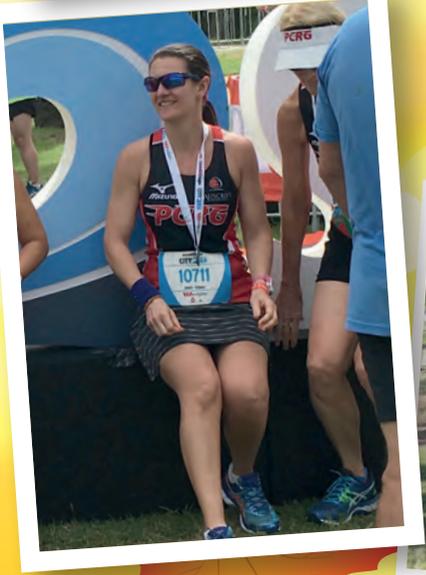




BRRRC

Autumn 2016



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

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

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

BRRC Website

www.brisbaneroadrunners.org

Email: run@brisbaneroadrunners.org

Pictorial, illustrative or editorial contributions sent by Email or disk are welcome. Please send in PC format - Microsoft Word (text only) or PDF
Please send photos/ logos as JPEG or TIFF images, in a separate file to the text.

ADVERTISING

The costs for advertising in the BRRC magazine are as follows:

Full Page: (120 x 180mm) portrait \$60.00

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** (must fit into A5 book or folding charges apply)

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Please send artwork for advertising to BRRC (as above).

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FROM THE EDITOR...

By Robert Lofthouse



Welcome to 2016 and the Autumn edition of the BRRC Magazine!

Attendances at BRRC events in February reached 170-180 on average and despite the warm conditions is a welcome sign that the club is in for another good year as evidenced by the number of new faces and names appearing in the results and in some cases actually winning their chosen event.

The 6.00am start time will continue until the 17th April with the 6.30am start not commencing until 1st May.

If you're wondering how the points system works for this year's club championship series then you will find Bruce Smerdon's guide in this edition of considerable interest. As well there is an interesting report on the Coast to Kosciuszko Ultra event last December from the race winner John Pearson who had a couple of BRRC members as his support crew. The ever popular member profiles are also included, as well as a report on the breaking of a World Record on the track by a four person male team that included current BRRC members John Shaw and Ian Cameron and other leading Queensland Masters distance runners Ron Peters and Peter Reeves.

Enjoy your training as you prepare yourself for the upcoming winter months and a dearth of exciting running events and Festivals. Remember to include BRRC events as part of your programme.

We're a friendly bunch with Race Directors and volunteers always making sure that your Sunday morning visit to the club is an enjoyable one.

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

Robert Lofthouse (Editor)
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Robert Lofthouse



FROM THE PRESIDENT

By President Andrew Leggett

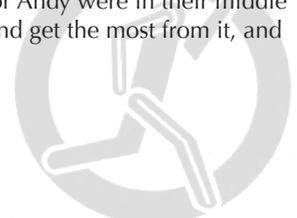


Thanks to the good work of our magazine editor Robbie Lofthouse, and those who have offered articles for publication, we are able to bring you the Autumn edition of Brisbane Road Runners Club Magazine. I'm writing to you as president for the first time, following Russell Wilson's effort in the last magazine. I'd like to introduce you to our committee: myself, John Dempster (VP), Vicki Fennelly (Hon Sec), Bruce Smerdon (Treasurer), Tracy Baker, Kerri Biggins, Deborah Davis, Susan McGee, and Russell Wilson. Please feel free to approach us about any issues that concern you about the running of the club, and especially if you have ideas about how we can make things work better for you. Better still, please don't be backward in coming forward to ask for a job! Betty Menzies, our conscientious registrar, would very much welcome additional volunteers to support the registration and timing processes, which have been very much improved and streamlined recently. Thanks to all of you who are participating in the running of the club, whether as rostered volunteers or in regular roles. It's your work that makes our meets possible, and you deserve our praise and thanks.

As the end of summer approaches and we find our enthusiasm for running increases. With cooler conditions in the mornings and the evenings, running once again becomes a potentially pleasurable activity, and the numbers at BRRC events begin to grow again. Veterans and new runners alike begin to set goals for the year and to train to work towards them. For some, it may be to improve or sustain fitness, or to regain it after illness or injury. Many of us run for the fellowship and sense of community, the joy of movement in the body in the company of others. For others, the motivation may be to complete a race over a longer distance, whether that be a first 5km road race or a first marathon. And for many it is to improve on their personal best times, to compete successfully in an age championship or even, for the most talented of our membership, to win a race or attain a qualifying time for interstate or international competition. Whatever the runner's goal, Brisbane Road Runners Club has a 34 year history of providing a focus for a community of support, nurturing and friendly competition for runners of all ages and all levels of ability.

I hope that we will always nurture beginning runners, regardless of age, but especially that we support and develop and do everything we can to sustain younger runners. I remember being thus nurtured and supported by my own family GP, Jock Lambie, one of the founders of Toowoomba Road Runners in the 1970s. In my last years at school Jock picked me up at home every Sunday morning and drove me to the runs. I loved running with him and very much appreciated his encouragement. In 1980 when I was in first year medical school, we ran our first marathon together at St Lucia. I ran 2 hrs 49 then, a few days before I turned 18, with Jock finishing in a little over 3 hours, although he managed to break the 3 hour barrier the following year in the same race. Another GP, Andy Semple, was the organiser of that marathon, and of the running group I trained with around the university campus, the one that became Queensland Marathon and Road Runners Club two years later. Andy also broke three hours for that 1980 race, although he was one of the most senior finishers. I'm no longer as fast as Jock or Andy were in their middle age, but I hope to be able to encourage you to sustain your running and get the most from it, and would be glad to hear from any of you about that.

Andrew Leggett President BRRC





JOIN THE BRISBANE ROAD RUNNERS TEAM AT THE GOLD COAST THIS YEAR

MARATHON - HALF MARATHON - 10K & 5.7K RUNS - JUNIOR DASH

ENJOY THE BRRC TEAM BENEFITS:

- 10% discount on your entry fee
- Leave your bag at the BRRC tent, which will be positioned close to the finish line (beside the Intraining tent)
- The tent is the ideal place to meet up with fellow club members for both Saturday and Sunday events
- Food and drinks will be available at the tent
- Join the Brisbane Road Runners Team via our website:
<http://brisbaneroadrunners.org>
click 'BRRC Gold Coast Team'
Follow the team entry instructions

Not sure about anything? Email our Team Manager, Mark Robinson at gcmarathonteam@brisbaneroadrunners.org or call him on 0419 256 579

**CLOSING DATE TO ENTER THE BRRC TEAM IS 28th APRIL
DON'T DELAY – JOIN THE TEAM TODAY**

MEMBERS PROFILE



Ray Crilly on right.

Name: Ray Crilly

Age: 45

Occupation: Software Engineer

How and when did you start running: I ran cross country and track throughout school. I started running again seriously at 40 when my mate Steve asked me to run to work with him as part of his marathon training. I ran the Noosa half soon after and really enjoyed it and after running my first marathon I was hooked.

