



# BRRC

Winter 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](http://www.brisbaneroadrunners.org).

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

### **BRRC Website**

[www.brisbaneroadrunners.org](http://www.brisbaneroadrunners.org)

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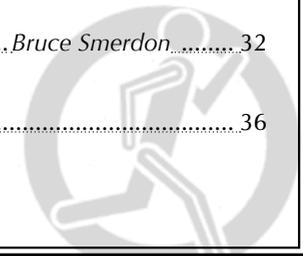
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# FROM THE EDITOR...

By Robert Lofthouse



## Welcome to the Winter edition of the BRRC Magazine!

This edition contains a good variety of reports covering what has already been a busy couple of months leading into peak running season. Our members have already been competing in a variety of events and reports included in this magazine cover Marathons in both Japan and Canberra as well as an interesting article on the Australian Masters Championships held in Sydney over Easter. We certainly have some very talented runners in the Over 40 Age Groups to compliment our ever growing contingent of newer runners who continue to enjoy the Sunday morning events at Brisbane Road Runners.

The club members profiles are also another popular feature and this edition includes six 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.

If you're interested in the progress of this year's BRRC Club Championship Series then you will find the article by Bruce Smerdon a handy reference to the Championships. Bruce has also been

busy compiling a list of BRRC Age Group records which will be of considerable interest to many of our members.

Good luck in your training as you work towards that 2015 Goal and.....don'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 September edition.

Remember.....Life is short and Marathons are long so achieve the best out of both and when you hit the wall in either or both, pause, take a deep breathe, and continue on this journey that lays before us!

Happy running!

Robert Lofthouse (Editor)

[rob.lofthouse@optusnet.com.au](mailto:rob.lofthouse@optusnet.com.au)



## Gold Coast Marathon Weekend – Saturday 4th July & Sunday 5th July

We have many members running at the Gold Coast in the BRRC team, competing in distances ranging from the junior dash to the full marathon. By now, all BRRC team members should have downloaded their Entry Confirmation Certificate which was attached to their entry confirmation email from the Gold Coast event organisers. You need to have it with you when picking up your race pack at the collection venue you nominated – either the Courier Mail Piazza, South Bank, Brisbane or the Gold Coast Convention and Exhibition Centre, Broadbeach, Gold Coast.

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

## Electronic Timing Chips

Over the last two months the Club Registrar (Betty Menzies) has been trying to retrieve timing chips from last year's Club members who have not renewed their membership for this year. As at the start of April, there were 185 of these 2014 members. As a result of emails and texts

sent to these 185 people, 77 of them have returned (or are in the process of returning) their chip, 51 have renewed (or are in the process of renewing) their membership, 23 chips have been written off as lost, and 34 people have not responded.

As you will appreciate, this has been a time-consuming process and it becomes a costly one for the Club if scores of chips have to be written off each year as a result of past members not returning them.

The committee would like to stress two points to members. Firstly, the chip remains the property of the Club at all times and must be returned to the Club on cessation of membership. Secondly, please respect and value your chip – wear it to each event and please endeavour not lose it because a replacement charge will apply. The Clubs membership fees and race entry fees are currently very low and we would not like to get to a point where we have to raise our fees to cover the cost of lost or unreturned chips.

Russell Wilson  
President



## MEMBERS PROFILE

**Name:** Lisa Murphy

**Age:** 45

**Occupation:** Production Manager/Textiles

**How and when did you start running:** I started running in 2008 when a workmate talked me into participating in the Bridge to Brisbane 10km fun run.

**Most memorable running moments:** My first B2B in 2008 and first half marathon in 2010

**Your most memorable sporting achievement?**

Finishing my first fun run and finishing the Brisbane to Gold Coast 100km bike ride on a mountain bike.

**Favourite runs:** Wynnum Esplanade and around Brisbane river.

**Favourite Running Distance and PB:**  
10km PB 50:25

**Who is your running idol?**

Any runner who gets out there and gives it a go.

**Favourite Sports Persons:** Daniel Ricciardo

**Running Goals:** I would like to run a marathon before I'm 50

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

Stampede and the Q1 stair challenge

**Favourite Foods:** Salmon and fresh veggies, salads



**Favourite Movies:** A Knights Tale, Shawshank Redemption, Notting Hill and Love Actually

**Favourite Drink:** Coffee

**Shoe Brand:** Mizuno & New Balance

**Favourite Running Partners/Group:**

Running buddies...Leanne, Elaina and Enza ;)

Fitness King (Wynnum)

BRRC and Parkrun

**Star sign:** Virgo

**Favourite Music:** Anything with a good beat I can run to.

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

A healthy and happy life for family and friends

# RAINING MEDALS IN SYDNEY

By Irene Davey



## **(Report on the Australian Masters Athletics National Championships held in Sydney over the Easter Weekend)**

Ten BRRC members or occasional West End runners (2 women and 8 men) competed over a range of events at the championships, bringing home an astonishing 29 medals!

Easter Friday dawned grey and drizzly but that made for perfect conditions for the opening event on the 4 day program – the 10,000m track run. Out of the showers fell the first two gold medals to Dave Sweeney (M55) and Colin McLeod (M75)

Later in the day, with the rain easing occasionally, six of us collected wet medals for our efforts in the 800m run - gold to Ian Cameron (M60), silver to Colin Woods (M80), Anne Ryan (W55) and Irene Davey (W65), and bronze to Phil Davies (M55).

Saturday was even wetter, especially if, like the author and John Sheer, you are sitting out on the track near the finish line lap scoring for the track walks. Trying to hold an umbrella to keep the lap score sheet dry while watching for your runners through misty glasses, with the rain seeping through the back of your jacket and the chill factor increasing is not good for your comfort levels!

But Masters runners are a hardy bunch, and the day's events continued, including the 1500 metres, 200 metres and steeplechase. Colin Woods was the only one who felt he could race the raindrops over 200 metres and in a close finish he came second ahead of David Carr from WA, one of the legends of Masters running. In the 1500 metres, Ian Cameron collected another gold. Anne Ryan, Phil Davies and Colin Woods collected silver. In this event David Carr beat Colin who in fact set a new QMA record. Sean Ryan placed 4th and John Sheer 5th in the M65 age group (it's a very competitive age group!)



The officials were a bit confused before the steeplechase. After some heated debate with the women in the first event about how many steeples should be on the track, and a warning that, even after all the rain, the water jump was not quite full, the race started. Some officials were still confused with the result that we missed the first water jump anyway! The author of this story came home not too wet with silver in the age group. At least the officials got it right for the men, with John finishing 4th.

Sunday dawned fine and sunny for the 5,000 metre track run, with the sun eventually glinting off four gold medals, one silver and one bronze. Dennis Fitzgerald (M 45), Dave Sweeney, Ian Cameron and Colin Woods won their respective age groups, with Colin setting another new QMA record. Anne Ryan with the disadvantage of being at the top of her age group placed second and Phil Davies placed third. John Sheer finished eighth in his age group.

The 400 metres finals later in the day saw Colin Woods set a third QMA record, coming second behind David Carr again. Sean came home for a bronze while Irene finished 4th in a field of 4!

Monday morning was magically misty for the cross country, run through nearby bushland. Spider webs strung between trees glistened with dew in the early sunlight. Dennis, Phil,

Ian, John and Anne tackled the two loops of 4 km to collect 2 more gold, one silver and one bronze. That just left the 4 x 400 relays, rewarding John with a silver medal and Phil and Irene with bronze.

Overall, it was a pretty impressive showing from the West Enders with 10 gold medals in middle distance, distance and cross country events. And another super performance from Colin Woods with one gold, four silver and three new records to his name. Placings and times are listed below.

The Masters National Championships will be held in Adelaide in April next year, followed by the World Championships in Perth in October.

Irene Davey

**DENNIS FITZGERALD M45**

5000 Metres	1	16.25.06
8k Cross Country	1	28.00

**DAVID SWEENEY M50**

5000 Metres	1	16.05.71
10,000 Metres	1	33.03.74 ChR

**PHIL DAVIES M55**

800 Metres	3	2.26.56
1500 Metres	2	4.54.65
5000 Metres	3	18.07.26
8k Cross Country	3	30.36
4 x 400m Relay	3	4.03.62

**IAN CAMERON M60**

800 Metres	1	2.23.59
1500 Metres	1	4.46.06
5000 Metres	1	17.38.18
8k Cross Ctry	1	31.46

**SEAN RYAN M65**

400 Metres	3	70.12
800 Metres	3	2.43.39
1500 Metres	4	5.42.78

**JOHN SHEER M65**

1500 Metres	5	6.30.22
5000 Metres	8	23.01.63
10,000 Metres	4	47.45.33
2k Steeple	4	11.41.12
8k Cross Country	11	42.22
4 x 400m Relay	2	6.02.78

**COLIN McLEOD M75**

10,000 Metres	1	47.59.42
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**COLIN WOODS M80**

200 Metres	2	35.83
400 Metres	2	79.30 QR
800 Metres	2	3.15.87
1500 Metres	2	6.54.92 QR
5000 Metres	1	26.53.95 QR

**ANNE RYAN W55**

800 Metres	2	2.44.52
1500 Metres	2	5.35.74
5000 Metres	2	20.22.20
8k Cross Country	2	35.08

**IRENE DAVEY W65**

400 Metres	4	1.35.16
800 Metres	2	3.47.86
2k Steeple	2	11.05.96
4 x 400m Relay	3	5.08.97



*Ian Cameron*

# THE GOLD COAST MARATHON - 1980 STYLE

By John Wishart (or my first Gold Coast Marathon)



## Before 1980

In the late 1970s, marathon races were few and far between. In 1975 Queensland Athletics, known then as the Qld Amateur Athletics Association (Q3A), commenced their annual marathon championship for registered members on an undulating out and back course between Caboolture and Elimbah. In 1977 Dr Andrew Semple inaugurated the University marathon, consisting of 8+ laps around UQ. This led to the formation of the Queensland Marathon Club, which was the origin of the BRRC.

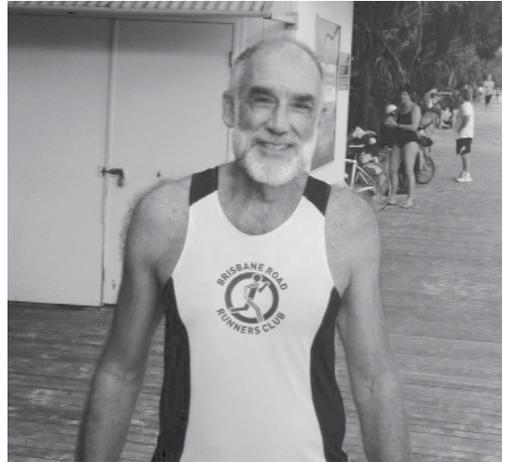
The first Gold Coast Marathon (GCM) was held in 1979. It started at the Evandale Civic Centre and consisted of a six lap loop along the Isle of Capri, through Surfers Paradise and over Chevron Island.

Many Q3A runners were keen to enter the GCM. They were told by one of the Q3A officials that any person taking part in the GCM risked losing their amateur status for life, as they could be running against professionals. It was rumoured that the Q3A had asked, and been refused by, the GCM organisers to start the registered amateur athletes 2 minutes ahead of the rest of the field.

As my long term goal at that time was to represent Queensland in the Australian Marathon Championships, I and many other Brisbane runners reluctantly did not enter any of the inaugural GCM events. With the 1979 half marathon event being won, without any apparent repercussion, by the son of a Q3A official, the 1980 GCM saw a huge influx of Brisbane runners. In fact the 1980 GCM was second only to the Big M Melbourne marathon, which commenced in 1978, as the largest marathon event in Australia. The 1980 GCM major sponsor was the Superfast Film Laboratory – a desirable name and an appropriate business for a marathon sponsor.

## The 1980 Race

Around 3.30am a car load of us from the Mt Gravatt Athletic Club headed down the old, winding, mainly single lane Gold Coast Highway. About 5.00am we arrived at Surfers. No one in the car knew exactly where Evandale was so, being in the days before mobile phones and GPS, we drove around the artificial islands until we found the place. People were milling around in the darkness. By asking a few people we found out where to enter (the internet was years away). At the briefing before the start of



the race we were told to run on the footpath where available but beware of expansion joints on the bridges over canals and watch out for traffic when crossing roads. Roads were not closed off.

