partners/Group:

I generally train by myself, but I really enjoy the BRRC events, because you can run them as hard or as easy as you want, with nice scenery thrown in.

Who is your running idol?: Kurt Fearnley

Favourite Sportsperson/s: Ron Barassi, Leigh Matthews and Johnathan Thurston

Favourite Shoe Brand: ASICS

Favourite Food:

Indian or Italian

Favourite Drink:

Good Beer, Good Coffee

Favourite Movie: So many, but let's go with Hitchcock's Rear Window and Groundhog Day

Favourite Music: Most genres from the power pop of Radio Birdman to Ravel's Bolero

Star Sign: Pisces

If you had one wish in life it would be?: (I'm very fortunate to have the family, friends, job and sporting and other interests that I have.) To help others get the most out of life from the perspectives of both achievement and satisfaction.

Brisbane Road Runners Race Report

August to October 2018 by Robert Lofthouse

August 26th – 10km / 5km (24 finishers)

One of the smallest turnouts in Club history with only 24 runners turning up on an overcast morning. Bridge to Brisbane was also on at the same time which no doubt drew a few runners away from BRRC.

10km – The men's race was won by **Zack Newsham** in **39:12** with longtime BRRC member Matt Archer finishing second, ahead of Greg Coulter, a regular at West End and also a prominent cross country runner for the last 20 years. In the ladies' equivalent, **Elizabeth O'Neil** took the honours in **44:28** with Karen Figallo and Felicia Elgey second and third respectively.

5km – **Ben Hinterreiter** was the standout in the one-lap event, winning the men's race in **19:25**. Will Towner and Martin Dean rounded out the top three. **Claire Mitchell (24:58)** enjoyed her win in the ladies' division with Lesleigh Hinterreiter claiming second place ahead of Kim Alexander.

Thanks to Race Director **Andrei Wightman** for his efforts on the morning, and to our friends from **intraining** who have been fantastic supporters of this Club for a long time.

September 9th – ROBIN FLOWER MEMORIAL 10mile Club Champs / 10km / 5km (142 finishers).

10 mile (16.1km) Champs

*****Clay Dawson and Olivia Lennon Share the Honours*****

This event has been held annually since 1990 to honour one of BRRC's great volunteers Robin Flower who tragically died of cancer in the late 1980s. A perpetual shield was struck in his honour and every year the male and female winner of this race have their name engraved on the shield. The Robin Flower Memorial race attracted a field of 100 runners.

In the men's race, **Clay Dawson** was looking to win his **sixth (6)** consecutive Robin Flower Memorial and at the completion of the first 1.1km, had established a 15 second buffer over his nearest rival Adrian Royce. After the first loop, it was back onto the normal five km loop which had to be completed three times to cover the race distance. Clay continued to build on his lead and heading into the last lap, held a lead of nearly 90 seconds over Adrian. To his credit, Adrian kept pushing and managed to make his last five [5] km lap his quickest of the morning. Clay's winning time was **57:06** and Adrian's great run for second place earned him the Club's age record over the distance for men in the 45-49 category. It was also gratifying to see one of BRRC's newer members Damien McMahon, earn himself third place with a strong run. The ladies' race proved to be a good contest up front with **Olivia Lennon** and leading Australian Masters runner Louisa Abram waging a good battle for honours. At the completion of the first of the five km loops (6.1km into the race), Olivia held

a 12-second margin over Louisa. Louisa put in a big effort over the next loop and heading into the last 5km was only six seconds behind. Sensing that a big final lap was required to hold off Louisa, Olivia dug deep and was able to forge a handy lead in the latter stages of the race to win by a 30-second margin in a time of **1:05:10**. Kerri Hodge cruised home in third place as part of her taper for the Sydney Marathon the following Sunday, which also doubled as the Australian Marathon Championship for 2018.

Age Group Records – Congratulations to Adrian Royce (M45-49 Age) and Colin Woods (M80-84 Age) who broke BRRC age records in the men's division and to Olivia Lennon (W40-44 Age) and Louisa Abram (W55-59 Age) who broke their respective age records on the morning.

10km – Osman Saleh backed up from a half marathon the previous day, winning the two lap event in a time of **36:00**. Chris Edwards finished second and Paul Dodd claimed third, passing Marc Nickels in the latter stages of the race. Paul was one of BRRC's leading runners in the late 1990s / early 2000s and is a leading age-group triathlete as well. The ladies' event featured an appearance by former top Australian triathlete **Felicity Abram**. With her mum competing in the 10mile Champs, Felicity decided to do the 10km for a bit of fun and ended up winning comfortably in a time of **41:16**. At one stage back in 2008, Felicity (Flick) was ranked No 2 in the world. BRRC regular, Laura Daly finished second and Hannah Terry rounded out the top three.

5km – With the emphasis for the morning being on the Championship event, only four runners competed in this event. **Martin Dean (27:18)** took out the men's division and **Celine Hall (28:51)** was the victor in the ladies' division. Both were delighted to claim their first ever BRRC trophies.

Another successful Championships morning for the Club with special thanks to Race Director **Geoff Neil** who was making his debut in the all-important role overseeing the event.



Felicity Abram Laura Daly Hannah Terry



Chris Edwards and 10km winner Osman Saleh



Louisa Abram and Olivia Lennon



Robin Flower winners – Clay Dawson & Olivia Lennon

September 23rd – 10km / 5km (63 finishers)

With the Wynnum Twilight Bay Run on the previous night, it was a relatively small field that fronted for the 10 and 5km events.

10km – Simon Halliday was a delighted winner of the two lap event and vowed to come back again after streeting the field to win by over three minutes in a time of **36:11**. Eddie McDermott was second and Pierre Elias third. Great to see some new names taking out the top three places. **Yvonne Paetz** led all the way in the ladies' event, winning in **46:42**. Second place was fought out between Karen Figallo and Katie Smith. Katie had a 10 second break over Karen at the halfway point but Karen really picked up the pace from then on and ended up claiming second place over Katie by over a minute.

5km – The men's race was won comfortably by **Simon Hegarty** in **20:21**. He crossed the finish mat with a winning margin of two minutes. Ben Looby outlasted Jackson Moore by just two seconds in a close finish for second place. Only three competitors in the ladies' division with **Jen McDermott** recording a winning time of **27:45**. Irene Davey and Betty Menzies were second and third respectively.

Thanks to Race Director **Kerri Hodge** and the team of volunteers. **NRChi** was the race sponsor on the day and thanks to Greg Beerling for his continued support of BRR.

October 7th – 15km Champs / 10km / 5km (146 finishers)

The first warmer morning since May greeted runners for the second last event in the BRR Championship series for 2018. Overnight rain created the more humid conditions which tested out many of the runners. After the usual pre-race instructions, delivered by Race Director Andrei Wightman, it was down to business with 90 runners fronting the start line after electing to do the 15km Championship event.

15km Champs – 2017 Club Champion **Clay Dawson** signalled his intentions early in the race, recording an impressive 16:57 for the first five (5) km. Derrick Leahy led the chasing pack at that stage with Adrian Royce and Andy Dey a further 10 seconds back. Clay continued to build his lead during the second lap but Derrick and Adrian slowed significantly between 5 and 10km, allowing Andy Dey to ease past them and be in second place at the 10km mark. Clay ended up winning in a time of **52:43** but admitted after the race that he was struggling a little bit after an arduous marathon program over the previous five months. The most noticeable change in the final five km loop occurred in the battle for second and third place with Andy Dey slowing down to training pace, as Derrick and Adrian charged past to finish second and third respectively. Andy, who had recorded a 2:31 at the Gold Coast Marathon back in July was in taper mode for the Melbourne Marathon the following Sunday. No surprises in the ladies' Championship race, with newly crowned Australian Marathon champion **Kerri Hodge** breaking the Club's age group record as she crossed the finish mat in **58:31**. Liz Grolimund ran a strong race for second place repeating her second place effort at the Wynnum Twilight Half Marathon a fortnight earlier. Olivia Lennon and Anna Mayr were third and fourth respectively.

Three BRR age records were broken on the morning in the 15km race. In the ladies' event, **Kerri Hodge (40-44)** claimed a record whilst in the men, **Adrian Royce (45-49)** and **Colin**

Woods (80-84) re-wrote the record books with outstanding efforts.



