

# BRRC

Summer 2020



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# BRRC COMMITTEE 2021



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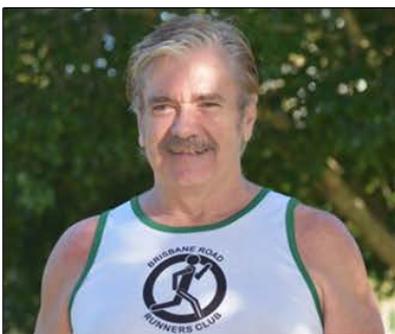
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**Yvonne Paetz**



**Tracey Wood**

# FROM THE EDITOR ...

*By Robert Lofthouse*

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## **Welcome to the Summer edition of the 2020 BRRC Magazine!**

A year like no other – and hopefully one that will never be repeated. Starting the year with the country ablaze with bush fires and then the onset of Covid 19 in March had a huge impact on our daily lives. Who would have thought that people would not be allowed to run in a group doing a supposedly healthy recreation?

For the first time in the club's history we went through a period of over four months without an event! The fact that we were able to start holding events again from late July was a real credit to the work of President Andrei Wightman and the committee who ensured that we adhered to the strict rules put in place by the Health authorities.

For a long period of time this year, BRRC was one of the few clubs in Queensland that held organised events. Many other running events on the calendar were cancelled, with some opting for virtual events which to me just didn't seem to hold the same interest. You can't replace the ambience of actually competing with others and being able to socialise with them at the finish line.

Going into 2021, the Club is in a strong position and hopefully we can all look forward to a full calendar of events. Congratulations to all the Club members who still managed to do all of our championship races and receive the much sought after BRRC towel, truly a great souvenir and one to keep forever.

Finally, thanks to Betty Menzies and Bruce Smerdon who have provided great support in writing articles, sorting out photos and ensuring that this humble magazine appears on our website in a very presentable format.

I hope you enjoy this edition, make the most of the festive season and let's really appreciate our Sunday mornings at Brisbane Road Runners in 2021. Having normality back in our lives is a good thing after the events of 2020.



Robert Lofthouse (Editor)  
rob.lofthouse@optusnet.com.au

# PRESIDENT'S REPORT

*By Andrei Wightman*

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Since the last magazine, we've settled back into a new normal of COVID-SAFE events and finished the BRRC 2020 racing season. We've enjoyed being back together and seen some remarkable athletic performances, shared stories, shouted encouragement (and the odd jibe or two) to our fellow competitors and enjoyed some wonderful runs together. With over 700 members, 2020 has seen lots of new faces become running regulars at BRRC.



At the recent AGM, we elected a new committee for 2021 and there are some familiar, as well as some new faces. I'm humbled to be President for the new year, and I welcome John White to the position of Vice President. Pam Goddard and Tracey Wood have joined the committee and as both long term members, they should be familiar to many of you. This is actually Pam's third time on a BRRC Committee so it goes to prove that you can survive the experience! The other change is that Roger Black has resigned from the committee but is sure to still be a regular competitor. If you know anything about Roger's running, he will be a significant competitor. I thank Roger for his service to The Club and look forward to running with him.

Also at the AGM, we heard from Sarah Thomas-Oly. If you ever need a reason to attend one of our AGMs (as if you would!) the quality of our speakers should convince you. I've had the privilege of knowing Sarah for a little while now but to hear her story in her own words was just amazing. We've been lucky to have Olympians and World Champions speak in the last few years and every one of them has brought some amazing stories. Each one of them came from a different background but none of them have arrived at greatness via a straight road. What they have all shared is many challenges and naysayers but also a strength and resilience that we can aspire to. (These are also qualities that I am so pleased to see in many of our own members). Sarah's story was no different and her record speaks for itself. I'm very pleased to welcome her as one of our newest members and if you were at the Dash and Splash, she was the streak going up and down the pool with a NZ swim cap on.



Also at the Dash and Splash, we got to acknowledge the records that have been broken during the year and I can tell you, it was more than a few. This was only surpassed by the record number of Commitments that earned their towel this year. Both of these measures are so great to see as they speak to both the quality of your performances but also your tenacity. Kudos to each one of you who made one of these achievements but, as I said in the December Newsletter, props to the runners who will never finish first, never get their name in the paper, never finish top five and still work their asses off every day to be the best runner they can possibly be. I'm proud of you and what we'll achieve together in 2021.