The race started when there was a gap in the traffic. There were Marshalls on corners where we changed direction. Water stops were few and far between. The day turned out to be hot and sunny with no wind. As the temperature rose, the bitumen in the bridges' expansion joints was forced up, creating a trip hazard to tired feet. I was wearing a new pair of Dunlop KT26 shoes purchased for about \$10 from K-Mart. By the end of the run, the heat from the pavement had worn off over 10mm of rubber on the flared heels.

During the run I saw Brian (Monty) McMillan and thought, "This guy won't finish – he's too heavy". Not only did Monty finish but also he became the first person to finish 20 GCM's – all consecutive, and he often won the big man category!

Out of around 250 finishers I came 37th in 2:49:52, which was over 2 minutes slower than my time in the Qld Championship held in cooler weather two months before. Looking at the 2014 GCM results with nearly 5,000 finishers, my time would have been good enough for 83rd place, despite advances in shoe technology, training techniques and more than half the faster finishers coming from overseas. This indicates just how competitive long distance running was in Queensland in those days.

In 1981 the event moved to The Esplanade at Surfers Paradise – but that is another story.

## MEMBERS PROFILE

**Name:** Robert Lofthouse

**Age:** Ageless

**Occupation:** Purchasing Officer, Queensland Government (But looking to get a job in a sports related field)

**Marital Status:** Single

**How and when did you start running:** After giving up Rugby League, I decided to start jogging to lose weight. That was back in 1979. It wasn't until 1984 that I entered my first 10km Fun Run here in Brisbane and managed to finish in 43 minutes.

**Most memorable running moments:** Running my Half Marathon PB at the Gold Coast in 1990. I went through the 10km mark in 35.33 and felt like I was floating. My finish time was 1:15.49.

Finishing City to Surf in Sydney for the first time. Running the last km down to Bondi and seeing the huge crowd of spectators was a 'magic moment'.

Competing in a team at the Round the Island relay in Vanuatu was also special. The relay was 134 km in total and I ran a 15km leg in extremely humid conditions. Seeing so many of the local teams running barefooted was a real 'eye opener' for me. The post event party at our resort accommodation at Iririki was an absolute hoot!

**Your most memorable sporting achievement?**

Overall, I would nominate the 101 Half Marathons that I have completed as a milestone for me.

**Favourite runs:** The foreshore at Sandgate. I love the Sandgate 5km Parkruns in winter when the temperature is cooler.

Gold Coast – Always love being part of the Gold Coast Marathon weekend. I've competed in an event down there every year since 1985.



Warwick Pentath Run – Always enjoy a visit to a country event and Warwick is one of the best.

**Favourite Running Distance and PB:** Up until I suffered my worn disc, the Half Marathon was my favourite distance. PB was 1:15.49 at the Gold Coast in 1990.

Now, I have to carefully monitor my distances so that I can keep running. My favourite distance now is 5km with my PB being 16.59 at West End. I also have a 10km PB of 34.54.

**Who are the people that have inspired you the most in running ?**

**1 – Pat Carroll.** After inspiring so many Queenslanders with his performances as a Marathon runner Pat has put so much back into the sport as a Mentor through his highly successful PCRG group as well as his on line coaching programs. Having been in his running group for the best part of eleven years, I have seen the improvements and achievements of so many runners who have responded to Pat's training programs and his continual motivational speeches which have started so many runners on their journey to achieve what they thought was impossible

**Inspirational Quotes:**

**IMPOSSIBLE IS NOTHING!**

**LIFE IS SHORT, RUN HARD!**

**COMING SECOND IN LIFE IS LIKE KISSING YOUR SISTER!**

**BE HUNGRY TO ACHIEVE!**

Pat also deserves special praise for the amount of work he has done helping raise money for children with special needs. Through his running group PCRG he has helped many families find something to smile about.

## **2 – Phil Hungerford. (Owner of The Run**

**Inn)** I first met Phil when he was working at Robinson's Sports Store back in the late 1970's.

Over the years, Phil has helped so many people become better runners (not just through his advice on footwear) by being able to convey the fun and enjoyable social element of running - It does not have to be a viewed as a chore. Like Pat Carroll, he has mentored so many people over the years through The Run Inn Runners group. Some of my best running adventures have come through trips away with the group to such places as Vanuatu and the Auckland Marathon and of course countless City to Surf weekends in Sydney.

Phil has also put so much time back into the sport as a Race Director and commentator.

**Favourite Sporting Clubs & Groups:** Running: The Run Inn Runners, Pat Carroll Running Group, Brisbane Buddies, BRRC.

**Sporting Teams:** Brothers Rugby Club, Windsor Royals Baseball Club, Brisbane Bandits Baseball Club.

I really love to get involved with sport at the Grass roots level. Here you meet normal people in a community type environment.

**Running Goals:** To stay injury free for the rest of my life.

### **Other Fitness Interests:**

**Yoga** – I have been involved in YOGA for twelve years. It helps me relax and I use it to help stretch and to work out the tight spots such as Hip Flexors, Lower Back and Shoulders.

I've become a much more holistic person as I've reached the twilight zone in my life!

**Pilates** - I do core strength exercises with a trainer twice a week. This has helped me to stay in running and get better body shape.

**Swimming** – Have been swimming for 20 years, purely as recovery for the tired and aching body.

**Favourite Foods:** Risotto, Italian and.....  
Chicken Burgers.

**Favourite Movies:** The Godfather, The Wedding Singer and Weekend At Bernie's.

**Favourite Drink:** Iced Lemon Tea and Ice Coffee

Iced lemon tea hits the spot on a hot day. Iced Coffee is a good pick up after a hard training session and when you're sitting at a computer.

**Shoe Brand:** Asics

**Star sign:** Aquarius. No I wasn't in the original musical by the same name!

**Favourite Music:** I have a real passion for Australian Rock and Roll and Blues!

My favourite bands include: Midnight Oil, Hunters and Collectors (with Mark Seymour), The Angels, Cold Chisel, Australian Crawl (with James Reyne) and Neil Finn's Crowded House.

I'm also a real romantic at heart and always have tears welling in my eyes when I hear a good love song.

**Favourite Songs:** Back on the Border Line (Midnight Oil), Do You See What I See? (Hunters and Collectors), Marseille (The Angels), Happy Man (The Sunnyboys), When the River Runs Dry (Hunters and Collectors).

### **Pet Hates:**

**A** - People who can't be open and honest in their communications whether it be at work or through social interactions (eg Facebook and Twitter).

**B** - People who smoke cigarettes while they are driving and then casually flick their butts out the driver's window! I'm sure you've seen them out on the road.

**C** – Being single.

### **If you had three wishes in life what would they be?**

At my stage in life, my simple wishes would be: To find a decent girlfriend, buy a house and travel the world while still enjoying a healthy outdoor lifestyle. I envy people who have met their partners through running and can share mutual interests and be there to support each other.

# CANBERRA MARATHON - AUSTRALIAN RUNNING FESTIVAL

by Adrian Royce - 12th April 2015



I woke at 4am and proceeded to do the pre-race ritual of coffee, banana, fairly stale bagel from Brisbane and gulp the Powerade. Peppers hotel was 3Km from the start line, should I find a taxi or walk? I decided to walk and good decision as it allowed my muscles to just loosen up enough without wasting many of those hard-stored carbs. They said the weather would be cold - nope, it was mild at best. They said I will need a scarf, well, I had a jacket, trackies and a scarf - no need for any of those after all!

We lined up outside of the old Parliament House, across from the Tent Embassy and there was a minute silence for Richie Benaud. At 6:25 the gun went off and we circled Capital Hill then back down to the National Gallery doing a 4km dogleg before crossing the Kings Avenue bridge and going along the relatively straight and flat Parkes Way, on the banks of Lake Burley Griffin. It is picturesque and inspiring. They said it was boring - no way! Many times I looked around 'how good is this'? There were even hot air balloons floating in the distance at one point. Between the 17 and 25k marks there is quite a bit of looping back at the base of Black Mountain tower.

They said it would be flat. Not really flat but quite undulating. No big hills like we find in Brisbane but not GCAM flat at all. The 3hr pacer was excellent, regularly coming back to the borderline runners and encouraging us. As the race got into the 3rd stage, I lost touch a tick. I only had to hurdle 3 collapsed runners. There seemed to be ambulance officers on bicycles everywhere reporting on the welfare of runners that looked like they were really pushing it too far.

They said... wait, who was "they" anyway? Oh "they" are the marathon experts, you know, been there done that got the bling to prove it. Now I'm becoming one of them. Two downsides as compared to the big city marathons, there's no finisher tee and names are not printed on the bibs. Spectators yelled out to me "go #725"! Perhaps the organisers will address this in the future. The finisher medal looks great. The end of

the marathon coincides with the half-marathoners coming in as well, so the last 300m for me was quite congested. Oddly the last 200m to get one to the finish line from the 42km flag, one has to do a wide U-turn!

This is really a must-do marathon, it is well organised and the scenery breathtaking. The race is getting more popular with a record number of entries in the marathon this year. The winner of the marathon Rowan Walker (2:26:27) said that if you did a PB there, you were really doing well as in his opinion it wasn't a PB course. To prove him wrong I did a PB by 4 minutes, finishing 3:04:10 but then I've just done the 3 so far. But maybe not go for the PB, maybe go for the experience!



## MEMBERS PROFILE

**Name:** Peta Dunne

**Age:** 43

**Occupation:** Diagnostic Radiographer

**How and when did you start running:** My husband started and talked me into having a go

**Most memorable running moments:**  
Running my first marathon

**Your most memorable sporting achievement?**  
Scoring the winning try in a touch football grand final.

**Favourite runs:** .From Ship Inn to Orleigh Park, West End

**Favourite Running Distance and PB:** Half marathon is my favourite distance and my PB is 1:34

**Who is your running idol?**  
Michael Shelley

**Favourite Sports Persons:** Anna Meares, Susie O'Neil

**Running Goals:** To do 3:30 for a marathon

**What is the craziest sporting event you have been involved in?**  
Nothing too crazy but I have been running in the snow in Austria – crazy because it was below zero and freezing. I feel the cold so had to wear double layers.

**Favourite Foods:** Chocolate, Pasta, Thai



**Favourite Movies:** Girly flicks like About Time, Sleepless in Seattle, While you Were Sleeping,

**Favourite Drink:** Red Wine especially Cab Merlot blends

**Shoe Brand:** Nike

**Favourite Running Partners/Group:** PCRG and Brisbane Running Buddies

**Star sign:** Aries

**Favourite Music:** Many bands from 1970's and 80's eg Eagles, America, Police, Hall and Oates, Inxs, Midnight Oil etc

**If you had one wish in life it would be?**  
A cure for cancer.



## MEMBERS PROFILE

**Name:** Deborah Davis

**Age:** 53

**Occupation:** Cellist and cello teacher.

**How and when did you start running:** Not until the age of about 25 when I tried my first few halting attempts with an encouraging friend. I found I liked it but never got beyond jogging for fun until about 8 or 9 years ago.

**Most memorable running moments:** Some beautiful solitary moments in the hills and bush, but crossing the line of my first half marathon in Brisbane, 2012 was unforgettable. That and taking off with a group of musicians into the hills in Hangzhou, China. Running in the snow in Canada and Germany was also pretty special.

**Your most memorable sporting achievement?**  
I'm still amazed that I have completed 4 half marathons. Winning age group medals at BRRC and QA Cross Country events is also a huge thrill. But then there was the QA 4 x 1500m relay on the track at QSAC last year - that was memorable, too.

**Favourite runs:** Kulgun Circuit and pretty much any of the Mt Cootha trails, Enoggera Reservoir, The Brisbane River circuit.

**Favourite Running Distance and PB:** Not really sure, I enjoy a few different distances from 4km - half marathon. My 50:45 10k at BRRC was one I'm very proud of - even though I wanted to get under 50 mins.

**Who is your running idol?**

Mostly the everyday people who are out there inspiring me - older, younger, faster and slower. I find good runners to be extremely generous with their help and advice, and I have a special admiration for Peter James who has encouraged me all the way.

**Favourite Sports Persons:** Hubertien Wichers, mountain runner and very supportive friend.



**Running Goals:** I would like to think I could get more efficient and faster, but really my goal is to keep enjoying this wonderful sport / pastime / recreation for as long as possible. Also looking forward to running in some other amazing parts of the world.

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

Apart from the True Grit military inspired obstacle course, it would either be kayaking down the Murray River in the Snowy Mountains or that dreadful Clem 7 Tunnel run.

