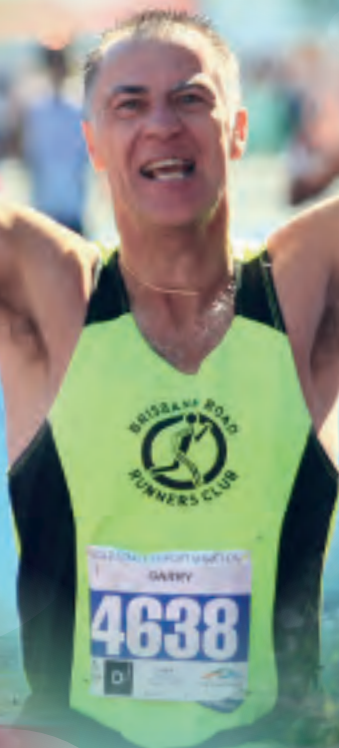




BRRC

Spring 2015



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

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

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

BRRC Website

www.brisbaneroadrunners.org

Email: run@brisbaneroadrunners.org

Pictorial, illustrative or editorial contributions sent by Email or disk are 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.

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FROM THE EDITOR...

By Robert Lofthouse



Welcome to the Spring edition of the BRRC Magazine!

It's been a busy couple of months with both the Gold Coast and Brisbane Marathons on many peoples race calendars.

This edition contains a good variety of reports from the Gold Coast Marathon with first timer Alanna Gibson and experienced campaigner Adrian Royce giving us an insight into how he broke the three hour barrier for the first time.

John Shaw, one of Australia's best in the men's 60 years and over category ran an outstanding race, also at the Gold Coast and has been good enough to send in a report! As well, there is an excellent report from Paul Brelsford on the City 2 Surf run in Sydney which attracted nearly 80,000 entrants. Paul usually does this event with his son Thomas but this year Thomas did not run, so Paul has kindly taken up the mantle and written a vivid account of his weekend in Sydney.

Michael Woods (son of Colin) has written a great story on running with his Dad Colin who is one of Australia's best in his Age Group and a member of BRRC.

The club members profiles are also another popular feature and this edition includes three of our current members. I'm sure that you will enjoy some of their responses to questions posed in the profiles and also have a little chuckle at some of their answers!

Also, I would like to thank all our club sponsors including IN TRAINING (Steve and Margot Manning), THE RUN INN (Phil Hungerford), NRCHI (Greg Beerling) and SKIRT SPORTS who sponsored one of our events in May. Please support these great sponsors whenever you can.

Now that we are well into September, the BRRC Club Championship series takes on a renewed focus with the last two races still to be held. Who will be crowned Club Champions and Age Group Champions this year? I hope to see a big turnout for the 15km Champs in late September and the 5km event in early December.

Good luck to all members doing the Sydney or Melbourne marathons or any major event overseasdon't forget to send me an email if you have a story to tell about your latest adventure or if you would like to complete a profile for the December edition.

Remember.....No matter how fast or slow you are, by putting pen to paper your story is sure to inspire others out there. Enjoy your training and make sure to include BRRC events in your schedule for the rest of the year.

Enjoy the read!

Robert Lofthouse (Editor)

rob.lofthouse@optusnet.com.au



2015 Annual General Meeting

Following the 2k, 5k and 10k races to be held on Sunday 8th November, the Club's Annual General Meeting will take place in the South Brisbane Sailing Club hall. There will be a guest speaker and we anticipate the meeting will commence around 8.00am. Food will be provided and all members are encouraged to attend to learn more about how BRRC operates and how it continues to thrive. A notice regarding the AGM appears later in this magazine.

Committee Nominations for 2016

As we do at this time every year, we call on all members to consider nominating for a committee position. Without a committee the Club does not function and all members benefit from the fresh ideas which are introduced by new committee members. We all just want to come to BRRC and run, but the personal enjoyment and satisfaction to be gained in "giving back" to a volunteer Club such as BRRC is surprising. Serving on the committee is fun, non-demanding and won't take up much of your time. Please contact any of the current committee for more information.

Technology Sub-Committee

Also on the same theme of "giving back" and assisting BRRC with particular skills you may possess, we are endeavouring to put together a BRRC technology team of current members. The technology sub-committee's role would be to examine technical aspects of the Club such as the electronic timing system and the website, and then make recommendations to the main committee. The recent hacking of our website has made it clear to us that we need a group of members that we can turn to for assistance in such instances.

We already have the beginnings of a technology sub-committee in the form of a group of members who have volunteered to manage our electronic timing system. These members work on a rotating roster and they are the ones that are largely responsible for your results magically appearing on the website on Sunday afternoons.

We are now looking for members with website skills to complete our technology sub-committee. Ideally, these members would have a general knowledge of WordPress and the ability to change / update website files, as well as to oversee general checks required regarding security and maintenance.

If you have the appropriate skills and an interest in becoming more involved in this aspect of the Club, please email me at president@brisbaneroadrunners.org or phone Betty Menzies on 0423 972 523 for more information.

Russell Wilson

President





Name: Garry Page

Age: A young 56

Occupation: Chief Operating Officer, Access Community Services, a Not For Profit predominantly working with asylum seekers and refugees, we also have multiple social businesses.

How and when did you start running:

Saw a story for the city to surf, thought I could do that, the next week I ran around the block for about half an hour and was still standing, ran my first city to surf at the age of 39, my first fun run.

Most memorable running moments: My first half marathon at the Gold Coast, such a wonderful feeling of achievement and satisfaction, to run and enjoy the moment, other runners and the amazing scenery was so fantastic. In 2012 I ran the marathon at the Gold Coast, again a huge feeling of achievement and as a runner great to have conquered the full marathon.

Your most memorable sporting achievement? Open School swimming champion.

Favourite runs: Gold Coast is always special, just finished my thirteenth half this year. I also challenge myself to complete all BRRC club championships and have completed all our championship runs in the last two years and this year to date – never know there might be some sort of record developed here!

Favourite Running Distance and PB: The half marathon does it for me, currently

completing around six halves per year, just under 1 hour fifty is my best though just finishing is my reward.

Who is your running idol? Robert De Castella – great role model and wonderful to see his involvement with Aboriginal and Torres Strait Islander communities. I also have idols in those runners who do not look fit and are very challenged physically and mentally to finish runs, they are the hero's, not those who are fit and well enough to take it all in their stride – take the time to marvel at what they achieve and give them the encouragement they deserve – far more inspirational than most of us!

Favourite Sports Persons: Steven Bradbury – the last man standing who won Australia's first ever Winter Olympic gold medal, just goes to show if you have a go and the planets align anything is possible.

Running Goals: To keep running half marathons till 91 years of age. I also have a great track record in BRRC championship runs, I average a bronze result every four years – that is three so far. When I am running in club championships in years to come a silver medal would be great.

What is the craziest sporting event you have been involved in? Speed skating when I was younger, great buzz and exhilarating however watch the tumbles, they hurt.

Favourite Foods: Thai, lasagne and pasta do well for me.

Favourite Movies: The Lady in Red, also mindless action movies to get away from it all.

Favourite Drink: Good quality wine.

Shoe Brand: Asics Gel Kayano

Favourite Running Partners/Group:
BRRC – what else!

Star sign: Have I got one?

Favourite Music: I love all sorts of music, great escapism and love seeing live music concerts.

If you had one wish in life it would be?

To remain as proud as I am of my three children and wonderful wife who care so much about a just, inclusive and sustainable world, they give and share so much that inspires me, if I can continue to live vicariously watching their achievements I will stay happy. We are the change we want to be and I know they and we can continue to make positive impacts upon this challenged world.



Garry Page

NOTICE

ANNUAL GENERAL MEETING

The Club's annual general meeting (AGM) will be held on Sunday 8th November 2015 at the South Brisbane Sailing Club directly after the 2k, 5k and 10k Novice events. We anticipate the AGM will commence as close as possible to 8am.

Under the terms of the Club constitution, the annual general meeting must conduct the following business:

1. Receive apologies;
2. Confirm the minutes of the previous annual general meeting and any intervening general meeting;
3. Receive the President's report;
4. Receive the Treasurer's statements, duly audited;
5. Elect members of the committee;
6. Transact any business of which at least twenty one (21) days' notice in writing has been given to the Secretary;
7. Transact any other business of which notice has been given in the notice convening the meeting.

The 2016 committee will be elected at the AGM. Nominations are called for all positions:

- President
- Vice President
- Secretary
- Treasurer
- Committee members (up to but not exceeding 8)

Nominations must be on an approved form, must be signed by the proposer, a seconder and the nominee. The completed form must be received by the Secretary by Sunday 18th October 2015.

Nomination forms are available under "Forms" in the members' only section of the Club website or can be obtained through the Secretary. If you or someone you know is interested in being on the 2016 committee, please contact any member of the current committee or email:

secretary@brisbaneroadrunners.org



CITY TO SOUTH: 14km and 5km **14th June 2015 (5928 entrants)**

This was the third annual staging of this race in Brisbane and a good opportunity for runners to actually run on Coronation Drive and not the usual concrete path trek out to the University of Queensland.

The race starts on George Street outside the Botanic Gardens and heads over the Victoria Bridge before turning on to the Go Between Bridge and then left on to Coronation Drive. The section on Coronation Drive is flat and a good opportunity to settle into a good rhythm after negotiating the earlier turns and Bridges in the first couple of kilometres.

After passing the Toowong Shopping Village, the course has a left turn on to Fred Schonell Drive and out to the University. The 10km mark of the race appears on the Green Bridge but Brisbane's version of Sydney's Heartbreak Hill serves as a reminder to all runners that the course is not totally flat. The hill commences just after you turn left off the Green Bridge. The 11-12km section is the tough one that can knock your km average around but after that it is a virtual downhill sprint to the finish in Musgrave Park, South Brisbane.

The weather on the morning was quite unusual for Brisbane in June, with the humidity being fairly high and accompanied by a little drizzle. Plenty of volunteers manning the water stops created a good atmosphere for all the runners.

Defending champion Alastair Stevenson (45.04) won the men's race by nine seconds from leading Ashgrove Rangers runner Daryl Crook, with BRRC's 20km Champion Patrick Nispel running a strong race to finish third. Renowned Australian Triathlon star Courtney Atkinson showed that his running is still of the highest quality finishing fourth. BRRC's Clay Dawson backed up from his win at the Queensland Half Marathon by finishing fifth.

In the ladies race, Cassie Fien made amends for her narrow loss to Clare Geraghty in 2014 by dominating the race from beginning to end. She

finished in the time of 47.16 enabling her to win by over three minutes from Tara Gorman and Kylie Simpson. Special mention to three of BRRC's top female runners, Kerri Hodge, Margot Manning and Clare Williams who all finished in the top ten.

The 14km event attracted a field of 4,720 while the 5km event saw nearly 1,200 runners take part.

City 2 South: Men/Women Results 14km:

1 – Alastair Stevenson	45.04
1 – Cassie Fien	47.16
2 – Daryl Crook	45.13
2 – Tara Gorman	50.52
3 – Patrick Nispel (BRRC Member)	45.24
3 – Kylie Simpson	52.00

Leading BRRC Results:

5 – Clay Dawson	46.30
8 – Hamish Hamilton	47.14
Kerri Hodge	55.07 5th Female
Margot Manning	56.34 9th Female
Clare Williams	57.02 10th Female

5km:

1 – Jack Bruce	15.55
1 – Bec Owtttrim	19.29
2 – Grant Williams	17.44
2 – Sara Parkinson	20.15
3 – Nic Stevenson	19.00
3 – Sienna Russell	20.31

SOMERSET RAIL TRAIL RUN: 8.3km and 3km – 12th July 2015

This race is held annually in mid July on a 8.3km gravel/dirt trail which winds its way through part of the Brisbane Valley. The event starts in Fernvale (about 60km west of Brisbane) and finishes at the Lowood State School. The course is a disused Rail corridor and does have some hills but they are not steep and the footing underneath is quite smooth.

This year's event attracted 550 runners for the 8.3km and 150 for the three kilometre run/walk.

In the men's race, BRRC's Clay Dawson won in a

time of 27.59 with Peter Run a minute behind in second place and Andrew O'Brien third.

Tamara Carvolth retained the women's title with a 30.13 effort. Clare Geraghty came in second and Toowoomba's Tressa Lindenberg was third.

Somerset Rail Trail Run: Men/Women

Results: 8.3km:

1 – Clay Dawson (BRRRC Member)	27.59
1 – Tamara Carvolth	30.13
2 – Peter Run	28.58
2 – Clare Geraghty (BRRRC Member)	31.00
3 – Andrew O'Brien	29.37
3 – Tressa Lindenberg	34.30

Leading BRRC Times

Ian Cameron	33.11
Michael Schultz	53.56

JETTY TO JETTY: (Woody Point) 19th July 2015

The event starts and finishes outside the Belvedere Hotel at Woody Point (5km south of Redcliffe) and with four distances on offer: Half Marathon, 10km, 5km and 3km, nearly 4,000 entries were received.

Conditions on the morning were quite pleasant though the wind encountered on the return sections of the Half Marathon and 10km courses slowed the progress of many runners. The event has grown over the decades and now is one of the best known runs in South East Queensland with beautiful views of the water on many parts of the course.

Half Marathon

One of Queensland's best distance runners Jackson Elliott, made the trip up from the Gold Coast and quickly took the lead in the race with the chasing group of five left to battle for second and third.

At the half way point, Jackson had already established a lead of two minutes with leading Queensland over 50 Age Grouper David Sweeney heading a group that included BRRC's Patrick Nispel, Sam Betten, 2014 winner Nick Hull and leading female runner Cassie Fien who had just recorded a 1:11 time at the Gold Coast two weeks earlier.

Around the 12km mark, Patrick, Sam and Cassie made a break on David Sweeney as they battled the wind on the return trip. In the latter stages, Patrick managed to pull away from Sam Betten to take out second place by nine seconds. Jackson Elliott won the race easily, recording an impressive time of 1:09.23 on a course which does contain a couple of hills and a wind in the second half of the race.

In the ladies Half, Cassie Fien won in the outstanding time of 1:13.32 with second placed Kirra Seidel being eight minutes behind after staving off the challenge of Kylie Simpson who crossed the line third.

10 km

The 10km distance proved to be the most popular of the morning with 1,500 runners electing to tackle the course which heads 5km north to the Redcliffe markets before turning back and following the path next to the water and then negotiating a hill just after the 8km mark before a downhill 600 metre sprint to the finish near the Woody Point Jetty. Originally the Jetty to Jetty started as a 10km event but as the race grew in popularity, the Moreton Bay Runners decided to add the Half Marathon to the events program.