We're back early in the New Year and the first Championship race isn't far off. During the break, keep running and enjoy the beautiful Queensland weather (even the rain is warm). If you're lucky enough to have close family and friends, Christmas can be a magical time, but not everyone is that lucky. For some, this time of year is tough so look after one another and see you all in 2021.

# SPONSORS

**Thank you to our Sponsors for your continued support during 2020**

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



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## MEMBER PROFILE

**Name:** Samuel Stenson

**Age:** 19

**Occupation:** Student



### **How and when did you start running?:**

My running journey began in grade 10 (2017), when I took up cross country in order to stay fit after quitting swimming. I quickly learnt to enjoy the competitive nature of the sport, as well as the dedication and commitment to training required to improve.

### **Most Memorable Running Moments:**

My most memorable running moments have generally been major personal bests, since these are a reflection of the effort I have put into training. Some examples include: first sub-40:00 10k, first sub-18:00 5k and first sub-17:00 5k. The BRRC 2020 10 mile championship race was also memorable for me, even though I missed out on sub-60:00 by 19 seconds.

### **Favourite Running Distance and PB:**

My favourite running distance is currently the 5k. I recently achieved a personal best of 16:51 during the BRRC 5k Championships on the 15<sup>th</sup> of November 2020.

### **Running Goals:**

My running goals are mostly oriented around improving my speed. Some current examples include: a sub-16:30 5k, a sub-36:00 10k and a sub-1:20:00 half marathon.

**Favourite Runs:** Some of my favourite runs include: BRRC, Stones Corner parkrun, The Brisbane Marathon Festival and The Great South Run. Generally, I enjoy flat fast courses where I am able to push myself and achieve my best times.

**Favourite Running Partners/Group:** My favourite running group is the BRRC. I also enjoy running with my Dad as well, since we do most of our training runs together.

**Who is your running idol?:** My running idol is Joshua Cheptegei, since he recently set a new world record in the 5000m (my favourite distance).

**Favourite Sportsperson/s:** Eliud Kipchoge, Joshua Cheptegei, Usain Bolt

**Favourite Shoe Brand:** Nike, Adidas and Saucony

**Favourite Food:** Crackers and dip (any really)

**Favourite Drink:** Staminade

**Favourite Movie:** Alien

**Favourite Music:** Anything upbeat

**Star Sign:** Scorpio

**If you had one wish in life it would be?:** An unlimited supply of food

# Brisbane Road Runners Race Report

August to November 2020

by *Robert Lofthouse*

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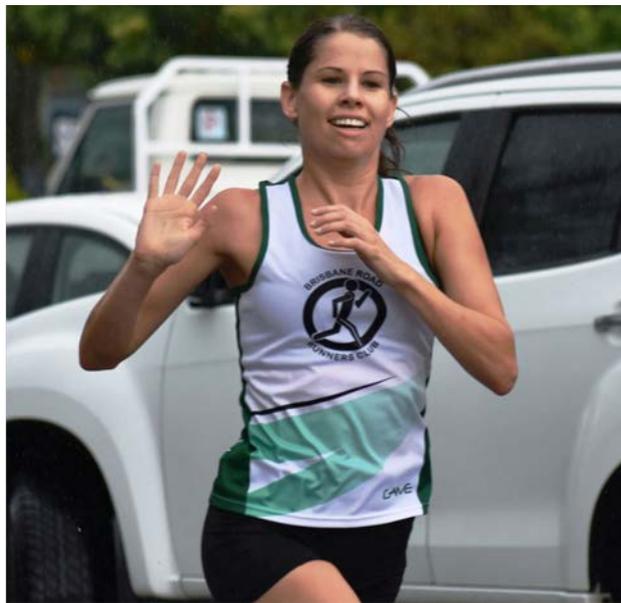
## August 23rd – 15km/10km/5km (133 finishers)

After all the excitement of the 20km champs a fortnight earlier, there was still a good roll up for the last official club event for winter. There were three distances on offer with the 10km proving to be the most popular with 58 finishers. Conditions on the morning were still ideal for running with the temperature around 10 degrees Celsius at the start.

**15km** – The 15km proved to be a very competitive race up front as QUT Athletics club member **Lukas Michalek** and former Belgium resident Michael Cnops battled it out. At the 10km mark, Lukas and Michael were together both recording a 37:14 time after two laps. It was Lukas who managed to make a winning break in the final lap to give him the win in **55:10**. His final lap split of 17:56 was the fastest by any runner in the 15km, with his final winning margin being 18 seconds. Emmanuel Vergara also was in good form finishing third.