**Favourite Foods:** Thai savoury food, Moroccan Cous Cous and German cakes!

**Favourite Movies:** Have to admit I loved Brokeback Mountain, but just for the scenery!

**Favourite Drink:** Experimenting with the healthy drink Water Kefir at the moment.

**Shoe Brand:** Usually ASICS but have been known to wear Brooks.

**Favourite Running Partners/Group:** BRRC, Ashgrove Rangers. Running partner Kate Harrison who is out with injury lately, making me get creative about training.

**Star sign:** Pisces - does it really mean something?

**Favourite Music:** Classical, big symphonic repertoire, Cello music, but also some Moroccan folk music.

**If you had one wish in life it would be?**  
It's got to be world peace.

# THE 70TH LAKE BIWA MAINICHI MARATHON

By Patrick Nispel - Otsu Japan 01/03/2015



Leading Brisbane marathon runners and BRRC members Patrick Nispel and Jonathan Peters took part in this year's men elite marathon race on March 1st.

The Lake Biwa Mainichi Marathon is an IAAF Gold Label and male elite only marathon with an entry standard of 2 hours 30 minutes. It is considered as one of the best marathons in the world regarding the depth of runners with 308 runners on the start list (all sub 2:30), including 70 sub 2:20 and 10 sub 2:10 marathoners. The course record of 2:06:13 is held by former World Record holder Wilson Kipsang of Kenya.

This year's start list featured 2014 winner Worku Bazu (ETH), 2014 European Champion Daniele Meucci (ITA) and no shortage of fast runners from East Africa, Japan, America and a few from Australia and New Zealand too. Pat has finished 69th in a time 2:23:47 at last year Lake Biwa Marathon and was looking at improving his PB of 2:22 set in Zurich in 2013. For Jon, it was only his second marathon and his goal was to improve on his PB of 2:20 set at Gold Coast in 2012 as well.

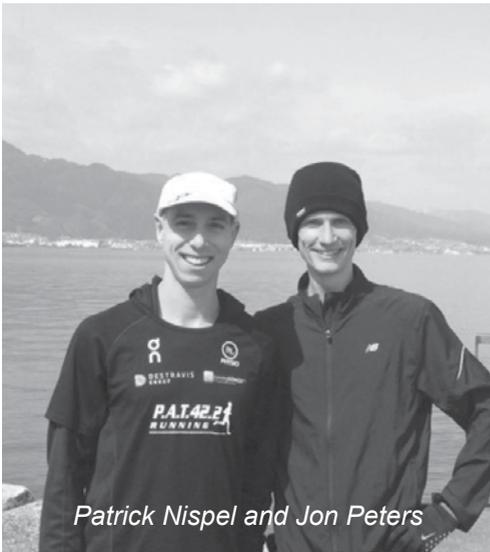
Jon and Pat have been training together throughout the Brisbane summer including some fast BRRC events and a 52km trail run through the Glasshouse Mountains in January to get in shape for this fast marathon.

Lake Biwa is a very picturesque region on a cool and pleasant sunny day. Just imagine a vast greenish blue lake with a docked paddle wheel cruise boat and a Japanese flag flapping on the upper deck, juniper trees, and people out jogging and snowcapped mountains in the distance. This is roughly how nice it was on the day before the race – a very pleasant day. On race day it was grey, cold, windy and drizzling rain. This was a strange sensation, coming from a hot sticky Brisbane summer to being on a start line having ice-cold drops of water landing on the exposed skin. We thought the cool weather might be a nice respite from the Brisbane summer, but now we were starting

to change our minds. A beanie, gloves and arm warmers were necessary to retain some warmth.

The race started on a tartan track in Ojiyama stadium, exited, then wound through the streets toward the main road that goes next to Lake Biwa and then follows the Seta River south to the turning point half way. At the early stages of the race things were very crowded and required some concentration. The road was flat with no camber and this combined with the drenching rain meant that water would settle on the road in small puddles and at times made it slippery. Unfortunately, Pat had a slip on one of the metal cover plates of a bridge joint and triggered an injury in his hip flexor and abdominal area only 5km into the race. He kept running going through 10km in 33:07 what should have felt an easy pace but the pain through his hips started to get worse so he decided to ease off a bit for the next 2km until the group 20 seconds behind him closed the gap. Jon got a better race start amongst a large pack of runners cruising along at 3:20/km pace and with the lack of visibility he found it hard to avoid any puddles or obstacles on the course too. 15km into the race, there was a section that ran up a gradual incline and through a small built up area with lots of spectators with raincoats and umbrellas, cheering the runners on in Japanese, despite the cold 6-9 degrees and pouring rain now. Jon went through half way in 1:09:21 together with Stephen Dinneen from Melbourne, feeling fatigued but determined. Pat had to slow down a bit more due to his injury and was running with a slower group going through half way in 1:12:38 still on target for a decent time.

The head wind started to pick up and both Brisbane runners were getting pretty cold and as expected for a marathon it started to become a long constant grind. The spectators all rugged up with warm weather gear and cheering the runners on at this stage was encouraging and provided a sense of warmth in these cold



*Patrick Nispel and Jon Peters*

conditions. Unfortunately, Pat still hopeful to just finish the race but then had to pull out at the 30km mark due to his injury. Many runners withdraw from the race at this stage due to the tough conditions and jumped on the bus that looked like a lazaretto with volunteers treating the runners suffering hypothermia and severe leg cramps. We had blankets, towels and drinks on the bus, but the lift back to the stadium for some dry cloth and food would take a painful 1 hour that left Pat pondering what could have been on a good day following many months of hard training averaging 170km running per week.

Meanwhile, Jon still on track for a sub 2:18 WC qualifier time, started to pass many Japanese runners which was tough knowing their attitude of keep pushing really hard even when conditions aren't ideal and things fall apart. The race was now a little sheltered from the wind by buildings along the street up until about 33km, then the road came out next to where the lake expands, and off this came a strong, cold head wind with drenching rain. Jon kept running aggressively, dipping into his strength reserves to keep a consistent pace – running with feet and clothes heavy and drenched, it almost felt like a cross-country race.

At around 37km, his calves and quads were really starting to fatigue and he attempted to

pick it back up but his legs weren't responding anymore. A couple of strong finishing runners were beginning to pass him, but he was just trying to keep his own form. Over the last three kilometers Jon reached a stage described as 'hitting the wall' by marathon runners world wide. Funnily enough, he started racing with a Japanese runner who must have also hit the wall and was suffering as bad as he was; "we were in a unrelenting toe to toe tussle, shuffling along at snail pace side by side, getting away from each other only by an inch at a time, it was like this for about a kilometer. I forgot what happened to him, I was starting to get tunnel vision at this stage and just wanted to get to the finish line and get warm".

Jon entered the stadium to complete a final lap on the tartan track crossing the line in a very respectable 2:24:18 in 48th place, describing the race as; "a very hard day, quite a 42.2km self-inflicted experience".

While only 184 out of 314 runners finished in these unfavorable conditions, not everyone had a bad day. About a dozen runners or more scored a PB, including New Zealander Nick Horspool who finished in 2:24:45. The race was won by Samuel Ndungu of Kenya in 2:09:08, who hobbled at a very slow pace afterwards and struggled onto the bus. No matter how elite you are or fast you run in a marathon, you will feel it after the race if you do your best – it's a long way?

We hope we can inspire other marathon runners to do their best in training as well as on race day no matter what level you are or how tough the conditions might be! ...or as Zatopek would say; "If you want to run, run a mile. If you want to experience a different life, run a marathon."

### **Lake Biwa Marathon: Men Results**

1. Samuel Ndungu (KEN) 2:09:08
2. Daniele Meucci (ITA) 2:11:10
3. Ser-od Bat-Ochir (MGL) 2:11:18
48. Jonathan Peters (AUS) 2:24:45
50. Nick Hoorspool (NZL) 2:24:45
70. Stephen Dineen (AUS) 2:26:42
123. Zac Newman (AUS) 2:33:17
- DNF Patrick Nispel (AUS)

## MEMBERS PROFILE

**Name:** Will Towner

**Age:** 43

**Occupation:** Retail

**How and when did you start running:** Started running in 2009. My good mate David knew I was on annual leave for the month of August and challenged me to do Bridge to Brisbane in 4wks time. I had never run a fun run before or run a 10km event. Challenge accepted and finished the 10km in 1:08:47. I haven't looked backed and improved every year since and have my PB set at 43:26 as of 2014.

**Most memorable running moments:** Finishing my first half marathon at Gold Coast in 2011, First marathon Gold Coast 2012 and first international event - Phuket marathon 2013.

**Your most memorable sporting achievement?** Made the QLD youth team in 1992 for tenpin bowling and travelled to Melbourne where we defeated NSW and Victoria.

**Favourite runs:** .Gold Coast marathon, Brisbane marathon, Bridge to Brisbane 10km.

**Favourite Running Distance and PB:** Gold Coast marathon 2014 in 3h:37m and Brisbane Road Runners 10km in 42:19

**Who is your running idol?**

From my younger days Robert de Castella and of recent times Michael Shelley

**Favourite Sports Persons:** I played rugby league in juniors for 6yrs and 1 year senior opens. So it's no surprise my Top 5 sportsman are 1.Wally Lewis 2.Allan Langer 3.Darren Lockyer 4.Mal Meninga 5.Johnathan Thurston

**Running Goals:** For this year, cracking 20mins for 5km and 42mins for 10km and for the future 3h30m for a marathon



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

Tough Mudder 2013

**Favourite Foods:** Most pasta dishes and when I do go out for dinner, fish & chips.

**Favourite Movies:** Not really a movie sort of person but one does stand out, that is Wayne's World as it was the first movie date with the lucky Leandra Towner in October 1992

**Favourite Drink:** A icy cold beer or coke

**Shoe Brand:** Mizuno's

**Favourite Running Partners/Group:** Brisbane Run Squad – Great coaches and made some lifetime friends. Brisbane Road Runners – Well organised club, friendly members and a great place to work on your times each fortnight.

**Star sign:** Virgo

**Favourite Music:** No favourite type of music but I'll listen to most music.

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

To be able to keep running into my 60's, 70's and 80's like some of my fellow Brisbane Road Runners members. It certainly inspires me to keep at it, that's for sure.





A Sunday 12th April was a busy day in the Marathon world with events being held in Canberra, Paris and Rotterdam.

## AUSTRALIAN RUNNING FESTIVAL (Canberra) - 12th APRIL 2015 (5,946 entrants)

The Australian Running Festival (which includes the Canberra Marathon) is now a two day event similar to the Gold Marathon.

The Saturday morning events include the 10km and 5km Fun Runs whilst on Sunday, the Marathon, Half Marathon and 50km Ultra Marathon events are staged. This years festival attracted nearly 6,000 entrants over the five distances.

### Marathon (1,273 entrants):

Sunday morning in Canberra was chilly at the start with the temperature hovering around the 7 degree Celsius mark as runners waited for the race to begin.

The men's marathon was taken out by vastly experienced Canberra runner **Rowan Walker**. This was Rowan's third Canberra win and at 45 years of age Rowan is still incredibly fit. His job as a Lieutenant in the Royal Australian Navy has taken him to many places and he has also won the Melbourne and Auckland Marathons as part of his impressive running regime. He is also the current Australian Marathon Championship title holder having won the Championship at last year's Gold Coast Marathon.

Rowan has a 2:18 Marathon to his credit so he wasn't overly impressed with his

winning time of **2:26.27**. Second and third males respectively were fellow Canberra residents Michael Chapman and Andrew McGowan. Rowan's winning margin over Michael was five minutes with Andrew a further six minutes back.

In another victory for the 'older brigade', 46 year old Canberra runner **Fleur Flanery** staved off the challenge of visiting English runner Hannah Oldroyd and Victoria's Rebecca Rosel to record a winning time of **2:53.54**. The ladies race was much closer than the men's and at the 20km mark, Fleur was just two seconds ahead of Rebecca with Hannah Oldroyd only 30 seconds behind the two front runners. Rebecca ran strongly between the 20km and 30km sections and at the 30km had established a 15 second lead over Fleur with Hannah another 50 seconds back in third place. Who would be the strongest over the last 12 km? It was set up for an exciting finish. Rebecca could not increase her lead over Fleur and started to tire around the 35km mark as Fleur regained the lead and Hannah also caught the tiring Rebecca as the race entered the last four kilometres. Fleur Flanery maintained her consistent pace over the last couple of kilometres and though Hannah did make up some ground on her, the winning margin was 32 seconds. Rebecca did well to hang on to third place, nearly two minutes behind visiting English runner Hannah Oldroyd.