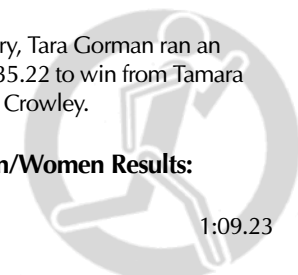
The men's 10km event featured an appearance by leading Australian Triathlete Courtney Atkinson who had a good race up front with eighteen year old Louis McAfee who has just returned from Boise State University in the USA. In the end Louis used all his speed and 'young' legs to draw away from Courtney to take the honours in the time of 31.07 with Courtney crossing the mat seventeen seconds later. Louis was one of the leading runners to come out of Anglican Church Grammar School here in Brisbane and gained a scholarship to Boise in the USA. His mother Janet and father John were members of Brisbane Road Runners during the 1990's.

In the ladies category, Tara Gorman ran an impressive time of 35.22 to win from Tamara Carvolth and Sarah Crowley.

Jetty to Jetty: Men/Women Results: Half Marathon:

1 – Jackson Elliott

1:09.23



1 – Cassie Fien	1:13.32
2- Patrick Nispel (BRRC Member)	1:13.11
2 – Kirra Seide	1:21.33
3 – Sam Betten	1:13.20
3 – Kylie Simpson	1:21.41

10km:

1 – Louis McAfee	31.07
1 – Tara Gorman	35.22
2- Courtney Atkinson	31.24
2 – Tamara Carvolth	36.01
3 – Brandon Copeland	32.52
3 – Sarah Crowley	36.48

Leading BRRC Times:

Clare Geraghty	37.08
Amanda Shipway	43.25
Kerri Duncan	45.52

PARK 2 PARK (Ipswich)

26th July 2015

Events on the morning included the Half Marathon, 10km, 5km Run and 5km walk. There was nearly 1,700 entries received for the various races on the morning and this was the 11th staging of the event which is held in Ipswich's Limestone Park. Clear skies and mild temperatures were the order of the day.

Half Marathon (100 entrants)

The course has plenty of hills and winds its way through both Limestone Park and the neighbouring Queens Park. The Half Marathon course consists of four loops (each of 5km) and a 1.1km loop in central Ipswich. Because of the hilly nature of the course, it's certainly a slower course than either the Gold Coast or Brisbane Half Marathons.

In the men's race, current City to South title holder Alastair Stevenson added another title to his impressive resume by winning in a time of 1:15.22. The second person to cross the finish line was ladies winner, Cassie Fien who was just a minute behind Alastair, recording 1:16.32. This was Cassie's second half marathon win in a week having won the Jetty to Jetty the previous Sunday.

Second and third respectively in the men's category went to Tim Toner and Harley Logan. In the ladies half, Amy Mattiazzi took out second

place with 2014 winner Clare Geraghty (on the comeback trail) crossing in third place.

10 km (253 entrants)

It was great to see Australian running legend Steve Moneghetti and leading BRRC runner Clay Dawson on the start line! Clay had won the 10km in 2014 and it turned out to be an interesting race up front with 'Monners' and Clay quickly clearing away from the rest of the field as they tackled the two loop challenge.

In the end, Steve Moneghetti won in a time of 34.12 but Clay gave it his all finishing just 14 seconds behind in second place. Third placed Baptiste Taffin was four minutes behind after just pipping Chris Bell and BRRC's Ian Cameron who is recording some good times in the men's 60+ Age Category at various events in the last couple of months.

In the ladies 10km, Jillian Peberdy won in 46.35 from Sharyn Wells and Rebecca Ungermann.

5 km

Close finishes were the order of the day with Peter Bracken (17.48) claiming the honours in the men's division by just three seconds from Jack Warner. Clare O'Brien upstaged her well known rival Tamara Carvolth by a similar margin in the ladies race, winning in a time of 18.05.

The 5km run and the walk proved the most popular events of the day with each attracting over 650 entrants.

This event which is always held on the last Sunday in July really highlights the spirit of the Ipswich community with plenty of vocal support at the various water stops by the volunteers.

Park 2 Park: Men/Women Results:

Half Marathon:

1 – Alastair Stevenson	1:15.22
1 – Cassie Fien	1:16.32
Tim Toner	1:18.06
2 – Amy Mattiazzi	1:23.02
3 – Harley Logan	1:21.43
3 – Clare Geraghty (BRRC Member)	1:24.25

Leading BRRC Times:

Steve Whiteman	1:27.14
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Adrian Pearce	1:32.40
Mark Phillips	1:44.23
Karen Wiersma	1:59.35
Garry Page	2:15.34

10km:

1 – Steve Moneghetti	34.12
1 – Jillian Peberdy	46.35
2 – Clay Dawson (BRRC Member)	34.26
2 – Sharyn Wells	47.35
3 – Baptiste Taffin	38.44
3 – Rebecca Ungermann	47.50

Leading BRRC Times:

Mark Sawatzki	51.36
Renae Sawatzki	51.37

5km:

1 – Peter Bracken	17.48
1 – Clare O'Brien	18.05
2 – Jack Warner	17.51
2 – Tamara Carvolth	18.09
3 – Daniel Parnell	18.01
3 – Sophie Follett	19.39

CITY TO SURF (Sydney) 14km

9th August (78,607 entrants)

Course Records:

Steve Moneghetti – 40.03 in 1991

Susie Power – 45.08 in 2001

Queensland's Cassie Fien takes the honours.

On a cool morning with beautiful blue skies, Sydney was abuzz for the 45th edition of Australia's largest Fun Run. A total of over 78,000 entrants took off in various groups, keen to have fun and be part of such an iconic event. Some of the costumes worn were quite bizarre with Clowns, Superheroes and even the Prime Minister Tony Abbott out there soaking up the spirit of the morning.

The men's race proved to be extremely competitive up front with Brisbane's Jonathan Peters stunning the commentators by taking the lead at various stages during the first half of the race. Leading Sydney runner, 26 year old Brad Milosevic took the lead with a kilometre to go and managed to pull away from 20 year old Tasmanian Stewart McSweyn to salute the crowd as the winner with a

eight second margin to Stewart with former English representative Ben Moreau third. Jonathan Peters (who has run at BRRC on occasions) finished fourth and was only five seconds behind Ben Moreau at the finish near Bondi Surf Club.

It was a sweet victory for Brad Milosevic who had finished second in 2014 behind Craig Mottram.

In the ladies race, Australian Marathon representative Jessica Trengrove went into the race as favourite but Queensland's Cassie Fien (on the back of three Half Marathons wins in the preceding three weeks) had other ideas and surprised many pundits with her dominant performance. Cassie ran an outstanding race and recorded a time of 46.32 to win by a minute from former elite surf iron woman competitor Danielle Allen. Jessica Trengrove finished third and was nearly a minute behind Danielle.

At 29 years of age, Cassie wants to compete in the Marathon at the Rio Olympics and as a Fitness Instructor for the Air Force she has the right type of occupation to compliment her running.

Tony Abbott finished the course in around 80 minutes.

City to Surf: Men/Women Results:

1 – Brad Milosevic (NSW)	42.09
1 – Cassandra Fien (QLD)	46.32
2 – Stewart McSweyn (Tasmania)	42.17
2 – Danielle Allen (NSW)	47.32
3 – Ben Moreau (NSW)	42.37
3 – Jessica Trengrove (VICT)	48.25

Leading Queensland Performances:

4 – Jonathan Peters	42.42
18 – Patrick Nispel	45.34
Ray Shanks	49.29
Clare Geraghty	49.57 6th Female
Ron Peters	51.04
Peter Bracken	51.12
Marcel Zevenbergen	53.31
Ex BRRC now living in Canberra	

BRRC club member Michael Schultz achieved the milestone of completing 25 City to Surf events and even though he had to walk some of the hills, still managed to finish in under two hours and enjoy yet again the famous views of Bondi Beach and the picture postcard blue sky.

COLIN WOODS – STILL GOING STRONG!

by Deborah Davis



Happy Birthday Colin Woods, 80 and not slowing down.

It is a big occasion in anyone's life to reach the age of 80 and it is worthy of much celebration. There are not too many 80 year-olds, though, who can claim 2 gold and 4 silver medals, along with 3 Queensland records at the one meet! BRRC is proud to claim Colin Woods as one of our cherished members. Among other things, Colin is a fantastic role model for anyone who is thinking they're getting too old to run.

Amazingly, Colin had already retired when he first took up running. At the age of 68 he went along to Intraining's Wednesday beginners group. This is a testament to the many training groups around that anyone can start at any age. From there, through the expertise of the coaches and encouragement of the other members, Colin found he liked it and started to branch out to other training sessions. Not only did he enjoy it, he found he had an ability for speed.



Colin Woods with his two sons.

Colin started to compete in Masters competition and has featured heavily in the medals and Australia, Oceania and World rankings in a great variety of distances from 100m to 10,000m. His current best rankings are 2nd in the world for 200m (35:18), 400m (1:19.30), 1 mile (7:32.10) and 5000m (26:53.95). In the 5000m he is ranked No.1

in Australia. Colin even improved on some of these times at the recent Masters National Titles in Sydney (see article on page 5 of Winter 2015 BRRC magazine).

As if this all wasn't enough to rest smugly on his laurels, Colin has become a regular on the podium at the Gold Coast Half Marathon. In the last 5 years he has placed 3rd once, 2nd and first twice each in his age group. One year, after running it at quite a clip and finishing in 1:47.34 he was heard to exclaim "my legs wouldn't slow down!".

It is not only raw talent or luck which keeps Colin performing at this level. He follows a solid weekly training schedule covering different sessions over 6 days. Tuesdays see him completing speed intervals with Emily from Intraining, Thursdays are more of a tempo style run of about 8-9 km, Saturdays are either a Sherwood Forest Runners 4 or 6k road race or a track session with Queensland Masters, you will usually see Colin at the BRRC on Sundays doing various distances. His training is supported by two days at the gym working on strength and flexibility as well as a couple of



Colin Woods

lawn bowls sessions for recovery.

It is with much admiration that BRRC wishes Colin a very happy 80th birthday. We hope to have you setting the standard for us all to aspire to for many years to come.

RUNNING WITH BETTY & BRUCE

by Linda Ditchburn



We step back to Christmas 1993 in New Zealand – the seed was planted. Betty told me that her and Bruce were planning on running their 1st Marathon at the Gold Coast the following July. I started dreaming of this adventure, a holiday at the Gold Coast together with this big run with Betty and Bruce. I was a novice with no running background so off I went and purchased a book on running and started training.

At times the training was mind-bending. Because I had not run before I got the dreaded sore knees and was told to run on softer surfaces so I ran off road and on the track. I did some of my longer runs around a 400 metre track, around and around. It was at this track that I was introduced to the Lyndale Running Club and they took me under their wing.

July 1994 came around and the three of us were as ready as we could be to take on the Marathon distance. Betty had calculated the amount of carbs and hydration that we all needed 3 days prior and so we began our pre-race carbo loading. By the time we stood on the start line on the morning of the marathon we all felt so heavy! I don't know whether this really worked, but none of us hit the dreaded wall and we all made it to the finish line in very respectable times. Myself in 3:26:05, Bruce in 3:31:02 and Betty in 3:32:35 (an incredible 4th place in her age group). The run itself was a very special one. I had never been part of such a huge event and it felt like I was on a movie set, running along the beach front, helicopters buzzing and the cheering crowd.

Now I am back here to make history with Betty and Bruce. This time not to run the Marathon but the 10km event. We are celebrating 21 years of running together. The competitiveness still thrives and I always like to beat Bruce. We have been bantering backwards and forwards through emails. I haven't run for a year or so, but put on my running shoes 7 weeks ago and

began training 3 times a week. It was very hard some nights heading out in the rain and cold, but I pushed myself out there so I could once again line up with these 2 very special people.

We ended up finishing in the same order as 1993 – I crossed the line first, then Bruce and then Betty (with a 1st this time in her age group).

Bruce you should have trained harder! In fact if anyone knows Bruce, he doesn't like to push himself too hard and enjoys the antics more than anything. But this is what running is about. The fun of it, the competitiveness, the people you meet, the places you go – the running family. And a very special thanks to my running family I can still put on my running shoes and be part of it.



BRISBANE ROAD RUNNERS RACE REPORT

By Robert Lofthouse



June 7th – 20km CLUB CHAMPS/35km/15km/10km/5km (223 finishers)

Kerri Hodge and Patrick Nispel win 20km BRRC Championship!

Six age group records broken!

With five distances on offer (including the 20km Club Championship) there was plenty of incentive for a big turnout and club officials would have been happy to see over 200 runners in attendance. Weather conditions were good and some fast times were in order.

20km CHAMPS:

The men's 20km race was dominated by **PATRICK NISPEL** who recorded a time of **1:12.29** for the four lap course. Second place went to John Shaw who is in the 60-64 Age Group. John has been in great form over the last two years and his times have certainly been a great talking point of many BRRC members. John finished in a time of 1:17.24 with Peter Andersen third and Nicholas Horn fourth.

Current women's Club Champion **KERRI HODGE (1:22.25)** continued on her winning way with a five minute margin over Deanne Wooden and Nicole Adams.

One of the pleasing things to come out of the 20km Champs was that six age group records were broken. Congratulations to Patrick Nispel, Nicholas Horn, John Shaw in the men's event and Kerri Hodge, Laura Daly and Theresa Fabian who all broke existing times in their respective age groups.

35km:

With the Gold Coast Marathon only four weeks away it was good to see nearly 60 runners complete the longest BRRC race of the year. The gruelling seven laps of the West End course. The men's race saw **TIM TONER** and Ralf Hamann leading at the 20km mark in a time of 1:18.16

but Tim was able to pull away in the 5th lap and continued on to record a winning time of **2:20.50**. Ralf ended up second in just over 2:22 with Ray Crilly putting in a strong performance to take third. This was Tim's first BRRC event with Tim being best known in the running community for his performances in the Jetty to Jetty Half Marathon in recent years. He has won the event a few times and always finishes in the top three at the well known Redcliffe event.

In the ladies event it was a battle up front between **EMMA COWENS** and Parmy Atcheson, who were together at the 30km mark, but Emma ran an impressive 24 minute last lap to end up with a six minute winning margin over the tiring Parmy. Emma's winning time was **3:09.11**. Susan McGee was third.