Jenny Cawood, Lesleigh Hinterreiter, Erika Woodward



Stephen Walmsley, Adrian Royce and Matt Archer



Colin Woods and Andrei Wightman

10km - In the men's race **Tony Ronald (37:36)** won his first BRRRC trophy. Tony led by 40 seconds at the halfway mark and was able to maintain that lead for the rest of the race with Cooper Redhead second and Matt Allen third. A dominant display by race winner **Kim Knox** was the highlight of the ladies' race. Kim

posted an impressive winning time of **37:48**, to be just behind the male winner, Tony Ronald at the finish. Esther Horn and Julia Cathie were second and third.

5km - **Marc Nickels (19:06)** was first over the mat, with Harvey Cramb and Matthew Maynard second and third respectively. Only a small ladies' field in this event with **Caitlin Maynard** winning in **27:39**. Karen Rossel was runner up.

Thanks to Race Director **Andrei Wightman** and his team of volunteers for a job well done on what proved to be a busy morning, especially sorting out all the age group placegetters.

November 4th – 10km Novice / 5km (88 finishers)

*****Andreas Meyer and Lesleigh Hinterreiter win 10km Novice*****

The annual 10km Novice event gives two BRRRC members (one male and one female) a chance to win a trophy which they might not normally win. The only rule applied is that you must not have previously won a race at BRRC in 2018 and you must be a current member.

In the men's race, Ben Hinterreiter held a narrow lead over Tim Appleton at the 5km mark with Brett Gordon in third place. Tim made his move in the early stages of the second lap passing Ben as both Brett Gordon and Steven Yang made ground on Ben who was feeling the effects of his first 5km. Over the last kilometre, Brett Gordon managed to gain a few seconds on **Tim Appleton** but Tim remained strong and crossed the mat in a winning time of **39:41**. Brett was only four seconds behind in second place with Steven Yang third. After careful analysis of the results the men's novice trophy was presented to **Andreas Meyer**. In the ladies' 10km, **Kim Knox** dominated up front, running a sizzling 18:47 for the first 5km before going on to win in **38:18**. Nerissa O'Donnell from BERT Squad was second with Selina Ward (intraining) third. **Lesleigh Hinterreiter** was declared the winner of the women's novice trophy.

5km - In the men's division, **Lee Horobin** was first to finish in **21:42** with James Bell second and Max Prizeman third. The ladies' equivalent

saw two of our longtime Club members **Irene Davey** and Betty Menzies heading the field. Irene ended up taking the honours with a **29:33** effort. Betty was second and Christine Rudken third.

Thanks to Race Director **Adrian Royce** and his team of volunteers for a job well done.

November 18th – 10km / 5km Champs (137 finishers)

The last race in the BRRC Championship series was over the 5km distance (the shortest race in the seven event series).

5km Championship - The men's event saw newcomer **Kieren Perkins** (from the BERT running group) take the honours with a very impressive time of **15:45**. Fellow BERT runner and BRRC member Peter Bracken finished eight seconds behind in second place with **Derrick Leahy** continuing his stellar year, finishing third in a BRRC age-record time of 16:39. Derrick has had a big finish to the year with excellent runs at the Sydney and Auckland Marathons. In the ladies' 5km, a close finish was the order of the day with **Zoe Manning** winning by a one-second margin over Kerri Hodge. Zoey's winning time was **18:37**. Third placed **Louisa Abram** (one of Australia's leading Masters athletes) broke the BRRC record in the ladies 55-59 age category. Well done, Louisa!

On the day there was a total of four BRRC age records broken with **Diana Southern** W75-79 and **Colin Woods** M80-84 also breaking their respective age records to compliment the previously mentioned efforts of Derrick Leahy and Louisa Abram.

10km - In the men's race, Tim Franklin held a 10 second lead over Jarred Gunn and Mark Walkey as they crossed the timing mat at the halfway point but in the second lap, **Mark Walkey** made his move, passing both Tim and Jarred Gunn to record a winning time of **39:31**. Jarred was second and Tim rounded out the top three. Former Australian lacrosse representative **Isabelle Pickett** showed that she is also very adept at running taking out the ladies' 10km in **40:28**. Caitlin Murdock

from intraining was second and BRRC regular Shannon Proffit was third.

Thanks to Race Director **Betty Menzies** who made sure that everything ran smoothly on the day and to event sponsor **intraining** for their continued support of BRRC.

December 2nd – 10km Handicap / 5km (117 finishers)

*****Angela Keyt wins 10km Handicap*****

The Handicap Rules:

The 10km handicaps were calculated using the runner's prediction of their 10km time, which each runner had to nominate at the registration desk. Handicaps were then calculated by subtracting a runner's predicted race time from 72 minutes e.g. if you predicted 60 minutes as your time then that would be taken off 72 minutes, giving you a start time of 12 minutes after the timing clock was started. First runner across the line would be declared as the winner and as well there was a trophy for the runner who finished closest to their predicted time. After pre-race instructions from Race Director Geoff Neil, the timing clock was started.

The Race:

77 runners set off at various times, depending on their handicap, and after the lead changed many times during the two laps, the first person across the line was **Angela Keyt** who collected her first ever BRRC trophy after years of being a member and not winning any trophies. Angela has also been a longtime member of the Run Inn Runners.

Closest to Predicted Time Winners:

It was a tie between **Deanna Eldridge** and **Anne White** with both recording a finish time only two seconds outside their predicted time.

Fastest Male and Female:

Committee member **Adrian Royce** was the fastest male covering the distance in **38:26** and **Zoe Manning** (ably paced by Krishna Stanton) had the honour of being fastest lady with a **42:42** effort.

5km – Andrew Garnsworthy took out the men's division in **19:07** and **Bridget McCormack** the ladies' event in **21:35**.

Special thanks to our Race Director **Geoff Neil** and to Bruce Smerdon and Betty Menzies who provided great input and support to Geoff on the morning.

The Club's AGM was also held in the Sailing Club after the race with special thanks to **Krishna Stanton** who was the guest speaker. Her insights into what it's like competing at the top level in running was a real eye opener, with her battle to overcome injuries and keep going in the sport, a tribute to her mental strength and desire to 'give it a go'.



10km Handicap winner Angela Keyt



Guest speaker Krishna Stanton

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.

Dash and Splash at Yeronga pool

December 16, 2018









MEMBER PROFILE

Name: Rhondda Wetton

Age: 51

Occupation: Communications and Marketing Manager (QLD Government)

How and when did you start running?:

My running buddy Wendy and I had done some running to complement our gym training, but we really started running in 2012 at New Farm parkrun. Wendy was the keen one who was there for the first New Farm parkrun in September 2012. I joined in about a month later.

Most Memorable Running Moments:

Training for and completing the 2013 and 2014 Gold Coast Marathons with Wendy.

Volunteering at the 41km mark at the GC2018 Commonwealth Games marathon in April.

Lots of fun times as a runner and volunteer at parkrun including being event director at New Farm parkrun.

Favourite Running Distance and PB:

5km now, but maybe another marathon in the future.

Running Goals:

Keeping healthy and happy – running is part of that plan.

Hopefully another marathon one day.

Favourite Runs:

New Farm parkrun, Redcliffe parkrun, Main Beach parkrun. I love running along the beach stretches.

Favourite Running Partners/Group:

The New Farm parkrun crew, the intraining crews (Tennyson and Milton).

Who is your running idol?:

Eloise Wellings, Madeline Hills and Celia Sullohern for their sportsmanship in the 10,000m event at GC2018.

Favourite Sportsperson/s:

Kurt Fearnley, Michael Shelley, Jess Trengove – so amazing to see them compete at GC2018

Favourite Shoe Brand: Asics

Favourite Food:

Prawns with avocado, lemon and fresh crusty bread.

Favourite Drink:

Sparkling water with a twist of lemon and ice on a hot day

Favourite Movie:

Skyfall – Daniel Craig: the best 007 ever.

Favourite Music:

My Friend the Chocolate Cake, David Bridie

Star Sign: Leo

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

To travel the world with a parkrun in a different place every Saturday. No. World peace.

AT THE RACES

(News from around Australia and the World)

Compiled by Robert Lofthouse

BERLIN MARATHON (Germany) – 16th September 2018

Current World Records

Male – Dennis Kimetto (Kenya) 2:02:57 (2014)

Female – Paula Radcliffe (England) 2:15:25 (2003)

****ELIUD KIPCHOGE BREAKS WORLD RECORD****

Men's Race: Mild autumn temperatures and no wind created perfect conditions for the likes of Kenyan greats **Eliud Kipchoge**, Wilson Kipsang and Amos Kipruto and their attempt on the world record which had stood for four years. Kipchoge was the big favourite, having recorded an amazing 2:00:25 at the NIKE Sub 2:00 Marathon project back in 2017, as well as the Rio Olympics Marathon in 2016. The NIKE project time did not qualify as a world record because of the course it was run on (motor sport racing track) and the large number of pacers that accompanied Kipchoge.