Fleur Flanery has also represented Australia in the World Mountain Running Championships which shows she is a tough competitor on all surfaces.

The temperature did rise to 20 degrees Celsius by noon so it was near perfect

conditions on the day though the hills did take it out of many runners. Canberra is by no means a flat course.

Great to see BRRC runners Adrian Royce, John Diamond, Melissa Murphy and Theresa Fabian all finishing well. I know Adrian would have been a little disappointed not breaking three hours, but his effort of 3:04.10 is still an outstanding run on the back of training in a hot Brisbane summer.

## 50km Ultra Marathon:

In the men's Ultra, Melbourne's John Dutton was in a class of his own, winning in a time of 2:59.19. John has a marathon PB of 2:25 so his sub three hour effort was no surprise. Craig McCredie was second and Australian Ultra representative Brendan Davies was third.

In the ladies event, Canberra's Kelly-Ann Varey took the honours with a nine minute winning margin over 2014 champion Tina Major from West Australia. Kelly-Ann's time was 3:31.35.

## Canberra Marathon: Men/Women Results

### Marathon:

1 – Rowan Walker (Canberra)	2:26.27
1 – Fleur Flanery (Canberra)	2:53.54
2 – Michael Chapman (Canberra)	2:31.25
2 – Hannah Oldroyd (ENGLAND)	2:54.26
3 – Andrew McGowan (Canberra)	2:37.57
3 – Rebecca Rosel (Melbourne)	2:56.17

### BRRC Members Results

Adrian Royce	3:04.10
Melissa Murphy	3:28.13
Theresa Fabian	3:45.07
John Diamond	6:12.16

### Ultra Marathon (50km):

1 – John Dutton (Melbourne)	2:59.19
(Marathon split in 2:28.47)	
1 – Kelly-Ann Varey (Canberra)	3:31.35
(Marathon split in 2:57.27)	
2 – Craig McCredie (Sydney)	3:07.43
2 – Tina Major (Perth)	3:40.28
3 – Brendan Davies (Blue Mtns,NSW)	3:08.38
3 – Lynette Delaney (Sydney)	4:02.24

### Half Marathon:

1 – Neil Pearson (Sydney)	1:11.32
1 – Cath Chatterton (Sydney)	1:26.15
2- Kevin Robertson	1:11.47
2 – Suzi Heaton (Sydney)	1:26.22
3 – Brad Hetharia (Canberra)	1:15.24
3 – Gemma Jenkins (Sydney)	1:26.43

## Leading BRRC Results

Marcel Zevenbergen	1:23.24
(Now living in Canberra)	
Mark Anthony	1:29.47

## PARIS MARATHON - 12th April 2015 (41,342 runners)

Starting on the Champs Elysee, the marathon passes many of the French capital's most famous landmarks, including the Notre Dame Cathedral, the Eiffel Tower and Arc de Triomphe.

The men's race proved to be quite a surprise with one of the less favoured Kenyans **Mark Korir**, upstaging some of his better known compatriots to cross the line in **2:05.49**. The leading pack went through the halfway point in 1:03.23 but the pace increased in the second half. Kenyan runner Mike Kigen, tried to run away from the elite field at the 32km mark but Korir stayed in touch and Kigen started to tire by 36km. At 37km, Mark Korir passed Kigen and then surged away to win the race by over a minute. Fellow Kenyan Luka Kanda and Ethiopian Seboka Tola also passed Mike Kigen just after 40km and then went on to claim second and third places respectively.

Without a doubt, this was Mark Korir's biggest win of his career and to run a PB by over a minute was a great reward for the 30 year old.

After the race Korir said: "I didn't expect to win and I did not expect such a great time. I knew there were a lot of strong guys who had run below 2:07 so the victory today was quite a surprise for me."

The ladies race also proved to be a surprise result for the organisers with the 12th ranked runner in the field (based on previous best times) **Meseret Mengistu** from Ethiopia triumphing after a thrilling battle with her compatriot Amane Gobena.

Mengistu recorded a winning time of **2:23.24** and in the process, sliced six minutes off her previous best! The last two km of the race saw the lead see sawing as Amane Gobena edged ahead and held a slight lead until Mengistu fought back and passed Gobena with 500 metres to go. Mengistu stayed strong in the final 500 metres and crossed the finish a winner by just five(5) seconds. Kenyan runner Visiline Jepkesho finished third and like the top two finishers earned a personal best for her efforts.

The weather on the day was cool but clear with beautiful blue skies and no wind. The early morning temperature was down to 4 degrees but steadily rose to 20 degrees by early

afternoon. Perfect weather for personal bests and the leading results below certainly indicate how good the conditions were.

## Paris Marathon: Men/Women Results

1 – Mark Korir (Kenya)	2:05.49 <b>PB</b> . Previous best was 2:07.08
1 – Meseret Mengistu (Ethiopia)	2:23.24 <b>PB</b> . Previous best was 2:29.22
2 – Luka Kanda (Kenya)	2:07.20 <b>PB</b> . Previous best was 2:08.02
2 – Amane Gobena (Ethiopia)	2:23.29 <b>PB</b> . Previous best was 2:23.50
3 – Seboka Tola (Ethiopia)	2:07.33 Has PB of 2:06.17
3 – Visiline Jepkesho (Kenya)	2:24.42 <b>PB</b> . Previous best was 2:26.47

## ROTTERDAM MARATHON - 12th April 2015 (15,000 runners)

**Abera Kuma** (Ethiopia) pulled away from his rivals in the last 7km to win in **2:06.46** on a windy day in Rotterdam. The victory was Kuma's first win over the distance but he was still disappointed with his time. "The wind was really too strong and I could not beat my PB of 2:05.56."

The race started in a temperature of 12 degrees Celsius and the first half of the race was quick with the three pacemakers taking a lead group of 10 runners through the Half in 1:02.04.

At 30km, when the last pacemaker had dropped off, there was still five runners in the lead group with Kenya's Bernard Koech leading the charge. Over the next three kilometres, two more runners dropped off and the pace was slowing as the

runners struggled with a strong wind in their face. At the 35km mark, Abera Kuma accelerated and Koech and Mark Kiptoo could not respond. Kuma went on to win the race, with Kenya's Mark Kiptoo also passing Koech at the 38km mark to claim second place. Koech managed to hold on to third place but with a PB of 2:04.53 to his name was unhappy with his efforts stating that the strong wind destroyed him when he was leading the pack between the 30 and 35km section of the race and nobody was helping in the lead group.

The ladies race featured a strong performance by 2014 Gold Coast Marathon winner **Asami Kato** from Japan. At the halfway point, Kato and Ethiopia's Marta Tigabea were the leaders going through in 1:12.03 with Peru's Gladys Tejeda a minute behind in third place. At the 27km mark, Kato pulled away from Tigabea who was struggling with the strong wind. Asami Kato was never challenged for the rest of the race and went on to win by nearly 20 minutes crossing the line in a PB of **2:26.30**. Second place went to Gladys Tejeda who ran a good tactical race in the windy conditions. Canada's Krista Duchene came home strongly in the last 5km to overtake a couple of runners who had slowed noticeably in the testing conditions thrown up in the latter stages of the gruelling event. Krista ended up third which was a great reward for her patience shown during the race.

With a Japanese lady winning and Peru and Canada rounding out the top three this race featured a rare result indeed with no Kenyan or Ethiopian athlete in the top three!

Good to see a recent Gold Coast Marathon winner (Asami Kato) announcing herself on the world stage by winning a major international Marathon.

## Rotterdam Marathon: Men/Women Results

1 – Abera Kuma (Ethiopia)	2:06.46 Has PB of 2:05.56
1 – Asami Kato (Japan)	2:26.30 PB. Previous best was 2:28.51
2 – Mark Kiptoo (Kenya)	2:07.20 Has PB of 2:06.16
2 – Gladys Tejeda (Peru)	2:28.12 PB. Previous best was 2:31.48
3 – Bernard Koech (Kenya)	2:08.02 Has PB of 2:04.53
3 – Krista Duchene (Canada)	2:29.38 PB. Previous best was 2:32.06

## BOSTON MARATHON - 20th April 2015 (28,000 runners)

Two years on from the 2013 bombing, a field of nearly 28,000 braved the chilly four degree temperatures and stiff headwinds to tackle the 119th Boston Marathon.

2013 winner **Lelisa Desisa** was back and after winning the race back then he donated his winner's medal to the city as a tribute to the victims and their families.

At the 33km mark of the race, there was still 10 runners in the lead pack but that changed as they made their way through the hilly section of the course and started to head downhill. Desisa used his speed and previous experience well in the final five kms and with three kms to go he pulled away from fellow Ethiopian Yemane Tsegay who could not respond. His winning time was **2:09.17** and his victory margin over Tsegay was 31 seconds. Kenya's Wilson Chebet was third.

Desisa's rewards for winning the race were the same as they were two years ago – an olive wreath, a \$150,000 payout, a gold medal, and a silver cup. But the memory of this victory,

both for the repeat champion and the city of Boston, will be the one to savour.

The ladies race was a thriller with six runners still in contention at the 38km mark. In the final stages it was down to three runners with Kenya's Caroline Rotich and two Ethiopian runners Mare Dibaba and Buzunesh Deba still in contention for the winner's medal. Deba dropped off the pace at 41km and it was left to Rotich and Dibaba to test each other's speed in the final stretch. With 150 metres to go, Caroline Rotich powered ahead of Dibaba to give the cheering crowd something to remember as Rotich crossed the finish line four seconds ahead of Dibaba. It was a neck and neck finish down Boylston Street which lifted the spirits of everyone in attendance at the finish area - a stark contrast to the tragic scenes on the very same street two years earlier. Buzunesh Deba also ran a strong race to finish third and was only 10 seconds behind the second place getter.

None of the top runners were able to record personal bests with the chilly headwinds causing problems for all runners.

## Boston Marathon: Men/Women Results

1 – Lelisa Desisa (Ethiopia)	2:09.17 Has PB of 2:04.45
1 – Caroline Rotich (Kenya)	2:24.55 Has PB of 2:23.22
2 – Yemane Tsegay (Ethiopia)	2:09.48 Has PB of 2:04.48
2 – Mare Dibaba (Ethiopia)	2:24.59 Has PB of 2:19.52
3 – Wilson Chebet (Kenya)	2:10.22 Has PB of 2:05.27
3 – Buzunesh Deba (Ethiopia)	2:25.09 Has PB of 2:23.19



## LONDON MARATHON - 26th April 2015 (38,000 runners) Michael Shelley misses his PB by four seconds!

This year's London Marathon attracted one of the strongest men's and women's fields ever assembled, with the men's field including current world record holder Dennis Kimetto (2:02.57), former world record holder Wilson Kipsang (2:03.23), Eliud Kipchoge (2:04.05) and other leading Kenyan and Ethiopian runners.

The women's field included leading Kenyans, Mary Keitany (2:18.37), Florence and Edna Kiplagat and Priscah Jeptoo who were out to beat the top Ethiopian contenders Tirfi Tsegaye, Tigisi Tufa and Aselefech Mergia. Another great battle between Kenya and Ethiopia was emerging!

World Record Holder Paula Radcliffe was also making her final appearance in a Marathon and this created a lot of interest among the spectators who lined the streets of London to farewell their great champion in her home race.

On the morning, more than 38,000 runners set off in damp and chilly conditions from the South East London area.

As expected, the men's race was fast and furious in the earlier stages but as early as the halfway mark it was obvious that the world record would not be broken. The pacemakers went through the halfway point in 1:02.20 which was 35 seconds slower than the mark required to stay on world record pace. After 32km, the leading bunch was down to five and by 35km it was a group of four Kenyans who were battling it out. Stephen Biwott had dropped off and it had become a battle between Kipchoge, Kipsang and Kimetto. At the 39km mark, the current world record holder Dennis Kimetto dropped off the pace leaving Kipchoge and Kipsang to match each other stride for stride until the final 800 metres when **Eliud Kipchoge** pulled clear and surged to the finish line five seconds ahead of Wilson Kipsang. Kipchoge's winning time was **2:04.42**. Kipchoge had taken good form into this race having won Rotterdam and Chicago last year but beating two of Kenya's best was a real boost for him.