15km:

In the men's three lap event, **NICK MANSFIELD (59.47)** was the only runner to break the 60 minute barrier winning by over two minutes from Ben Stute and Adrian Wells who has been a staunch BRRC runner for many years. **STACEY DAVIS** was a big winner in the ladies division with a time of **1:09.38**. Elyse Little and Sylvia Vos were second and third respectively.

10km:

The 10km event had the closest finish of the day with **OSMAN SALEH (36.14)** and Craig Fitzsimon staging a good battle before Osman surged to the finish mat just four seconds ahead of Craig. Osman is originally from Eritrea and has been living in Brisbane for over four years and has been running Cross Country with the well renowned Ashgrove Rangers Athletics Club. Johan Malherbe also ran strongly to finish third and managing to dip under 38 minutes for the two lap journey.

PETA DUNNE won the ladies 10km in a time of **47.17** with Michelle Kunde second and Robyn Hamilton passing Natalie Myatt in the last two kilometres to take out third place.

5km:

The 5km event saw the fastest time of the event being recorded by ladies winner **KAILEY WILTON** who beat the men's winner **BEN CAMPBELL** by 10 seconds. Kailey won in a time of **20.03** with Kate Riethmuller second and Betty Menzies third..

Ben Campbell crossed the mat in 20.13 to take out the men's division by over two minutes from Brian Pascoe and Oliver Kendall.

A special mention to Bruce Smerdon who was Race Director on a busy Championship morning and also thanks to In Training for being event sponsor. Their presence at all BRRC events has certainly swelled the attendance figures in 2015.

June 21st – 10km CLUB CHAMPS/5km (211 finishers)

Clay Dawson and Brittany Zandler win 10km Club Champs

The 10km Champs attracted a field of 197 runners, one of the largest fields for a single BRRC race in a long time!

Mild conditions for mid June made it even more enjoyable for runners in the last BRRC event before the Gold Coast Marathon weekend. There was also a 5km event as well but only a small field of 14 runners took part in the one lap race.

10km CHAMPS:

Reigning BRRC Club Champion **CLAY DAWSON** lead the field at the 5km mark with a time of 16.31. In Training's Hamish Hamilton was second at this stage but Clay's lead margin of 20 seconds looked comfortable and it would take a big effort from any of the chasing runners to pull back any of that margin in the second lap. Third place was shaping up as an intriguing battle with a group of five (Osman Saleh, Danny McDonald, Ralf Hamann, Andrew Fuller and Elliot Carr) together at the halfway point.

As the race reached its final stages, **CLAY DAWSON** continued to build his lead on Hamish and eventually crossed the finish mat in a very respectable time of **33.24** to claim the

men's 10km title. Hamish claimed second place in 34.46 while the battle for third went right to the wire with Andrew Fuller staving off the challenge of Ralf Hamann by just one second. Special mention to Nicholas Horn who was actually the third BRRC member to cross the finish mat in the Championship, as both Andrew Fuller and Ralf Hamann are not BRRC members at present.

In her first year out of school, former Queensland Schools Cross Country representative **BRITTANY ZENDLER**, used her speed to good advantage taking the women's field through the 5km point in 18.36. At this stage, Brittany's lead was 30 seconds with Margot Manning and Kerri Hodge together (and duelling for second place) as they went into the final five kilometres. Brittany slowed a little in the last few kilometres but still won the race in a time of **37.54**. Margot Manning maintained her pace throughout the second half of the race and was able to build a comfortable margin over Kerri in the final three kilometres to claim second place in 38.16. Kerri Hodge ended up third with a margin of nearly 30 seconds to the fourth placed Solveig Litchfield.

5km:

Only a small field for this event with **ADRIAN ROYCE (18.33)** winning the men's race and **ZOE MANNING** dominating the ladies race to claim the honours in **19.43**.

After recording a 3:04 effort at the Canberra Marathon back in April, Adrian is hoping to dip under the magical three hour barrier at the Gold Coast.

Special thanks to race director **ANDREW LEGGETT** and his crew who did a great job on the morning ensuring that everything ran like clockwork. **IN TRAINING** were once again the Race day sponsor with many of their members being to the fore in the results.

July 12th – 15km/10km/5km (87 finishers)

Post Gold Coast Marathon and noticeably the crowds were down.

15km:

Justin Voss and Nicholas Horn lead the field at the 5km mark but Justin stamped his authority on the race during the second lap and at the 10km mark held a margin of well over a minute. Nicholas picked up some ground on Justin in the third lap but **JUSTIN VOSS** crossed the mat in a time of **56.02** to earn him a 45 second win over Nicholas. Ray Crilly was third.

In the ladies 15km, **CLARE WILLIAMS** established a three minute lead in the first five kilometres, before going on to record a winning time of **1:03.09**. Kaitlyn Price ended up in second place with Clare White third.

10km:

The men's 10km proved to be quite competitive at the front with Elliot Carr and Miguel Saavedra going through the 5km mark together in 18.13. **MIGUEL SAAVEDRA** picked up the pace in the second lap to come home the winner in a time of **36.03**. Elliot still managed to run an 18.13 in the second lap to finish 23 seconds in arrears. Jay Gartner finished third after holding off the challenge of Matthew Battams who was only six seconds behind at the halfway point.

Well performed Ironman Triathlon competitor **SHANNON PROFFIT** made a strong return to West End winning the 10km in **43.00**. Michelle Anderson was second with Rachael McKinney third.

5km:

Only a small field of 19 runners in the one lap event with **INDIANA VOSS (22.05)** winning the ladies division from Theresa Fabian and Brooke Manning.

In the men's event, **SEAN RYAN** was too quick for his younger rivals winning in a time of **22.34** from Michael Fennon and David Bond.

Thanks to Race Director **PAM GODDARD** and her volunteers who did their usual excellent job on the morning and also to the Event Sponsor, **GREG BEERLING** from **NRCHI**.

July 26th – 15km/10km/5km

(128 finishers)

Conditions were unusually warm for late July and it was good to see that a few more club members were back after their post Gold Coast recovery period. It was a busy Sunday on the Race Calendar with Park to Park, The Brook Fun Run and the Royal Brisbane Hospital run attracting some of the running population.

15km:

After finally going sub three hours at the Gold Coast Marathon, **ADRIAN ROYCE** showed little signs of fatigue as he maintained a sub four minute km pace on his way to winning this event in **59.44**. Second placed Masa Atsumi also put in a good performance to finish around a minute behind Adrian, while the battle for third saw Stephen Foster hold off the challenge of Simon Black.

No surprises in the ladies division with 2014 BRRC Champion **KERRI HODGE** looking comfortable throughout the race to take the honours in **1:08.07**. Newcomer Emma Cowens, kept Kerri in sight for most of the race but could not bridge the 20 second gap at any stage while Elisa Kidston rounded out the top three.

10km:

The two lap event saw **WARWICK BIBLE (36.26)** claim the winner's mug with a two minute margin back to Shane Legge. Andreas Huemer finished third and was delighted to break 40 minutes because it gave him an automatic entry into the sub 40 minute group for Bridge to Brisbane.

After finishing third in the 15km, two weeks earlier at West End, **CLARE WHITE** elected to do the 10km and came away as a convincing winner in a time of **42.31**.

Long time club member Marion Hermitage finished second with Peta Dunne continuing her good West End form to claim third place.

The 10km proved to be the most popular of the morning with 60 runners taking part.

5km:

JACOB WILLEMS (18.28) showed up his older rivals in this race crossing the finish mat over

a minute in front of David Mair with Dave Willems third.

In the ladies 5km, **JENNY DEAG** came away as the winner in **23.47** with Clair Hanratty holding off the challenge of Jeanette O'Keefe by just two seconds to be the runner up.

Thanks to Race Director Tracy Baker and her volunteers who did their usual excellent job on the morning and also to the Event Sponsor, Phil Hungerford from **THE RUN INN**.

August 9th – 5km/10km/5km/2km (117 finishers)

A coolish morning greeted runners and after being issued the usual pre race instructions by Bruce Smerdon it was down to business.

15km

After the first 5km, Nicholas Horn was the race leader with a comfortable 50 second gap back to Leo Altarelli and Ray Crilly who were neck and neck at that stage. In the second lap, Ray and Leo managed to pull back 30 seconds on race leader **NICHOLAS HORN** but in the telling final lap, Nick was able to quicken his pace and in the end crossed the mat in a time of **55.38** with a margin of 40 seconds over second placed Leo Altarelli with Ray about 50 metres in arrears.

In the ladies section, **KERRI HODGE (1:02.49)** made it back to back wins at BRRC finishing almost five minutes in front of new Queensland Cross Country representative Shiloh Watts who was competing in her first BRRC event. Kerri is looking at a big performance at the Sunshine Coast Marathon at the end of August.

Third place went to Laura Daley who ran her third lap nearly two minutes quicker than her previous two. In the process, she was able to pass Fiona Munro at the 12km mark and then pull away to claim third place by nearly a minute from Fiona.

10km:

ROBERT COLLINS was the clear winner in this event recording a time of **36.29** with Adam Reed and William Towner rounding out the top

three. The ladies event was won by Personal Trainer **KATIE DALL** who finished in **44.17** with BRRC regular Kate Riethmuller second and Lisa Bovill third.

5km:

The men's event saw a win to **BRETT SPENCE (21.12)** with Lee Horobin staving off the challenge by Courier Mail journalist Damien Stannard to cross in second place by two seconds.

PETA DUNNE was the stand out in the ladies race equivalent, recording a **23.06** effort to win by over a minute from Justine Bell and Katie Riethmuller.

2km:

NICHOLAS ROSSEL took out the Junior 2km dash in 9.27 after a good battle with Zion Chingwile. Mackenzie Hall was the only girl to enter the race and recorded 13.21.

Special thanks to Race Director Karen Rossel who was ably assisted on the morning by BRRC President Russell Wilson, Bruce Smerdon and Betty Menzies who are always there lending their support in so many ways and also race sponsor Greg Beerling from **NRCHI** – the people to see if you need treatment on injuries or just a massage to loosen up those aching limbs.

August 23rd – ROBIN FLOWER MEMORIAL 10mile CLUB CHAMPS/5mile (159 finishers)

Clay Dawson and Brittany Zendler honour Robin Flower!

10 mile (16.1km)

2014 Male Club Champion **CLAY DAWSON**, continued on his winning way with a dominant showing in the 10 mile championship. Clay finished in a time of **55.54** to once again get his name engraved on the trophy.

Second place went to Nicholas Horn, with 61 year old John Shaw continuing on his great 2015 form to finish only 30 seconds behind Nicholas in third place (You can read John Shaw's Gold Coast Marathon account

elsewhere in this magazine).

The ladies race featured a good battle between current club champion Kerri Hodge and 17 year old Brittany Zendler. At the 6km mark, the pair were together but Brittany used her speed to gain the ascendancy in the second of the 5km loops and at the 11km she held a 40 second advantage. **BRITTANY ZENDLER** steadily increased her lead in the final 5km to record a winning time of **1:04.29**. Kerri finished just over a minute behind in yet another solid performance by her.

Third place proved to be a great battle between long time Triathlon exponents Marion Hermitage and Angela Clarke. Both ladies have represented Australia at World Championships in the multi discipline sport and are very strong runners. At the 6km mark, Angela held a narrow 4 second lead over Marion but when they crossed the mat with 5km to go, Marion was just a second in front. In the final lap Marion was able to forge ahead to claim third place with a

12 second break back to Angela.

5 mile (8.05km)

A good race up front with **ROBERT COLLINS (29.01)** taking the honours by seven seconds over Osman Saleh. Jacob Willems crossed the mat in third place. This was Robert's second win at West End in a fortnight.

The ladies race saw **KAILEY WILTON** leading from beginning to end and winning in **32.58**. Nicole Giles and Jenny Deag rounded out the top three.

Thanks to Race Director Russell Wilson and her team of volunteers who did an excellent job on the morning and also to Event Sponsor **THE RUN INN**.

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.



This Brisbane based marathon club coached by Pat Nispel, international marathon runner and accredited level 2 coach, offers personalised training plans and sessions for anyone aiming to run a full or half marathon anywhere in the world from Gold Coast, Sydney, Melbourne, Berlin, Paris, Chicago, Tokyo to Honolulu.

- Choose your event and 3, 6 or 12 month membership option.
- An online training plan personalised to suit your needs.
- Training sessions, technique clinics, marathon simulation runs & regular feedback by P.A.T.42.2 Running coaching in Brisbane.
- Marathon Information Seminar and running singlet.
- Sport nutrition advice from Dietitian Approved.
- AIS sweat testing and hydration analysis.
- Advice from our experienced Body Leadership physiotherapists.
- Discount for couples and online coaching options available.

MORE INFORMATION AND SIGN UP:
WWW.PATRICKNISPEL.COM/TRAIN/MARATHON-CLUB

A banner for the MARATHON CLUB 2015. The top half of the banner features the text 'MARATHON CLUB 2015' in large, bold, white letters against a dark background. Below the text is a row of various running shoes. At the bottom of the banner are four logos: the P.A.T.42.2 RUNNING logo, a circular logo with a fork and spoon and the text 'DIETITIAN APPROVED', a circular logo with the letters 'BL' and the text 'BODY LEADERSHIP AUSTRALIA', and the text 'BODY LEADERSHIP AUSTRALIA'.

BRRC AT THE GOLD COAST

By Bruce Smerdon



BRRC was well represented at the Gold Coast this year, with over 150 club members competing in either the 2k, 4k, 5.7k, 10k, half-marathon or marathon distances. There were even some who did multiple events, like Mark "Robbo" Robinson who ran the 10k on Saturday in a respectable 42:46 and then backed up the next day to run the half marathon in 1:40:16.

Once again there were some great performances by club members, with many PB's, age group placings and those running their first half or full marathon. There were several individuals who achieved stand-out results, coming first in their age groups in the events they contested - Kerri Hodge (Marathon F40-44), Colin Woods (Half Marathon M80-84), Harold Haldane (10k M70-74), Betty Menzies (10k F70-74), Anne Ryan (10k F55-59), Kailey Wilton (10k F12-14) and Sean Ryan (5.7k M65-69). Adrian Royce deserves a special mention for his impressive marathon time of 2:58:49, the first time he has been under 3 hours. Well done to all those who ran their first half or full marathon – it's always great to see the nervous hyper-activity of the first time marathoners in the BRRC tent just before they leave to go to the starting line. Later in the morning, the same people can be

observed slumped in chairs in a back corner of the tent with a glazed "hit by a truck" expression on their faces. The weird thing is, all they want to talk about is their plans for their next marathon.