Most memorable running moments:

Running three sub-three hour marathons in 2015. Almost being hit by a falling gum tree during a training run is probably the scariest running moment! (See pic)

Your most memorable sporting achievement?

Captaining the Grange Rangers to the Northside Commercial League Football title. Hitting a first ball six for Stafford in sub districts cricket. Coaching my son in the Mitchelton U15 Div 2 Football team to a title.

Favourite runs: All the NSRG training runs. Mt Mee, Camp Mountain and Mt Nebo. I especially love trail runs with a view!

Favourite Running Distance and PB: No

particular favourite distance. PBs: Marathon 2:53, Half: 1:20:41, and 10k: 37:06.

Who is your running idol? Don "The Master" Atcheson, Parmy "The Master's Master" Atcheson and Andrew "Foxy" Cochrane are legends. Parmy having run 10 consecutive Gold Coast marathons! Ron Vines has also always been encouraging and ready to pass on his running experience. De Castella and Moneghetti are pretty good too!

Favourite Sports Persons: Richie Benaud is my all-time fav. I always wanted to be a commentator like Richie but sadly my cricket ability was not good enough for the commentary team. Others include Alan Border, Peter Daicos (AFL) and Tim Cahill.

Running Goals: Run a 100k trail run this year.

What is the craziest sporting event you have been involved in? Not sure if the University drinking games count as sporting events? If not, then a 12 hour Rogaining event (best described as extreme orienteering) where our team took a wrong turn near the end and lost all of our points

Favourite Foods: Any pasta dish.

Favourite Movies: Monty Python and the Holy Grail. Life is Beautiful.

Favourite Drink: Scotch and coke. Recently tried an alcoholic ginger beer, that was great!

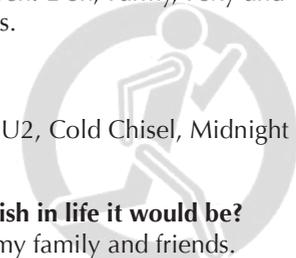
Shoe Brand: Nike.

Favourite Running Partners/Group: Running with my wife, Karen. Don, Parmy, Foxy and the NSRG runners.

Star sign: Aries

Favourite Music: U2, Cold Chisel, Midnight Oil.

If you had one wish in life it would be? Good health for my family and friends.



RESULTS OF 2015 BRRC CHAMPIONSHIP SERIES

Compiled by Robert Lofthouse



Overall Male and Female Club Champions

Overall Female Club Champion

1. Brittany Zendler
2. Kerri Hodge
3. Nicole Adams

Overall Male Club Champion

1. Clay Dawson (third year in a row)
2. Nicholas Horn
3. John Shaw



Champions trophies presented at Dash & Splash event held at Yeronga Pool on 13/12/15.



2015 Overall Male and Female Club Champions
Clay Dawson and Brittany Zendler.

MALE AND FEMALE AGE GROUP CHAMPIONS

Category	Winner	Events Contested	Results Within Age Category
FEMALES			
0-19	Brittany Zendler	4	4 first placings
20-24	Laura Daly	4	4 first placings
5-29	Justine Bell	4	4 first placings
30-34	Laura Speed	5	3 first placings, 1 second, and 1 third
35-39	Nicole Adams	5	5 first placings
40-44	Kerri Hodge	7	5 first placings, 2 second placings
45-49	Tracy Baker	4	4 first placings
50-54	Marion Hermitage	4	4 first placings
55-59	Theresa Fabian	5	4 first placings, 1 second placing
60-64	Madonna Stewart	4	4 first placings
65-69	Irene Davey	4	4 first placings
70-74	Betty Menzies	4	4 first placings

MALES

0-19	Daniel Manning	4	3 first placings, 1 second placing
20-24	Nicholas Horn	5	5 first placings
25-29	Dan Symonds	5	5 first placings
30-34	Clay Dawson	6	4 first placings, 1 second, and 1 third
35-39	Nathan Cook	4	4 first placings
40-44	David Melville	4	4 first placings
45-49	Richard Galluzzo	5	3 second placings, 1 fifth, and 1 sixth
50-54	Gerard Daly	7	5 first placings, 2 second placings
55-59	Phil Davies	4	4 first placings
60-64	John Shaw	7	5 first placings, 2 second placings
65-69	John Sheer	5	5 first placings
70-74	Harold Haldane	7	7 first placings
75-79	Jack Marsh	6	6 first placings



Congratulations to those members who completed all seven championship events in 2015 and were each awarded a specially embroidered Brisbane Road Runners Club towel - John Shaw, Kerri Biggins, James Rees, Garry Page, Helen Banks, Kerri Hodge, Luca Asmonti, Harold Haldane and Kevin Barratt. (Absent from photo: Gerard Daly, John Dempster)

Harold Haldane deserves a special mention for his superb performance by competing in all seven championship events, winning the male 70-74 age group and achieving a perfect result of seven age group wins from seven starts.

MEMBERS PROFILE



Name: Jenny Deag

Age: 40 (when did that happen?)

Occupation: Beauty Therapist (Own Business) & Childcare Educator.

How and when did you start running: I started running in 2012. I live on a street with a really really steep hill and my goal was to run up it without stopping. Then the goals grew from there....

Most Memorable running moments: Completing my first half marathon. (1.43.37 mins)

Your most memorable sporting achievement: Getting to State Championships in Athletics back in the day.

Favourite runs: I don't really have a favourite as I love to see and enjoy different views/environments. I have seen so much more of the area I live in through running.

Favourite running distance and PB: 10km - 45.20 mins.

Who is your running idol? Anybody faster than me and that's not hard.

Favourite Sporting Person: Roger Federer. He has a great presence and talent.

Running Goals: To continue running mindfully to prevent injury, continue to enjoy it and also improve on my ever so consistent pace.

Craziest sporting event involved in: I obviously remain quite reserved.

Favourite Foods: Homemade curries and fresh rocket from my garden.

Favourite Movies: Grease, haven't seen a movie for over 10 years. Can't stay still long enough or either fall asleep.

Favourite Drink: Sparkling wine, although those days are well and truly over.

Shoe Brand: Nike

Favourite Running Group: Have only run with BRRC and really enjoy it.

Star Sign: Scorpio

Favourite Music: Bruno Mars and anything I can dance and sing to, oh and the daggy classics which embarrass my children.

One wish: In a world of drama, "Don't sweat the small stuff". I wish for people to treat others as they wish themselves to be treated.

MEMBERS PROFILE



Name: Jim Morton

Age: 42

Occupation: Journalist for Australian Associated Press.

How and when did you start running: I started jogging with my mate. Stu in winter 2014 to get fit and we ran into the tail of the Stones Corner Parkrun. We joined up the following weeks and I got hooked by the community spirit and endorphins.

Most memorable running moments: Firstly, overheating and collapsing. 500m from home in my first proper event run - 10k in a team-tri at Kingscliff late 2014 - and was raced to Tweed Hospital by ambulance. Secondly, running, and finishing, last year's Gold Coast half marathon in 1:36.21.

Your most memorable sporting achievement? I played churches cricket in my 20s and got to captain the Queensland U25 side to a tight series win over NSW one summer.