\*\*Queensland's **Michael Shelley** also competed in the race and ended up with a final time of **2:11.19** which was just four seconds slower than his PB set at the Commonwealth Games last year. Michael went through the first half of the Marathon in 1:05.56 but did manage a negative split by 33 seconds to finish in 12th place\*\*.

Before the women's race there was talk of a possible challenge on Paula Radcliffe's women's world record of 2:17.42 with four strong Kenyans leading the way. The first few kilometres of the race were well off the pace and the real surprise came between 35 and 40km when Ethiopia's **Tigisi Tufa** put in an impressive surge to leave her rivals floundering. The second fastest woman in history Mary Keitany, tried to bridge the gap but couldn't, leaving Tufa as the winner in **2:23.22** which was well outside the course record. Keitany finished 18 seconds behind and had to stave off a strong challenge from Ethiopia's Tirfi Tsegaye who was only one second behind at the finish in third place.

**Paula Radcliffe** finished in **2:36.55** after going out at 2:27 pace early in the race.

Both male and female winners received \$55,000 each in prizemoney.

## London Marathon: Men/Women Results

1 – Eliud Kipchoge (Kenya)	2:04.42	Has PB of 2:04.05
1 – Tigisi Tufa (Ethiopia)	2:23.22	Has PB of 2:21.52
2 – Wilson Kipsang (Kenya)	2:04.47	Has PB of 2:03.23
2 – Mary Keitany (Kenya)	2:23.40	Has PB of 2:18.37
3 – Dennis Kimetto (Kenya)	2:05.50	Has PB of 2:02.57
3 – Tirfi Tsegaye (Ethiopia)	2:23.41	Has PB of 2:20.18
<b>12- Michael Shelley (Australia)</b>	<b>2:11.19</b>	<b>His PB is 2:11.15!</b>

## GOLD COAST BULLETIN FUN RUN - 26th April 2015

Starting and finishing at Robina Stadium (Home of the Gold Coast Titans) this year's event attracted around 2,500 runners. Sponsored by Gold Coast's leading newspaper, there are events over five different distances – Half Marathon, 10km, 5km and for the younger members of the family a 2.5km and a 1km Kids Dash.

As the lead up to the Gold Coast Marathon this event has become very popular in the last three years.

The Half Marathon attracted a field of nearly 400 with Gold Coast physiotherapist **Brad Beer** winning the men's race in **1:15.19** and **Clare Geraghty** winning the ladies division in **1:19.12**. Clare was one of only four runners who clocked a sub 80 minute time for the challenging course.

The 10km winners were Gold Coast runners James Webster (32.53) in the men's race and Tamlyn Mathiske (38.17) in the ladies event. This event attracted the biggest field of the morning with 661 runners crossing the finish mat.

## Gold Coast Bulletin Half Marathon: Men/Women Results

1 – Brad Beer	1:15.19
1 – Clare Geraghty	1:19.12
2- Ben Walters	1:18.27
2 – Tennille Ellis	1:21.32
3 – Damien Jeffery	1:21.09
3 – Ilona Ellis	1:24.39

## SYDNEY MORNING HERALD HALF MARATHON - 17th May 2015

This year's event attracted over 11,000 entries and with a temperature of 10 degrees at the start it was ideal for some quick times.

The men's race was won in convincing fashion by **Liam Adams** in **1:04.25** while **Eloise Wellings** claimed the ladies first prize crossing the line in **1:13.20**.

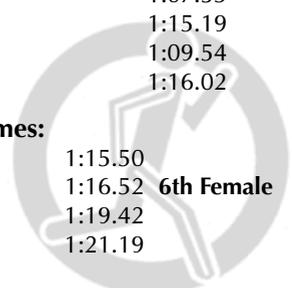
Some outstanding efforts were also put in by BRRC members with Hamish Hamilton (1:15.50) and Daniel Manning (1:19.42) showcasing the talent these two youngsters have been displaying in races at West End in the last couple of years. Good performances in the ladies race from Clare Geraghty (1:16.52) and Emily Donker (1:21.19) rounded out a good Sunday morning in Sydney for the brigade from Brisbane.

## Sydney Morning Herald Half Marathon: Men/Women Results

1 – Liam Adams	1:04.25
1 – Eloise Wellings	1:13.20
2- Jeff Hunt	1:07.35
2 – Cassie Fien	1:15.19
3 – Matthew Cox	1:09.54
3 – Sarah Klein	1:16.02

### Leading BRRC times:

Hamish Hamilton	1:15.50
Clare Geraghty	1:16.52
Daniel Manning	1:19.42
Emily Donker	1:21.19



## NOOSA HALF MARATHON -

**24th May 2015**

A nice flat course and clear skies were marred a little by strong winds which affected some of the times. The men's and women's Half Marathons were won in convincing fashion by **Jackson Elliott** and **Cassie Fien** respectively while in the 10km, **Jon Peters** and **Abigail Bayley** were first over the line.

### Noosa Half Marathon: Men/Women Results

1 – Jackson Elliott	1:07.19
1 – Cassie Fien	1:13.23
2- Patrick Nispel	1:12.07 <b>BRRC</b>
2 – Clare Geraghty	1:16.55 <b>BRRC</b>
3 – Brad Beer	1:12.38
3 – Sarah Crowley	1:19.09

### Other Leading BRRC times:

Ralf Hamann	1:17.16
Danny McDonald	1:19.35
Chris Edwards	1:21.14
Margot Manning	1:24.14
Kerri Hodge	1:24.21
Peta Dunne	1:32.31

### 10km

1 – Jon Peters	30.18
1 – Abigail Bayley	36.01
2- Matthew Roberts	32.17
2 – Tara Gorman	36.50
3 – Mick O'Shea	33.42
3 – Emily Donker	37.27

## WARWICK PENTATH RUN – 23rd & 24th May 2015

This gruelling two day event consists of five races totalling the marathon distance of 42.2km.

Three events are held on the Saturday – A Half Marathon, 4.6km Cross Country and a 5km Road Race. There is only a few hours recovery between each event. Sunday morning consists of a tough 10km Hill run followed by a 1500 metres run in the main street of Warwick.

Entrants can choose to do all five races or any other number they desire.

In Training's **Dan Symonds** won all five events in the men's category to make it a hugely successful weekend for him. Alexandra Ralph won the ladies overall trophy for having the fastest total time over the five races. Strong wind was also encountered by runners in some of the events on Saturday. Apart from that the conditions were clear and with little humidity it was a great weekend away on the Southern Downs. Plenty of BRRC runners made the annual trip to Warwick. A unique event and one to mark down on your 'TO DO LIST'.

### Warwick Pentath (Overall): Men/Women Results

1 – Dan Symonds	2:37.15	BRRC
1 – Alexandra Ralph	3:14.53	
2- Matt Cooper	2:41.11	
2 – Stella Foley		3:18.55
3 – Kevin Muller		2:44.49
3 – Caroline Roehrl		3:19.07

### Other Leading BRRC times:

Mark Anthony	3:10.49
Lee Horobin	3:24.41
John Whelan	3:25.52
Amanda Shipway	3:27.07
Theresa Fabian	3:32.02
Julie Hill-Webber	4:01.15



*Dan Symonds*

## MEMBERS PROFILE

**Name:** Leo Altarelli

**Age:** 33

**Occupation:** Musician

**How and when did you start running:** Mum said that I tried to run as soon as I could walk, which resulted in quite a few trips to A&E as a youngster and an extra bolt on the school gate. I remember the feeling of running as fast as I could as an earliest joy in life, as I am sure most people do. As I grew up I loved running cross country at school in the U.K as well as being a keen sportsman for years across many team sports playing national schools Basketball, Tennis and county Soccer. I then became a teenage music fanatic with ambitions to play at the Glastonbury Festival. I have been lucky enough to achieve that dream and a few more in my music career thus far. Sport and exercise took a back seat for many years until I was in my late 20's and looking for some new adventures and to get healthier again. I agreed to help raise money for charity with 4 friends by running the Brighton Marathon. We began training and I loved it, I felt great and instantly felt like I had untapped a passion I always had but never really realised, I have been exploring life as a runner ever since.

**Most memorable running moments:** I love that I can lace up my trainers and run wherever I am. If I am on the road, it is a great way to clear my head and explore my surroundings. Some of my most memorable running moments have been with my wife Kathleen, exploring unfamiliar places on foot, from a desolate run high up on the Great Wall of China to a bustling weave in-between the skyscrapers on the streets of New York. I will always remember finishing that first marathon with fondness. It was a transformational moment that gave me a huge amount of confidence in myself and turned me into a runner. I had no idea what to



expect, I just trusted my body and mind and took in the whole experience, supporting my friends and strangers to the finish. After that I joined my local running club (Bungay Black Dog Running Club) and met many new friends and had many adventures in the U.K before coming to Australia. Where I have loved exploring Brisbane, its mountains and further afield to other incredible landscapes I have run through in this country. I loved running the Gold Coast Marathon last year and before our wedding last October on Mt Glorious, I even did a cheeky 5k in the morning!

### **Your most memorable sporting achievement?**

I have a terrible memory, so my last race! It was second place at this year's Wild Horse Criterium, 22k of trail around the beautiful Glass House Mountains, a completely different challenge to anything I have done before because of the amount of mud and water.

My proudest sporting achievement was finishing my 3rd Marathon, it was probably the most difficult thing I have done as a runner, The weather was unexpectedly hot after a long cold winter in the U.K, I had not had very consistent training leading up to it and I was running for my Grandad who was very ill in hospital. I went out way too quick and I was being sick and hitting the wall badly with 10k to go, I gritted my teeth and managed to get to the end, finishing with a joyous lap around Milton Keane's Stadium with a big smile on my face.

**Favourite runs:** In Brisbane I have many, it is a fantastic city for runners. I love to run Bunyaville parkrun, where I am also a run director. I look for parkruns wherever I go. I love running along the river in town looping over the bridges and following the boardwalks, and up Mt Coot-Tha, exploring the trails west of Brisbane. Sunday mornings at BRR of course!

**Favourite Running Distance and PB:** Either blasting out a 5k, pb 17:22 (New Farm parkrun 2014) or Marathon 3.08 (Gold Coast 2014)

### **Who is your running idol?**

**John Tarrant (1932–1975)** An English long-distance runner, nicknamed “The Ghost Runner” for his habit of gatecrashing races from which he was barred due to his ‘non-amateur’ status, acquired during a brief career as a teenage prize-fighter, I read his biography and it really is an incredible story I would love to see made into a film.

**Deek.** Not only for his legendary running career but also for his incredible work afterwards, particularly the IMP (indigenous marathon project), which I am a fan and supporter of.

### **Favourite Sports Persons:**

**Yuki Kawachi** - A Japanese runner who is a living legend, if you have never heard of him you need to google.

**Mo Farah** – a legendary talent and inspiration for young Brits.

**Paula Radcliffe** - not only is she the women’s marathon record holder, but she battled injury to run London one more time this year and did it with a big smile on her face.

**Roberto Baggio** - great Italian football genius.

### **Running Goals:**

Sub 3h marathon

Sub 80 Half

Sub 17 min 5k

To perhaps someday win my hometown marathon in Bungay, Suffolk

To run New York and London marathons.

Most importantly, to look after myself, so I can enjoy this sport for the rest of my life.

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

Without a doubt, the Round Norfolk Relay. A continuous team relay race that runs through day and night in East Anglia U.K, on every type of terrain possible with the exception of any elevation. I once ran a 20mile leg on a straight main road in the middle of the night, it was rather cold and dark but I had a support cyclist who chatted to me all the way and kept me going. Another year I ran along the beach and through fields and failed spectacularly trying to vault a gate, rather painfully, with many miles to go before I handed over the baton!

**Favourite Foods:** Italian

**Favourite Movies:** Jurassic Park

**Favourite Drink:** Ale, Adnams of Suffolk, or James Squire Hop Thief

**Shoe Brand:** Inov8 and Adidas

**Favourite Running Partners/Group:** My wife, Kathleen

Everyone at Intraining Tuesday nights with Steve Manning,

The Mighty Bunyaville Trail runners,

Bungay Black Dog Running Club (U.K)

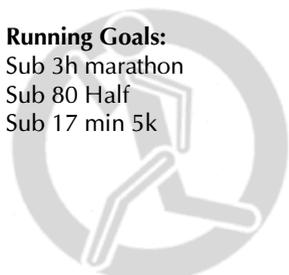
Star sign: Aries

**Favourite Music:** Mine!

[www.leoaltarellimusic.tumblr.com](http://www.leoaltarellimusic.tumblr.com)

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

Just one wish?! World Peace.