Kipchoge had tried for the world record in Berlin (2017) but heavy rain thwarted his chances – though he still won the race on that occasion in 2:03:32. Over 44,000 runners lined the start line and the leading group quickly established themselves with three pace runners pushing them along. By the halfway mark, reached in 1:01:06, Kipchoge had destroyed his main opposition with only one pace maker still with him. The situation stayed the same until 25km when the remaining pace maker dropped out, leaving Kipchoge to chase the world record by himself. Incredibly, Kipchoge managed to go faster by himself and ended up running the second half of the race in a 'negative split' (1:00:33). His final time of **2:01:39** smashed the world record by 1 min 18 seconds! The win was Kipchoge's 11th over the distance from 12 starts. His only loss was when he came second to Wilson Kipsang early in his career. Amos Kipruto and Wilson Kipsang were second and third respectively, around five (5) minutes behind the record breaker.

Women's Race: The perfect conditions also helped the elite women's field to record some fast times. Tirunesh Dibaba was the fastest in the field with a 2:17 to her credit but with the likes of fellow Ethiopian compatriots Ruti Aga and Helen Tola and Kenyan speedsters Gladys Cherono and Edna Kiplagat set to challenge Dibaba, it was going to be hectic up front. At the halfway point, Tirunesh Dibaba led Cherono and Aga by just seven seconds in a time of 1:09:03 but appeared to be having trouble finding her water bottle at the drink stations. Over the next few kilometres she started to develop cramp and was overtaken by Gladys Cherono just before 25km and then soon after, Ruti Aga passed her. To the credit of all three, they managed to keep up a good pace for the rest of the race and by doing so, created history in Berlin by being the first three women to go under 2:19 on the same morning. **Gladys Cherono's** winning time was **2:18:11** with Aga just 23 seconds behind in second place and Dibaba managed to overcome cramp to still record a sub 2:19 for third place.

What a day in Berlin and great publicity for marathon running with Eliud Kipchoge's world record and a highly competitive and fast women's race with outstanding efforts by the top three. Kipchoge pocketed over US\$300,000 in winning bonuses alone, as well as a brand new Isuzu D-Max from his sponsor in Kenya valued at around \$48,000.



Eliud Kipchoge - World Record 2:01:39

Facts about Eliud Kipchoge's World Record Time 2:01:39

Time splits:

5km – 14:24
10km – 29:01
15km – 43:38
20km – 57:56
Half Mar – 1:01:06
25km – 1:12:24
30km – 1:26:45
35km – 1:41:01
40km – 1:55:32

Kilometre Average for Marathon – 2 mins 53 secs

Imagine running the first 100 metres of a marathon in 17.2 seconds and then repeating the effort 420 times without pause. That's what happened in Berlin to create the world record

Berlin Marathon: Men/Women Results

1 – Eliud Kipchoge (Kenya)	2:01:39 WORLD RECORD
1 – Gladys Cherono (Kenya)	2:18:11 PB
2 – Amos Kipruto (Kenya)	2:06:23 Has PB of 2:05:43
2 – Ruti Aga (Ethiopia)	2:18:34 PB
3 – Wilson Kipsang (Kenya)	2:06:48 Has PB of 2:03:13
3 – Tirunesh Dibaba (Ethiopia)	2:18:55 Has PB of 2:17:56

Leading Australian Results

Men

19 – Julian Spence (Ballarat, Victoria)	2:16:39
25 – Brady Threlfall (Echuca, Victoria)	2:19:53

Women

29 – Sarah Klein (Victoria)	2:43:29
103 – Brianne Hook (Ballarat, Victoria)	2:59:22

TWILIGHT BAY RUN (Wynnum) - 22nd September 2018

The seventh annual staging of this event attracted nearly 4,000 entries with races over the Half Marathon, 10km, 5km and 1km distances. The late afternoon / early evening event is always a popular event on the annual calendar.

Half Marathon:

Course Records

Male – Isaias Beyn 1:07:09

Female – Melanie Panayiotou 1:18:23

Isaias Beyn was victorious for the third year in a row, crossing the finish in a time of **1:09:43**. It was quite a windy evening down by the bay which probably contributed to his slower than expected winning time. He set the course record of **1:07:09** in 2017. Fresh from his outstanding Sydney Marathon (2:33:05) effort the previous week, Wayne Spies was second across the line with Paul Gourlay rounding out the top three. In the ladies' race, **Tamara Carvolth** showed that she is getting back to her best, winning in convincing fashion with a time of **1:18:25**. She missed the course record by just two seconds. Liz Grolimund and Bec Bailey waged a good battle for second with Liz crossing the finish just 11 seconds ahead of Bec to replicate her second placed effort of 2017.

10km:

The men's race proved to be highly competitive with Ipswich's Park to Park Half Marathon winner **Glen Yarham (31:26)** showing his class to win by 11 seconds from Liam Boudin and Jordan McLennan. Former 2014 Australian Commonwealth Games marathon representative, **Melanie Panayiotou** elected to do the 10km at Wynnum and led all the way to claim the honours in **35:25**. Second place was fought out between two rising stars on the scene, Lily Dolton from intraining and emerging triathlon star Katinka Von Elsner-Wellstead. Lily ended up with a PB to claim second with Katinka third.

5km:

The 5km was fought out by two Brisbane runners who have been on fire in 2018, **Aidan**

Hobbs and Peter Bracken. Aidan won in **15:27** with Peter clocking 15:34 and former top Queensland race walker Nick Dewar showed that his running is very effective as well, claiming third place, just ahead of his brother Brandon. **Lillian Price** set a female course record, speeding around the course in **17:17** to give her a two-minute winning margin over Eliza Buzacott-Spear.

Another enjoyable evening by the bay thanks to the hard-working efforts of the intraining running crew and an event not to be missed in 2019.

Twilight Bay Run Half Marathon: Men/ Women Results

1 – Isaias Beyn	1:09:43
1 – Tamara Carvolth	1:18:25
2 - Wayne Spies	1:13:29
2 – Liz Grolimund	1:29:34
3 – Paul Gourlay	1:17:46
3 – Bec Bailey	1:29:46

Leading BRRC Results

Tim Appleton	1:28:48
Lauren Harris	1:32:58
Gerard Daly	1:34:42

10km

1 – Glen Yarham	31:26
1 – Melanie Panayiotou	35:25
2 - Liam Boudin	31:37
2 – Lily Dolton	36:01
3 – Jordan McLennan	32:00
3 – Katinka Von Elsner-Wellstead	36:28

Leading BRRC Results

Peter Bracken	33:26
Daniel James	34:32
Adrian Royce	35:34
Olivia Lennon	38:03
Zoe Manning	39:02
Noo Bowker	40:34

5km

1 – Aidan Hobbs	15:27
1 – Lillian Price	17:17 Course Record
2 - Peter Bracken	15:34 BRRC
2 – Eliza Buzacott-Spear	19:13
3 – Nick Dewar	15:44
3 – Caitlin Murdock	20:02

Leading BRRC Results

Elliot Carr	16:50
Crystal Mahony	21:07

CHICAGO MARATHON (USA) – 7th October 2018

Sir Mo Wins His First Marathon Title

At his third attempt over the distance, Sir Mo (also known as **Mo Farah**) took the honours on a windy, drizzly day in Chicago. Mo Farah moved from his native Somalia to England in 2001 as an 18 year old and now, 17 years later with a knighthood and emerging marathon career, is becoming one of the most successful distance runners of all time. He has made a name for himself winning Olympic Gold over the 5,000 and 10,000 metres and now can add the famous Chicago Marathon to his winning resume. At the 40km mark, there were five runners still in contention with 2018 Dubai Marathon winner Mosinet Geremew (Ethiopia), Kenyans Geoffrey Kirui and Kenneth Kipkemoi and surprise packet Suguru Osako from Japan engaged in a game of high speed poker. Farah still looked like he had plenty in the tank and so it proved as both Kirui and Kiptemoi dropped back. Farah and Geremew were together until the last 500 metres when Farah unleashed his finishing surge, just like he has done to his rivals in the Olympics on the track, over 5,000 and 10,000 metres. Mo Farah ended up crossing the finish in **2:05:11** which was a PB for him. His winning margin was 13 seconds. The performance of Japan's Suguru Osako was also noteworthy finishing third and also setting a Japanese National Record for the marathon distance. Mo Farah's staggering range of records is a testament to

continued

his versatility over all distances. He now holds European records over the 1500 metres, 10,000 metres and the marathon! Medal wise he has won 10 golds and two silvers spread across the Olympics and the World Championships. Even at 35 years of age there appears to be more glory days ahead for....**SIR MO!**

In the ladies' race, Dubai 2018 Marathon winner Roze Dereje (Ethiopia) was the fastest entrant in the field with a 2:19:17 PB recorded at Dubai, but with London 2018 runner up **Brigid Kosgei (Kenya)** and fellow Ethiopian Shure Demise having recorded 2:20 in their recent events this promised to be a real battle for the Chicago title. The above mentioned three were in the lead group at 32km but when Brigid Kosgei surged ahead, no one could match and she went on to win by over two minutes in a time of **2:18:35**.