Well done also to Club President Russell Wilson and Life Member Bob Miller who both joined the Gold Coast 20 Year Half Marathon Club - these two Club Stalwarts are shown below with their awards.

Times and achievements of BRRC members who competed at the Gold Coast are detailed below – apologies if there are any errors or omissions.



SATURDAY EVENTS

2k

Last Name	First Name	Net Time	Age Category	Age Category Place	Achievements
Chingwile	Zion	9.07	M 7-8	25/228	
Porter	Charlotte	9.28	F 7-8	10/209	Top ten in age group

4k

Last Name	First Name	Net Time	Age Category	Age Category Place	Achievements
Manning	Zoe	15.32	F 13-14	8/43	Top ten in age group
Porter	Sophie	21.52	F 5-10	37/119	

5.7k

Last Name	First Name	Net Time	Age Category	Age Category Place	Achievements
Collins-Woolcock	Roger	38.35	M 45-49	37/70	
Collins-Woolcock	Hannah	33.05	F 5-14	59/262	
Collins-Woolcock	Ebony	38.36	F 5-14	124/262	
Fabian	Theresa	25.03	F 55-59	2/127	2nd in age group
Ryan	Sean	24.43	M 65-69	1/37	1st in age group

10k

Last Name	First Name	Net Time	Age Category	Age Category Place	Achievements
Collins-Woolcock	Joseph	37.45	M 15-17	8/74	Top ten in age group
Daly	Naomi	49.20	F 50-54	9/224	Top ten in age group
Goddard	Pam	55.28	F 55-59	16/133	
Haldane	Harold	44.18	M 70-74	1/16	1st in age category
Leggett	Andrew	58.35	M 50-54	107/173	
Lodge	Richard	48.11	M 65-69	6/44	Top ten in age group
Manning	Brooke	51.32	F 15-17	24/90	
Marshall	Ralph	57.22	M 55-59	66/129	
Marshall	Heather	57.22	F 55-59	25/133	
Menzies	Betty	53.29	F 70-74	1/13	1st in age category
Pointon	Peter	48.46	M 50-54	49/173	
Robinson	Mark	42.46	M 45-49	19/206	
Ryan	Anne	41.26	F 55-59	1/133	1st in age category
Smerdon	Bruce	47.01	M 60-64	5/71	Top ten in age group
Stewart	Madonna	57.50	F 60-64	11/60	
Wilton	Kailey	40.24	F 12-14	1/67	1st in age category

SUNDAY EVENTS**HALF MARATHON**

Last Name	First Name	Net Time	Age Category	Age Category Place	Achievements
Adams	Nicole	1.36.50	F 40-44	21/834	
Alexander	Esther	2.03.02	F 55-59	40/177	
Arora	Atul	1.24.21	M 30-34	44/593	
Asmonti	Luca	1.52.28	M 35-39	347/656	
Baker	Bob	1.40.02	M 50-54	69/389	
Baker	Tracy	1.40.03	F 45-49	24/589	
Banks	Helen	2.19.35	F 60-64	31/71	

Byrne	Penny	2.07.10	F 50-54	130/341	
Campbell	Joel	2.23.23	M 35-39	603/656	
Castillo	Fatima	2.06.07	F 35-39	449/862	
Chappell	Tracey	2.08.43	F 55-59	64/177	
Cheesman	Warren	1.44.58	M 45-49	145/480	
Chingwile	John	2.12.46	M 50-54	305/389	
Collins-Woolcock	Mandy	1.53.18	F 45-49	97/589	
Coulthard	Paul	2.06.12	M 55-59	128/193	
Crompton	Wendy	2.18.32	F 55-59	96/177	
Cutler	Sarah	1.54.24	F 35-39	231/862	
Daly	Laura	1.36.54	F 18-20	8/128	Top ten in age group
Davies	Phil	1.20.34	M 55-59	2/193	2nd in age category
Dempster	John	2.20.25	M 60-64	100/131	
Dunne	Peter	1.40.53	M 50-54	74/389	
Firmeza	Washington	1.34.21	M 35-39	120/656	
Fennelly	Vicki	2.13.44	F 55-59	77/177	
Fennon	Michael	1.53.26	M 50-54	164/389	
Galluzzo	Richard	1.40.05	M 45-49	96/480	
Hall	Steven	1.56.34	M 50-54	193/389	
Hamilton	Hamish	1.13.12	M 18-20	2/102	2nd in age category
Horsten	Matty	2.11.37	M 30-34	499/593	
Huemer	Andreas	1.26.55	M 30-34	55/593	
James	Doug	1.37.38	M 35-39	163/656	
Jarvis	Anita	2.14.39	F 50-54	195/341	
Johnstone	Craig	2.05.36	M 50-54	261/389	
King	Elaina	1.56.40	F 45-49	136/589	
Kirkup	Nick	1.22.23	M 30-34	29/593	
Leung	Clare	1.55.40	F 30-34	203/765	
Lye	Leann	1.42.27	F 50-54	9/341	Top ten in age group
Mackintosh	Vicki	1.41.08	F 45-49	27/589	
Manning	Daniel	1.20.23	M 18-20	5/102	Top ten in age group
Matthews	Kiara	2.13.13	F 25-29	481/765	
McPhee	Elizabeth	2.06.10	F 40-44	397/843	
Miller	Bob	2.07.42	M 60-64	71/131	20th Gold Coast half
Miller	Diana	2.45.50	F 60-64	66/71	
Moore	Louise	1.57.38	F 40-44	228/843	
Moore	Charlie	1.50.28	F 15-17	6/58	Top ten in age group
Morton	Jim	1.36.21	M 40-44	118/671	

Murphy	Lisa	1.57.11	F 45-49	142/589	
Page	Garry	2.06.15	M 55-59	129/193	
Pearce	Adrian	1.28.41	M 45-49	23/480	
Purcell	David	2.07.45	M 60-64	72/131	
Richalot	Jerome	2.04.30	M 45-49	343/480	
Robertson	Graham	1.33.24	M 60-64	3/131	3rd in age category
Robinson	Mark	1.40.16	M 45-49	98/480	
Scanlon	Greg	1.57.19	M 45-49	281/480	
Skerman	Alicia	1.59.55	F 35-39	354/862	
Tessman	Susan	1.56.51	F 50-54	55/341	
Towner	Leandra	1.59.30	F 40-44	264/843	
Towner	William	1.35.41	M 40-44	110/671	
Waretini	Leanne	2.07.13	F 45-49	266/589	
Wetton	Rhondda	2.20.43	F 45-49	418/589	
Whelan	John	1.33.13	M 55-59	10/193	Top ten in age group
Wiersma	Karen	1.48.46	F 45-49	57/589	
Wilson	Russell	2.07.46	M 65-69	32/67	20th Gold Coast half
Wilton	Gaige	1.36.00	M 15-17	11/67	
Winters	James	2.00.08	M 65-69	26/67	
Woods	Colin	1.59.30	M 80-84	1/2	1st in age category

MARATHON

Last Name	First Name	Net Time	Age Category	Age Category Place	Achievements
Archer	Matt	3.01.49	M 40-44	40/700	
Barracrough	Steve	3.05.34	M 45-49	28/492	
Brown	Lucas	3.06.58	M 30-34	54/475	
Caudwell	Ian	4.30.39	M 50-54	240/340	
Cawood	Jenny	4.06.50	F 45-49	71/268	
Chand	Dinesh	3.49.24	M 45-49	169/492	
Crook	Katrina	5.13.52	F 45-49	229/268	
Daly	Gerard	3.15.25	M 50-54	19/340	
Dunne	Peta	3.26.54	F 40-44	14/374	
Evans	Toby	5.01.40	M 30-34	411/475	
Gibson	Alanna	3.45.52	F 30-34	57/321	First Marathon
Gray	Paul	4.21.27	M 45-49	322/492	First Marathon
Hamilton	James	4.32.06	M 45-49	352/492	
Han	Wei-Yin	4.06.34	F 35-39	125/359	
Hodge	Kerri	3.00.46	F 40-44	1/374	1st in age category
Kelly	Sean	4.30.24	M 45-49	347/492	First Marathon

Limbrick	Mark	3.43.29	M 30-34	166/475	
Lodge	Fiona	4.13.01	F 55-59	10/54	Top ten in age group
Lye	Brad	3.16.31	M 50-54	20/340	
McGee	Susan	3.57.41	F 40-44	82/374	
Moller	Mark	4.04.45	M 30-34	263/475	First Marathon
Newman	Paul	3.37.53	M 40-44	186/700	
Peasey	Kathy	4.44.34	F 50-54	83/148	
Phillips	Mark	3.52.41	M 45-49	190/492	
Royce	Adrian	2.58.49	M 45-49	16/492	
Shaw	John	2.48.28	M 60-64	2/94	2nd in age group
Speed	Laura	4.16.32	F 30-34	146/321	
Stark	Trent	3.54.19	M 45-49	198/492	
Symonds	Dan	3.24.24	M 25-29	57/316	
Tynan	Adrian	4.15.18	M 35-39	412/627	First Marathon
Walton	Craig	4.39.52	M 45-49	372/492	
Weeks	Rowena	5.40.49	F 25-29	208/236	
Wood	Neil	3.01.59	M 45-49	21/492	

MY FIRST MARATHON – GOLD COAST 2015

by Alanna Gibson



I'm not sure why I decided to run my first marathon this year. I had run a number of half marathons but until this year had no comprehension of what it would be like to run a further 21.1km immediately after completing the distance, nor had I ever had any desire to find out. Anyway, whether out of boredom or curiosity I began to google for training plans and for "reasons not to run a marathon". The training plans must have appeared achievable at the time, and although off putting I was not deterred by the reasons not to do it. I soon started telling friends and family that I was aiming for the Gold Coast marathon in July and in doing so, I was making it very difficult to pull out for any reason short of serious illness or injury.

I selected a 20 week training plan with a 4 week pre-train program to ease myself into the routine. I found the first couple of weeks of the pre-train program exhausting. I had been running regularly, and usually

included a weekly 15km run in my exercise routine but it took the pre-train program to get used to running 5-6 times a week, consistently covering 45km per week. Pre-training complete though I felt fit and healthy and ready to start building up the distances. My plan included a long run every second week, building about 3km per long run, with a 20km run in the other weeks. Mid week runs ranged from 5km to 16km depending on whether there was a long run scheduled that week or not. Overall, my training went really well, and most importantly I was enjoying it. I was reminded of the "reasons not to run a marathon" when my toe nails starting turning black and dropping off and when I realised I was turning into someone who had nothing to talk about except running. After all, if I wasn't actually running I was organising everything else around being able to fit in my next run.

Training was going great; I was six weeks out, had managed three 30+km runs, and had

just completed the Noosa half in 1:44. Then I began not to feel so good. My approach to illness has always been to “sweat it out” and so I struggled through a few runs but this time it didn’t seem to be working. I had a virus that resulted in me having to take a week off running altogether. I wasn’t too concerned, I knew I had time to get two more long runs in and still have time left to properly taper. Feeling better (or so I had convinced myself) I turned up at BRRC for the 35km race. My heart rate was 30bpm faster than normal for the pace I was running, and I felt so awful that I pulled out after 10km more than a little disheartened. I allowed myself the rest of the day to rest and get better (and spend far too much time on google investigating my unusually high HR) and then got up on the Monday morning and tried again (I was determined). It was in no way enjoyable, and it was very slow, but I managed the 35km – I was back on track.

The last few weeks went as I expected: the nerves and excitement built up, the taper was as hard as I had feared it would be (and probably not quite as tapered as it should have been), and carb loading was a success, (enjoyable even). Everything went smoothly the weekend of the run – a big bowl of pasta, clothes set out, a good night’s sleep and dropped off at the start line in enough time to pop into the BRRC tent and fit in one last bathroom stop.

My goal for finishing was sub 4 hours and I thought there was a chance that I could get down to nearer 3:50. On the day I fell for the rookie mistake of setting out too fast. I felt comfortable, strong even, sitting at 5:10 km’s for the first 20 to 25km’s but slowly deteriorated thereafter. I knew there were gels available at 30km and by then I needed it (and so was checking my watch every minute after 30km wondering where they were – they were closer to 32km). I don’t think I grasped it when people told me that the marathon doesn’t start until you reach 30km but it really was the case – the Southern loop of the marathon was an altogether different run to the shorter (although it didn’t feel like it) Northern loop. I passed the start/finish line going North alongside the 3:45

pace runner so although I knew I had slowed I also knew that with just 12km to go I was still on track for sub 4 hours, and the BRRC cheer squad were there to encourage me to keep it up.

The last 12 km were hard, getting progressively harder as they went. My stubbornness kicked in and kept me going. My body did not want to run another step but I knew that if I stopped and walked that it would be hard, if not impossible, to start running again, and that I would have to do it all over again to prove to myself that I could actually “run” a marathon. I allowed myself to walk only for the length of the water stations and so broke down the distance to the finish line into shorter distances to the next km marker or the next water station, and somehow kept going. By the final two kilometres I was focussed on nothing but crossing the finish line. I was aware of the amazing crowd on the home straight and it definitely kept me going and BRRCs Bruce’s loud and enthusiastic cheering near the finish gave me the final push to “sprint” to the finish. I crossed the finish line at 3:45:51 and once I was able to absorb what I had done I could not have been happier or prouder of my achievement.

It’s amazing what the body can achieve – I was stiff for a few days, and stairs were a struggle, but I was back running short distances by the end of the week. The first thing I said after crossing the line was “never again” but I’d say I’m warming to the idea of doing it over.



Alanna Gibson pre-marathon

RUNNING THE GOLD COAST WITH MY DAD *(A story of inspiration)*

by Michael Woods



I think the last time I was up at 3.30am it was at the end of a long session on the gas rather than getting up to run a half marathon. I've come up to Brisbane from Sydney to run in the Gold Coast Half Marathon with my dad, our third half marathon together after Sydney and Canberra a couple of years earlier. My younger brother, a passport carrying resident of Tasmania, is also in town and will be joining us, a rare conjoining of our orbits that see us in the same place at the same time for the first time in many years. They are both up and buzzing around the house, worried about the office worker type still struggling to emerge. Brother Jonathon is a professional athlete with many Ironman events under his belt from all parts of the globe and this pre-race routine is the domain where he is the master. The night prior he was dealing out the herbal performance pills under the guise of "mineral loading" and I was concerned what impact that was going to have on the back end of my digestive system as the countdown to the race gun drew near. It was a sizable departure from my normal pre-run routine of 4 or 5 schooners and a hamburger the night prior, but I was assured this gear would be of greater assistance. I extracted myself from bed and clambered upstairs to the kitchen. The family hallmarks of focus and determination were already clearly evident in these two men at this insane early hour. Dad was pouring the smoothies and Jon was dealing the "minerals" while mum was packing away the baking for the post-race sugar and fat load. When we got in the car at 4am, I was bloated and rattling around like a gob stopper vending machine resulting in a few windows being wound down between Springwood and Yatala to deal with the fallout and let cool, fresh air in.