# BRISBANE ROAD RUNNERS RACE REPORT

By Robert Lofthouse



## March 1st – 10 mile/5mile CLUB CHAMPS (180 finishers)

The first championship race of the year on the BRRC calendar, attracted a large field with 135 runners in the 5 mile event.

The 5 mile (8.05km) race consisted of a shorter 3.05km loop followed by the normal 5km loop.

Last year's Club Championship winner **CLAY DAWSON** was the pre race favourite and once the race was under way Clay was quick to stamp his authority on the field as

he surged to the lead and was never headed crossing the timing mat at the end in **27.41**. Second place went to Ralf Hamann who was just over a minute behind Clay with Mark Taylor rounding out the top three.

In the ladies 5 mile Championship defending champion Kerri Hodge and leading BRRC runner (and winner of many BRRC events) Marion Hermitage were expected to perform well but the challenge was thrown down early by 17 year old **BRITTANY ZENDLER** who was one of Queensland's leading schoolgirl distance runners last year in both Track and Cross Country. Brittany took the lead early in the first loop and continued to forge a lead over Kerri Hodge, eventually taking out the first championship race of the year in the time of **30.54**. Kerri ran a solid race to finish just over a minute behind in second place with Marion third.

## 10 mile (16.09km)

The 10 mile course was made up of a 1.09km out and back loop followed by two loops of the normal 5km circuit.

In Training speedster **HAMISH HAMILTON**, elected to do the longer race on the morning and showed that the longer distance held no fears for him as he recorded an easy six minute victory over long time club members Steve Barraclough and Adrian Pearce. Hamish's winning time was **1:01.46**.

In the ladies division of the race **JULIA KETS** and Amanda Shipway ran together for most of the race with Julia crossing the finish mat just a step in front of Amanda. Her winning time was **1:19.14**. Sadly, both Julia and her husband Andrew will be moving to Perth in late March so from everyone in the club, good luck in the West and keep enjoying your running.

A special mention of our Club President Russell Wilson who was Race Director on the 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.



## March 15th – 25km/20km/10km/5km (153 finishers)

Warm conditions again for mid March but with four distances on offer, another good turnout kept volunteers busy at the reception tables.

## PETER RUN BREAKS 25KM COURSE RECORD

**25km** – In his second appearance at BRRC, **PETER RUN** showed outstanding form to break the course record which was previously held by Shane George. Peter is originally from Sudan and won the five lap race in a time of **1:32.27**.

In Training's Dan Symonds was second and Wynnum Parkrun Director Neil Wood was third.

In the ladies 25km, 2014 BRRC Championships winner **KERRI HODGE** showed her strength over the longer distances by recording a **1:49.55** time to easily win from Sydney's Nikki Lesberg and Melissa Murphy.

**20km** – This event was won by **JOHN GALLAGHER** who crossed the mat in 1:22.33 with Adrian Royce a further two minutes behind in second and race sponsor Greg Beerling (from NRCHI) third.

In the ladies race, **ELISA KIDSTON** maintained a solid 5min/km pace for the entire distance to finish in a time of **1:40.01**. Second place was fought out between long time club member Karen Wiersma and Gabrielle Kopke, with Karen claiming second place by just seven seconds.

**10km** – The two lap race proved a popular one with a strong field of 70 runners. The race was won by **MICHAEL MACANN** in a time of **35.25**. Michael showed his speed in the first 5km and continued to build on his lead as he went on to win by over a minute in **35.25**. Michael has recorded a couple of 16 minute efforts over the 5km distance of recent times so his win in this race was no surprise.

Second place went to Leo Altarelli who is also a renowned Musician and Actor. Leo moved out from the UK a year ago and really enjoys his running and music and is heavily involved with Bunyaville Parkrun as a Race Director. Elliot Carr finished third.

The ladies 10km was won by **JULIA KETS** in **44.43**. This proved to be a fitting farewell for Jules who is moving back to Perth to live. Julia and her husband Andrew have been great supporters of BRRC over the last six years and will be missed by all their friends in the club! Zoe Manning was second across the line and Jenny Deag claimed third place.

**5km** – The one lap event featured a win by **LACHIE SMITH** in the men's category with Harrison Adams second and Mark Anthony third. Lachie's winning time was **18.41** with Harrison just over 30 second behind and Mark a further minute behind Harrison.

**PETA DUNNE** took out the ladies category in **22.21** with the evergreen Theresa Fabian second and Clare Hanratty third.

Special thanks to race director **NIKOLA STEPANOV** and her crew who did a great job on the morning ensuring that everything ran like clockwork. Greg Beerling from **NRCHI** was the race sponsor so if you are looking to get some relief from those tired and aching joints then Greg is the man to see for either Massage or Acupuncture treatments.

## March 29th – 15km/10km/5km (166 finishers)

For the first time this year, conditions were a little cooler than normal resulting in another good attendance.

**15km** – 2014 BRRC Club Championship winner **CLAY DAWSON** headed the 15km race from the start, completing the first 5km in 17.08 before easing off the pace slightly in the second lap and then maintaining his big lead until the end, crossing the finish mat in a time of **52.45**. Kevin Muller ended up second after catching both Danny McDonald and Ralf Hamann with a big effort during the second lap and then forging a lead on his rivals between the 10km mark and the finish of the race.

In the ladies division, **KERRI HODGE** won her second BRRC race in a fortnight recording a time of **1:02.26** to finish nearly seven minutes ahead of her nearest rival Melissa Murphy and third placed Jenny Deag.

The 15km proved to be the most popular race of the morning with 67 runners completing the three lap event.

**10km** – In Training speedster **HAMISH HAMILTON** looked in ominous form as he went through the first five km in 17.01 and then maintained his km average right to the finish winning in **34.04**. Second place was fought out between Lucas Brown and Chris Voisey. At the 5km mark, Chris held a 30 second lead over Lucas but a strong surge by Lucas in the second lap saw him negative split by nearly a minute to end up with a 45 second margin over Chris at the finish.

The ladies 10km featured a win by **CRYSTAL EVANS** who recorded **43.51** to take home the

BRRC mug. Second place went to Peta Dunne who was just a minute behind, whilst the battle for third featured a good contest between three runners Bernice Kelly, Bonnie Howard and Simonna Godbold. At the 5km mark, Bernice Kelly had a lead of 100 metres over Bonnie with a similar margin back to Simonna. As the second lap progressed, Bernice and Bonnie started to tire and Simonna was getting quicker. By the 8km mark, Simonna Godbold had passed both and going on to take out third place. Her second lap was 30 seconds quicker than her first whereas Bonnie and Bernice lost over a minute in their second lap.

**5km** – Undoubtedly the highlight of this event was the performance of state ranked female 5000 metre track runner **LILIAN ANDERSON**, who pushed the male winner **JACOB WILLEMS** all the way. Jacob ended up recording an **18.18** time with Lilian stopping the clock at **18.21**.

Other place getters in the men's event were Harrison Adams who forged a lead over Harry Stokes in the last kilometre to claim second with a 14 second margin back to Harry.

Back in February, Lilian finished 6th in the Queensland State 5000 metre track championships in a time of 17.43 so her effort at BRRC was no surprise.

Theresa Fabian from In Training was second in the female division ahead of Raquel Warren.

Thanks to Race Director Pam Goddard and her volunteers who did their usual excellent job on the morning and also to the Event Sponsor – The Run Inn for donating the random draw prizes.

## **April 12th – 25km/10km/5km/2km (201 finishers)**

### **Claire Geraghty smashes female course record in 25km**

Over 200 runners turned up for this post Easter event in conditions best described as mild compared to the humid conditions experienced throughout March. After a pre race briefing from Race Director Tracy Baker runners were on their way. With the three main races all starting at 6.00am it was very tight at the beginning as runners made their way over the timing mat at the start.

**25km** – The ladies event featured an appearance from leading Queensland distance runner **CLARE GERAGHTY** and it was no surprise to see her break the female course record by six minutes as she maintained a steady 4:08min/km pace for the entire distance, crossing the finish mat in **1:43.15**. BRRC 2014 Club Champion Kerri Hodge also ran a strong race to finish second, while the battle for third was close with Tracey Biddell just holding off a strong finish by Naomi Batch to cross just two seconds ahead of Naomi.

In the men's five lap event (25km), **PETER ANDERSON** won in **1:41.21** with a margin of over three minutes back to John Gallagher. Aaron Black finished strongly in the last 5km of the race, recording a last 5km split which was a minute faster than John, but ultimately could not make up the time required to catch John, finishing about 100 metres behind in third place. Peter was the only person in the 25km to finish ahead of Clare Geraghty!

**10km** – The men's 10km was won by **DAMIEN JEFFERY** who was competing in his first BRRC event. Damien is originally from Newcastle and has been living in Brisbane now for nearly five years. Damien managed a PB of **36.41** and is targeting a sub three hour Marathon at the Gold Coast later this year. Will Barton claimed second place and Peter Hennings was third.

**PETA DUNNE** won her second BRRC event in a month by claiming the honours in the ladies 10km with a time of **43.00**. Jenny Deag and Zoe Manning were second and third respectively.

The 10km proved to be the most popular event of the morning with 96 runners taking part.

**5km** – The men's one lap event was taken out in fine style by **JACOB WILLEMS** in a time of **19.10**. Long time BRRC member Adrian Pearce



*BRRC President Russell Wilson and Harold Haldane*

was second with Dominic Green crossing the finish in third place.

In the ladies division, **HELEN MOTTI** won her first ever BRRC event in a time of **20.18**.

Kathie Knight and Genevieve Alder battled out for second place with Kathie crossing a few seconds ahead of Genevieve to claim second place.

Thanks to Race Director Tracy Baker and her trusty team of volunteers who did an excellent job on the morning and also to Event Sponsor NRCHI.

## **April 26th – Half Marathon Champs/10km/5km (231 finishers)**

### **Clay Dawson and Kerri Hodge win Half Marathon Champs!**

The biggest attendance of the year so far with 231 runners overall and 116 electing to compete in the Half Marathon.

Conditions on the morning were the best so far this year with less humidity and a slight breeze to stop runners from over heating.

Half Marathon – In the men's race, 2014 Club Champion **CLAY DAWSON**, asserted his authority early in the race and being able to do his first 5km lap in 17.27 really issued the challenge to anyone wishing to catch him. His early pace gave him a comfortable buffer and because of this, Clay was able to relax in the final 5km recording a 18.30 lap split and eventually crossing the finish mat in a time of **1:15.33**.

West End newcomer Charlie Boyle ran a strong race to finish second, two minutes behind Clay. The battle for third place was a tight tussle all the way with Leo Altarelli holding a nine second margin over Warwick Bible as they entered the final five kilometres. Warwick was able to finish the stronger in the last lap and took out third place by a margin of 17 seconds over Leo.

As was the case with the men's race, the 2014 Club Champion **KERRI HODGE** dominated the women's race recording a **1:28.25** winning time. Kerri set up her lead by recording a 20.50 for the first five kilometre lap which was her quickest of the entire race. Second and third

place respectively were Stacey Davis and Carolyn Marslin who are not presently club members at BRRC. Kerri's winning margin was over 14 minutes which reflects her dominance of the event on the morning.

Clay and Kerri again look to be the ones to beat for the overall 2015 BRRC Champions title.

**10km** – The men's race saw **MICHAEL McCANN** going through the first half of the race in just over 17 minutes with his nearest rival Nick Mansfield two minutes behind. Michael did not slacken off in the second lap and won in the good time of **34.31**.

Nick maintained second place for the rest of the race while third place went to Marc Nickels who managed to pass Patrick Nispel in the latter stages of the race. NB (Patrick's race report on his recent Marathon in Japan appears elsewhere in this edition).

In the ladies 10km, In Training legend **MARGOT MANNING** was in good form winning the event by over two minutes from Trish Russell and Saffron Firkins. Margot has been an absolute inspiration and mentor to many ladies getting started in running for over 20 years in Brisbane and along with her husband Steve have been long time members and sponsors of BRRC. Margot's winning time was **41.03** which included a 20.10 effort in the first half of the race.

**5km** – With the Half Marathon Championships being the main focus of the morning's activities only a small field of 37 competed in the one lap event.

The men's race was won by **MARK ANTHONY** in a time of **20.42**. Mark is originally from England and has now been living in Australia for over eight years so we can now claim him as one of our own!

Former BRRC President Peter James was second and Martin Mills third. At the end Mark's winning margin over Peter was 10 seconds.