Favourite runs: Love running around the Brisbane river at dawn. Can't beat Stones Parkrun and Brisbane Road Runners for the feel good mornings.

Favourite Running Distance and PB: I have a love/hate relationship with 5km and savoured breaking 20 minutes late last year. Also, I really enjoyed my one half marathon at the Gold Coast last year.

Who is your running idol? I'm regularly inspired by the people I see each time I run.

Favourite Sports Persons: Kim Crow, Michael Lynagh, Allan Border, Ian Healy, Ana Ivanovic, Cameron Smith.

Running Goals: Completing my first marathon this year at Gold Coast. Would also like to break 1:35, then 1:30 for the half marathon.

Favourite Foods: Lasagne, Cheesecake, Mango.

Favourite Movies: The Castle, Shawshank Redemption, Gross Pointe Blank, Star Wars, El Dorado.

Favourite Drink: A cold beer with friends at the end of a busy/hard/hot day.

Shoe Brand: Still trying to work out the right one for me.

Favourite Running Partners/Group: The Stones Corner crew and Brisbane Road Runners. Also my brother Mark and son Luke.

Favourite Music: 1980s Rock, especially Cold Chisel and INXS.

If you had one wish in life it would be? I'd be greedy. I'd ask for two - World peace and rid the planet of hunger.

BRRC MEMBERS PART OF WORLD TRACK RELAY RECORD

By Robert Lofthouse



It never ceases to amaze and inspire me whenever I read about the performances of some of the more senior members of the club at various masters events here in Australia and around the world.

Some of the times recorded at various BRRC Championships in different age groups are also very impressive as well as some of the performances put in by members at Australian and World Masters Champs.

On a humid and overcast Saturday morning back on 23rd January, I ventured along to a Queensland Masters track meet at the QSAC Sports Centre at Nathan to see four very well credentialled gentlemen in the 60-64 Age Group attempt to break a World's Best Time for the 4 x 1500 metres relay.

The team (affectionately known as The Robots) consisted of John Shaw, Ron Peters, Ian Cameron and well known Ipswich runner Peter Reeves. Four other relay teams took part in the track race with the aim to help the 'Robots' break a total time of 19 mins 55 secs.

The meet was held on the No 2 Oval which unfortunately has a track which is badly in need of repair. Certainly not the ideal track needed to break a World Record!

By the scheduled 9.30am start time, a good crowd of supporters had turned up hoping to see something special.....and they were not disappointed!

To break the record, each of the four runners in the relay needed to run an average of 4 mins 58 secs for their 1500 metre leg. John Shaw (from BRRC) ran the first leg and with a strong last 200 metres managed a 4 mins 55 secs effort to set the team up nicely. One of Queensland's toughest and most determined Marathon runners Ron Peters, took over and showing his renowned 'grit and determination' kept the 'Robots' on target with a 4 min 56 secs performance. Ian Cameron (another well performed BRRC member) was third runner on the track and we were privileged to see a supreme effort by him as he was pushed all the way by Chris Bell from the over 40 age team. Having Chris there, definitely helped Ian to record a sizzling 4

mins 43 secs time which put the team well in front of the average required to take the record. Team leader and organiser Peter Reeves made sure that the 'Robots' finished well inside the record by recording a 4 mins 54 secs effort to guide the team to an overall new World's best time of 19 mins 28.03 seconds. The record had been broken by 27 seconds.

After plenty of backslapping, high fives and the compulsory photo session from the adoring fans it was back to normal for the 'Fab Four' who plan to 'have a go' at breaking some more Masters records in the future.

Also, special mention must be given to the over 40's Age team of Paul Shard, Steve Nichols, Chris Bell and Anthony Canfell who finished just half a second behind and in the process broke a Queensland Record for the over 40 Men's Age group. The competition they provided, certainly contributed towards the overall final result for 'the Robots'.

Other BRRC members who competed in one of the relay teams on the morning included Anne & Sean Ryan, Phil Davies and John Sheer.

Running is very much an individual sport but no doubt the opportunity to run in a team definitely provides more adrenalin and incentive to do well. As these four record breaking gentlemen proved – you can still enjoy the sport in the mature 60's age bracket and you can break records as well. I'm just glad I was there to witness a running event like this which is a little different from the normal Fun Run, Marathon or BRRC event.



From left: Peter Reeves, Ron Peters, Ian Cameron, and John Shaw.

COAST TO KOSCIUSZKO 2015 (240 KM)

By John Pearson



This year I was able to give C2K (Coast to Kosciuszko) the commitment it deserved with a far more specific training program as lead in to the event.

I put together the crew, which consisted of Gavin Bell, Dan Symonds and John Whelan, all fellow Intraining club mates, that brought a good mix to the crew car. Dan and John are also regulars at Brisbane Road Runners events at West End.

I like to have fun with my running and we certainly had some laughs in the lead in to the event.

Come race day, we set about hitting the planned targets, the boys had my nutrition covered, a combination on Infinit and nuun, complemented by some wonderful variations of baby food.

All I had to do was run, and swallow what ever came my way.

Unfortunately this also included plenty of dry dust, whipped up by a road train which engulfed me in a huge cloud for three minutes, much to the amusement of the crew!

One by one we ticked of the significant markers, rocky hall bang on time, the 7 km climb up big Jack.

Then onto the famous dead tree at just over 100 k's.

The huge windmills on the high planes signalled the halfway point, the constant headwind gained pace on the high ground and really began to sap the energies and dry out the mouth.

Again the crew did a great job in keeping the fluid intake on track, as we pushed hard to try and make the 148 km Dalgety checkpoint in daylight.

I began to look forward to the bathroom facilities at Dalgety, and quickly shot inside the hall for my first sit down of the race! (false alarm may I add)

The 100 mile milestone was also the start of the steep climb up beloka range, from memory we ticked the 100 mile off in around 16:15. (would check but my garmin seems to have died out on the course)

Towards the end of the climb was the first time I felt

the fatigue of the race really bite at me.

Quietness kicked in as I concentrated on the push into the darkness, accompanied by Dan, we marched on towards Jindabyne, with a midnight target etched onto the back of my eyeballs.

The eerie quiet of Jindy was soon left behind as the real race begins, with the relentless climb toward our final destination.

There is very little confirmation of progress along this stretch, just a circle of light containing a white line.

The night sky was a brilliant canvas of bright stars, and was a good distraction from the running.

Day break found us as we passed through perisher with 28 kms to go.

It was around this time that I started to feel a little strange and light headed, so we eased the pace back and concentrated on getting the nutrition in, to fuel the final ascent.

After a quick mandatory gear check we hit the mountain for the final icy climb to the monument.

This is where the fun began, as my vision started to become very foggy, upon lifting my sunnies I was hit by a wall of white fog, that was almost blinding, I didn't lift the sunnies again!

I carefully paced my way to the top, as the personal ring of fog thickened.

Clambering over the rocks to touch the monument I lost my balance and began a crazy stumbled forward, which almost resulted in a nasty face plant.

Fortunately Dan was on hand to help, and along with John we shared a few minutes at the cairn, before beginning the last 9 km back to the finish.