We were early enough to get a good park and meet Dads cohort at the Brisbane Road Runners tent with plenty of time to spare for a few nervous wees before the queues set in at the bank of portaloos. I had not met the

members of Dad's running club before and I was grateful for their warmth and hospitality. The thing about my dad is he can default to being a solitary kind of guy, quite comfortable to do his own thing at his own pace, not needing much by way of company of others. Happier in front of the TV or pottering about in the garden than down at the pub indulging in small talk. In this running club, he had fallen in with people he could admire and respect, as his trademark behaviours of persistence, determination and "don't start what you can't finish" were the collective hallmarks of the individuals present. I knew that Dad felt good about this group as they looked up to him for his actions on the track not for reasons of reputation, hierarchy or finance. He enjoyed the equality and support, for being accepted for who he is.

Dad had recently turned 80 and the outpouring of goodwill from the club plus the publicity generated in the local paper and TV had humbled him. This suburban father of five ; grandfather of seven and great-grandfather of three who beat cancer cold a few years back was doing an inspirational job of keeping himself vital and healthy by running a few mornings a week with the Road Runners and slipping in the odd long distance run. He thinks nothing of it. He's found something he loves to do, where the daily challenge of running good times on 80 year old legs keeps him young at heart and mind. People are regularly astounded. Particularly when it is mentioned that he only started running ten years ago. Dare I say he offers hope and something of a road map to the many who plan to live active lives on the other side of three score and ten.

We were ready to start at 5.50, daybreak still a while off. The conditions were perfect – 12 degrees and perfectly still. We worked our way close to the front and laid down our plan for the race – aiming to finish in under two hours; Jon and I to flank Dad on either side to

ensure he wasn't pressured by other runners; Jon on water duty and motivational messages so that all Dad had to do was settle into his preferred pace of 5min 30sec km's and, above all, finish together. Dad did his usual thing of telling us that if we wanted to run ahead and establish our own time then that was fine by him, but that wasn't the point of the three of us doing this together. We shook hands, kept warm and waited along with 9,000 others for the 6am gun. The course was a simple up and back along the Gold Coast Highway with the only undulations the odd speed bump and roundabout. Unlike the carnival atmosphere of the Sydney City to Surf with bands playing and music blaring from the balconies along Rose Bay, this was all business – dark, quiet and plenty of hydration stations. Some local residents were good enough to come out in the cool air of the crepuscular and clap the runners on. The first 10kms were steady, our time was solid and we were on track for a 1:57 finish. Both Jon and Dad were greeted by familiar faces and there were many messages of support for the only octogenarian bar one other in this race.

As the sun came up, I could feel soreness in my legs, particularly in the right hip that I strained a couple of weeks back during the only preparation run for this particular distance. Both knees and ankles were soon registering protest at being asked to do a lot more than had been required from the previous two years of running no more than 12kms with regular stops for a sip of water and a stretch most Sundays. However, every time I became concerned with soreness, I just looked at the determined man to my left. Eyes fixed in front, rhythm steady, defying the 80 years of use and abuse on those limbs. I had nothing to complain about. Push on.

From 16kms onwards, the struggle sets in. Still 5kms to go, a decent enough distance on its own without the previous hour and a half of solid running. The strains appear to test the willingness of the mind. Dad felt that he was slowing but as we had 3 minutes up our sleeve, we were still on track even if we backed off to six minute kms. Jon's Ironman

mental discipline came to the fore to guide us in. Reminding us that it was a matter of focus and belief; one, two, one, two; loose arms and getting the mind out of the way so that the body can just do what it has done many times before. Now was the time for me to repeat back to Dad the advice he had given me all my life - there was no one in this life who knew more about mind over matter than our Dad. We were in this to be tested, to fight for something we wanted. We get what we want when we choose to fight. Fighting all the way as he had done most of his life. All ticker, our dad.

The final couple of kms were dominated by this test of mind over matter. By now Dad's legs were going to jelly, but we were greatly assisted by the messages of support of many passing strangers. They could hear Jon and I encouraging Dad and random fellow runners joined in. "Go you legend" one woman volunteered. Running folk are good folk. We could count down in metres now. 2,000 metres - as Jon pointed out - just like 5 laps of the oval. This is what we are here for. We ran past the BRRC tent. Mum, Betty, familiar faces, huge cheers. He lifted. The finish line drew near.

Dad saw what he thought was the finish line, but like the desert mirage to the nomadic goat herder, this apparition sought to deceive as it was nothing more than the pedestrian overpass 250m out. He put on a burst to finish strong, to cross the line in a sprint and leave nothing on the track. But this wasn't the finish line. He veered to the left and almost crumpled over in exhaustion. He was spent but there was a run to the line to complete and if we wanted sub two hours, we didn't have much time to spare. Jon and I grabbed an arm each to steady him and the three of us set off in lock step, our father's keepers. No time for anymore pep talk, just get to the line. 21km down, only the forgotten decimal point to go.

I felt the emotions rising as we ran that final 200m. Our brave father, the reunited brothers, the values Jon and I hold dear that he gave us and the commitment to finish what we

started. 42 years of dad supporting me and now I finally get the chance to support him in a meaningful way. We crossed together in exactly 1:59:30. Dad gave it everything, defied his age and the messages his brain was giving him to pull up and act his age. What a champion.

In years to come, I won't remember the time, the particulars of the course or our place in the field. What I will remember is the pride

I felt running the race with my father and my brother. The determination, the willingness, the courage that got us home. I just hope that I am inspiring my kids in the same way when I am 80.

And in closing, while I was hobbling around the Arnott's office back in Sydney the next day, hips, knees and ankles cursing me, where was Dad? He was in the gym slipping in more exercise. Champion.

QUEENSLAND HALF MARATHON (At Deagon Racecourse)

by Adrian Royce - 7th June 2015



Would you like to stroll along the entire Sandgate beach front, wind in your hair, sun rising on a beautiful morning? Yes and who wouldn't but also you can run it now hard and fast!

As many seasoned Brisbane runners would know, the Qld Half course has been located at the Doomben racecourse for some years. Although with tweaks over time the old course pretty much was flat with quite a few turns, most people were uninspired by the surroundings. As the half was just two loops of the 10km, all runners came to the realisation that the back streets of Pinkenba are certainly not scenic!

And so the event moved north to another race course! As it turned out it was my first competitive 21.1km for the year after the University Twilight race ended abruptly at the half way point, so I was really looking forward to the run. Another reason was that I spent my early years in the area having lived at a couple of addresses on Fourth Avenue and my school used the Deagon racecourse as its athletics oval. A further bonus was that the course is a circuit with only a loop of a neighbouring park for the first two km's.

An early crowded group stormed off after the loop of the park, I could clearly make out Clay Dawson, Warwick Bible, Ursula Townsend and Nick Kirkup, amongst others. My goal was to race just under four minute km's, so I had no need to keep up with those fast people! But if anyone went out too fast, I was hopeful to pass them!

The race proceeded down Rainbow St, bypassing Sandgate towards the heart of Shorncliffe and passing the Shorncliffe railway station. My grandmother was a Station Mistress for many years here so it was very nostalgic to me. By the time the course reaches Cabbage Tree Creek (almost five kms) it has been just about dead flat and I found it very easy to get into a nice rhythm. But I was dreading the short sharp hill that I climbed many times when I was a child. Always with hills there is a decision - attack the hill at the current momentum and risk potentially petering out later in the race or slow down somewhat and take it at a more moderate pace, preserving energy. I chose the latter, although I'm sure many of the frontrunners attacked it.

After recovering from scaling the hill, the race soon descends to Sandgate's own esplanade, Flinders Parade. This stretch is about six km's long and again it's easy to get into a nice rhythm. Along the stretch is the half way point and by then those who were seduced by the flat course and have gone out too fast can start forgetting about negative splits!

Disappointingly, I lost momentum at the turnoff to the Deagon Deviation and it took about an entire km to get back my rhythm. I'll definitely get that right next year! Losing rhythm meant one fellow caught up to me but on hearing his breathing I felt he was struggling and after a while I shook him off. Along the Deviation a marshal on a bike rode up to us and informed that "it's straight for a few kilometres" - I appreciated that. At the end

Adrian Royce



of Deagon Deviation there is a surprise tunnel to negotiate. One can either use the stairs or the ramp to go down to the tunnel. Not to say that the stairs are high, just half of a flight. I chose the ramp and did not lose rhythm nor time.

At the end of the Deagon Deviation we passed a cross highway footbridge and it was obvious the 10k runners were running over it. "Phew!" I thought to myself, I'm glad we don't have to do that, those poor 10k'ers must be wishing they did the Half Marathon now! We had to run around some back streets and then lo and behold there was the footbridge to negotiate. At least we only

had to cross it once, the 10k'ers did it twice.

The footbridge took some steam out of me and kilometre 19 all up was a 4:12 effort, not good for my average speed. The last two km's headed back around the park where we started the race and I came in with an average speed of 3:59, hitting my goal of a Half Marathon PB by 10 seconds. My finish time was 1:24.31.

There were some teething problems as you might expect with a new location. A late change to the actual start line meant that all the km markers became irrelevant. Most people are not bothered by this at all but for others it is important to their enjoyment of an event. But these teething issues cannot take anything away from a thoroughly enjoyable and scenic time on a unique half marathon course in Brisbane.

Hats off to Phil Hungerford and the Run Inn crew as this event must have taken some organising. Brian Chapman was at his jovial best as Race Commentator. I will return next year.

Queensland Half Marathon: Men/Women Results

1 – Clay Dawson (BRRC Member)	1:14.04
1 – Solveig Litchfield	1:27.08
2 – Mathew Skate	1:17.55
2 – Ursula Townsend	1:27.17
3 – Ben Merlin	1:18.13
3 – Keryn Pauley-Miller	1:32.30

Leading BRRC Results:

Nick Kirkup	1:24.22
Adrian Royce	1:24.31
Chris Edwards	1:30.27
Anne Ryan	1:34.42
Louise Dunn	1:41.00
Jenny Cawood	1:51.09

10km:

1 – George Anderson	32.58
1 – Tara Gorman	37.18
2 – David Pinto	34.15
2 – Jacquie Soden	38.04
3 – Mitchell Bradbrook	35.40
3 – Brittany Zendler (BRRC Member)	39.11

RACE REPORT – 2015 GOLD COAST MARATHON

by John Shaw



My wife, Lorraine, and I arrived at Surfers Paradise on the Friday afternoon and checked in to our usual accommodation. It is a very peaceful location close to Cavill Avenue and filled with families and fellow runners

Had a quiet night in watching AFL on TV. I checked the GCAM website to see who would be competing in my age group. Bugger! Ron Peters has entered the same events - the Marathon; Aust Masters Marathon Championship and Qld Masters Marathon Championship. Ron is world class and over the years he has accumulated many distance age group records - 3 at this event alone! I have never raced against him before so it will be an interesting experience

Took it easy on Saturday morning with a short shake out run before a quick trip to the race precinct to watch the 4km race. Watching that got me revved up for my event.

I also checked with the info centre as I had been told there would be bottled water at the water stations. If true I could ditch my fuel belt which I only wear as I am hopeless drinking from cups. Sadly they said it was cups only.

Returned to the unit for a restful afternoon. All was peaceful till late afternoon when the people above us started to party. Got noisier and more rowdy as it got darker. At 9pm the party turned nasty. A woman started throwing glasses, bottles and abuse from the balcony to her drunken partner below. She then stormed down the stairs and started bashing him. He staggered off and all was quiet till about 2am when he wanted to get back into the unit. He could not access the stairwell so kicked in the glass entry door; hurled abuse and left again. All was quiet for what remained of the night. Not the best pre marathon sleep.

Race Day:

Up at 4-30am. Felt good despite the lack of sleep from last night's mayhem. We left an hour later for the bus trip to race precinct. Arrived just as the half marathon started. We stood near the

back of the field and watched as thousands of runners did their slow shuffle towards the start line hundreds of metres away. Also noticed for the first time they had to go over a small hill on their way to the start line. A hill I would need to tackle at about the 31km mark. By then it would look like a mountain.

Once the road cleared we headed to the Intraining tent and dropped my bag off. Then met up with my coach, Peter James, for final instructions. The plan was to start slow and ease my way into a 3.58 pace. Hopefully I would listen this time and not go out hard and stuff up at 28km like I did at the Melbourne Marathon 9 months earlier.

This would my 3rd marathon attempt in 2 years. I self destructed in my previous efforts so hopefully 3rd time lucky Weather conditions were perfect. 11 degrees Celsius and no wind. Had a UCAN gel mix as I headed to the start area. I was in zone A (3 hour pace) and got a good spot 5 metres behind the priority runners. I felt calm and extremely relaxed. The starting gun shattered my peace.

The Race

Kilometres 1-5:

Splits 3.59, 3.49, 3.54, 3.54, 3.57

It was the usual mayhem for the first few hundred metres as everyone jostled for space. My HRM chest strap slid to my waist in the first minute and stayed there. I knew UCAN would help me become leaner but did it have to happen right now!

I started at a very slow pace and was surprised when 3.59 displayed at 1km. Even more surprised when 3.49 came up for the second km. I could not believe it as I felt I was running slowly. If this kept up I would certainly pay the price later on plus cop hell from Peter. Though I was telling myself to "Run Strong" I did not expect my brain to translate that to "Run Fast".

By 5km I finally got into a steady rhythm at near

enough to race pace.

At the first drink station drink bottles were being offered. The info centre was wrong. Bugger!

Saw Ron Peters for the first time and had thoughts about staying behind him. But I was here to run my own race so slowly glided past him.

Kilometres 6-10:

Splits 3.56, 3.57, 3.57, 3.54, 3.59

Got into a very comfortable rhythm and was breathing easy. Had a really young guy stay alongside me for several kilometres. He was already blowing hard so it was only a matter of time before he dropped off.

Two mid 30ish males (Bert and Ernie) breezed past me chatting away and sharing a water bottle. They made it look oh so easy.