**Lukas Michalek winner men's 15k**



**Hanne Schoofs winner women's 15k**

In the ladies equivalent, **Hanne Schoofs (1:08:47)** continued her good BRRC form leading from beginning to end. She established a lead of over a minute after 5km and by the end she had established a comfortable winning margin of over three minutes. Like Michael Cnops who finished second in the men's race, Hanne is originally from Belgium. Robyn Bell and Jessica Hewish were second and third respectively.

**10km – Davide Fontana (35:21)** made it three wins in a row over the 10km distance but it was close at the end, with his winning margin being just three seconds. After 5km, Davide looked to be cruising to a comfortable victory, having established a 41 second lead over his nearest rival Marty Kelly but as he slowed in the second half of the race, Marty picked up his intensity and whittled down the lead to just three seconds at the finish. Matt Herriman claimed third place courtesy of a negative split recorded in the second half of the race. At 5km, he had a narrow five second lead over Mike Garbuio but Mike was unable to keep up his pace in the latter stages.

In the ladies 10km, **Lana Hahn** held a lead of around 30 seconds after 5km and managed to hold that margin for the rest of the race to win in a time of **43:03**. Nancy Paulin was second and Susan Thornton third.

**5km** – 16 year old **Harvey Cramb** took the honours in the men's 5km clocking a very respectable time of **16:48**. Cramb, a student at Mansfield State High, won by a 20 second margin from Jonathan Daley and Turin Wilson.

The ladies 5km was won by **Catrina Daly** in **25:42** but Karen Rolff kept her in her sights for the entire run, finishing just five seconds behind with well performed Masters runner Helen Ridley Hanna claiming third place.



**Harvey Cramb, winner men's 5km**



**Helen Banks**

A special thanks to Race Director **Kerri Biggins** and the timing crew and volunteers for their support on the morning ensuring that BRRC continues to provide a safe and enjoyable run for everyone.

### **September 6th – 25km/20km/10km/5km (151 runners)**

Conditions were certainly warmer and more humid for the first spring event, with one of BRRC's longest runs for the year (25km) part of the morning's program. With four distances on the program, 165 Pre-Race entries were received.

**25km** - After their strong performances at the BRRC 20km Championship in August, the father and son combination of Matthew and **Samuel Stenson** were front and centre of the five lap event, leading from beginning to end with Samuel forging ahead of his father in the latter stages to win in **1:46:05** and Matthew just 14 seconds behind in second place. Andreas Meyer ended up third, increasing his pace considerably from the 15km mark on.

The ladies race featured a very evenly paced race up front by **Liz Grolimund**. After cruising through the first 5km in 23:25, Liz ran the next four laps in exactly 22:05 for each lap, giving her a winning time of **1:51:45**. Elizabeth O'Neil ran her usual solid race to finish second with Cheryl-Lyn Samuels third across the timing strip.

**20km** – The 20km (4 lap distance) proved to be the least supported event on the morning with only 13 finishers. **Tash Shourbaji** and her good friend Gina de la Cruz ran together for virtually the entire race with Tash being first across the line in **1:47:20** and Gina just a few seconds behind. Stacy Gardner was third, with the highlight of her run being the last 5km of the race where she really picked up the speed to make it the fastest of her 4 laps by nearly a minute!

An excellent performance up front by **Scott Walker** in the men's race was one of the morning's highlights. Scott was able to forge a gap of over a minute after five kilometres and continued to increase this lead during the later laps, eventually crossing the finish line in **1:14:50**. Matt Herriman is a name that has started to appear in the top three placings at events this year and on this occasion Matt was placed second, to be the only other runner apart from Scott to average sub 4min/kms for the distance.

Owen Korn was third male.

**10km** – **Easily** the most popular event of the morning with 87 runners. In the men's race **Matthew Langmack** was the winner, courtesy of a strong second 5km, where he pulled away from main rival and training partner Dan Galligan, to record a **38:25** winning time. Third place proved to be an interesting tussle with Oliver Wightman holding a handy 26 second lead over Tim Appleton at the halfway point. As Oliver started to tire early in the second lap, Tim started to reel him in and was able to pass him in the latter stages to claim third place.

Former Australian Rowing representative **Lauren Burraston** has put in some good performances since running at BRRC and on this occasion was the victor in the 10km with a handy **39:29** effort. Accredited sports dietitian Zara Nance was second with Crystal Mahony, a regular at BRRC, coming in third.