I saw green fluffy things running around, trees turned into dinosaurs and I thought a snow pole which was actually Gavin Bell coming to meet us before the finish!

27 hours 35 minutes was the time on the clock that greeted us as we hit the Charlottes Pass finish line.

Words cannot express how I feel about the weekend.

The crew were superb, previous years crews have also contributed so much to this years performance and it would have been great to have had them all there to share the moment.

The support I get from Vicki (my wife) and the kids is unwavering, again without this support the challenge would be far greater.

Then there is Steve Manning and Margot Manning from the Intraining running centre, Deane Everson from Vitality Options, Jason Cheshire from Infnit sports nutrition and Geoff Rayner from Striderm, who have all contributed in some way to help me do what I love.

So there you go, probably my longest ever race report, but hey my legs are too stiff to run, so I gotta kill the time some how!



John Pearson, Dan Symonds, Gavin Bell & John Whelan.

2016 BRRC CHAMPIONSHIP SERIES

By Robert Lofthouse



The 2016 BRRC running calendar includes seven championship events:

28 February	5 mile
1 May	21.1 km
26 June	10 km
24 July	20 km

4 September	10 mile
2 October	15 km
27 November	5 km

Overall Male and Female Club Champions
The overall male and female club champions are determined by each participant's finish order placing in the seven championship

events. You must compete in at least four of the seven events to be eligible. Depending on your finish placing in each of the events, points are awarded as follows:

1st place overall	1 point
2nd place overall	2 points
3rd place overall	3 points
4th place overall	4 points
and so on for each participant in the event	

After the final championship event on 27 November, the best four scores achieved by male and female participants in each of the seven championship events are used to determine the overall male and female club champions. The best possible winning points total is 4, which is achieved by being the first male or the first female across the line in four events.

Male and Female Age Group Champions

You must compete in at least four of the seven events to be eligible. Depending on where you finish in your age group in each of the seven events, points are awarded as follows:

1st place (in your age category)	1 point
2nd place (in your age category)	2 points
3rd place (in your age category)	3 points
4th place (in your age category)	4 points
and so on for each participant in your age group category	

After the final championship event on 27 November, the best four scores achieved by participants in each age category are used to determine the champion in each group. The best possible winning points total is 4, which is achieved by coming first in an age group in four events.

The age category groupings are:

MALE	AGE GROUPS	FEMALE
A	0>19	B
C	20>24	D
E	25>29	F
G	30>34	H
I	35>39	J
K	40>44	L

M	45>49	N
O	50>54	P
Q	55>59	R
S	60>64	T
U	65>69	V
W	70>74	X
Y	75>79	Z
YX	80>84	ZX
YY	85>89	ZY
YZ	90+	ZZ

NB: BRRC uses your age as at the first of January each year to determine which age category you compete in for the entire year.

Past BRRC Male Club Champions:

YEAR	CLUB CHAMPION
2003 (Inaugural)	Ian Kent
2004	Shane George
2005	Shane George
2006	Shane George
2007	Ian Kent
2008	Shane George
2009	Shane George
2010	Shane George
2011	Shane George & Andrew Fuller
2012	Shane George
2013	Clay Dawson
2014	Clay Dawson
2015	Clay Dawson

Past BRRC Female Club Champions:

YEAR	CLUB CHAMPION
2003 (Inaugural)	Jo Sherman
2004	Marion Hermitage
2005	Jodie Willett
2006	Clare Geraghty
2007	Theresa Fabian
2008	Marion Hermitage
2009	Marion Hermitage & Fiona Mann
2010	Marion Hermitage
2011	Melissa Watson & Alexandra Winter
2012	Shane George
2013	Kerri Hodge
2014	Kerri Hodge
2015	Brittany Zender

MEMBERS PROFILE



Name: Susan Tessmann

Age: Mid Fifties, can you believe it?????

Occupation: In my dreams a retired politician on a fat super. In real life- Admin at Not for profit Qld Institute of Dermatology at Greenslopes Hospital.

How and when did you start running: Always ran in races in primary and high school. I started running with my sister Janet in High school out and back 5k and then she never stopped and still does ironman, then another sister Kathryn and she also did ironman. Luckily I knew when to pull back. I joined Pat at PCRG 2 years ago after running around the block occasionally.

Most memorable running moments: All my parkruns at New Farm for the last 4 years with my partner Loz and dear friends Kaz and Kelly and Pip and Jess and Sherm and Ana and Tanya and Sophie and Rhondda and many others. Also running with Cassie Smith on her 7 marathons in 7 days to raise funds for her dear friend Karen.

Your most memorable sporting achievement? Coming second last in a triathlon in 1985 at Seaworld because I was determined at the time that a 70 year old was not going to beat me. Everything was packed up when I came in. Also loved the half marathon in 2014 after 30 year comeback and took 5 mins off my time.

Favourite runs: .PCRG and Parkrun and Road Runners. How lucky am I to have a selection

Favourite Running Distance and PB: 5k, 10k and 15k. Have already PB'd so no pressure.

Who is your running idol? Jenny Downie who never gives up, Colin Slater and Betty for their tenacity.

Favourite Sports Persons: Pat Rafter, Janet McAfee (sister), coach Pat Carroll

Running Goals: To keep enjoying the freedom and socialness of being able to run with out injury with my friends.

What is the craziest sporting event you have been involved in? First event: 100 k bike ride to Gold Coast with my sister Kaff in a tutu. Second event: With my crazy friend Kaz Landry where we ran a 3 hour relay (90 mins each) for Run For Kids all decked out in Christmas tutu and bling on a 1.5 track on the waters edge at Wynnum.

Favourite Foods: Dark Lindt chocolate balls, bananas, lentil chips.

Favourite Movies: Love going to the movies, Sound of Music, Love Actually.

Favourite Drink: Sav Blanc, Tea and water.

Shoe Brand: Brooks and Mizuno

Favourite Running Partners/Group: My girls at PCRG, Jen, Anita, Lia, Kelly, Lisa and Kaz and Cassie. Parkrunners Pip, Sherm, Ana, Tanya, Peter and whoever turns up and other on alternate Sundays to Road Runners. Love breaky at Albertos after RR.

Star sign: Virgo

Favourite Music: Soft background music

If you had one wish in life it would be? My Dad would have met his grandson Monty. Also for my children and son in law and grandson to be blessed with good health and happiness. I would like to travel more with my partner Loz so winning Lotto would be fab.

MEMBERS PROFILE



Name: Nick Horn

Age: 25

Occupation: Business Development Manager

How and when did you start running: I was always interested in running and would do an odd run now and then and then in 2013 I took the plunge and enrolled for my first race the Brighton Marathon in April 2014. Since then I have become addicted to that feel good feeling and try to head out every day for a 10k.

Most memorable running moments: My most memorable experience will be completing the Brighton Marathon initially setting myself a 5-hour time goal I found myself in towards the back of the 30,000 strong field. But with much determination an effort I managed to push myself to a sub 3.30hour time which I am aiming to smash at an event this year.