Had my first Nuun electrolyte drink at the 8km mark

Kilometres 11-15:

Splits 3.59, 3.49, 4.01, 4.02, 3.58

My young mate dropped off at 11km. Ron past me at 12km. I then got to see his back for many kilometres. Sadly it got smaller and smaller as the event wore on. Race leaders, all African, were already heading back north at my 14km.

Arrived at Burleigh still feeling good. Had only been overtaken by Ron and two others. The crowd support was fantastic. Kept telling myself "Run Strong"

Kilometres 16-20:

Splits 3.55, 3.55, 3.53, 3.55, 4.00

Ron was only 15 sec ahead at 18km. I was feeling great and even better as I began to pass runners regularly. My splits were awesome and I was feeling pain free. Had my second drink. So only 250ml of fluid in 20km

Kilometres 21-25:

Splits 3.58, 3.58, 3.58, 3.59, 3.57

Reached half way at 1.23.33 which was only 6 seconds slower than my previous years half marathon effort. Last year I had already given my

all. This time I was running comfortably. I kept passing more and more runners. Ron was about 30 seconds ahead

Had my UCAN gel mix as planned at 24km.

Kilometres 26-30:

Splits 3.52, 3.53, 3.55, 3.55, 3.56

This section is when I expected things to get tougher. Two years ago during my first marathon here I was totally shot by 30km. So I was prepared to start toughing it out. But surprisingly my pace got even faster and I flew past a line of runners spread along a 300m stretch. Had a couple of mouthfuls of Nuun drink at 28km.

Got back to the bridge. I "died" there 2 years ago and walked to remaining 12.2km. This time it was easy and I was excited. I had broken the bridge... it did not break me. Ron was getting further away from me but I did not care. The 30km was my demon not him. My "Run Strong" mantra was working its magic

Kilometres 31-35:

Splits 3.55, 3.58, 3.59, 4.04, 4.04

My next challenge was the "steep" hill near the race precinct. Felt hard going but knew once I got over it there was a pancake flat track for the remainder of the race. For the first time I started to feel tired but I already knew I had this course beaten. It was simply a matter of maintaining my running form.

At 32km I exchanged my fuel belt with Lorraine for a small water bottle. The sudden lightness around my waist felt amazing.

At 33km my left calf which was only niggling occasionally was starting to really complain. I figured it would hurt me more emotionally for a long time to come to simply give in and slow down or even worse – walk. My mantra shifted into second gear. From "Run Strong" to "Be Strong".

Though it was getting tougher it was the same for all other runners and I kept passing them; including Bert and Ernie. They were not going so fast nor being so chatty now!

It was during this section I knew my hard training

was paying huge dividends. Especially those days where I would run a 43min 10km in the morning followed by a 15-20km on tired legs in the afternoon...followed by another 16 -22km the following day on extremely tired legs! Though I was getting tired I had felt it all before and more.

Kilometres 36-40:

Splits 4.08, 4.02, 4.07, 4.03, 4.07

My pace was slowing but it didn't bother me. I was getting too tired to care.

Got to northern point and turned for home. 5+km to go. Gave me a mental lift to know I was finally heading in the right direction – the finish line.

My mantra shifted into top gear. From “Be Strong” to “Finish Strong”.

I threw away my drink bottle which I had hardly used anyway. I had only drank 600ml in 2.5 hours of hard running.

Nearing 40km I could finally see the race precinct in the distance and getting closer every single step. Woopee! “Finish Strong”

At 40km I passed another runner - my “scalp of the day” - Ralf Hamann. A classy Intraining runner who won the Brisbane Marathon in 2012 and way faster than me in shorter distances. He is years younger than me; maybe mid 40's. An extremely fit muscular looking athlete. Today was just not his day.

Kilometres 41-42.2:

Splits 4.12, 4.03 then 3.57 pace to finish

Really started to slow down with an ordinary 4.12 for the 41st km. Crossed the bridge and turned into the long straight past all the running team tents and members. A great reception as I ran past. I will have to change my race bib name to “Go Shawree” next year as that is I what I had been hearing the whole race. Though spent I found energy to put in an occasional 100 metre bursts of speed. Not for the cheering crowds, but in case Ralf ran me down!

Kept chanting “Finish Strong...Finish Strong”.

Flew around the corner into home straight. I expected the finish line clock to show approx

2.50; more likely over than under. So I was elated to see it was 2.48. I was going to be a sub 2-50 marathoner at 62 years of age. Happy Days.

Over the line and totally done

Finish Time: 2.48.36

Placement: 75th out of 5276.

2nd in age group and only 1.48 (400m) behind Ron Peters. 2nd overall in Qld Masters Championship (2nd in age group). 3rd overall in Australian Masters Championship (2nd in age group). 6th runner in history of Gold Coast Marathon aged over 60 to run sub 3 hours. 3rd Aussie in history of Gold Coast Marathon aged over 60 to run sub 3 hours. As far as I can find out only 4 Aussie marathoners aged 60+ have gone sub 2-50 ever – John Gilmour; Colin McLeod; Ron Peters and now me. Feel privileged to be in such illustrious company less than 3 years after I started to run.

The upshot of today's result for the 60-64 age category marathon records are:

- #4 World ranking
- #2 Australian Ranking
- World's 30th fastest individual **ever**
- World's 66th fastest time **ever**
- Australia's 7th fastest time **ever**



SYDNEY CITY2SURF 2015

by Paul Brelsford



Regular readers of this newsletter might recall a report on the Sydney City2Surf written by my son, Tom, for the last 3 years. This year Tom has taken a break and I get to put pen to paper!

Our story this year actually started immediately after last year's race. In 2014 we had a very strong lead-up to Sydney and were really happy with our results on the day. With this momentum our next challenge was to work on our 5km program as we aimed for a good result in the PriceWaterhouseCoopers Cool Night Classic held in October. Unfortunately in training I damaged a calf muscle during an early morning run when I was 3km from home. Some intensive physio and acupuncture got me through the Cool Night Classic with a reasonable result. As usual we slowed our running over the hotter months at the end of the year and completely stopped over December - January whilst looking forward to our planned return around February or March this year as the weather cooled.

During this rest period our 2015 Sydney campaign began to take shape. For the last 3 years Tom had run against kids older than him due to the 0-12 age bracket. This year Tom would be 12 and was therefore looking forward to a strong result. Also, our long term family friend, Len Don, decided to make the trek to Sydney as well. Len, now a sprightly 69 years of age (hope he doesn't mind me saying) has been an active member of BRRC in years long gone by (like 1983!). With 19 local and international marathons under his belt and the occasional ultra, Len had always regarded the City2Surf as one of his uncompleted 'bucket-list' runs. Unfortunately for Len a couple of years ago he developed a severe undiagnosed condition that withered the body and left him bedridden for a while. After more than a year, just as he finally started to recover, he suffered debilitating 'stroke-like' symptoms related to severe migraines whilst holidaying in England. Having faced the initial possibility of never running again Len slowly recovered and eased his way back via Saturday

morning Park Runs at his home town of Warwick.

And so the 2015 Sydney plan began. My first proposed training run was scheduled for Sunday 8 Feb. On Saturday 7th this plan took a bit of a hit. Whilst riding my Yamaha WR250F on a friend's property west of Toowoomba we decided to ride one more lap of his motocross track before stopping for a beer and a BBQ. With 3 corners to go my ambition exceeded my talent and the front wheel shot out sideways at speed. I speared shoulder first into the ground. To cut a long story short I was ambulated to Toowoomba and eventually to Brisbane for shoulder surgery. It would be nearly 5 months before I laced on the running shoes again.

Meanwhile Len was going from strength to strength and returning to form. With strong results in 10km runs at Toowoomba and BRRC, Len qualified to start in the Red Group at Sydney.

Poor Tom was itching to run, but with me being out of action and Tom's school sport, training time was hard to find. By the end of June we finally started our training program. Sadly the story doesn't end there. With a mission to ramp up our fitness much more quickly than usual, Tom developed Osgood Schlatters. For those unfamiliar, this is a condition involving minor bone fragments that seems to affect growing kids. In Tom's case, he developed a nasty and painful lump under his right knee. In addition he also began to suffer from severe stitches whenever he ran. At the same time my increase in activity brought back my calf injury from 2014. Len was looking good but Tom and I were in trouble.

Both Tom and I undertook physio and acupuncture but miracles generally don't happen. Over the next 6 weeks I managed a few runs around 4 - 6 km's plus two pretty ordinary attempts at 8km and 10km. Both calf muscles were now protesting. After family discussion Tom made the decision to withdraw from Sydney. As amateur runners we have always maintained that we run for fun, so if Tom didn't feel up to it, we

supported his decision.

The day of the race

On Sunday 9 August I woke early as usual. Pleasingly, and most unusually, I had a really good night's sleep. I stretched the calves extensively and applied heat treatment. Other than the calves I felt fantastic ... no sign of colds or sniffles this year. I ran about 30 lengths of the hotel room to get the legs moving. We fronted to the start line. Len was in the Red Group and I was in the Green. Julie, Tom and little brother Jack, together with Len's partner Gayle, caught a train and bus to Bondi.

I mentioned earlier that miracles don't often happen, but determination (or is that belligerence) can work wonders. I reset my expectations and my strategy. The new plan was simply to still be running at the finish line. Times no longer mattered. With the comfort of knowing that I had a credit card with me to pay for a taxi home if I had to pull out, I settled into a comfortable pattern and cruised towards Heartbreak Hill. Unsurprisingly I dropped to a walk less than half-way up. My plan was to drop the heart rate to a manageable level and get going again as soon as possible. This became something of a pattern for the race.

To my surprise, the short walks on the hills seemed to replenish my energy levels quite quickly and I seemed to take off again quite well each time. I found that I could catch up again to other runners who were leaving me on the hills. I started to feel that I was in with a shot at a reasonable result.

The anticipation of seeing the family at around the 13km point was a huge drawcard. As I commenced the downhill at around 11-12 km I still felt pretty good. A couple of blisters were starting but the calves were behaving. Sadly 2 people were on the sidelines being treated by St Johns Ambulance. Meanwhile Len was ahead and performing strongly but sailed past our support crew unnoticed. We think that Julie, the boys and Gayle were distracted by St Johns dealing

with another runner right in front of them who appeared unconscious at this stage.

As I came through this runner had left the track in the hands of St Johns and I found Julie and the boys. With a surge of energy I found myself exclaiming "I'm still going" and braced myself for the last km. Perhaps more experienced runners than me might be familiar with this phenomenon, but as soon as I passed my family I lost all energy. The last km was one of the hardest I have run. As I contemplated another walk I allowed myself to check my watch for the first time and found I was still going ok. End result ... I ran my second best time (1 hour, 17 mins, 6 secs) and was only 1 min behind my pb.

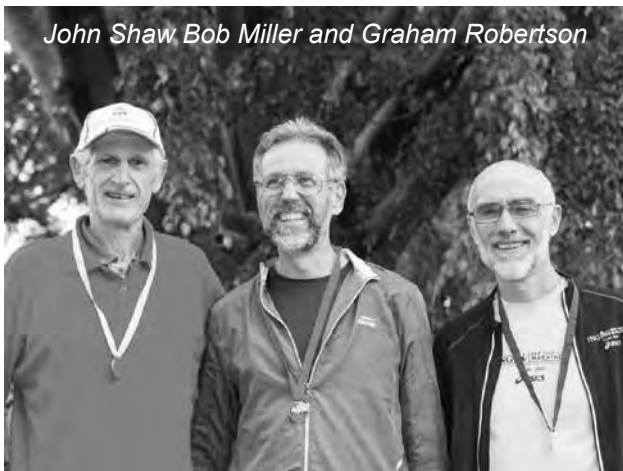
Len had a great result coming in just under the 70 minute mark and in the top 4% for his age group.

To my delight the calf muscles held up just fine. Yes every inch of my body ached the next day, but I don't actually feel injured. All up, with the reset expectations, I rated this year as possibly the most enjoyable. As usual we stayed on for a few days. We took the kids jet boating on the harbour and downed a few German beers and red wines in The Rocks.

So with four Sydney's under the belt the plan is now to seek other challenges. I hear there's a really good run around Uluru

Cheers
Paul Brelsford

John Shaw Bob Miller and Graham Robertson



GOLD COAST MARATHON – GOOD TIMES

by Adrian Royce



There was a lot to love about GCAM15 – atmosphere, Adam Gilchrist, Dave & Robbo roaming around, the BRRC tent (right next to InTraining), beautiful weather, a barber winning the marathon, Yuki. The theme was “Good times”, reminding me of those Rock’n’Roll marathons staged in the US. Clever marketing really as mostly running a marathon is more akin to “painful times”. Even the finisher’s medal has a party depicted on it.

If you know anyone getting married recommend next year’s GCAM day for the wedding date. It is almost guaranteed to be sunny and warm like every other year. Every marathoner would appreciate GC to be a few degrees cooler on the day for as the morning warms up it presents quite the challenge.

My own GCAM journey began as soon as the Canberra Marathon ended in April. The early season marathon rewarded me with a PB of 3:04 but then I stupidly played for my Touch team the following Wednesday and I ended up with the biggest knot in my right calf! The GCAM tilt was off to a miserable start. My first long run with the Wynnum Wolfpack* ended at the 20k mark in tears. What followed were a few weeks of relatively low km’s and lots of foam rolling. A return to BRRC on May 17 to run a comfortable 20k signalled the real start to the tilt – fit at last!

GCAM major building blocks:

May 17: 20k @4:11/km BRRC

May 24: 38.3k @4:51/km with the Wynnum Wolfpack

May 31: 37.7k @4:33/km with the Wynnum Wolfpack

Jun 7: 21.1k @3:59/km Qld Half Marathon

Jun 14: 29k @4:33/km City2South +15k

The race:

I arrived at the BRRC tent in plenty of time with nervous smiles and good lucks all round. I decided to bring my foam roller as everyone says to do the same things you do on every other long run. I left the tent but was so nervous I’d forgotten sunscreen and the

running belt! On my return I met Alannah who was doing her first marathon and did it in a good time too. Finally I got to the start line to listen to the national anthem. With the sheer enormity of numbers a pair of sharpened elbows does not go astray! And we were away, the race plan was to take the first few km’s slow by staying in the pack and then start to stretch out after the 5km mark, reassess at half-way and run the second half at 4:13/km pace. Another reassessment was to take place at around 30-32k – the traditional “hit the wall” timeslot.

