

ABOUT THE EVENTS

- Events are held every second Sunday*
- Various distances over an accurate course
- 5km circuit (accurately measured)
- Course marshals ensure a safe and enjoyable experience
- Certificate of Participation given to all children completing any of the regular 2k kids' events*
- Focused distances for half and full marathon preparation
- Light breakfast (cereal & fruit) is included in the entry cost
- Random prizes, generously provided by our Sponsors, are drawn at each event
- A specially designed BRRC Winner's pottery mug is awarded to 1st place-getters for each distance
- A Club Championship Series* (7 distances) is held during the year. Points are awarded for every race completed based on each Member's finishing position in each event. Age Category 1st, 2nd & 3rd place-getters announced on the day and presented with Gold, Silver & Bronze medals
- Participants' times are recorded and results are posted on the Club's website

ATTRACTIONS

- Friendly atmosphere, encouraging runners and walkers of all levels
- Meet many like-minded people and enjoy your Sunday morning exercising, swapping running experiences and discovering training techniques/programs
- Visitors/non members welcome

* Refer to calendar or website for dates and details

THANK YOU TO OUR SPONSORS



PB Photographics
www.pbphotographics.com.au

ABOUT BRRC

Events start and finish at the South Brisbane Sailing Club, Hill End Terrace, West End where participants, supporters and spectators can gather under large shady trees and utilise the facilities of the club-house.

Our course is a 5k loop along Hill End Terrace and Riverside Drive with all kilometre points marked. Multiple loops are used for events longer than 5ks. Traffic cones and course marshals ensure your safety. All events have a police permit. Water is provided at two convenient locations.



Brisbane Road Runners Club

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Phone 07 3374 4704

Email run@brisbaneroadrunners.org

www.brisbaneroadrunners.org

The **International Women's Day Fun/Run Walk**, an event owned and organised by BRRC is a major fund raising initiative. 2010 is the 19th year of this event, for more information visit www.womensdayfunrun.com.au

"inspiring women and girls and celebrating their achievements"



The **Brisbane Road Runners Club**, established in 1982, continues to provide regular events for all runners from beginner to elite and includes walkers. Our annual Calendar of Events comprises of a range of distances to satisfy all needs and abilities, including regular 2k kids' events.



BRRC CALENDAR OF EVENTS 2010

Date	Event 1	Start Time	Event 2	Start Time 2	Sponsor
3 Jan	10k no watches	6am	5k	6.30am	Victory Sports
17 Jan	14k Championship	6am	7k / 2k**	6.30am	The Run Inn
31 Jan	"Bring a Friend" 15k / 10k	6am	"Bring a Friend" 5k / 2k**	6.30am	Run4YL
14 Feb	10 mile	6am	5 mile	6.30am	InTraining
28 Feb	Half Marathon Championship	6am	10k / 5k	6.30am	NRCHI Bodywork
7 Mar	International Women's Day Fun/Run Walk, South Bank Parklands (www.womensdayfunrun.com.au)			7am	RACQ Insurance
14 Mar	20k / 15k	6am	10k / 5k / 2k**	6.30am	Victory Sports
21 Mar	Twilight Half (non-Club event)				
28 Mar	10k Championship	6am	5k	6.30am	NRCHI Bodywork
11 Apr	30k / 25k / 20k / 15k	6.30am	10k / 5k / 2k**	7am	InTraining
2 May	20k / 15k	6.30am	10k / 5k	7am	Active Stride
16 May	14k	6.30am	7k Championship / 2k**	7am	Victory Sports
30 May	10k handicap	6.30am	5k	7am	NRCHI Bodywork
6 Jun	Queensland Half (non-Club event)				
13 Jun	5 - 35k self select			6.30am	The Run Inn
14 Jun*	King & Queen of Mountain (Mt Coot-tha)^			7am	Active Stride
27 Jun	10k novice	6.30am	5k	7am	Active Stride
4 Jul	Gold Coast Airport Marathon (non-Club event)				
11 Jul	5 - 25k self select	6.30am			InTraining
25 Jul	14k	6.30am	7k / 2k**	7am	The Run Inn
1 Aug	Brisbane Marathon (non-Club event)				
8 Aug	15k / 10k	6.30am	5k	7am	Victory Sports
22 Aug	Robin Flower Memorial 10 mile Championship	6.30am	5 mile	7am	The Run Inn
29 Aug	Bridge to Brisbane (non-Club event)				
5 Sep	10k	6.30am	5k / 2k**	7am	NRCHI Bodywork
19 Sep	20k / 15k	6.30am	10k / 5k	7am	Victory Sports
3 Oct	10k handicap	6am	5k	6.30am	InTraining
17 Oct	15k Championship	6am	5k / 2k**	6.30am	Active Stride
31 Oct	3 person x 5k relay	6am			Victory Sports
14 Nov	15k / 10k	6am	5k	6.30am	NRCHI Bodywork
28 Nov	10k	6am	5k Championship / 2k** Club's AGM	6.30am	InTraining
12 Dec	Dash & Splash ²⁰¹⁰ - 5k run/walk & 100 metre swim plus Kids 2k** run/walk			7am	Active Stride
2 Jan	10k no watches	6am	5k	6.30am	The Run Inn

* Monday - June long weekend

** 2k Events will start 5 minutes after previous distance ie. 6.35am or 7.05am

^ Starts at JC Slaughter Falls, Mt Coot-tha (net proceeds from this event go to Breast Cancer Association of Qld)

²⁰¹⁰ Starts at The University of Queensland Pool, St Lucia Campus

Introduction of new self-select distance 5-25k (11 July 2010)

k = kilometre

LOCATION

The Brisbane Road Runners Club conducts events generally every second Sunday morning (refer calendar for full details). All events start at the South Brisbane Sailing Club, Hill End Terrace, West End.

MEMBERSHIP

CLUB MEMBERSHIP FOR THE YEAR OR PART THEREOF (JANUARY - DECEMBER)

Single Adult (over 15 yrs)	\$ 20
Students (18 yrs or under - proof of age required)	\$ 10
Family (2 Adults & 2 Children - 15 yrs or under)	\$ 40

The membership application form can be downloaded at www.brisbaneroadrunners.org via Contact Us webpage

Present this brochure when you join and as a new BRRC Member get your first run free

(Not to be used in conjunction with any other offers).

EVENT DAY FEES

Members	Adult	\$5
Members	Children 15 yrs or under	\$2
Non-Members	Adults	\$10
Non Members	Children 15 yrs or under	\$4
Breakfast only	Per Adult or Child	\$4

CLUB ROSTER SYSTEM

Club Members will be asked during the year to help support the Club by participating in the Club's roster system (usually once a year and dependant on participation by fellow Members) as time-keepers, marshals, re-hydration station attendant and registration desk duties to help us ensure a safe and enjoyable event for everyone. Rosters are printed in the Club's Quarterly Magazine.

A **free run voucher** is issued to all Members participating in the roster system in return for their support of the Club and fellow runners.