In the ladies 5km, **KAILEY WILTON** from Brisbane Bayside Runners club (based at Victoria Point) established a good lead in the first kilometre of the race and went on to win in a time of **21.05** from fellow Bayside Runner Rachael McKinney. Judy Salcedo was third. Kailey has recorded a 19.44 PB last year in a

Bayside Runners time trial at Victoria Point.

Special thanks to Race Director Russell Wilson and his volunteers who did an excellent job on the morning. Championship events always pose a special challenge for the BRRC Committee and volunteers especially with working out all the place getters in the various Age categories.

Also special mention to our race day sponsors IN TRAINING for the random draw prizes. There were also plenty of IN TRAINING club members proudly wearing their singlets out on the course.

## May 17th – 25km/20km/10m /5km/2km Junior (185 finishers)

Another good turnout on a mild autumn morning with four distances on offer.

**25km** – In the men's event, **RALF HAMANN** looked comfortable as he cruised around the five laps in sub four minute km pace, completing the distance in **1:39.07**.

At the 10km mark, Nicholas Horn was coming second with a 90 second lead over the third placed Tyler O'Brien but between 15 and 20km Nicholas dropped his pace and going into the last five km, Nicholas held a reduced lead of 35 seconds over Tyler. Tyler ran a strong last lap to pass Nicholas and end up claiming second place with a 30 second gap back to Nicholas.

The ladies race was a complete contrast to the men's event with the lead changing several times as the race progressed. At the 10km point, Karen Wiersma held a 30 second lead over Hagiwara Yoshimi with Fiona Lodge a further minute back in third place. Nothing

changed during the third lap with Karen still leading at the 15km mark with a lead of nearly a minute over Hagiwara. Fiona Lodge was still third but had made up nearly 30 seconds on Hagiwara. Fiona Kessel was fourth but had increased the tempo during the third lap and with 10km still to cover the real race was about to begin.

Karen Wiersma and Hagiwara Yoshimi tired noticeably during the fourth lap with the big move being made by Fiona Lodge who ran two minutes quicker than Karen and Hagiwari during the 15-20km period to hold a 20 second lead over Karen going into the last lap. Fiona Kessel had also narrowed the gap (to 30 seconds) on the third placed Hagiwara who was battling fatigue.

**FIONA LODGE** maintained her steady pace during the latter stages to finish the winner in **2:19.41** but credit must also be given to second placed Fiona Kessel who ran her quickest lap of the race to claim second place ahead of Hagiwara who managed to pass the tiring Karen Wiersma with a couple of kms still to go.

**20km** – Talented former English resident **LEO ALTARELLI** went through the first lap in sub 19 minutes and maintained a pace close to that for the entire 20km to finish in a time of **1:17.02**. Leo combines his love of running with his career as a musician (see his profile elsewhere in this magazine). Second place went to Adrian Royce who has set himself the goal of breaking the three hour marathon barrier after running a 3:04 on the hilly Canberra Marathon course back in April. Adrian's Canberra report also appears elsewhere in this edition. Third place went to Chris Edwards who was just over a minute behind Adrian at the finish.

It was good to see some new faces taking out the top three positions in the ladies 20km with **TAMARA GREEN** in fine form crossing the line in **1:31.36**. Stacey Davis was a further five minutes back in second place with Cath McAuliffe making her trip up from the Gold Coast worthwhile by finishing third.

**10km** – The 10km run proved to be the most popular on the morning with 74 finishers.

**ELLIOTT CARR** lead the field through the first five kms with Lachie Smith, Nathan Blunt and Takashi Kizu in a three way battle for second



*Margot Manning*

place. At this stage, Elliott held a 16 second lead over the chasing pack but was able to increase the gap in the latter stages of the race to win in **37.56**. Lachie Smith was able to break up the chasing group with a strong surge to claim second place by a 25 second margin over Takashi Kizu.

In the ladies event, former Japanese Triathlon representative **JO KIZU** took the honours with a winning time of **44.50**. Nikki Percival finished a minute behind in second place with a similar margin back to Karen Freeman in third.

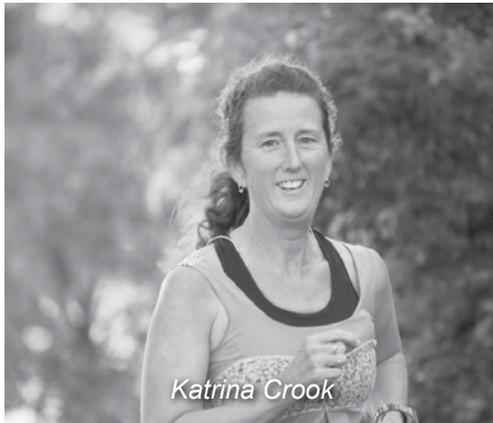
**5km** – In the men’s one lap event **GEOFF SEAWRIGHT** took the honours in **19.57** with Rod Harding claiming second place by a 10 second margin from Lee Horobin.

The evergreen **THERESA FABIAN** (from In Training) showed her younger counterparts ‘a clean pair of heels’ by scooting around the course in **21.54**. Ashleigh Harding came home second with Bridget Abell rounding out the top three.

**2km Junior** – The boy’s run was won by **NICHOLAS ROSSEL** in **9.43** while **EMILY TOWNER** was the girl’s winner in **10.24**.

Special thanks to our Club President Russell Wilson for being Race Director on the morning and to our generous sponsor **SKIRT SPORTS** who lead the way in revolutionary running fashions for ladies here in Queensland.

**For a complete list of BRRC race results for every race, go to our Website at [www.brisbaneroadrunners.org](http://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](http://WWW.PATRICKNISPEL.COM/TRAIN/MARATHON-CLUB)**

# 2015 BRRC CHAMPIONSHIP SERIES

By Bruce Smerdon



The Brisbane Road Runners Club Championship Series commenced in 2003 and has generally consisted of seven events run over the course of the year. There have been variances in the

distances used for the seven championship events since 2003, with 7k and 14k being run for several years before being changed to 5 mile and 20k events.

Past Overall Male and Female Club Champions are shown below:

Year	Overall Male Club Champion	Overall Female Club Champion
2003	Ian Kent	Jo Sherman
2004	Shane George	Marion Hermitage
2005	Shane George	Jodie Willett
2006	Christian Cobbold	Clare Geraghty
2007	Ian Kent	Theresa Fabian
2008	Shane George	Marion Hermitage
2009	Shane George	Melanie Kaasinen
2010	Shane George	Marion Hermitage & Fiona Mann
2011	Shane George & Andrew Fuller	Marion Hermitage
2012	Shane George	Melissa Watson & Alexandra Winter
2013	Clay Dawson	Kerri Hodge
2014	Clay Dawson	Kerri Hodge



**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

After the first two championship events of 2015 it seemed clear that Clay Dawson & Kerri Hodge were on a mission to be named Club Champions for a third consecutive year, following on from their victories in 2013 and 2014. Clay was the first male home in the 5 mile event on 1st March, and also in the 21.1k event on 26th April. Kerri came second to Brittany Zandler in the 5 mile event but showed her class over the longer distances by being the first female home in the 21.1k.

For further details of the 2015 BRRC championship series, go to the championships area of the BRRC website (<http://brisbanerodrunners.org/wp/championships/>), where you will also find the list of leading contenders to be named BRRC Age Group Champions for 2015.

# BRRC AGE GROUP DISTANCE RECORDS

By Bruce Smerdon



Brisbane Road Runners Club was formed in 1982 and the vast majority of race results from that year to the present have been digitized and can be found in the archives section of the Club website (members only area).

Among these race results are those of all the championship distance events conducted since the Club commenced the championship series in 2003. There have been variances in the distances used for the seven championship events since 2003, with 7k and 14k being run for several years before being changed to 5 mile and 20k events.

The age group records for the distances currently in vogue have been extracted and they appear below. Some of these records have been set as recently as the 26th of April this year during the 21.1k championship event – well done Daniel Manning (Cat A Males under 19 – 1:24:02), John Shaw (Cat S Males 60 to 64 – 1:25:31) and Harold Haldane (Cat W Males 70 to 74 – 1:43:27). If you fancy your chances of writing your name into the BRRC age group distance records, it might be a good idea to have a look at the times below for your age group. The good news is that there are a few vacant spots where no record has been set as yet but it seems that most of them are in the 80 years and over categories. That's not a problem, because we'll all still be running when we reach that age, won't we?

## 5 Mile Male Record Holders

Age Cat	Date	Name	Time
A (< 19)	1/03/2015	Jacob Willems	30:50
C (19-24)	1/03/2015	Kai Barry	31:36
E (25-29)	2/03/2014	Nicholas Kirkup	30:08
G (30-34)	2/03/2014	Clay Dawson	27:15
I (35-39)	2/03/2014	Andrew Holden	31:10
K (40-44)	1/03/2015	Matthew Battams	31:01
M (45-49)	2/03/2014	Shane George	28:50
O (50-54)	1/03/2015	Gerard Daly	33:45
Q (55-59)	2/03/2014	Barry Broe	31:54
S (60-64)	1/03/2015	Ian Cameron	30:07
U (65-69)	2/03/2014	Richard Lodge	39:27
W (70-74)	1/03/2015	Harold Haldane	36:06
Y (75-79)	2/03/2014	Jack Marsh	40:18
YX (80-84)			
YY (85-89)			
YZ (90+)			

## 5 Mile Female Record Holders

Age Cat	Date	Name	Time
B (< 19)	1/03/2015	Brittany Zendler	30:54
D (19-24)	1/03/2015	Laura Daly	35:46
F (25-29)	1/03/2015	Justine Bell	43:03
H (30-34)	2/03/2014	Julia Kets	35:49
J (35-39)	1/03/2015	Nicole Adams	38:37
L (40-44)	1/03/2015	Kerri Hodge	31:59
N (45-49)	1/03/2015	Tracy Baker	38:37
P (50-54)	1/03/2015	Marion Hermitage	34:29
R (55-59)	2/03/2014	Theresa Fabian	37:59
T (60-64)	1/03/2015	Madonna Stewart	44:16
V (65-69)	1/03/2015	Irene Davey	46:33
X (70-74)			
Z (75-79)			
ZX (80-84)			
ZY (85-89)			
ZZ (90+)			



## 10 Mile Male Record Holders

Age Cat	Date	Name	Time
A (< 19)	25/08/2013	Liam Woollett	54:26
C (19-24)	12/02/2006	Jonathan Peters	57:31
E (25-29)	25/08/2013	Nicholas Kirkup	1:01:23
G (30-34)	25/08/2013	Clay Dawson	53:49
I (35-39)	12/06/2006	Christian Cobbold	57:02
K (40-44)	9/08/2009	Shane George	56:38
M (45-49)	26/08/2012	Shane George	58:32
O (50-54)	12/02/2006	Ron Peters	58:26
Q (55-59)	22/08/2010	Ron Peters	59:01
S (60-64)	24/08/2014	John Shaw	1:03:16
U (65-69)	9/08/2009	Ron Vines	1:12:52
W (70-74)	26/08/2012	Harold Haldane	1:14:17
Y (75-79)	28/08/2011	Colin Woods	1:24:20
YX (80-84)			
YY (85-89)			
YZ (90+)			

## 10 Mile Female Record Holders

Age Cat	Date	Name	Time
B (< 19)	12/02/2006	Clare Geraghty	1:01:09
D (19-24)	18/02/2007	Clare Geraghty	1:02:44
F (25-29)	28/08/2011	Clare Geraghty	1:01:37
H (30-34)	24/08/2014	Julia Kets	1:14:12
J (35-39)	26/08/2012	Alexandra Winter	1:06:13
L (40-44)	26/08/2012	Margot Manning	1:05:17
N (45-49)	9/08/2009	Marion Hermitage	1:07:07
P (50-54)	24/08/2014	Marion Hermitage	1:11:25
R (55-59)	28/08/2011	Anne Ryan	1:13:15
T (60-64)	8/08/2004	Betty Menzies	1:15:42
V (65-69)	25/08/2013	Irene Davey	1:34:21
X (70-74)			
Z (75-79)			
ZX (80-84)			
ZY (85-89)			
ZZ (90+)			