**5km** – **Turin Wilson** was the winner in men's race speeding around the course in **17:40** to take an easy win over Anthony Poulton and Chris McCosker. Turin has a good background in trail running and certainly showed that he is very adept on the road as well. The ladies event saw Nancy Paulin (20:20) win by over a minute from Eledwen Wilson who just pipped Nicole Mulholland for second place.

Thanks to **Rhondda Wetton** for doing an admirable job as Race Director and to all the volunteers who ensured that the event was an enjoyable and safe one for all.

### **September 20th – Robin Flower Memorial 10 mile Champs/10km/5km (223 runners)**

Championship events always attract a large turnout and on a warm spring morning, over 220 runners gathered at the start line, with a field of 160 electing to do the 10 mile championship event.

#### **Current 10 Mile (16.1km) Course Record Holders:**

**Male – Charlie Boyle 53:39 on 22/09/2019**

**Female – Nerissa Campbell 59:59 on 02/03/2014**

A special mention to long time club member **Shane George** who holds the original 10 mile West End club record of 53:06 set back in 1998 on the original West End course at Davies Park. Shane is presently living near Gatton and could not make this year's event.

### **ROBIN FLOWER MEMORIAL 10 MILE CHAMPIONSHIP**

This event has been held annually since 1990 to honour one of BRRC's great volunteers Robin Flower, who tragically died of cancer in the late 1980's. Robin was an important part of the Club when it staged its races at the University of Queensland from the early 1980's until 1988 and was always seen setting up the time clock as well as numerous other jobs that needed to be done on race mornings.

A perpetual shield was struck in his honour and every year the male and female winner of the race have their names engraved on the shield. The course consists of a 1.1km lap followed by three laps of the normal 5km road circuit.

The men's race saw four runners from the BERT group lead after the first 1.1km loop. Yun Phua lead Peter Bracken, Derrick Leahy and Daniel James as the lead group headed into the first of the 5km laps. Peter Bracken soon took over the front running as he stamped his command on the race recording a 16:55 split for the first 5km lap. At the end of this lap, Peter held a 15 second lead over Derrick with Yun Phua and Daniel James a similar margin back in a battle for third place. Nothing changed up front between the 6km and 11km section of the race with Peter holding his 15 second lead over Derrick. Yun Phua was able to establish a clear one minute margin over Daniel who had dropped his pace during this section of the race. The final 5km saw **Peter Bracken** increase his lead up front by a small margin as he crossed the finish mat as the victor in **55:36** with Derrick Leahy second in a time of 56:00. Yun Phua was third, crossing some 30 seconds behind Derrick. Yun is a reconstructive surgeon in his other life, so is certainly kept busy finding the time to excel in both areas of his life.

The ladies race featured an excellent performance by West Australian runner **Sarah Greenwood** in her first BRRC championship race. After leading Kerri Hodge by just 10 seconds at the 6km mark, Sarah really asserted her authority on the race during the next 5km, to see her with a one minute lead over Kerri going into the last lap. Nothing changed in the final 5km of the race with Sarah recording a winning time of **1:03:32**. Kerri maintained her hold on second place whilst Olivia Lennon managed to draw away from her main rival Isabelle Pickett in the second half of the race to be third female across the line, giving the BERT group a clean sweep of the top three placings in the men's and women's championship. Ladies winner Sarah Greenwood has a marathon PB of 2:56 set in Melbourne last year and has been running with the BERT group here in Brisbane. Sarah is in the 25-29 age group and is just starting to develop as a fast improving distance runner.



**Peter Bracken, Sarah Greenwood, 10M winners**

Congratulations to **Kerri Hodge (W45-49)**, **Helen Ridley Hanna (W65-69)** and **Derrick Leahy (M40-44)** who all broke their respective BRRRC age group records for the 10 mile journey.



Nicola Bowker, Solveig Litchfield, Sarah Greenwood, Isabelle Pickett, Olivia Lennon and Kerri Hodge

**10km** – In the men’s race, **Scott Walker** had a convincing win, recording **35:24** with Steven Cox coming second and being the only other runner to go sub 40 minutes. The battle for third was close with Mark Anthony just holding off the fast finishing Craig Robinson by two seconds. **Robyn Bell (48:44)** took out the ladies division with Lucy Day and Cynthia Cliff second and third respectively.

**5km** – Some good performances and times in the men’s event were recorded with **Brendan Purcell** scooting around the course in **17:20** to give him a 30 second winning margin over Joel McLaughlin. Christopher Lawrence just pipped Oliver Jones by one second in the race to the finish giving him third place.