Both Mo Farah and Brigid Kosgei won US\$200,000 for their respective victories in Chicago.

Chicago Marathon: Men/Women Results

- | | |
|----------------------------------|-----------------------------------------|
| 1 – Sir Mo Farah (Great Britain) | 2:05:11 PB |
| 1 – Brigid Kosgei (Kenya) | 2:18:35 PB |
| 2 – Mosinet Geremew (Ethiopia) | 2:05:24 PB is 2:04:00 |
| 2 – Roze Dereje (Ethiopia) | 2:21:18 PB is 2:19:17 |
| 3 – Suguru Osako (Japan) | 2:05:50 PB Japan National Record |
| 3 – Shure Demise (Ethiopia) | 2:22:15 PB is 2:20:59 |



Mo Farah

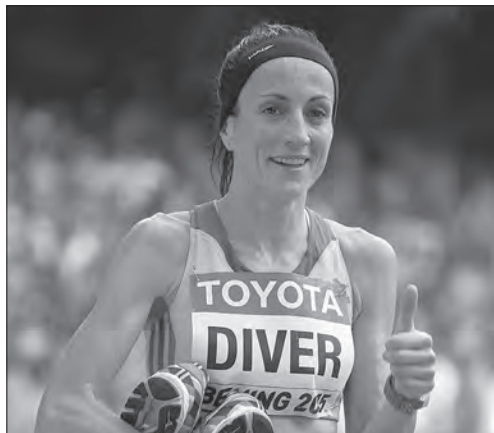
MELBOURNE MARATHON - 14th October 2018

Sinead Diver Records Fastest Ever by Aussie on Home Soil!

A record number of 34,734 entrants (over the Marathon, Half, 10km and 5km) were

received for this 41st edition of the race and there were some outstanding performances on the morning with the women's marathon the talking point in athletics circles. At 41 years of age, Irish-born Melbourne runner **Sinead Diver** has really burst onto the scene in a big way in 2018. At the Sunshine Coast Half, back in August Sinead broke the world record for her age group, recording a sizzling 1:09:20 so a fast time was expected from her in Melbourne – she didn't disappoint and delivered an outstanding record breaking run on the morning in the marathon. During the marathon, Diver was paced by rising Australian distance runner Jack Rayner until the 37km mark. The wind was picking up at that stage on St Kilda Road but Sinead was able to pick up the pace in the last 5km without a pacer, to cross the line in **2:25:19** which was more than six minutes faster than her previous best. Her time was the fastest ever run by a woman on Australian soil, eclipsing Lisa Weightman's previous best in Australia. She collected \$20,000 for her record, as well as \$20,000 for winning the race. Diver only took up running eight years ago and is focused on the Tokyo 2020 Olympics.

In the men's marathon, Rio Olympian **Liam Adams** won the battle against Kenyan runners Dominic Ondoro and William Chebon to make it a double victory for Melbourne-based runners in the marathon. Adams made his break just after the halfway mark and finished in a time of **2:15:13**, giving him a winning margin of over a minute from 2013 Melbourne winner Dominic Ondoro.



Sinead Diver

Half Marathon:

Australian Olympic representative **Brett Robinson** (5,000 metres track) won the half marathon for the second year in a row with a **1:04:15** effort. Brisbane's Louis McAfee, who has honed his skills in the USA College system over the last three years, finished second with Sydney's Matthew Hudson in third. Sunshine Coast's **Melanie Panayiotou** continued her successful comeback to running by winning the ladies' division in **1:15:17**. Her nearest rival New Zealand's Camille Buscomb was second, but over two minutes behind at the finish inside the iconic Melbourne Cricket Ground (MCG). Conditions were ideal for the fast-finishing elite runners but the strong wind factor and warmer temperatures mid-morning made it a grind for many in the marathon.

Melbourne Marathon: Men/Women Results

1 – Liam Adams (Melbourne)	2:15:13
1 – Sinead Diver (Melbourne)	2:25:19 PB & Course Record
2 – Dominic Ondoro (Kenya)	2:16:55
2 – Rochelle Rodgers (Perth)	2:47:05
3 – William Chebon (Kenya)	2:18:05
3 – Erchana Murray-Bartlett (Melbourne)	2:54:11

Leading Queenslanders

12 – Peter Bracken	2:32:03 BRRC
27 – Anderson Moquiuti	2:37:18
28 – Andy Dey	2:37:39

Half Marathon

1 – Brett Robinson (Ballarat, Victoria)	1:04:15
1 – Melanie Panayiotou (Sunshine Coast)	1:15:17
2 – Louis McAfee (Brisbane)	1:06:09
2 – Camille Buscomb (NZ)	1:17:26
3 – Matthew Hunter (Sydney)	1:06:20
3 – Jayne Grebinski (Melbourne)	1:20:06

Leading Queenslanders

5 – Isaias Beyn	1:06:58
63 – Chris Edwards	1:21:46
96 – Andrew Fuller	1:24:30
107 – Olivia Lennon	1:25:02 BRRC

TORONTO WATERFRONT MARATHON (Canada) - 21stth October 2018

Jess Trengove Runs PB in Canada

Jess Trengove became the second Australian lady in a week to run a sub 2:26 marathon with her strong showing in the Toronto Marathon. After Sinead Diver's marvellous run in Melbourne the previous week, Jess ended up with a **2:25:59** effort to give her 4th place and a PB. The depth in Australian distance running is become very noticeable in the women's ranks whereas in the men, a sub 2:10 effort seems a long way off.

In the men's event, there were three runners in the lead pack at 35km, Kenya's **Benson Kipruto**, Tanzania's Augustine Sulle and another Kenyan Felix Kandie who had the fastest PB going into the race. Kipruto put on a surge soon after passing the 35km mark and Kandie dropped off, leaving Augustine Sulle desperately trying to match Kipruto's break away over the next kilometre. By 36km, Kipruto had increased his lead margin to 10 seconds and continued to draw away from Sulle eventually crossing the finish to win in **2:07:24**. Augustine Sulle finished 22 seconds behind with Felix Kandie in third place.

In the ladies' race it was a battle up front between Bahrain's **Mimi Belete** and Ethiopia's Marta Megra. It was only in the last kilometre that Mimi Belete was able to forge a small break on her Ethiopian rival which she held to the end. Belete's winning time was **2:22:29** with Megra just six seconds behind in second place. 2018 Gold Coast Marathon winner Ruth Chebitok (Kenya) recorded a PB to finish third and leading Australian runner Jess Trengove was delighted to break 2:26 on her way to fourth placing. More than 5,000 runners braved a cold and windy morning on the waterfront as each runner set about achieving their own personal goal.

Toronto Waterfront Marathon: Men/Women Results

1 – Benson Kipruto (Kenya)	2:07:24 PB is 2:07:11
1 – Mimi Belete (Bahrain)	2:22:29 PB & Course Record
2 – Augustino Sulle (Tanzania)	2:07:46 PB
2 – Marta Megra (Ethiopia)	2:22:35 PB
3 – Felix Kandie (Kenya)	2:08:30 PB is 2:06:03
3 – Ruth Chebitok (Kenya)	2:23:29 PB
4 – Jessica Trengove (Australia)	2:25:59 PB

AMSTERDAM MARATHON (Netherlands) - 21stth October 2018

No wind and a flat course, coupled with mild temperatures contributed to perfect conditions and some fast times were expected. The marathon started and finished inside the Olympic Stadium which was used for Athletics at the 1928 Olympics.