Your most memorable sporting achievement? This will be competing the Twilight Bay half marathon in September in under my target time of 1.24hr. The previous year I had ran the Royal Windsor Half Marathon setting myself a goal of 1.30hr and achieving this by 4 seconds a year later I was able to take almost 8 minutes off my time.

Favourite runs: My favourite running spot would be around the area where I was brought up - The Angmering Estate Park . This was the first area I would run around and though some steep hills, deep puddles and cold English weather and plenty of getting lost, as the sun goes down, it certainly encourages you to run as fast as you can!

Favourite Running Distance and PB: I enjoy running long distance but haven't managed to run as many races as I would like.

Who is your running idol? Jonny Peacock- 100m Paralympic games gold medal London 2012. Paula Radcliffe- Having the speed to win a marathon after a quick toilet stop!

Favourite Sports Persons: Jensen Button, Motor racing.

Running Goals: Brisbane Marathon in sub 3 hours and Brisbane Twilight Half Marathon in sub 1 hour 20 mins. Bridge to Brisbane 10km - sub 36 mins.

What is the craziest sporting event you have been involved in? Tough Mudders- Being a confident runner I encourage a few mates to sign up to Tough Mudders in the UK before I moved to Australia. It was a cold October day and not realising quite the task we had enrolled in (my 2 friends not being able to run more than 2K) we had quite the task on our hands! The large natural amphitheatre the event was set round started to get particularly cold and with a chilly wind coming in to as the sun came down I started to regret thinking we would complete the event in under 90 mins.

Favourite Foods: Pasta and Pizza!

Favourite Movies: The latest Batman Trilogy starring Christian Bale and the Inbetweeners Movie Nos 1 & 2.

Favourite Drink: Mocha every morning to get me out of bed!

Shoe Brand: Saucony Guide 7 & 8

Favourite Running Partners/Group: Parkrun Ashgrove and Brisbane Road Runners

Star sign: Pisces

Favourite Music: The Overtones

Favourite TV show: Game of Thrones

If you had one wish in life it would be? That the Concorde would fly between London and Brisbane so that my family could come visit me for the weekend.

BRISBANE ROAD RUNNERS RACE REPORT

By Robert Lofthouse



November 29th – 10km/5km CLUB CHAMPS (118 finishers)

Dan Symonds and Kerri Hodge win 5km Club Champs

Warm, humid conditions greeted runners for the final race in the seven event BRRC Championship series.

In the men's series, Clay Dawson had been leading the way all year and had to just finish the race to wrap up the Club Championship for 2015.

The men's race was lead out by IN TRAINING's **Dan Symonds** with the fast improving Nicholas Horn and Nathan Cook leading the chasing pack. Dan turned at the halfway mark with a 20 second lead and ended up winning in a time of **16:39** which represented an average km pace of 3:20. In the battle for second, Nicholas Horn pipped Nathan Cook by three seconds. With Age Group trophies also 'up for grabs' there was plenty of enthusiasm and endeavour shown, out on the course.

In the ladies race, current Championship leader Brittany Zendler, elected not to run, having already wrapped up the title of Ladies champion for 2015 due to her outstanding performances at the previous races held during the year.

In Brittany's absence, the race was won in fine style by 2014 Club Champion **Kerri Hodge** who crossed the finish mat in **19:56**, to take the honours by a minute from Zoe Manning with Crystal Mahony claiming third place.

The result of the final championship race for the year made no difference to the overall BRRC Club Championship winners, with **Clay Dawson** and **Brittany Zendler** having accumulated enough points from the previous races to stay on top of their respective divisions!

10km – Only a small field elected to do the 10km event but the performance by Eritrean runner **Isaias Beyn** was the highlight of the

morning. Isaias has been training with one of the IN TRAINING groups and comes to Brisbane with a Marathon PB of 2:11.37 (Rennes, France) and a Half Marathon best of 1:01.05 which qualifies him as one of the best credentialled runners to ever run at BRRC.

At the 5km mark of the men's race, Isaias was timed at 16:12 and at that stage held a ninety second lead over another former Eritrean resident Osman Saleh, who has been living and training in Brisbane for over four years. Well performed Ultra runner Kevin Muller was a further thirty seconds back in third place as runners headed into the second lap.

Amazingly, Isaias Beyn was able to negative split the second lap to win in a very fast time of **32:17**. The only person to have run a faster 10km time on the current BRRC course is Jonathan Peters! Second place went to Kevin Muller who was able to reel in Osman half way through the final lap and end up thirty seconds ahead of him at the finish.

In the ladies 10km, **Peta Dunne** ended the year in fine style, winning the event in **45:07**. The battle for second was close with Kate Robinson just holding off Jenny Cawood by the barest of margins after Kate had held a 45 second lead over Jenny at the 5km point of the race.

2km – **Felix Galluzzo** sped around the course in **8:32.7** to take out the event by a minute from Samson Kirisome and Nicholas Rossel who were neck and neck as they crossed the mat.

Special thanks to race director **Temony Hillier** and her crew who did a great job on the morning ensuring that everything ran like clockwork. **THE RUN INN** were the Race day sponsor. Thanks again to Phil Hungerford who has sponsored many races at West End over the last decade.

December 13th – 5km DASH 'N' SPLASH AND PRESENTATIONS

Yeronga Park Swimming Pool once again played

host to this annual end of year event and special mention must go to **John Diamond** (as Race Director for the first time) and his hardy crew of volunteers who were on duty at various points around the Yeronga Park area and inside the pool complex. Overcast conditions prevailed, but it did not rain until the presentations, which were held after the completion of the run/swim.

Former club President Peter Holles made an appearance at the start and sent the runners on their way.

The Junior race was held on a 1.4km running course and the winner was **Thomas Feldmann** who finished his run in 6 mins 27 seconds. In the girl's division, **Amy Riethmuller** was first to finish.

The main race of the morning was a 5km run (actually around 4.75km) conducted in and around the Yeronga Park area with competitors then having to jump in the pool and complete a 100 metre swim. The course itself is quite hilly and a good test for anyone racing the course. A field of around 70 runners took on the challenge and up front, **Nicholas Horn** was just managing to keep 2015 Club Champion Brittany Zendler at bay in a close race. Nicholas was actually the first runner to finish before diving in the pool after recording a run time of **17:04** with **Brittany Zendler 17:10**. Brittany proved to be the better swimmer over 100 metres and managed to pass Nicholas to be first out of the pool.

A delicious cooked breakfast awaited all in attendance as the new Club President Andrew Leggett and Treasurer Bruce Smerdon handed out the Overall Championship trophies and the Age Group prizes for 2015.

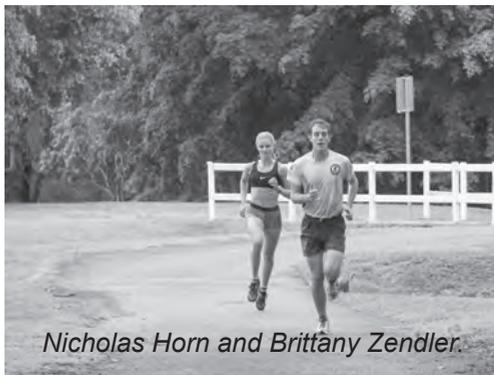
Men's Club Champion 2015 – CLAY DAWSON (Winner three years in a row)

2nd Place - Nicholas Horn, and 3rd - Place John Shaw. Special mention to John Shaw who is in the 60-64 Age Group and finished 3rd overall.