In the ladies 5km, the highlight was a good performance by 16 year old Intraining runner **Olivia Boyd** winning in **19:28**. Keeping it in the family with a second placing was Olivia’s mum Joanne Boyd while Nicole Robinson claimed third, edging out Katherine Moore by a couple of seconds.



Catherine Ehlers



Neil Bath

Club President **Andrei Wightman** did a great job as Race Director on the morning ensuring the success of another Championship morning at BRRRC.

### **October 4th – 15km/10km /5km (124 finishers)**

After all the excitement of the 10 mile Championship the previous fortnight, things were a little quieter for this event, partly due to the highly popular Jetty to Jetty race being held up at Redcliffe.

**15km** - After winning the 10km event at BRRC a fortnight earlier, **Scott Walker** backed it up by taking out the 15km in **56:49**. After 5km, Scott had established a 10 second buffer over his nearest rival Robert Cordie and he continued to build on that margin as the race went on, eventually crossing the finish mat a minute ahead of Robert with Matt Archer rounding out the top three.

The ladies race was won by **Zara Nance** who claimed the win by nearly a six minute margin. A delighted Nance won her first BRRC trophy, recording a time of **1:06:51**. Prior to this, she had come second in a 10km at BRRC a month earlier. Elizabeth O'Neill and Clare Mitchell have been consistent performers at the Club in the last few years and it was good to see them finishing second and third respectively.



**Zara Nance, 15km women's winner**

**10km** – The 10km distance proved to be the most popular of the morning and in the men's race, **Joel McLaughlin** took the honours recording **37:06** with Steven Yang second and Andrew Clarke third. In the ladies race, **Emilie Croisier** won in a time of **47:11** with Marie-Claire Grady second and in a close finish for third, Ruth Peacock overtook Sandra Apruzzese near the end to cross the finish mat with a two second margin.

**5km** – First year University student **Samuel Stenson** has recently joined BRRC and along with his father Matthew have been top performers at recent club races. In the 5km, Samuel chalked up his first BRRC win with a time of **17:10** to defeat one of BRRC's best 50 + age group runners, Adrian Royce. Hot on Adrian's heels was Robert Godino who finished just two seconds behind in third place. **Susan Thornton** has been in fine form in the ladies 55-59 age group at the club's championship events in 2020 and today was her first outright win in a race, beating all her younger opponents with her 22:45 effort. Katherine Moore was the runner up with BRRC regular Gina de la Cruz third over the mat.



**Susan Thornton, 5km women's winner**



**Samuel Stenson, 5k men's winner**



**Naveen Gupta**



**Jasper Joyce**

Thanks to Race Director **Michael Lyttle**, the timing crew and all the other volunteers who did their usual excellent job, ensuring the continued safety of all runners during these unprecedented times.

We are so lucky to have events every two weeks and the contribution of everyone on a Sunday morning is why BRRC continues to be one of the best organised running clubs in Queensland.

### **October 18th – 15km/10km /5km (148 finishers)**

Perfect October weather (without humidity) greeted runners and with three distances to choose from, there was plenty of pre-race banter as runners lined up outside the Sailing Club.

**15km** – One of Brisbane’s best known runners **Aidan Hobbs** made a re-appearance at West End and it was obvious from the start that Aidan’s intent was to record a fast time. After the first 5km lap, Aidan was well ahead of every other runner, clocking 16:10. He dropped his pace a little on the final 5km but still managed an excellent time of **49:20** which matched the second fastest time (Ben Macronan) ever run on the present course. A visiting American, Joe More, stills holds the course record of 48:07 which dates back a decade to 2010. The race for second was close with Michael Cnops holding off the challenge of Adrian Royce by a slender six second margin at the end.



**Aidan Hobbs, winner men’s 15km**



**Greg Beerling, Club sponsor**

In the ladies event, current Club Champion **Kerri Hodge** maintained a consistent pace over the three laps to win comfortably in a time of **58:15**. Fellow BRRC and BERT runners Olivia Lennon and Sarah Greenwood were second and third respectively.

**10km** – **Leo Altarelli** made his first BRRC run for the year a good one, winning the 10km in **36:23**. He established a handy 40 second lead at the halfway mark over Emmanuel Vergara and Davide Fontana who were together at the halfway point. Davide ended up second, crossing the finish mat with a slender margin of three seconds over Emmanuel. **Crystal Mahony** was the winner in the ladies division recording a **43:48** effort and a two minute victory over Eimear Mann with Maria Hoogstrate third.