We all know the course is comparatively flat to almost any other Australian marathon, so getting the pacing right should not be hard. At the 15km drink station I stopped and poured most of my Hydralyte into 2 cups. I only lost 30 seconds and it was definitely the best thing I did that day. Next time I might be smart enough to organise a support crew! I must have looked a sight kneeling on the bitumen next to the drinks table but I knew from experience hydration is vital at GCAM. The idea was to replicate this at the 30k mark too.

There were many cheers coming my way such is the spirit of GCAM, especially between

Adrian Royce



17-21 kms when a lady in leopard print tights was keeping up with me. I had to forge ahead after that, the cheers became distracting. But seriously wearing the BRRC singlet brought instant recognition from the informed crowd and lots of "Go Bris Roadrunners!" The BRRC cheers got louder in the 2nd half as the incredible Kerri Hodge was running near me too!

Happy to admit that I've never executed a race plan better than what I somehow managed at GCAM. I virtually ignored Monas though, he went out very quickly and burnt a few out. For the 2nd half he seemed only a tantalising 300m in front of me the whole way as I kept him in sight. At the turn into the finishing chute, there was Monas clapping us in! I was glad my race plan wasn't "stay with Monas"!

There's always something to take from each marathon you do. And my big learning was about hydration at the 30k mark. Simply I was under prepared and should have hydrated better. As the temp went up, brief heat cramps started in the calves around the 37k mark. Not sure how it works but at each passing drink station I threw water on both calves and the cramps disappeared each time for about 1km. Also making a bee-line for what little shade that can be found in the Runaway Bay end of GCAM helped. At this point as you know it becomes a mental battle and my pace dropped but I was still travelling comfortably within the sub 3 hour range ending with 2:58:49 net time. Because of the cramps I was just outside of a negative split: 1:29:10 (1st half) and 1:29:38 (2nd half). In the finish chute at the last 200m I let out a victory roar – it is so nice that after so much training a goal is reached!

What's next? A few half's and start training in October for January's Cadbury Hobart Marathon. Hopefully get another PB there (fingers crossed).

Postscript: I did not see the leopard print gear lady again.

* The Wynnum Wolfpack includes BRRC regulars Matt Archer, Neil Wood, Shaun Thompson, Nick Kirkup, David Melville, Geoff Waldock and James Hollanby.



Name: Harold Haldane

Age: 74

How and when did you start running: Joined the Footscray Harrier Club in Melbourne when I was 16 wanting to be a high jumper. There were only two weeks of interclub completion left for the track season so I finished up running during the upcoming cross country and road running season. Won my first open club championship over 4 miles at 17 and added another 32 over the next 10 years in distances from 880 yards to 10 miles.

Most memorable running moments: Having been around for such a long time there have been many that I can still remember with fondness. Winning my first club championship, leading Footscray to their first club championship teams race for decades and a few more. Winning at my first attempt at the 3,000m steeple in November 1961 in 9min. 29.7 sec. and then hitting same in a later race that year with my trailing knee that stopped me from running for a while. Running my first marathon at the Gold Coast at 44 years of age for 18th place and in 2hrs.38min. 33sec. with stomach cramps for the last 7km. Running 3 marathons in 7 weeks at 56 starting with the 6th Brisbane Marathon in a row, the Fiji Marathon 4 weeks later and then 3 weeks later finishing with a time of 2hrs.49min.53sec. in winning my age group in the Gold Coast Marathon. Winning Gold Medals in the same event at the 1994 World Masters Games and the 2001 World Veteran Athletic Championships are also nice memories amongst many others.

Favourite runs: My next run with the company of others and preferably in a National Park.

Favourite Running Distance and PB: No

particular distance. These days it would be between 5,000 metres and the half marathon. Would love to do another marathon again but not sure if my body could cope. Later starters to the sport that have not given their body the punishment that mine has had over the years have an advantage here. In regards to personal best times, while I have some good records of my running over the years I have no summary so this is what I could find without looking through mountains of diaries and it covers the middle to long distance only.

1961 - 3,000m Steeple - 9min.29.7sec.

1963 - 3 miles - 14min.53sec

1963 - 10 miles - 54min.38sec.

1985 - 5,000m - 16min.22sec.

1985 - 10,000m - 34min.41sec.

1985 - 1/2 Marathon - 75min.44sec.

1985 - Marathon - 2hrs. 38min.33sec.

Who is your running idol? There are a few, John Landy, Ron Clarke, Deek and Mona and Queensland's own Ron Peters.

Favourite Sports Persons: Admire quite a few and Roger Federer is high on the list but everyone that goes out and gives his sport a real go whatever ability they may have.

Running Goals: Love the freedom of running and feeling fit, which is not always the case at my age. If not injured or ill, I hope to keep on running and as long as my age graded percentage is over 80% I will be very happy. New Age race record in the 10km at the Gold Coast in 2016 ???

What is the craziest sporting event you have been involved in? Do not really have one. Closest would be running 3 half marathons in the heat and humidity of the mining town of Weipa in Far North Queensland in 1983, 4 and 5 as that was very challenging. I won them all and got pushed real hard in the last in particular where my time was 76min.16.39sec.

Favourite Foods: Not really into food much but love fruit and desserts. Not a meat person, more

into seafood and like potatoes.

Favourite Movies: Not sure what it says about me but I like many of the older films such as Glenn Miller Story, White Christmas etc. also watch quite a bit of SBS but not interested in War movies. Could be a denial because of my German birth.

Favourite Drink: Coca Cola by far, but for many years now use a lot of ice in it as it really is not that good for you. Also have more than my share of Iced Coffee. **Shoe Brand:** Mizuno

Favourite Running Partners/Group: Hard to find a training partner in Victoria Point that is retired and therefore does not have to get up at 'stupidoclock' in the morning to get their run in. Running in the evening also is not so popular here. Therefore most training is done solo. Otherwise like the runs with BRRC and BRW and in my earlier days in Melbourne loved the runs in the Dandenong's on Sunday mornings with the Ferny Creek Gang that included Deek when he was just a kid, Ron Clarke and most of the leading distance runners in Victoria and in fact Australia.

Star sign: Pisces

Favourite Music: Country, Big Band, Rock & Roll, Ballad's, basically everything except heavy metal and opera. I do like to be able to hear the words which is a bit of a problem with a lot of recent music and it is not that I am losing my hearing.

If you had one wish in life it would be? World peace and no crime of course. Realistically, that is not going to happen so a healthy and happy life for my family.



Harold Haldane and Russell Wilson

MEMBERS PROFILE

Name: : Hamish Hamilton

Age: 18

Occupation: Student studying Biomedical Sciences at UQ, also employed part-time at Intraining Running Centre

How and when did you start running: I started properly running at the age of 12, I had run School Cross-Country prior to this but probably the defining and incredibly memorable moment was when I won my School Cross-Country in Year 7 with all of my classmates cheering me on.

Most memorable running moments: Coming Second in the Twilight Half Marathon, running Pbs at Brisbane road runners! Every time I run a Pb. Doing runs around New Zealand, Tasmania and Germany. Most runs have their own memorable experiences however!

Your most memorable sporting achievement? Making the Queensland team for 3000m, 2000m Steeplechase, 800m and Cross-Country. Every time I run a Pb.

Favourite runs: Twilight Running Festival, Gold Coast Marathon, City2south, Rock Riverside and Southbank Parkrun, and BRRC.

Favourite Running Distance and PB: I enjoy almost all distances from 1500m to half marathons! 4km- 12:20, 5km-16:00, 10km-34:00, Half Marathon-1:13:13.

Who is your running idol? I take my inspiration and motivation from the people around me, I believe everyone who is somewhat connected to the sport has

something to offer and I am motivated by everyone's own personal journey.

Favourite Sports Persons: My favourite sports people are the people I compete against and run with, everyone has their own unique story to tell.

Running Goals: For the short-term I would love to make the Queensland team for Cross-Country and Athletics and to simply run some more Pbs! In the long-term, I am not really sure, to make an Australian team would for me, be the ultimate honour.



Hamish Hamilton



What is the craziest sporting event you have been involved in? Honestly (as most runners would agree) every time we race we embark on crazy! But the craziest race would have to be a 8km Cross-Country event in Germany, it was freezing cold, raining and muddy, I must have slipped over 6 times in the run.

Favourite Foods: Anything mum cooks! But I do enjoy my weetabix and Mexican cuisine.

Favourite Movies: Interstellar, The Star Wars and Harry Potter series.

Favourite Drink: Can't go past a good fruit smoothie.

Shoe Brand: I enjoy trying as many different shoes as possible, so I love almost all brands. At the moment I have the Mizuno wave riders, Nike flyknit racers and Nike Pegasus.

Favourite Running Partners/Group:

Intraining Running Club has given me so much over the past 6 years and are the most enthusiastic and welcoming club.

BRRRC is also an incredible club who have given me so much. Parkrun Australia, have and will continue to be one of my favourite clubs. My favourite running partners are too numerous to name, anyone who I have run with is an absolute inspiration for me.

Star sign: Pisces

Favourite Music: I enjoy almost all music, everything from Classical to Pop.

If you had one wish in life it would be?

To be and make as many people as I can to be happy and to enjoy life.

Name: Jenny Downie

Age: 60

Occupation: Admin Officer

How and when did you start running: In 2003 I lost 24k and then thought I needed to get fit. So in 2004, at the age of 48, I decided to take up running. My physio helped me with a training program and advice and within five months I went from running 0k to completing my first half marathon in 2h09m.

Most memorable running moments:

Finishing my three marathons (Sydney 2006, Gold Coast 2005 and 2014) are definitely major highlights. However I think breaking the 2 hour barrier for the half marathon at Gold Coast in 2006 was the climax.

Your most memorable sporting achievement?

I would have to say being selected for the Sprint Distance in the Age Group Squad in the Australian Triathlon Team to compete at the World Championships on the Gold Coast in 2009. This was a huge achievement as at the age of 50 I could not ride a bike and was petrified of the water. So in 2005 I had my very first swimming lesson and got my first bike. I remember how elated I was when I first swam the length of a 25metre pool without drowning, and when I rode 1k without falling off my bike.

Favourite runs: .Anywhere along the Brisbane River, especially between West End and New Farm.

Favourite Running Distance and PB: I think I would have to say the half marathon (Gold Coast 2006 - 1h57m47s) as I never imagined



I could do anything like that. It still takes a lot of training and hard work to get to each start line, let alone finish the race.

Who is your running idol? I don't have any particular person. My "idols" are all the wonderful friends that I have made since taking up running and have supported me with my goals and make me believe in myself.

Running Goals: My running goals have definitely changed this year due to medical issues that I have encountered over the last 6-9 months. I am no longer setting time goals but looking at the ability to finish races. This year I decided to complete in the Fairfax "City2" events. I have raced Brisbane, Perth and Sydney and will finish with Melbourne in November. My ultimate goal will be completing the "Dopey Challenge" at DisneyWorld Orlando with my daughter Lisa next January 2016. This consists of a 5k (Thursday), 10k (Friday), half marathon (Saturday) and marathon (Sunday) – hence the name "Dopey Challenge". It will be my greatest achievement and I get to share every moment of it with my daughter.

What is the craziest sporting event you have been involved in? The 4x100m female relay team at The Hungerford Sports Carnival in 1979.

Favourite Foods: Chocolate (preferably Haigh's) but any chocolate will do.

Favourite Movies: No 1 – The Sound of Music. After that comes Pretty Woman, Love Actually and all the other good "chick flicks".

Favourite Drink: Penfolds I have two favourites – Moët and Scotch & Diet Coke.

Shoe Brand: Asics Kayanos. They were my first pair of running shoes and I have never changed.

Favourite Running Partners/Group: My original running buddies (Simone, Cate, Karen and Erica) who helped me through the early years – until they all decided to start having babies. All my current running buddies at BRR and PCRG, especially Anita, Susan, Lia and Cassie who have supported me through the last few months and kept me going.

Star sign: Gemini

Favourite Music: Neil Diamond, Bee Gees, John Farnham. I am really showing my age.

If you had one wish in life it would be?

What apart from winning lotto, assisting our children and grandchildren as well as being financially secure ourselves, which I think most people would wish for! My wish would be for my husband and I to enjoy good health long into our retirement years and have the ability to travel to all the places on our bucket list. Plus to continue running and of course socialising with all the wonderful friends that I have made since I started running.



Jenny Downie

ROBIN FLOWER 10 MILE MEMORIAL EVENT

by Bruce Smerdon - 23rd August 2015



The twenty-sixth running of this important event on BRRC's running calendar saw a good field of 110 participants compete to honour the memory of Robin Flower, a strong supporter of the Club in its early days.

Over the 26 years that the event has been held, many of the Club's best runners have won the right to have their names inscribed on the Robin Flower Memorial Shield. While the race records of Shane George (53:06 – 1998) and Clare Geraghty (1:01:37 - 2011) were not threatened this year, very creditable times were run by the 2015 winners Clay Dawson and Brittany Zendler. Clay has now won the event three years in a row, and now joins Club

legend Shane George as the only member who has achieved this feat - see list of previous winners below.



2015 Winners
Brittany Zendler and Clay Dawson

YEAR	MALE WINNER	TIME	FEMALE WINNER	TIME
1990	Ian Kent	0:55:02	Donna Evans	1:08:20
1991	Tony McCall	0:58:50	Jillian Colwell	1:05:23
1992	Ian Kent	0:55:38	Nita Natt	1:08:09
1993	Mark Jackson	0:55:17	Marion Hayes	1:05:16
1994	Paul Dodd	0:54:16	Susan Mercer	1:12:33
1995	Brad Smith	0:53:58	Teressa Collins	1:12:01
1996	Shane George	0:53:39	Jane Kreis	1:07:49
1997	Mark Jackson	0:53:50	Sally Peacock	1:03:00
1998	Shane George (race record)	0:53:06	Glenda Banaghan	1:05:26
1999	Shane George	0:54:22	Glenda Banaghan	1:06:16
2000	Shane George	0:57:53	Ann Cunningham	1:16:17
2001	Keith Chaston	1:02:39	Glenda Banaghan	1:07:44
2002	Rob Deen	0:59:00	Betty Menzies	1:13:26
2003	Shane George	0:55:44	Jo Sherman	1:07:49
2004	Shane George	0:58:56	Liz Lovering	1:13:40
2005	Shane George	Unknown	Liz Lovering	Unknown
2006	Christian Cobbold	0:58:01	Claire Bellenger	1:14:52
2007	Aidan Hobbs	0:57:11	Margot Manning	1:07:58
2008	Shane George	0:57:38	Marion Hermitage	1:07:11
2009	Shane George	0:56:38	Marion Hermitage	1:07:07
2010	Shane George	0:57:30	Roma Forbes	1:02:36
2011	Andrew Fuller	0:58:26	Clare Geraghty (race record)	1:01:37
2012	Shane George	0:58:32	Margot Manning	1:05:17
2013	Clay Dawson	0:53:49	Kerri Hodge	1:09:24
2014	Clay Dawson	0:56:39	Kerri Hodge	1:06:27
2015	Clay Dawson	0:55:54	Brittany Zendler	1:04:29

2015 BRRC CHAMPIONSHIP SERIES

By Bruce Smerdon



The 2015 BRRC running calendar includes seven championship events:

1 March	5 mile
26 April	21.1 km
7 June	20 km
21 June	10 km
23 August	10 mile
27 September	15 km
29 November	5 km

For an explanation of how the points for the BRRC Championship Series are calculated, go to: <http://brisbaneroadrunners.org/wp/championships/>

Overall Male and Female Club Champions

Five of the seven championship events have now been run and Clay Dawson has taken decisive steps (fast ones) to be named Male

Club Champion for the third consecutive year, following on from his victories in 2013 and 2014. Kerri Hodge is well in the running to be named Female Club Champion for a third consecutive year, but 17-year-old Brittany Zendler can take the crown if she is the first female over the line in either of the two remaining championship events of the year.