The men's race had a strong line up with multiple world and Olympic champion Kenenisa Bekele in the field. 2017 winner **Lawrence Cherono** and two Ethiopian runners Mule Wasihun and Solomon Deksis led the field at 34km but the long striding Kenyan Cherono, started to draw away and ended up breaking the course record by over a minute crossing the finish line inside the stadium in a very impressive **2:04:06**. The two Ethiopian runners had a great battle for second place with Mule Wasihun surging away in the last 100 metres inside the stadium to claim second by three seconds. Unfortunately, the great Kenenisa Bekele did not finish the race.

In the ladies' race, Ethiopia's **Tadelech Bekele** repeated her 2017 win, recording a time of **2:23:14**. It was a great battle between a group of four during the race with Bekele the strongest over the last two kilometres. Her teammates Shasho Insemu and Azmera Gebru were second and third respectively with Bahrain's Desi Jisa missing out on a top three finish by just eight seconds.

Amsterdam Marathon: Men/Women Results

1 – Lawrence Cherono (Kenya)	2:04:06 PB & Course Record
1 – Tadelech Bekele (Ethiopia)	2:23:14 PB is 2:21:40
2 – Mule Wasihun (Ethiopia)	2:04:37 PB
2 – Shasho Insemu (Ethiopia)	2:23:28 PB
3 – Solomon Deksis (Ethiopia)	2:04:40 PB
3 – Azmera Gebru (Ethiopia)	2:23:31 Her first marathon

AUCKLAND MARATHON (New Zealand) - 28th October 2018 Sydney Athletes Take the Honours

Five events were held on the day, Marathon, Half Marathon, 12km, 5km and a 2.2km kids' dash. There was a total of 15,300 entrants over the five races with the marathon attracting 2,000 entries. The marathon started in drizzly conditions but the early showers cleared, creating good conditions for the 2,000 strong field. Leading Brisbane runner Isaias Beyn was the pre-race favourite and at the halfway mark held a 27 second lead over one of Australia's most consistent marathon performers Sydney's **David Criniti**. At the 35km mark, the diminutive Eritrean (who now calls Brisbane home) was still 19 seconds in front, but the early pace set by Isaias was starting to show on his face. Just after 38km, Criniti managed to catch him and from then on, controlled the race until the finish in Auckland's Victoria Park. Dave finished in **2:24:06** with Wellington's Daniel Jones claiming second after passing Isaias Beyn in the last kilometre. Auckland Marathon winner David Criniti, is truly someone who gives everything back to the sport of distance running. He is a full time teacher at Chester Hill in Sydney and still finds time to run marathons all over the world, but his real gift is that he loves working with students from refugee backgrounds, helping them to feel important in their new country and getting them interested in running. David has a PB of 2:17:57 set at Berlin in 2017.

In only her third marathon, Sydney's **Fiona Yates** 'came from the clouds' to win by over a minute from fellow Australian Margaret

Campbell. At the halfway mark, Campbell held a lead of over two minutes with Yates not even thinking about catching the tearaway leader. At the 35km mark, Campbell still led by 80 seconds but was struggling to keep up the pace. Fiona Yates started to get faster in the last five kilometres and caught the tiring Campbell with 1,200 metres to go, before surging away to win in a PB for her of **2:48:26**. Margaret Campbell was second and defending champion Hannah Oldroyd (Christchurch) was third.



Auckland Marathon: Men/Women Results (All times are nett)

1 – David Criniti (Sydney)	2:24:06 PB is 2:17:57
1 – Fiona Yates (Sydney)	2:48:26
2 – Daniel Jones (Wellington, NZ)	2:24:43
2 – Margaret Campbell (Dunedin, NZ)	2:49:36
3 – Isaias Beyn (Brisbane)	2:25:06 PB is 2:11:37
3 – Hannah Oldroyd (Christchurch, NZ)	2:50:13

Leading Queensland Results

3 – Isaias Beyn	2:25:06
15 – Ricky Swindale	2:45:42
16 – Derrick Leahy	2:45:56 BRRC
25 – Adrian Royce	2:48:25 BRRC
39 – Kerri Hodge	2:54:51 BRRC 4th Female

NEW YORK MARATHON (USA) - 4th November 2018

Mary Keitany Records an Incredible Negative Time Split

52,812 finishers enjoyed calm, sunny conditions for the 2018 edition of one of the world's best known marathons. In the men's race, 2017 winner Geoffrey Kamworor (Kenya) held a narrow two second lead over Ethiopia's **Lelisa Desisa** as the pair raced through Central Park with just under 3 km to go. The two sprinted downhill and both ripped off their running caps as they turned right into Central Park South (40km) but it was Desisa who looked stronger as he overtook the 2017 champion. Kamworor was tiring and was also passed by Shura Kitata at the 41km mark. Kitata had led for the first half of the race and looked to be re-energised as he attempted to catch Desisa. Desisa saw him coming and managed to hold on to his narrow lead to take the honours by just two seconds from his fast finishing fellow countryman, Kitata. Geoffrey Kamworor crossed the line some 25 seconds later in third place.

The ladies' marathon featured a stunning negative split recorded by Kenyan great Mary Keitany. The pace was pedestrian in the first half of the race with a lead group of 24 runners recording a slow 1:15:50. Keitany then got serious and decimated the field, running an amazing 1:06:58 second half to win in a time of 2:22:48. She ended up over three minutes ahead of her nearest rival Vivian Cheruiyot (another outstanding Kenyan runner) who had won the London Marathon earlier this year in 2:18:31. This was Keitany's fourth New York title, with a nine minute negative split a truly remarkable memory for her. Crowd favourite and defending New York women's champion USA's Shalane Flanagan, ran a solid race for third place, enjoying the constant cheers of the New York crowd who lined the streets.

New York Marathon: Men/Women Results

1 – Lelisa Desisa (Ethiopia)	2:05:59 PB is 2:04:45
1 – Mary Keitany (Kenya)	2:22:48 PB is 2:17:01
2 – Shura Kitata (Ethiopia)	2:06:01 PB is 2:04:49
2 – Vivian Cheruiyot (Kenya)	2:26:02 PB is 2:18:31
3 – Geoffrey Kamworor (Kenya)	2:06:26 PB is 2:06:12
3 – Shalane Flanagan (USA)	2:26:22 PB is 2:21:14

Leading Australian

8 – Lisa Weightman	2:29:11
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BRRC Members

Peter Lewis	2:59:45
Jim Hermiston (Jnr)	3:58:44



MEMBER PROFILE

Name: Lesleigh Hinterreiter

Age: 50

Occupation: Sign writer

How and when did you start running?:

Did some running while at school and only rediscovered running a couple of years ago with parkrun keeping me motivated.

Most Memorable Running Moments:

Finishing my first ½ marathon 2015 GC – longest distance I had ever run!

Favourite Running Distance and PB:

Haven't been able to pin down a favourite distance yet, still enjoying the learning experience of many distances.

Running Goals:

To crack 23 mins for a 5km, maybe run a marathon one day, and hope to still be running into my eightsies.

Favourite Runs:

Any parkrun. Just love the friendly atmosphere.

Favourite Running Partners/Group:

My son Ben. We used to run together but now we just start together – he is way too fast for me. However, he still gives me the motivation to keep running.

Who is your running idol?:

Don't really have a running idol however Turia Pitt comes to mind as very inspirational.

Favourite Sportsperson/s:

All the great Australian athletes who make their mark on the world stage, as well as anyone who gives sport a go!

Favourite Shoe Brand: Asics

Favourite Food: I always enjoy my breakfast

Favourite Drink: Bundy and Coke

Favourite Movie:

Love Actually / Romy and Michele's High School Reunion

Favourite Music:

Hoodoo Gurus/ACDC

Star Sign: Sagittarius

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

For everyone to be happy and healthy.

Fujisanroku Trail Run (18Km)

By Stephen Walmsley

With a family holiday in Japan planned, I scoured the on-line running calendars and found a trail run event scheduled on a suitable date and at an accessible location that could be fitted into our travel plans - the Fujisanroku Trail Run in Fujikawaguchiko. I opted for the long course (18k) when entering with the logic of 'I'm travelling so far to attend, I may as well make the most of it.' (The short course option was 10k). Entry was 5000 Yen for the long course (~\$60) and a little less for the short course, which I thought was reasonable.