**5km** – Leading Cross Fit competitor **Kate Cecil** showed that she is very adept at the running part of her overall fitness regime, taking out the ladies one lap event in **20:55**. Hanne Schoofs was second and well performed Queensland Masters athlete Katherine Moore rounded out the top three. Good to see a name on the winner’s list in the men’s 5km with Rockhampton’s **Chris Pollock** taking the honours with a strong **17:53** effort. Scot Alcorn was second and Owen Korn third.

Thanks to Race Director **Wendy Crompton** and her volunteers for a job well done.

## November 1st – 10km Novice Championships/5km (167 finishers)

### **\*\*Marc Nickels and Kirsty Small win Novice Trophies\*\***

To win this Novice event you had to be a Club member and not have won a previous BRRC event in 2020.

**10km Novice** – The men's race saw **Daive Fontana** open up a 30 second lead in the first 5km over Michael Cnops with Wayne Spies holding down third place. Positions remained the same during the second half of the race with Davide Fontana (**34:50**) winning the race by a minute from Michael with Wayne Spies third.

As the three top finishers had previously won events at BRRC, the 10km Novice trophy was awarded to the 4<sup>th</sup> placed finisher **Marc Nickels** (member of BERT running squad) who covered the distance in **37:49**. Well done Marc on claiming the BRRC Novice award in the male category.

The ladies race proved to be very exciting and close with **Kirsty Small** and Eimear Mann only a second apart at the finish. Eimear Mann held a handy 20 second lead at the 5km mark over Kirsty Small and you did wonder at that stage whether Eimear would build on that lead or whether Kirsty could make up the ground in the latter part of the race. As the race wore on, Eimear slowed a little and bit by bit, Kirsty whittled away the margin and in the end was able to forge ahead to cross the finish mat in **45:34**, a mere second head of Eimear. Robyn Bell was third female to finish. Congratulations to **Kirsty Small** for being the female Novice champion in 2020.



**10k Novice winner, Mark Nickels**



**Cynthia Cliff**

**5km** – The men's one lap event saw a strong field lining up at the start and some good performances up front with the first six runners finishing under 18 minutes. **Marty Kelly** took the honours recording a winning time of **16:29**. Christopher Manchon from the BERT group was second with Sam Stenson continuing his good form to finish a few seconds behind Christopher in third place.

In the ladies 5km, Watts Athletics running coach **Shiloh Watts** recorded a good time of **18:39** to win by nearly four minutes from Maria Hoogstrate and Katherine Moore.

Earlier in the year Shiloh won the 10km International Women's Day run held in Brisbane.

Thanks to **Stuart Simmons** our Race Director on the morning and all the volunteers who helped make this another successful and enjoyable event for everyone.

## **November 15th – 5km Club Championships/10km (246 finishers)**

**\*\*Kieren Perkins and Shiloh Watts take the spoils\*\***

As expected, the 5km Championship proved to be one of the best supported events of an interrupted year with 222 runners in the 5km race. With the course record standing at 15:33 and a quality field lined up on the start line an exciting race was in store.

In the men's race, it was expected to be a battle up front between Kieren Perkins and Isaias Beyn, with both expected to give the course record a serious nudge. Also lining up in the men's race was a strong contingent from the BERT running group including Peter Bracken, Ironman competitor Andy Dey, Daniel James and Derrick Leahy. With various age group medals also on offer, many records were expected to be broken.

### **Men's 5km Championship:**

**Kieren Perkins** set the early pace, gaining a lead over Isaias Beyn with Andy Dey a couple of metres in front of Peter Bracken. At the 3km mark, Kieren held a handy 10 second lead over Isaias with Andy Dey a few seconds in front of Peter Bracken in the battle for third. In the last two kilometres of the race, Kieren continued to forge away from the opposition and crossed the timing mat in a time of **15:12**, smashing the previous course record of Liam Woollett by 21 seconds! Isaias Beyn was second and in the battle for third, a strong last 500 metres by Peter Bracken saw him gain the ascendancy over Andy Dey. Jayden Lyttle made a good return to the club finishing fifth, just a few seconds behind Andy.

**Age group records:** On the morning, four records were broken in the male age groups.

**M 0-19: Jayden Lyttle 16:09**

**M 25-29: Kieren Perkins 15:12**

**M 30-34: Isaias Beyn 15:43**

**M 65-69: Ian Cameron 1 8:31**

Congratulations gents.



**Kieren Perkins, winner men's 5k Championship & new course record**

### Female 5km Championship:

A strong field was assembled for the female race with current BRRRC champion Kerri Hodge facing some tough competition from fellow BERT members Nadine Roulston and Olivia Lennon, Shiloh Watts (Head Coach at Watts Athletics) and Intraining's Jade Graham. Also in the field was leading Gale Force runner Anna Munro and former Commonwealth Games Marathon silver medallist Krishna Stanton.