Well done also to Harold Haldane who won all seven events in the 70-74 Age and to Gerard Daly who won his Age Group and also took part in all Championship events.

Ladies Club Champion 2015 – BRITTANY

ZENDLER 2nd Place – Kerri Hodge, and 3rd Place – Nicole Adams. Special mention to Kerri Hodge who not only won her Age Group for the year but also competed in all seven Championship races.



Nicholas Horn and Brittany Zendler.

January 3rd – 10km /5km NO WATCHES PREDICTION RUN (97 finishers)

Conditions were quite mild for the first event of 2016, which was a bonus for those who had over indulged during the Christmas period and were hoping for a less than normal hot, humid start to the new year.

The 10km/5km events scheduled, were conducted differently from normal BRRC races with everyone required to predict their finish time before the event and have it recorded at the registration desk. As well, no one was allowed to wear a watch to ensure that no 'cheating' took place. The winner of each race would be the person who finished closest to their predicted time.

10km – Last year's runner up in the Club Championship series **Nicholas Horn**, proved that not only is he a good runner but is also a shrewd judge when it comes to predicting his overall finish time. Nick was awarded the trophy after running just three seconds quicker than his predicted time of 37.30.

Fastest on the day – Wayne Spies, who is a regular winner of the Wishart PARKRUN, showed that he is in good form going into the New Year by recording a **36.40** effort in being the first across the mat in the two lap event.

Wayne has a 16.44 best time over the PARKRUN 5km so it was no surprise to see him lead home the field in the 10km. Well performed BRRC members Nicholas Horn and Ray Crilly also started the new year well with Nicholas second in 37.27 and Ray just five seconds behind in third place.

In the ladies 10km, **Zoe Manning** celebrated her 14th birthday in style by clocking a **44.28** to be first in the ladies category ahead of Kerri Hodge and Laura Daly.

5km – BRRC Vice President John Dempster was 'close to the money' with his 5km prediction. John was awarded the trophy by being just one second quicker than his predicted time of 31.30.

Fastest on the day – Daniel Manning was the first to finish, recording a time of **20.29** with Lachlan Harding just edging out Richard Heinz in a close battle for second place. **Kate Riethmuller** was first home in the ladies with a **21.48** effort with Emilie Croisier and Jenny Deag second and third respectively.

Thanks to Race Director **Russell Wilson** and the volunteers who did their usual excellent job on the morning and special thanks to **IN TRAINING** for sponsoring the first event on the BRRC calendar for 2016.

January 17th – 15km/10km/5km (133 finishers)

Good conditions for the second event of the year and with the holiday period over, a good crowd in attendance with a strong contingent of newcomers.

15km – Lawyer, World Traveller and serial blogger on 'Match Day Burgers' – A very interesting resume for 15km race winner Scott Gittoes, who was making his first appearance at BRRC! Scott established a handy lead of nearly a minute in the first five kms and went on to record a time of exactly 60.00 (1 hour). Second place went to Simon Black and club sponsor Greg Beerling (The Witch Doctor) was third.

Race winner Scott Gittoes enjoys writing reports on his visits to unique 'grass roots sports' around the world and also has a website called 'Match Day Burger'. Worth a look if you enjoy your

sport and having a burger while you're watching!

No surprises in the ladies 15km, with two of BRRC's best performed runners **Kerri Hodge** and Marion Hermitage finishing first and second respectively. Kerri's winning time was **1:05.00**. Lee Thompson rounded out the top three.

10km – The two lap event featured a good battle up front in the men's 10km with Stephen Foster holding a four second lead at the 5km mark.

Brendan Harvey was just behind Stephen at that stage and managed to pass him early in the second lap and go on to win by 16 seconds, crossing the mat in a time of **38.54**. Third place went to Chris Voisey, who managed to hold off Gerard Daly by just three seconds.

In the ladies event, **Jenny Deag** held a handy 30 second lead at the 5km mark and then proceeded to increase her pace and by the end, had established a two minute margin over Charlotte Roberts with Stacey Davis finishing third. Jenny's winning time was **45.33**.

5km – Last year's Junior Dash and Splash winner **Thomas Feldman**, showed the speed he has at his disposal by leading the race from beginning to end. Thomas scooted around the course in **19.56** leaving his more experienced rivals in his wake. BRRC regulars Jon Sawyer and Bhima Emz claimed second and third respectively.

In the ladies division, West End newcomer **Aliesha Coetzee** won in **20.36** with Laura Daly just over a minute behind in second place with Fiona Munro third.

Thanks to **Andrew Leggett** for a job well done as Race Director and to Phil Hungerford from **THE RUN INN** for donating the random draw prizes on the morning.



Isaias Beyn on the charge.

January 31st – 15km/10km/5km (172 finishers) BRING A FRIEND DAY

The annual 'BRING A FRIEND' morning proved to be a big success with plenty of new faces lining up at the start. Conditions for the morning were typical of a Brisbane January – very steamy!

15km – Eritrean distance runner **Isaias Beyn**, made his second appearance at West End in a couple of months and treated spectators and other runners to a fine display of front running in the humid conditions. Isaias showed his class by leading all runners through the 5km mark before going on to win the 15km in the good time of **50.13**. For the record, his PB for the Marathon is 2:11.37 set in France.

Renowned Brisbane distance runner Scott Brittain, finished over nine minutes behind in second place with BRRC regular Nicholas Kirkup third.

In the ladies three lap event, **Kerri Hodge** made it two wins in a row over the distance, recording a time of **1:04.49** which was marginally better than a fortnight earlier. Jenny Deag has been performing well over the shorter distances and was a last start winner in the 10km. On this occasion she finished second in the 15km with Amanda Shipway third.

10km – The men's race was dominated by former Swiss runner **Patrick Nispel**, who came through the 5km mark a few seconds behind the flying feet of Isaias Beyn. Patrick went on to win the 10km in **33.48** with Stuart Houliston over seven minutes behind in second place and Harrison Adams crossing the line just seven seconds behind Stuart in third.

Patrick is a sponsor of BRRC and also coaches his own distance running group and with his first child due, is certainly having a busy start to 2016.

In the ladies equivalent, **Peta Dunne** recorded **48.05** to claim the coveted BRRC winner's mug, finishing a comfortable 100 metres ahead of IN TRAINING'S Margot Manning. Kate Robinson was third lady over the finish mat.

5km – The one lap race attracted 60 runners which was no surprise on such a steamy

morning. The men's race attracted quite a few faces new to West End with **Allen Dennis** winning his first BRRC event in a time of **19.08**. Glen Alo had a good race with Drew Unwin before getting the upper hand in the latter stages to claim second place. The top three were all new to BRRC races so I'm sure they'll be back after their good performances on the morning.

In the ladies 5km, **Sharon Feldman** won her first ever BRRC trophy with a **23.30** effort. Sarah Bradley and Kristy Quince were second and third respectively making it a memorable morning for many of the first timers at the club.