We arrived at Fujikawaguchiko on the day before the race by train from Shibuya, Tokyo & checked in to the Fuji View Hotel (where it appears that John & Yoko stayed 40 years ago). I opted for bib pickup on the morning of the race to allow us time to eat that night. A bottle of 'Pocoro Sweat' along with choc banana waffles helped with pre-race nutrition.

From the translated website I knew bib pickup opened at 0700 on Saturday, with the race starting at 1030. The bib collection & race precinct was a 10-min walk from the hotel at Koumi Park. What puzzled me was the translated info nominating Haneko Mountain as the start point. From the map I had of the course (in Kanji, not English) it looked like the start was at Koumi Park. A google map search of that mountain drew a blank nor could I find it on a paper map, so I remained puzzled. (The translated info also suggested I carry "poison remover - bee countermeasure" and "bear - bum measure", so I put it down to a translation issue).

I arrived at bib pickup & collected it successfully & tried to gather more info. Yes, there was a bag drop (good start). Next, I found a nice Japanese lady in panda suit.

"Do you speak English?"

"A little"

"Where does the race start?"



"Haneko Mountain".

"Where's that & how do I get there?"

Panda lady pointing to a mountain behind me.
"Walk, 15 minute".

It turned out that my wave would leave the park in a group at 09:50 to walk to the start line! Ok, I was running out of time. No breakfast yet & I needed to return to the hotel, change into running gear, pack a race bag & get back to the start for bag drop & my wave departure. Fortunately, an udon noodle stall was right there in the race precinct. (Breakfast sorted and as it turns out, not a bad fuel either). Back to hotel whilst eating noodles en-route. I got myself sorted & set off, leaving the family to pack & check out (whilst entertaining old friends who live nearby).

Back at race precinct, I was bag dropped & geared up to go (Redbull downed & Endura drink in hand bottle). Queuing in a running singlet for an orderly wave departure, the only European face in a sea of runners, I realised that I was the only runner in just a singlet & without a CamelBak. I felt uneasy not wearing a running jacket or long sleeved shirt & poncho given the conditions. Did I mention it was raining & cold as a typhoon was approaching the coast?

Ok 9:50, off up to the start. An uphill snake of runners, walking in the rain. My wave arrived at the peak & start point 20 mins before the race start. Standing atop a mountain in the rain & wind in a singlet was not ideal. No toilets either! Minutes passed slowly but eventually 1030 came & the first wave lined up. Some words in Japanese (of course), which involved some stretching (I think) then a short tune by a man with a sax. The starter's gun popped & off they went. Two minutes later my wave stepped up. Same sax man, this time we got 'Young Man' (Village People). Cool!

Then 'bang!' and off we went. 30m flattish, then the hill. Oh! The hill. 900m in & my calves were screaming. This was the first climb of four from my memory of the gradient map. I started to wonder if I had underestimated this run, if I was dressed appropriately & how / if I would fair. As it turned out, once I was running, the singlet was a perfect choice.

First three km splits tell the tale though - all over 10mins each. Then it got better, with undulating surface through a forest that allowed running. That was until the 11th km. In a brief chat with a co-runner in broken English before the start (I was a novelty sight), I was warned that this section was "steep & slippery". "Walk?" I asked, "Need rest" was the understood response. If my Garmin is to be believed, my split for that km was 17:46 without a stop for a rest, (but walk I certainly did, all the tortuous way).

The climbs were brutal, the trails were wet, muddy & slippery due to the approaching typhoon conditions (running in the rain & clouds)

& the descents were treacherous. It was a highly technical run with tree roots everywhere, rocks & boulders or just liquid dirt. At one point I was effectively downhill skiing on mud. Many runners slipped & fell. I decided I needed to be cautious & finish uninjured, conscious of the difficulty of getting off course with an injury & the complexities of dealing with a doctor or a hospital visit in a foreign country.

It was an insane run, with visibility low to even see other runners ahead for most of the time due to the weather (no views of Fuji this run), but I loved it (especially after the finish). I hung around and cheered other runners over the line until I started to chill.

The descent to the park followed, where hosing down shoes was needed. Bread & soup was available for runners sheltering from the persistent rain, whilst a quick change into dry clothes allowed watching presentations in more comfort. Rikka Fukuda (athlete, doctor and rock star apparently) and his band played intros to each runner that was introduced to the podium.

All in all, a great event, which could only be bettered by kinder weather delivering the views that were hidden this time. An event mug was the reward for a hard day on the trails along with a 25th position placing in 2:12:29. An event t-shirt for 2000 Yen (~\$24) topped it off. I'd be interested to see how it compares with the Hamilton hilly half & other trail events & pondered about an international scale of difficulty for trail runs to help runners gauge them before entering.



2018 Australian Marathon Championships

By Derrick Leahy

This was my second year in a row running the Sydney Marathon as part of the QLD team. I knew the course was technical and hilly. I went there with the goal of going sub 2:40 for the very first time. It had been my No. 1 goal for 2018 and I had already been unsuccessful at the Gold Coast Marathon back in July with injury forcing me to pull out at 30k. I felt the pressure even though I was in good form running a half marathon PB (1:14:39) only four weeks previously at the Sunshine Coast.

"Your first 10k determines your last 10k", so my race plan was to be patient and not get carried away at the start. It was a windy morning and I noticed this as we ran over the Harbour Bridge. At the 4k mark I realised my Garmin had frozen and I had trouble restarting it. Then a couple of kms later a few of us got sent the wrong way by a marshal so we lost precious seconds as we had to double back. I told myself to relax and not panic. I went through 10k in 39:09 which was my slowest section of the race. Time to pick up the pace and I went through the next 5k in 17:43.

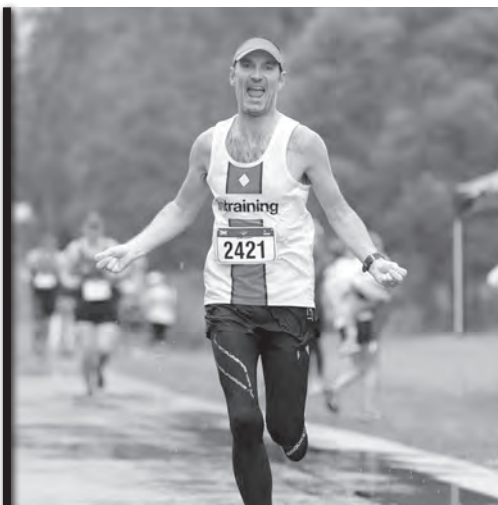
As I left Centennial Park behind I got chatting to a guy named Alex who remembered me from last year. It was good to have someone to share the road with and we battled away together until 30k. There were no timing clocks anywhere on

the course and as my watch had been playing up I asked Alex for the time from his. I did the maths in my head, took on my last gel and feeling strong pushed on alone towards the finish.

I ran my second fastest 5k split from 30-35k in 18:33. With just 7kms to go my legs were in a world of pain but I was determined not to slow down. "Stay strong", I told myself as I passed a few runners who were doing it tough. No words exchanged but a mutual respect nonetheless. Had they gone too hard from the start? Maybe not enough training? Maybe just having a bad day? Or was it hunger? I was hungry and determined to give it absolutely everything.

I ran from 35-40k in 18:55. As I rounded the last bend onto the finishing straight the clock was ticking over to 2:39:55.56.57.58.59..... Hurtling towards the line as fast as possible it looked like I had missed my goal time by mere seconds but as it turns out the clock was one minute fast. What a relief! My official finishing time was 2:39:03 to finish 6th individual in the Australian Marathon Championships. My training partner, Kerri Hodge, also ran a huge PB in a time of 2:49:02 to win the individual female championship. We also celebrated winning gold for QLD in both the female and male team events. A good day all round.





MEMBER PROFILE

Name: Stephen Walmsley

Age: 47

Occupation: Project Manager

How and when did you start running?:

I ran well in school cross country many years ago but football (soccer) was my first choice sport. I'd often enter fun run events ad hoc without training, but eventually started to run regularly with structure in 2013 when I joined my first clubs, intraining and BRRC.

Most Memorable Running Moments:

Recovering on the turf of the MCG and soaking up the atmosphere after finishing Melbourne Marathon 2017.

Favourite Running Distance and PB:

Tough question (so much choice & all enjoyable in their own ways), but I think it is the marathon (3:11:09).

Running Goals:

Stay fit / avoid injury and continue to enjoy running long term whilst notching up PBs for as long as possible.