Nadine Roulston and Shiloh Watts set the tempo in the first half of the race and at the 3km mark Nadine was a couple of steps in front of Shiloh with Kerri Hodge a further 10 seconds back in third place. Roulston, a Yoga/Pilates instructor as well as a member of the BERT running group was doing her utmost to shake off Shiloh but couldn't break away. Shiloh edged in front at the 4km and it was a battle royal going up the last rise on the course. The last 300 metres of the race saw **Shiloh Watts** edge away to give her victory by six (6) seconds over Nadine. Her winning time was **17:41**.

Kerri Hodge took out third place, staving off the challenges of her two younger rivals Jade Graham and Anna Munro.



Nadine Roulston, Shiloh Watts, Adrian Royce

Jenny Cawood

**Age group records:** On the morning, six records were broken in the various female age groups.

<b>W40-44:</b>	<b>Shiloh Watts</b>	<b>17:41</b>
<b>W45-49:</b>	<b>Kerri Hodge</b>	<b>18:05</b>
<b>W50-54:</b>	<b>Krishna Stanton</b>	<b>19:01</b>
<b>W60-64:</b>	<b>Ruth Peacock</b>	<b>24:32</b>
<b>W65-69:</b>	<b>Katherine Moore</b>	<b>23:02</b>
<b>W75-79:</b>	<b>Betty Menzies</b>	<b>29:51</b>

These results certainly highlight the strength of women's running at BRRRC, especially in the older age groups.

**10km** – With the main focus being on the 5km event, there was only a small field of 24 starters for the two lap event.

In the men's race, the first 5km saw a good battle up front between John Kelley and **Damien Gannon**. John was a step ahead of Damien after the first lap but Damien was able to step up the pace in the last few kilometres to forge a winning margin of nine seconds over John with Simon Collin (Watts Athletics) crossing third. Damien's winning time was **43:28**.

In the ladies 10km, Intraining Running and Triathlon group member **Tahlia Murdock** made her first Club run a good one, recording a time of **40:22**. Kirsty Small, the 10km Novice winner a fortnight earlier, continued to lower her time over the distance, slicing nearly a minute off her time from two weeks earlier. Kirsty finished second with Eimear Mann third across the finish mat.

## **November 29th – 10km Handicap/5km (150 entrants)**

A humid morning greeted runners for 10km Handicap and 5km events – the last BRRC race at West End for 2020.

**10km Handicap** – The 10km handicap attracted 89 runners who were asked to forecast their time based on recent performances and from these times each runner was allocated an actual start time. The slower runners in the field were given the smallest handicap meaning that a 70 minute 10km runner would start 35 minutes ahead of a runner who had recorded a 35 minute time for a 10km race. The first runner to finish would be declared the handicap winner.

New member **Shaghayegh Saleh** was doing her first 10km and was the first to start with only a 5 second handicap. Harvey Cramb was the last runner to start with a hefty 38 min 58 second handicap. After the first 5km loop, Shaghayegh (Shay) held a handy lead and she continued to forge away in the second lap to win by a margin of over 8 minutes. She recorded an actual running time of **1:02:24**. Well done Shay! A great way to start her new membership at BRRC. Second over the finish mat was Aaron Green and third, Sharon Marrington.

**Fastest Time** – The fastest male on the morning was 16 year old back marker **Harvey Cramb**, who managed to pass 37 runners on his way to recording **36:06**. Leading Queensland and Australian masters runner **Louisa Abram** was the fastest lady on the morning with a **45:45** effort. The performances of both Harvey and Louisa highlights the talent and wide age gap of runners attracted to events at BRRC.

**5km** – **Andrew Clarke** recorded a winning time of **17:58** with Matthew Nauthe and Pete Lavery second and third respectively in the men's division. In the ladies event, **Kate Cecil** chalked up her second 5km win of the October-November period with a **20:00** effort with Sophie Butler just six seconds behind and trail running enthusiast Maria Hoogstrate crossing in third place.



**Linda Graham and Phil Moy**

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.

## MEMBER PROFILE

**Name:** Mike Dickson

**Age:** 54

**Occupation:** TAFE Teacher



**How and when did you start running?:** I'd been doing boot camps for a while but never felt aerobically 'running fit' so when a mate dragged me to New Farm parkrun in 2011 or 2012, I gave it a go. I loved the event, but boy I struggled in the run!