Male and Female Age Group Champions

Already some categories have been won, with the member having won their age group in four or more of the events they have contested. However, there are still many categories where the age group championship winner is still to emerge. Check out the following list of confirmed winners (marked with an asterisk) and leading contenders in each category and weigh up your chances of winning your age group. For many of us it's not too late to dream about being awarded a prize at the presentation ceremony which will happen at the end of year Dash and Splash event on the 13th of December.

Age	Points						
Categories	5 mile	21.1 km	20 km	10 km	10 mile	15 km	5km Accumulated
A (Male 0-19)							
Jacob Willems	1						1
Sam Dennis	2						2
Daniel Manning		1		2	1		4
Hamish Hamilton				1			1
Rowan Enslin					2		2
C (Male 20-24)							
Kai Barry	1		2	2	2		7
Harrison Adams	2	1					3
Michael Early	3			3			6
Nicholas Horn			1	1	1		3
Thomas Enslin					3		3
E (Male 25-29)							
Shane Legg	1		1				2
Dan Symonds		1		1	1		3
G (Male 30-34)							
Clay Dawson*	1	1		1	1		4
Joseph O'Connor	2						2
Philipp Smirnov	3						3

Nicholas Kirkup		2			2		4
Atul Atora		3					3
Patrick Nispel			1				1
Andreas Huemer			2				2
Lucas Brown				2			2
Mark Moller				3			3
David Lacey					3		3
I (Male 35-39)							
Nathan Cook	1				1		2
Adrian Tynan	2						2
Luca Asmonti	3		2				5
Simon Black		1		1	2		4
Berthold Schafer		2					2
Washington Firmeza		3					3
Mark Anthony			1	3			4
Richard Heinz			3				3
Hamish Harvey				2			2
Greg Beerling					3		3
K (Male 40-44)							
Matthew Battams	1						1
Craig Brown	2						2
Dave Willems	3						3
David Melville		1			1		2
Matt Archer		2					2
Michael Zatorsky		3					3
Lee Horobin			1		3		4
William Townner			2	2			4
Jim Morton			3		2		5
Johan Malherbe				1			1
Andrew Marrington				3			3
M (Male 45-49)							
Shane George	1			1			2
Christopher Love	2						2
Peter Dean	3						3
Neil Wood		1			1		2
Richard Galluzzo		2		2			4
Mark Robinson		3					3
Steve Barraclough			1				1
James Bell			2				2
Bob Baker			3				3
Mark Phillips				3			3
Trent Stark					2		2
Paul Gray					3		3
O (Male 50-54)							
Gerard Daly*	1	1	2	1	1		6
Steve Manning	2	3					5
Brad Lye	3	2	1	3			9
Greg Pattel			3				3
Geoff Seawright				2			2
Jonathan Sawyer					2		2

Paul McGuire				3			3
Q (Male 55-59)							
Bhima Emz	1						1
Phillip Hermitage	2	2	2				6
Douglas Wait	3						3
Phil Davies		1		1	1		3
Paul Coulthard		3					3
John Whelan			1	2	2		5
Garry Page			3				3
John Eggleton				3			3
Derek Enslin					3		3
S (Male 60-64)							
Ian Cameron	1			1			2
John Shaw	2	1	1	2	1		7
Graham Robertson	3			3	2		8
Bob Miller		2			3		5
Peter Ferris		3					3
John Dempster			2				2
U (Male 65-69)							
John Sheer*	1	1	1	1			4
James Winters	2	2		2	1		7
Brian McCarthy	3						3
John Diamond		3					3
Russell Wilson			2				2
Peter James				3			3
W (Male 70-74)							
Harold Haldane*	1	1	1	1	1		5
Peter Drummond		2					2
Y (Male 75+)							
Jack Marsh*	1	1	1	1			4
Colin Woods				2			2
B (Female 0-19)							
Brittany Zendler	1			1	1		3
Kailey Wilton	2			2			4
Sophie Hindle	3						3
D (Female 20-24)							
Laura Daly*	1		1	1	1		4
Elyse Little		1			2		3
F (Female 25-29)							
Justine Bell*	1		1	1	1		4
Kiara Matthews	2			3			5
Natalie Petersen	3						3
Rowena Weeks		1					1
Katie Knight				2			2
H (Female 30-34)							
Laura Speed	1	1	2		3		7
Sally Maconochie	2						2
Kate Robinson		2		1			3
Temony Hillier		3					3
Gemma Collett			1				1

Remae Sawatzki				2			2
Hagiwara Yoshimi				3	2		5
Deanna Elridge					1		1
J (Female 35-39)							
Nicole Adams*	1	1	1	1			4
Susan McGee	2	3		2	1		8
Jenny Deag	3	2	2	3			10
Wei Yin Han					2		2
L (Female 40-44)							
Kerri Hodge*	1	1	1	2	1		6
Peta Dunne	2						2
Margot Manning	3			1			4
Raquel Warren				3	2		5
Claire Bellenger					3		3
N (Female 45-49)							
Tracy Baker*	1	1	1		1		4
Donna Beikoff	2			2			4
Heather Leeson	3						3
Leann Lye		2		1	3		6
Karen Wiersma		3					3
Lisa Murphy			2				2
Elaina King			3		2		5
Karen Ogden				3			3
P (Female 50-54)							
Marion Hermitage	1			1	1		3
Deborah Davis	2		1		3		6
Karen Klein	3						3
Kerri Biggins		1	2				3
Anita Jarvis			3				3
Naomi Daly				2	2		4
Susan Tessmann				3			3
R (Female 55-59)							
Theresa Fabian	1		1	2	1		5
Pam Goddard	2			3			5
Fiona Lodge		1			2		3
Virginia Neil		2	2				4
Esther Alexander		3			3		6
Julie Walker			3				3
Anne Ryan				1			1
T (Female 60-64)							
Madonna Stewart	1	1					2
Helen Banks	2	2	1	1	1		7
V (Female 65-69)							
Irene Davy	1			1			2
Gwen Vines	2						2
X (Female 70-74)							
Betty Menzies				1	1		2

An Introduction
I am a Registered Nurse
accredited in the use of the
Swiss Dolorclast Method
for treating patients with
Extracorporeal Shock
Wave Therapy.

Extracorporeal Shock
Wave Therapy (ESWT)
can be used for many
physical disorders including
tendonopathies and
musculoskeletal pain
such as:

Heel Pain (plantar
fasciitis), Hip Pain (Greater
Trochanteric Pain Syndrome),
Achilles tendonopathies,
frozen shoulders (Calcific
Tendonitis of the Shoulder),
low back pain



How does shockwave treatment work?

Shockwave treatment involves the application of short, frequent, and high intensity bursts of mechanical energy (in the form of a shockwave) into soft-tissue that is injured, scarred, or contains adhesions, is painful, or inflamed. This energy shock is a rapid high frequency mechanical vibration in the form of a Radial Pressure Wave (RPW). When appropriately applied, shockwave can increase local blood flow, improve healing response, break apart scar tissue and adhesions, reduce muscle spasm, and directly decrease pain.

Most patients tolerate the treatments well, and report only mild discomfort. It is one of the newest and most effective treatments in rehabilitating chronic pain, with documented international results showing an overall result rate of 77% of chronic conditions that have not been cured with other kinds of treatment.

Individual Treatment Plan

The majority of conditions require three treatments at weekly intervals. Many people begin to feel some relief during that period, however healing occurs over the next 12 weeks and the best results are felt after this period of time. Occasionally, stubborn conditions may require a fourth or fifth session to achieve optimal results.

For further information and to arrange an
appointment please contact:

Leisa Feez-Collins RN

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E | leisafeezcollins@icloud.com



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2015**

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Club.



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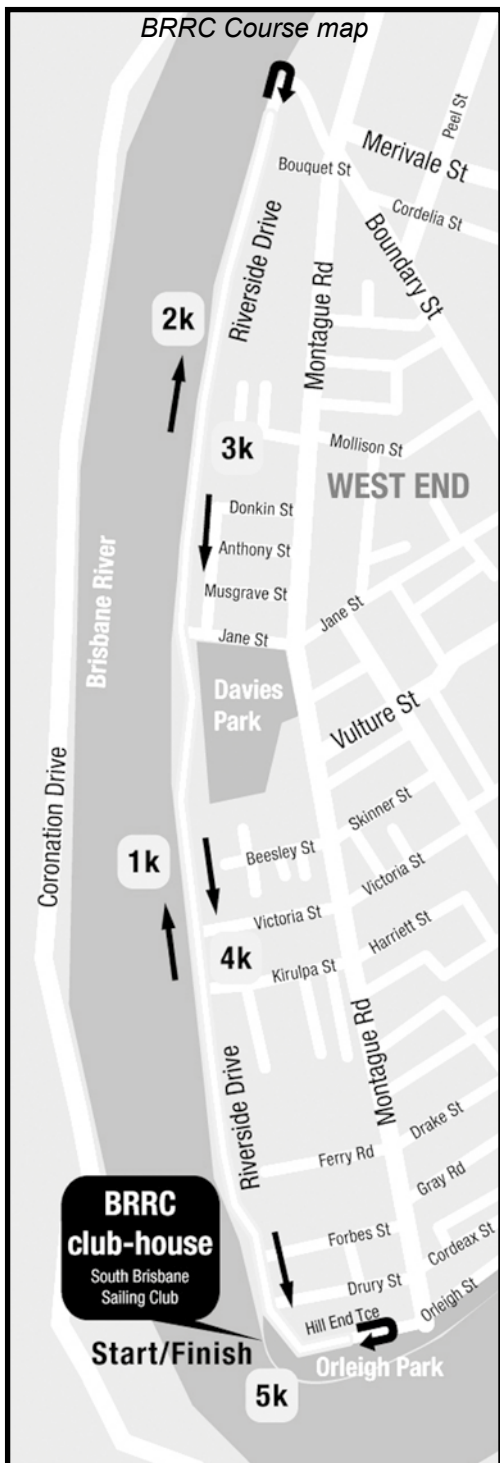
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Brisbane Road Runners Club CALENDAR of EVENTS 2015

DATE	EVENT	START	SPONSOR
04-Jan-15	5k Predictor & 10k Predictor - No Watches	6am	Intraining
18-Jan-15	2k, 5k, 10k & 15k	6am	The Run Inn
01-Feb-15	5k, 10k & 15k "Bring a Friend"	6am	Intraining
15-Feb-15	2k, 5k, 10k & 15k	6am	NRChi
01-Mar-15	5 mile Club Championship & 10 miles	6am	Intraining
08-Mar-15	INTERNATIONAL WOMEN'S DAY FUN RUN - NON BRRC EVENT		
15-Mar-15	2k, 5k, 10k, 20k & 25k	6am	NRChi
22-Mar-15	TWILIGHT RUNNING FESTIVAL - NON BRRC EVENT		
29-Mar-15	5k, 10k & 15k	6am	The Run Inn
12-Apr-15	2k, 5k, 10k & 25k	6am	NRChi
26-Apr-15	21.1k Club Championship & 5k, 10k	6.30am	Intraining
10-May-15	MOTHERS DAY CLASSIC - NON BRRC EVENT		
17-May-15	2k, 5k, 10k, 20k & 25k	6.30am	Skirt Sports
24-May-15	NOOSA HALF MARATHON & WARWICK PENTATH-RUN - NON BRRC EVENTS		
31-May-15	QUEENSLAND HALF MARATHON - NON BRRC EVENT		
07-Jun-15	20k Club Championship & 5k, 10k, 15k, 35k	6.30am	Intraining
14-Jun-15	CITY 2 SOUTH - NON BRRC EVENT		
21-Jun-15	10k Club Championship, 5k & QMA 10k Championship	6.30am	Intraining
05-Jul-15	GOLD COAST MARATHON - NON BRRC EVENT		
12-Jul-15	2k, 5k, 10k & 15k	6.30am	NRChi
26-Jul-15	5k, 10k & 15k	6.30am	The Run Inn
02-Aug-15	BRISBANE MARATHON FESTIVAL - NON BRRC EVENT		
09-Aug-15	2k, 5k, 10k & 15k	6.30am	NRChi
23-Aug-15	10 mile Club Championship (Robin Flower Memorial) & 5 miles	6.30am	The Run Inn
30-Aug-15	SUNSHINE COAST MARATHON & BRIDGE TO BRISBANE - NON BRRC EVENTS		
13-Sep-15	2k, 5k, 10k & 15k	6.30am	Intraining
20-Sep-15	TWILIGHT BAY RUN - NON BRRC EVENT		
27-Sep-15	15k Club Championship & 5k, 10k	6am	NRChi
11-Oct-15	2k, 5k & 10k	6am	The Run Inn
25-Oct-15	3 Person x 4.5k Relay	6am	NRChi
08-Nov-15	2k, 5k, 10k Novice & AGM	6am	The Run Inn
15-Nov-15	5k, 10k Handicap	6am	Intraining
29-Nov-15	5k Club Championship & 2k, 10k	6am	The Run Inn
13-Dec-15	Dash & Splash, Yeronga Pool	7am	BRRC
03-Jan-16	5k Predictor & 10k Predictor - No Watches	6am	Intraining