## 5K Male Record Holders

Age Cat	Date	Name	Time
A (< 19)	2/12/2012	Hayden Wilkinson	17:25
C (19-24)	22/10/2006	Aidan Hobbs	16:01
E (25-29)	27/11/2005	Nick Schilling	17:07
G (30-34)	7/12/2014	Clay Dawson	16:40
I (35-39)	22/10/2006	Christian Cobbold	15:27
K (40-44)	28/11/2004	Andrew Clowes	17:20
M (45-49)	27/11/2011	Shane George	16:30
O (50-54)	22/10/2006	Ron Peters	16:50
Q (55-59)	27/11/2011	Ron Peters	17:24
S (60-64)	7/12/2014	John Shaw	18:34
U (65-69)	28/11/2004	Michael Juckes	21:06
W (70-74)	2/12/2012	Harold Haldane	21:42
Y (75-79)	27/11/2011	Colin Woods	24:10
YX (80-84)			
YY (85-89)			
YZ (90+)			

## 5K Female Record Holders

Age Cat	Date	Name	Time
B (< 19)	22/11/2009	Melanie Kaasinen	17:29
D (19-24)	28/11/2010	Clare Geraghty	17:02
F (25-29)	28/11/2004	Vivien Pott	17:46
H (30-34)	17/12/2014	Julia Kets	19:59
J (35-39)	24/11/2013	Kerri Hodge	19:53
L (40-44)	28/11/2004	Marion Hermitage	18:43
N (45-49)	16/11/2008	Marion Hermitage	19:53
P (50-54)	17/12/2014	Marion Hermitage	20:49
R (55-59)	28/11/2010	Anne Ryan	20:28
T (60-64)	16/11/2008	Betty Menzies	25:07
V (65-69)	22/11/2009	Betty Menzies	23:41
X (70-74)	02/12/2012	Diana Southern	50:48
Z (75-79)			
ZX (80-84)			
ZY (85-89)			
ZZ (90+)			

## 10K Male Record Holders

Age Cat	Date	Name	Time
A (< 19)	22/06/2014	Liam Woollett	33:19
C (19-24)	13/04/2008	Aidan Hobbs	36:55
E (25-29)	29/05/2005	Nick Schilling	33:41
G (30-34)	23/06/2013	Clay Dawson	33:00
I (35-39)	14/11/2004	Shane George	33:40
K (40-44)	13/04/2008	Shane George	34:16
M (45-49)	23/06/2013	Shane George	34:56
O (50-54)	25/06/2006	Ron Peters	34:03
Q (55-59)	29/03/2009	Ron Peters	34:45
S (60-64)	22/06/2014	John Shaw	38:34
U (65-69)	29/05/2005	Michael Juckes	43:14
W (70-74)	25/03/2012	Harold Haldane	44:01
Y (75-79)	22/06/2014	Jack Marsh	50:13
YX (80-84)			
YY (85-89)			
YZ (90+)			

## 10K Female Record Holders

Age Cat	Date	Name	Time
B (< 19)	28/03/2010	Melanie Kaasinen	37:25
D (19-24)	23/06/2013	Stephanie Burrell	44:50
F (25-29)	29/05/2005	Jodie Willett	38:57
H (30-34)	22/06/2014	Julia Kets	40:55
J (35-39)	23/06/2013	Kerri Hodge	40:24
L (40-44)	29/05/2005	Marion Hermitage	38:35
N (45-49)	25/03/2012	Marion Hermitage	41:43
P (50-54)	23/06/2013	Muriel McLean	43:21
R (55-59)	27/03/2011	Anne Ryan	41:52
T (60-64)	25/06/2006	Betty Menzies	45:56
V (65-69)	29/03/2009	Betty Menzies	48:39
X (70-74)			
Z (75-79)			
ZX (80-84)			
ZY (85-89)			
ZZ (90+)			

## 15K Male Record Holders

Age Cat	Date	Name	Time
A (< 19)	27/10/2013	Liam Woollett	49:47
C (19-24)	19/10/2008	Aidan Hobbs	56:13
E (25-29)	22/08/2004	Greg Beerling	56:24
G (30-34)	27/10/2013	Clay Dawson	51:59
I (35-39)	22/08/2004	Shane George	52:28
K (40-44)	17/10/2010	Shane George	53:10
M (45-49)	27/10/2013	Shane George	54:31
O (50-54)	27/10/2013	Francis Mahony	55:16
Q (55-59)	28/09/2014	Phil Davies	1:02:48
S (60-64)	28/09/2014	John Shaw	58:59
U (65-69)	22/08/2004	Jack Marsh	1:06:56
W (70-74)	27/10/2013	Harold Haldane	1:12:45
Y (75-79)	13/11/2011	Colin Woods	1:18:08
YX (80-84)			
YY (85-89)			
YZ (90+)			

## 15K Female Record Holders

Age Cat	Date	Name	Time
B (< 19)	19/10/2008	Melanie Kaasinen	58:54
D (19-24)	21/10/2012	Nerissa Campbell	1:05:10
F (25-29)	17/10/2010	Jacqui Kelly	1:01:07
H (30-34)	28/09/2014	Julia Kets	1:03:59
J (35-39)	27/10/2013	Trish Russell	1:03:43
L (40-44)	28/09/2014	Kerri Hodge	1:00:56
N (45-49)	17/10/2010	Marion Hermitage	1:04:44
P (50-54)	28/09/2014	Marion Hermitage	1:05:51
R (55-59)	19/10/2008	Cathy Grattan	1:13:42
T (60-64)	28/09/2014	Madonna Stewart	1:25:29
V (65-69)	17/10/2010	Betty Menzies	1:15:56
X (70-74)			
Z (75-79)			
ZX (80-84)			
ZY (85-89)			
ZZ (90+)			

## 20K Male Record Holders

Age Cat	Date	Name	Time
A (< 19)	8/06/2014	Daniel Manning	1:33:00
C (19-24)			
E (25-29)	17/10/2004	Stephen Gurr	1:17:04
G (30-34)	10/04/2005	Stephen Gurr	1:22:07
I (35-39)	10/04/2005	Mark Porter	1:21:55
K (40-44)	17/10/2004	Andy Green	1:13:37
M (45-49)	8/06/2014	Shane George	1:16:22
O (50-54)	8/06/2014	Francis Mahony	1:17:48
Q (55-59)	8/06/2014	Phil Davies	1:23:50
S (60-64)	8/06/2014	John Shaw	1:21:28
U (65-69)	10/04/2005	Jack Marsh	1:35:49
W (70-74)	8/06/2014	Harold Haldane	1:34:47
Y (75-79)	8/06/2014	Jack Marsh	1:47:16
YX (80-84)			
YY (85-89)			
YZ (90+)			

## 20K Female Record Holders

Age Cat	Date	Name	Time
B (< 19)	8/06/2014	Alysia Brown	1:45:51
D (19-24)			
F (25-29)	10/04/2005	Verity Kimber	1:25:13
H (30-34)	8/06/2014	Julia Kets	1:40:44
J (35-39)	17/10/2004	Glenda Banaghan	1:27:39
L (40-44)	8/06/2014	Julie Hill-Webber	1:39:43
N (45-49)	8/06/2014	Tracy Baker	1:40:56
P (50-54)	8/06/2014	Virginia Neil	1:53:05
R (55-59)	17/10/2004	Betty Menzies	1:40:57
T (60-64)	10/04/2005	Betty Menzies	1:38:34
V (65-69)			
X (70-74)			
Z (75-79)			
ZX (80-84)			
ZY (85-89)			
ZZ (90+)			

## 21.1K Male Record Holders

Age Cat	Date	Name	Time
A (< 19)	13/04/2014	Daniel Manning	1:35:26
C (19-24)	1/03/2009	Jonathan Peters	1:12:13
E (25-29)	12/03/2006	Tim Molesworth	1:19:34
G (30-34)	21/04/2013	Clay Dawson	1:12:34
I (35-39)	13/03/2005	Shane George	1:18:22
K (40-44)	2/03/2008	Shane George	1:17:38
M (45-49)	12/03/2006	Peter Hunt	1:19:42
O (50-54)	12/03/2006	Ron Peters	1:15:31
Q (55-59)	1/03/2009	Ron Peters	1:19:20
S (60-64)	18/03/2007	Malcolm Anson	1:31:58
U (65-69)	13/03/2005	Colin McLeod	1:26:44
W (70-74)	1/03/2009	Jack Marsh	1:47:38
Y (75-79)	13/04/2014	Jack Marsh	1:56:08
YX (80-84)			
YY (85-89)			
YZ (90+)			

## 21.1K Female Record Holders

Age Cat	Date	Name	Time
B (< 19)	12/03/2006	Clare Geraghty	1:18:10
D (19-24)	18/03/2007	Clare Geraghty	1:16:29
F (25-29)	26/02/2012	Clare Geraghty	1:22:10
H (30-34)	2/03/2008	Carly Ekert	1:26:33
J (35-39)	13/03/2005	Tressa Lindenberg	1:27:53
L (40-44)	13/03/2005	Glenda Banaghan	1:24:24
N (45-49)	13/03/2005	Theresa Fabian	1:34:04
P (50-54)	13/04/2014	Marion Hermitage	1:36:15
R (55-59)	27/02/2011	Anne Ryan	1:38:43
T (60-64)	13/03/2005	Betty Menzies	1:45:01
V (65-69)			
X (70-74)			
Z (75-79)			
ZX (80-84)			
ZY (85-89)			
ZZ (90+)			

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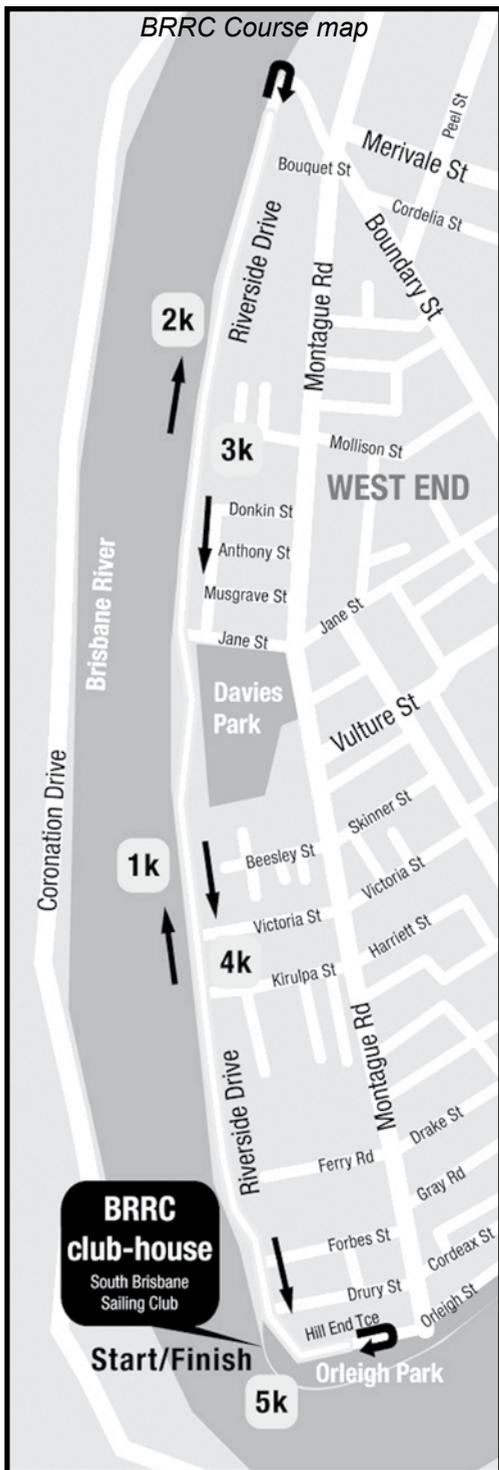
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# Brisbane Road Runners Club CALENDAR of EVENTS 2015

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	<b>5 mile Club Championship &amp; 10 miles</b>	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	<b>21.1k Club Championship &amp; 5k, 10k</b>	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	<b>20k Club Championship &amp; 5k, 10k, 15k, 35k</b>	6.30am	Intraining
14-Jun-15	CITY 2 SOUTH - NON BRRC EVENT		
21-Jun-15	<b>10k Club Championship, 5k &amp; QMA 10k Championship</b>	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	<b>10 mile Club Championship (Robin Flower Memorial) &amp; 5 miles</b>	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	<b>15k Club Championship &amp; 5k, 10k</b>	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	<b>5k Club Championship &amp; 2k, 10k</b>	6am	The Run Inn
13-Dec-15	Dash & Splash, Yeronga Pool	7am	BRRC
03-Jan-16	5k Predictor & 10k Predictor - No Watches	6am	Intraining