The 'Bring a Friend' promotion certainly worked well with some good efforts put in by the 'new faces' at BRRC.

Thanks to Race Director **Bruce Smerdon** and sponsor **IN TRAINING** for their random draw prizes. Bruce's job was made a lot harder on the morning by the malfunctioning time system which unfortunately ensured that 5km time splits were unavailable. At least most of the finish times were still able to be recorded accurately. The volunteers all did a great job helping on the morning helping out with place cards.

February 14th – 15km/10km/5km/2km (171 finishers)

Another good roll up with three distances on offer and the Junior 2km Dash. Conditions were milder than the previous fortnight but it was still quite humid which is part of the norm for February.

15km – After **Ray Crilly's** two sub 3 hour Marathon's last year it was no surprise to see him leading the way in this event. Ray started his 2016 campaign in emphatic fashion recording a time of **56.56** to take the honours in the three lap event (Ray's profile appears elsewhere in this magazine). Well known Brisbane runner and PARKRUN specialist, Peter Bracken came second and was the only other runner to break the 60 minute barrier while Simon Black, a regular at West End last year, was third.

No surprises in the ladies 15km, with **Kerri Hodge** making it three wins in a row over the distance, finishing in **1:03.46**. Another former

Club Championship winner, Marion Hermitage was second and Laura Donnan was third.

10km – Leo Altarelli made his first appearance at West End for the year and showed that he has lost none of his form from last year, motoring around the course to win in a time of **37.48**. Long time club member Adrian Pearce was second with Andrew Schmidt a further 16 seconds behind in third place. Leo was the only runner to break the 40 minute barrier on the morning.

Good to see some new faces winning events at the club with **Charlotte Roberts** taking home the trophy in the ladies 10km with a time of **45.52**. Regular place getter Peta Dunne withstood the challenge from Hermieny Johnson to claim second place by just two seconds.

5km – Sixteen year old **Jacob Willems** has put in some good efforts in the last 12 months over this distance so it was no surprise to see him lead home the male field in this race recording **17.32**. Fourteen year old Jayden Lyttle (IN TRAINING), finished second, just over a minute behind Jacob, with Jonathan Sawyer third.

The performance of the morning came from current Club Championship title holder **Brittany Zandler** who won the ladies 5km in **17.21**, which is the second fastest time ever recorded by a female on the current course which has been used since 2008 (Clare Geraghty still holds the fastest time at 17.02).

Brittany's mum Leanne, also showed that she has plenty of speed finishing second with Jenny Deag (also profiled in this magazine) rounding out the top three finishers.

2km – In her first run at West End, **Priya Madders** showed that she has plenty of speed, winning in a time of **9.24**. Priya is from a family steeped in sporting culture with touch football and running being a big part of this.

Regular 2km winner Nicholas Rossel, finished second in 10.04 and was first male home.

A big thank you to Race Director **Tracey Baker** and her volunteers who did a great job on the morning and to event sponsor Greg Beerling from **NRCHI**.

February 28th – 10 mile /5 mile CHAMPS (208 finishers)

The first race of the 2016 Club Championship series was conducted over the 5 mile (8.05km) distance. The event started with runners doing a 3.05 km loop followed by the normal 5km loop. As expected, it was a hot and humid morning but there was some top performances and some great racing.

The men's event saw IN TRAINING runner **Daniel James**, win his first ever Championship



race in a time of **27.54**. The 22 year old, managed to get an early break on Osman Saleh and ended up with a winning margin of over 30 seconds. The consistent Nicholas Kirkup was third after staving off the challenges of Will Barton and Mark Taylor.

The women's race also attracted a quality field with leading Queensland distance runner **Clare Geraghty** and 2015 BRRC Championship



winner Brittany Zandler leading the charge. At

the end of the first 3 km loop, Clare held held an eight second lead over Brittany and was able to increase her lead a little in the second half of the race to cross the finish mat in **28.57**. Brittany finished second in 29.16.

Long time club members Margot Manning and Kerri Hodge both showed that they look set for a big year with Margot running strongly in the second half of the race to surge away from Kerri to claim third place. The 5 mile Championship attracted a large field of 163 runners.

10 mile (16.097 km) – The 10 mile race starts with a 1.097km loop then followed by three loops of the normal 5 km course.

The men's race featured the return to the club of leading Masters runner **Ron Peters**. At the end of the first loop, Ron was just a couple of steps in front of Chris Edwards but then proceeded

to build on that small lead to eventually win in the time of **1:01.29**. Chris ended up in second place just over two minutes behind with Steve Barraclough passing Simon Black in the latter stages to claim third place.

In the ladies 10 miler, **Amanda Shipway** lead all the way to win in **1:18.21** with Morgan O'Brien second and Hagiwara Yoshimi third.

Thanks to race director **Pam Goddard** and all the volunteers for an excellent job on a very busy morning. Championship races are always hectic with so many Age Group medals to sort out on the day before the presentations. A big mention to Skirt Sports for sponsoring the event.

For a complete list of BRRC race results for every race, go to our Website at www.brisbaneroadrunners.org or visit our Facebook page to download the results.*

MEMBERS PROFILE



Name: Lia Drew

Age: 39

Occupation: Fire Fighter

How and when did you start running: In 2009, with some friends from the Gym.

Most memorable running moments:
Travelling to different

cities around Australia last year and doing a Fun Run in every state.

Your most memorable sporting achievement?
None. I'm hopeless at sport.

Favourite runs: The Bottle Shop run. Ha! Ha! Ha!

Favourite Running Distance and PB: Half Marathon. My PB is 1 hr 47 mins.

Who is your running idol? I don't really have one.

Favourite Sports Persons: None.

Running Goals: To run a full Marathon this year.

What is the craziest sporting event you have been involved in? None. Sorry I'm a bit boring.

Favourite Foods: Hot Chips, Wood Fired Pizza and Ice Cream – The perfect diet for runners!

Favourite Movies: Despicable Me 1 and 2. Minion Movie.

Favourite Drink: Rum. Bundaberg of course!

Shoe Brand: Asics.

Favourite Running Partners/Group: PCRG (Pat Carroll Running Group). Also looking forward to being part of Brisbane Road Runners in 2016.

Star sign: Taurus

Favourite Music: Classic Rock.

If you had one wish in life it would be? To be blessed with good health until the end, not just myself but family and friends too.



DUBAI MARATHON – 22nd January 2016

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

Paula Radcliffe (England) 2:15.25 London 2003

Temperatures of around 17 degrees celcius greeted 30,000 runners for one of the world's richest marathons.

The men's race featured a blistering opening half marathon split of 1:01.36 which was inside the world record pace. At the 40km mark, there were still four Ethiopians together in the lead pack but by this stage they had dropped off world record pace.

In the last kilometre of the race, Tesfaye Abera broke away from his three Ethiopian countrymen to cross the mat first in a time of 2:04.24. Lemy Berhanu was just nine seconds behind in second place with 2014 Dubai winner Tsegaye Mekonnen, a further 13 seconds back in third place. For his efforts, Abera collected a cheque for \$200,000.00 US.