Favourite Runs:

Along Brisbane River through the City at sunrise.

Favourite Running Partners/Group:

intraining club (Indooroopilly group). It's a large club, but when you're wearing the club colours you're all part of the intraining family. The Wilston group looked after me royally down at Warwick Pentath this year.

Who is your running idol?:

Again, so many to choose from. I always enjoyed watching the Seb Coe, Steve Ovett track battles when I was a kid, so I was inspired by them both, however I'm also in awe of both Sally Pearson and Paula Radcliffe. Then there's the club runners that you see each week who amaze me with their dedication and determination.

Favourite Sportsperson/s:

Kurt Fearnley – absolute legend.

Favourite Shoe Brand:

Brooks

Favourite Food: Pasta

Favourite Drink:

Wine, beer, coffee, tea (it's like being asked to choose your favourite child!!)

Favourite Movie: The Castle (so much serenity)

Favourite Music:

Pretty eclectic including rock, pop and easy listening, but David Gray is a go to.

Star Sign: Sagittarius

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

Global contentment (everyone happy, satisfied & content)

Running in the Footsteps of my Ancestor

By Irene Davey

En route to the World Masters Athletics Championships in Spain, my daughter and I did some 'Ancestry Tourism' in northern England and Scotland. (She is a very keen family historian, and had done much research that she was keen to follow up.)

Our first stop was Huddersfield (near Manchester) where my Great Great Grandfather, John Dow, was the town doctor in the 1860s. On our first morning there, I went out for a run in the local park. I had a lovely run, past a very imposing war memorial, duck ponds, kiddies playgrounds, neatly maintained gardens, bowling greens and more. There was a great feel about the place.

A member of the local Family History Society had offered to spend a day with us driving us around to relevant places. We had a tour of the house where my GGGF had lived, the baths (now a tyre depot) where he used to swim, the indoor equestrian centre (now something else also) where he used to ride with the local riflemens' company, and a (former) church which boasts a stained glass window dedicated to him. Our guide mentioned that the park where I had run was previously the rifle range.

The next day, we went to the local library where my daughter had organised to view some items from their archives. One of these turned out to be the AGM minutes of the newly formed Huddersfield Athletics Club for 1864 – 1866,

including reports of their annual Athletics Carnival. So there it was – my GGGF was one of the Vice Presidents of the Club during those years. And he had competed at the Carnivals, not as a runner, but as a thrower: 'putting the stone' and throwing the hammer. We know he was also a very accomplished swimmer.

And would you believe where the carnivals were held? At the rifle range which had been transformed into the park where I had run! A truly special place!

After that – on to Malaga in Spain for the Championships.

Of BRRC members, there was only Anne and Sean Ryan and myself, with a couple of other Brisbanites that some of you know: Jim Woodriff, Jan Biggam and Dennis Fitzgerald. We all ran the Cross Country (8 km for Anne and Dennis, and happily only 6 km for the rest of us who are now in the 70 age group). It was an awful course – more a trail run than cross country – on very dry dirt tracks with gravel, rocks and tree roots. The only good thing was that it was in a pine forest so was shady. Jan and I, with Jillian Young from Perth, made up the gold medal winning W 70 team, which was a great start to the Championships. Jim was in a M70 team that won a silver medal. The table below summarises the distance events that we ran. Jim also competed in the 1500 m on the track.

	Cross Country	5000 m (track)	10k Road Race	Half Mara
Jim	27:53 (6k)	22:48.47	47:18	
Sean	33:48 (6k)	27:27.03		2:14:55
Dennis	27:47 (8k)	17:28.6		
Jan	45:34 (6k)			
Anne	40:49 (8k)			1:50:25
Irene	37:19 (6k)			

I competed in four events on the track (400 m, 800 m, 1500m and 2000 m steeplechase) and the 4 x 400 relay on the final afternoon, resulting in silver medals for the steeple and the relay.

Next year, Mackay will host the Oceania Region Championships in September.

The next World Masters Athletics Championships will be held in Toronto, Canada, in 2020.





MEMBER PROFILE

Name: Wendy Crompton

Age: 59

Occupation: Admin Manager

How and when did you start running?:

One of the instructors at the gym I was a member at convinced us to run the Bridge to Brisbane in 2006 (I think). My thoughts were that this would be a one-off thing, however when parkrun commenced in New Farm in 2011, running became a little more regular.

Most Memorable Running Moments:

Completing my first marathon with the support of family and friends at the Gold Coast is a big one and running City to Surf and the Blackmores Half in Sydney (I wasn't a runner when I lived there, so these were both pretty special).

Favourite Running Distance and PB:

After participating in a couple of longer distance events I have found I really enjoy 10k's. 57:58 is the best I have done in this distance.

Running Goals:

I hope that I still have a couple of marathons left in me and hope to complete at least one interstate and one overseas.

Favourite Runs:

Jetty to Jetty and the new Greater Springfield Fun Run.

Favourite Running Partners/Group:

I would never have started without having the encouragement of the most patient running partner, Rhondra Wetton, and joining intraining was one of the best moves ever to continuing.

Who is your running idol?:

Rob de Castella

Favourite Sportsperson/s:

Kurt Fearnley, he can do no wrong in my eyes, a gentleman and beautiful human being.

Favourite Shoe Brand: Asics.

Favourite Food: Thai.

Favourite Drink: I've always said "there is no such thing as a bad red"

Favourite Movie: Amelie, a quirky French movie, I suppose it's classed as a romantic comedy

Favourite Music: Queen

Star Sign: Gemini

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

That bikes, runners, pedestrians and cars somehow learn to co-exist. Too much to ask for?

3 x 4.5k Relay Event. 21st October, 2018

By Betty Menzies

The word is definitely out now! Relays are a lot of fun. Some wonderful feedback received from so many of this year's relay participants is a great incentive for us to make this event even bigger and better next year.

There were 19 teams (3 runners in each team) this year, up from 9 teams in 2017. As per last year, the entire race was conducted on the footpaths and grassy areas of Orleigh Park.

runners put their hearts and souls into running their best time possible "for the team" and not for any personal kudos. They epitomise the unselfishness of our elite BRRC runners who can forego a training run to participate for our collective enjoyment. From the start of the relay to when the final runner crossed the finish line, everybody stayed to offer encouragement and support for fellow team members. New friendships were forged when runners were



Check out the determination on the faces of the participants at the start of the first leg – Jayden Lyttle (Team A) and Adrian Royce (Team B) in particular.

The start/finish area was situated behind the South Brisbane Sailing Club and the early-morning rowers on the Brisbane River became part of the audience as the noise from our team supporters drifted over the water and away from our sleeping neighbours.

The competition was fierce, with the winning team finishing just three seconds ahead of the second-place team

That's a heart-warming sight for the slower runners who were given the best possible chance to be part of a winning team. The faster

thrown together in teams with others who'd previously only been fleetingly seen out on the BRRC course as they flashed by.

Once again this year's teams were made up of one faster runner, one medium runner, and one slower runner, the aim being for the final runners of each team to all finish within a few minutes of each other. The method of putting together the teams of three contains a certain element of randomness, which means that every runner who comes to this event has the same random chance of being on the winning team.



First team across the line: 1hr 1min 23 secs
Paul Murphy, Adrian Royce, Tom McNicol



The Lyttle boys jumping for joy!



2nd team: 1hr 1min 26 secs
Jayden Lyttle, Brian McCarthy, Greg Bryson



Three bottles of wine were presented to the team who came in 19th: Keith Stewart, Ruth Peacock, Belinda Todd

We have bigger and better plans for this event next year. We'll be engaging a couple of our BRRC statistical Whiz Kids to see who can come up with the best way of putting participants into more equally matched teams of three. Another change is likely to involve participants giving us a predicted 5k time, rather than a predicted 10k time as has been used in the past. Almost everyone participates in a 5k parkrun, whereas predicting a 10k time can prove elusive for some of the less experienced runners.

If you didn't make it along this year, put it in your 2019 running calendar for a chance to have as much fun as this year's 57 participants did, AND you might win some great prizes!



Marty Kelly ran the 3rd fastest 4.5km in 17:04

Running a Tactical Race

By I M A Pacer

Recently I had the opportunity of helping out a fellow runner who wanted to achieve a certain time in a certain event. Knowing that I can maintain a steady stride over this distance he sought my assistance in setting a pace for him during this 10km race so he could try to achieve this time goal for himself.