In the ladies race, Ethiopia's Tirfi Tsegaye won her second Dubai title in the outstanding time of



*Dubai 2016 Winners
Tesfaye Abera & Tirfi Tsegaye.*

2:19.41. Just over a minute behind was fellow Ethiopian runner Amane Benso, who turned in an outstanding effort in her debut Marathon ! An Ethiopian whitewash of the event was achieved when Meselech Melkamu was third lady home.

Dubai Marathon: Men/Women Results

1 – Tesfaye Abera (Ethiopia)	2:04.24 PB
1 – Tirfi Tsegaye (Ethiopia)	2:19.41 PB
2- Lemy Berhanu (Ethiopia)	2:04.33 PB
2 – Amane Benso (Ethiopia) Her debut marathon!	2:20.48
3 – Tsegaye Mekonnen (Ethiopia) Has PB of 2:04.32	2:04.46
3 – Meselech Melkamu (Ethiopia) Has PB of 2:21.01	2:22.29

WEST END RACE RECORDS *(as at 1st March 2016)*

Compiled by Robert Lofthouse



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

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

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

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

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

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

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

On **June 29th, 2008**, a new 5km course was trialled starting at the South Brisbane Sailing Club. The course proved popular with club members so

the decision was made to move there officially on September 21st, 2008.

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

5KM

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

NEW COURSE – From 27/08/2006

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

5KM (cont.) – NEW COURSE

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

NEW COURSE – From 21/09/2008

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

7KM(Held on 7km loop)

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

NEW COURSE – From 27/08/2006

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

NEW COURSE – From 21/09/2008

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

5 MILE

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

NEW COURSE – From 27/08/2006

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

NEW COURSE – From 21/09/2008

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

10KM

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

NEW COURSE – From 27/08/2006

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

NEW COURSE – From 21/09/2008

Jonathan Peters	31.59 (15/02/15)
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Isaias Beyn	32.17 (29/11/15)
Patrick Nispel	32.49 (15/02/15)
Clare Geraghty	35.28 (02/01/11)
Roxie Schmidt	35.53 (29/06/08)
Clare Geraghty	36.13 (29/01/12)

14KM (Held on 7km loop)

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

NEW COURSE – From 27/08/2006

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

14KM (cont.)

NEW COURSE – From 21/09/2008

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

15KM

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

NEW COURSE – From 27/08/2006

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

NEW COURSE – From 21/09/2008

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

10 MILE

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

NEW COURSE – From 27/08/2006

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

NEW COURSE – From 21/09/2008

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

20KM

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

NEW COURSE – From 27/08/2006

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

NEW COURSE – From 21/09/2008

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

Brad Smith	1:24.19 (04/04/93)
Margot Manning	1:36.23 (10/04/94)
Liz Hepple	1:36.47 (03/06/90)
Margot Manning	1:39.25(04/04/93)

21KM (Held on 7km loop)

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

NEW COURSE – From 27/08/2006

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

HALF MARATHON

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

NEW COURSE – From 27/08/2006

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

NEW COURSE – From 21/09/2008

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

25KM

Rob Crosato	1:23.19 (03/06/90)
Paul Ashford	1:24.01 (03/06/90)

NEW COURSE – From 27/08/2006

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

NEW COURSE – From 21/09/2008

Peter Run	1:32.27 (15/03/15)
Shane George	1:33.43 (26/07/09)
Scott Brittain	1:35.14 (08/06/14)
Clare Geraghty	1:43.15 (12/04/15)
Kerri Hodge	1:46.26 (12/04/15)
Clare Williams	1:49.36 (09/06/13)

28KM (Held on 7km loop)

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

NEW COURSE – From 27/08/2006

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

30KM

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

NEW COURSE – From 27/08/2006

David Warren	2:06.11(30/03/08)
Stuart Morrison	2:09.42(30/03/08)
Atul Arora	2:22.09(15/06/08)

Cathy Grattan	2:34.40(30/03/08)
Karen Wiersma	2:35.51 (30/03/08)
Skye Howie	2:36.11 (15/06/08)

NEW COURSE – From 21/09/2008

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

20 MILE

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

NEW COURSE – From 27/08/2006

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

35KM

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

Verity Tolhurst	2:29.53 (09/04/00)
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NEW COURSE – From 27/08/2006

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

NEW COURSE – From 21/09/2008

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

THE MARATHON (run on a 6km loop)

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

*The last Q.M.R.R.C. Marathon at West End was conducted on 21/04/91.

From then on, it became known as the Brisbane Marathon*



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

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



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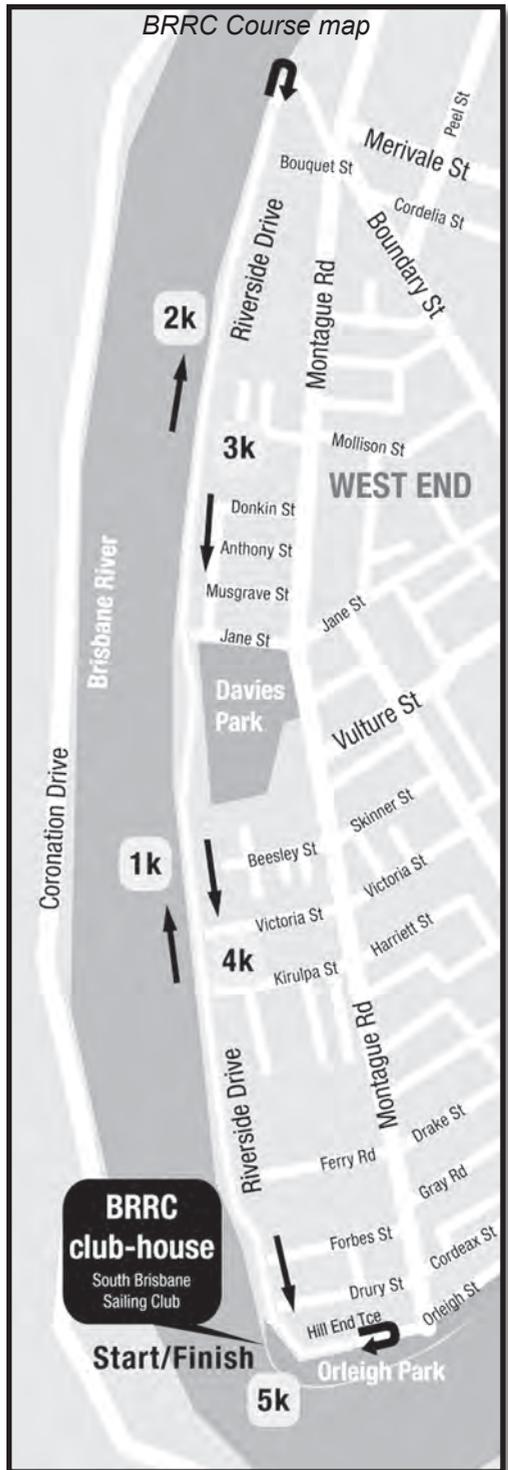


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Brisbane Road Runners Club CALENDAR of EVENTS 2016

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