Now this runner is capable of running this set goal as well as covering the set distance so overall in the scheme of things it was like he was asking "now just be a good chap and run with me and we'll both get our goals in the end – How about it!" How could one refuse those sad droopy eyes of a fellow competitor?!!

The main issue that we have to deal with is age. When one is "Over the Hill" so to speak or in other cases, those "Over the Mountaintop", one is lowering the distance to be travelled whilst slowing down on the timing gap that one can or might be able to achieve. This happens to all of us at some point in time in our lives – some can deal with it a little better or a little longer than others and in this case I know what this runner is capable of hence I wasn't overly concern with his ability in achieving his set goals.

The weather was fine, a bit cool, but sunny for the event. The timing though was a little later than I personally would have liked – (start 9.00am) but as one might say – I just have to suck it up and to get over it.

We got to the starting blocks where he wanted to be (not my ideal – right at the front starting gates – but hey it was his event after all). The gun goes off and so do we. Now a front row start like this is always very tricky. One really has to contain oneself from the adrenaline rush of going too fast too soon – the runners – pulling you – shoving you – forever moving you faster forward.

Our first 2 kms were in fact showing us travelling too fast and it started to show in our

pacing mode. Our fellow runner was slowing down to get his breathing ability back on schedule – and at his age, it was indeed very important for him to at least be able to breathe – a big bonus for me, and thus Plan A went out for a DNF.

When planning for a tactical event such as pacing, the lead runner/pacer must always have several plans, alternatives to pick from in order to achieve the ultimate goal. In this event, it was no different. Plan A was to go a bit hard for the 1st km just to clear out the nerves and to get a clean get away from the crowds behind us.

The 2nd km onwards would be more conservative and run at our designated pace for the remainder of the event with perhaps a sprint near the finish thus ensuring the required result – scrap Plan A after 2kms.

It's easier at this point in time to go straight to Plan C. Plan C was to scrap Plan A and B and now just forget about a time and just enjoy the event – (even if it meant walk/run). Plan C was to finish no matter the consequence during the run. Tick it off as another event being successfully finished, and then move on to set another event and another goal.

Step back to Plan B. In Plan B the goal is still achievable but one now throws the tactical cards into the event. There are several ways that I use these ideas with people that I run with and that other coaches and or fellow runners use on me. It's like playing a game with your fellow runners. The ideas can be very subtle ? if they can be noticeable - For example:

I have my runner feeling the fast pacing that we had for the 1st 2 kms – so I slow our running down just enough for him to catch his breath and get his breathing back into a rhythm all the time just staying a few paces ahead of him so he is still chasing you. On various occasions I

would let him catch up to me and we would run together – side by side. This builds confidence in his ability to stay with me. This is the part that I like because I can toy with him. He's in my hands and I play the game with him. He's either trying to catch me or tries to stay with me (because he thinks he's sooo cool – look at me, I'm keeping up with such and such!!) – This tactic may / may not be noticeable to the runner but is very effective in maintaining an even pace without him putting in too much extra effort (and yes it does make him look good – just look at the club photos!!)

As one can see, the pace has slowed down but really only by a fraction but has not altogether hindered the end timing result that we are looking for. We travel like this for about the next 2 kms.

Past the halfway mark he indicates that he is still not feeling the best so we again change tactics. I now run beside him but want him to run in my footsteps i.e. my right foot down, his right foot down – both pacing the pavement as the same time – now for that very subtle tactical difference – (he has no idea that I'm still playing with him !! – poor soul). The length of

my stride has increased if only by about 20mm – 50mm – not much in the stride of things but it can make a bit of a difference in the overall scheme of the timing to be achieved.

We run like this for the next 3 kms. I have a very heavy footstep (I have been told that I sound like of a herd of elephants stomping down the bitumen – runners can tell when I'm behind them!!) so it is easy for him to maintain the steps that we are running in.

By the time the 9 km marker is past, we are running at a comfortable pace and a realisation that our goal is still achievable. With less than 500 metres to go, the crowd is starting to thicken and applauding his efforts so he finally pricks back his ears and starts to sprint towards that finishing chute.

After finishing, the realisation that he indeed achieved his goal was very satisfying to the both of us. Given the various circumstances and situations occurring out on the course, it was the various tactics and techniques that were employed along the way that gave us the edge in helping to achieve a fellow runner's goal.



Results of 2018 BRRC Championship Series

By Bruce Smerdon

Overall Club Champions



Overall Female Club Champion

Kerri Hodge



Overall Male Club Champion

Clay Dawson (sixth year in a row)

Age Group Champions

FEMALE

Age Category	Name
25 - 29	Anna Mayr
30 - 34	Carolyn Hughson
35 - 39	Elizabeth O'Neil
40 - 44	Kerri Hodge
45 - 49	Peta Dunne
50 - 54	Lesleigh Hinterreiter
55 - 59	Louisa Abram
60 - 64	Jenny Downie
65 - 69	Helen Banks
70 - 74	Irene Davey

MALE

Age Category	Name
0 - 19	Ben Hinterreiter
25 - 29	Aaron Breed
35 - 39	Clay Dawson
40 - 44	Derrick Leahy
45 - 49	Adrian Royce
50 - 54	Shane George
55 - 59	Greg Coulter
60 - 64	John Shaw
65 - 69	John Harris
70 - 74	John Sheer
75 - 79	Harold Haldane
80 - 84	Colin Woods

Consistency Champions – “The Commitments”

Congratulations to the 32 members who completed all seven championship events in 2018 and earned the fabled Brisbane Road Runners Club towel – Helen Banks, Anja Bion, Jenny Cawood, Wendy Crompton, Katrina Crook, Gina de la Cruz, Deborah Davis, Jenny Deag, Peta Dunne, Julie Hill-Webber, Kerri Hodge, Carolyn Hughson, Anita Jarvis, Virginia Neil, Tim Appleton, Kevin Barratt, James Bell, Jim Buchanan, Greg Campbell, Jason Cox, Richard Knevt, Darren Manson, Andrew Marrington, Garry Page, Graham Robertson, Adrian Royce, John Sheer, Bruce Smerdon, William Towner, Ron Vines, Stephen Walmsley, Colin Woods



BRRC Course map

WEST END

BRRC club-house
South Brisbane Sailing Club

Start/Finish

1k

2k

3k

4k

5k

Orleigh Park

Davies Park

Streets: Coronation Drive, Brisbane River, Riverside Drive, Montague Rd, Vulture St, Skinner St, Victoria St, Harriett St, Kirulpa St, Beesley St, Jane St, Musgrave St, Anthony St, Donkin St, Cordelia St, Boundary St, Merivale St, Peel St, Bouquet St, Mollison St, Drake St, Gray Rd, Cordeaux St, Orleigh St, Drury St, Hill End Tce, Ferry Rd, Forbes St.

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CALENDAR of EVENTS 2019

Date	EVENT	Start
6 Jan	5k Predictor & 10k Predictor "No Watches"	6am
20 Jan	5k, 10k & 15k	6am
3 Feb	5k, 10k & 15k "Bring A Friend"	6am
17 Feb	5 mile Club Championship & 5k, 10k	6am
3 Mar	4k, 12k & 20k "Riverbank Run"	6am
17 Mar	5k, 10k, 20k & 25k	6am
31 Mar	15k Club Championship 5k, 10k & 20k	6am
14 Apr	5k, 10k, 15k & 20k	6am
28 Apr	5k, 10k, 20k & 25k	6am
12 May	4k, 12k & 20k "Riverbank Run"	6am
26 May	21.1k Club Championship & 5k, 10k	6am
9 Jun	5k, 10k, 15k, 20k, 25k & 30k	6am
23 Jun	10k Club Championship, 5k & QMA 10k Championship	6am
14 Jul	5k, 10k & 15k	6am
28 Jul	20k Club Championship & 5k, 10k	6am
11 Aug	5k, 10k & 15k	6am
25 Aug	5k, 10k & 15k	6am
8 Sep	5k, 10k, 15k & 20k	6am
22 Sep	10 mile Club Championship (Robin Flower Memorial) & 5k, 10k	6am
6 Oct	3 Person X 4.5k Relay	6am
20 Oct	5k, 10k & 15k	6am
3 Nov	5k & 10k Novice	6am
17 Nov	5k Club Championship & 10k	6am
1 Dec	5k & 10k Handicap "No Watches" & AGM	6am
15 Dec	Dash & Splash, Yeronga Pool	7am
5 Jan	5k Predictor & 10k Predictor "No Watches"	6am