Parkruns were fairly spasmodic for a few years then my mate, Kay Toy, started doing them, and once we started going together, then it became a regular thing and one run led to another....

**Most Memorable Running Moments:** Crossing the finish line in my first marathon last year with my 'running wife', Kay Toy, and coach and friend Laura Speed – joy and relief and much pride.

Every parkrun PB is exciting and well-earned.



Intraining finishers, Laura, Mike & Kay

**Favourite Running Distance and PB:** 5km, I think. Current PB is 23:43 (hopefully lower by the time this is published, Lol) I'm learning to love the 10km as much as the 5km as I get fitter. And now that I feel I can implement my strategy for the half marathon.....oh, look I love them all, but it is exciting to put on a sprint!

**Running Goals:** To keep enjoying it, to keep improving, keep meeting new people whilst running and to spread the word about what a great sport running is.

**Favourite Runs:** I'm doing my best work on the BRRC course this year. The shade and breeze there are always welcome.

Kelvin Grove parkrun is close to home and a fast track. And I discovered that I actually enjoy trail running so enjoy the Mt Coot-tha trails.

**Favourite Running Partners/Group:** I train at intraining Tues night UQ Speed session and their Toowong Wed Threshold group. Great sessions, great people. I started out doing most of my running with Kay Toy, who has been injured most of this year; Laura Speed and Helen Davidson provide great company for most of my long runs recently.

**Who is your running idol?:** One day, when training by myself in preparation for my first marathon, I was really struggling. And on a solo long run, you get plenty of time to think about how you could be doing it better. And then, I had my epiphany; just run like Laura! So, I guess Laura Speed is my running hero.

But every runner is a hero and has a heroic story to tell.

**Favourite Sportsperson/s:** John Eales, Tim Horan, Ben Tune, Quade Cooper, Taniela Tupou (see a pattern?). And Denis Bergkamp.

**Favourite Shoe Brand:** Every shoe I've bought since I started running has been a different brand.

**Favourite Food:** Everything my wife cooks (I'm a very lucky man).

**Favourite Drink:** Beer / wine (with food).

**Favourite Movie:** I miss the movies! Anything with Jack Nicholson or Meryl Streep. They don't make 'em like they used to. I can't stand CGI or sound effects.

**Favourite Music:** Probably Lucinda Williams and Ryan Adams. Or Neil Young or Van Morrison.

**Star Sign:** Leo (but I'm on the cusp with Virgo (apparently)).

**If you had one wish in life it would be?:** To leave the earth knowing I'd made a difference.

## THE ERNIES DURING COVID-19

*By Gina de la Cruz and Tash Shourbaji*

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If you are a regular at Road Runners then chances are you know an “ERNIE” (an Easy Runner with No Intention of Excelling).

An ERNIE can be readily identified: they usually run in small packs, stop quite regularly for selfies, and as of one month ago, they now wear matching singlets marked “The ERNIE Run Club”. Sounds very serious, right?

Well, it’s a far cry from the ERNIE’s that started running together in 2018. Back then we were just three runners who were training for marathons and hated doing long training runs on our own. Somehow when you commit to meeting someone at an ungodly hour on a Sunday it makes it so much easier to get up and be motivated to run. So we started to run every Sunday



Gina de la Cruz, Alberto Nilsson, John White

We called ourselves “ERNIE’s” because quite often during our training runs we would see the BERT’s fly by: they had perfect form, were super speedy and had slick matching outfits. We were in awe of these fine athletes. And there we were in mismatching running gear, plodding along and stopping every 15 minutes or so for selfies and water stops. We were the complete opposite of the BERT’s! And that’s when we started to cheekily refer to ourselves as ERNIE’s!





**John White, Gina de la Cruz, Tash Shourbaji, Melanie Gabbie, Alberto Nilsson & John Sharpe**

Despite the name saying “No Intention of Excelling” so many of the ERNIE’s have excelled this year. In fact, even though we have had a global pandemic to contend with, and the year has involved lockdowns and event cancellations, the ERNIE’s have achieved so many great things in 2020. In fact, we have grown in number and thrived during this crazy Covid-19 period.

So how did The ERNIE Run Club cope with Covid-19?

#### 1. Running therapy

Running is far cheaper than psychology sessions (if you don’t count the cost of running shoes, event registrations and physiotherapy required from injuries!).

With the stress and uncertainty that came from Covid-19, as well as the isolation from people not being at work or not having their family close by, the regular ERNIE runs were a great way for people to debrief, vent or get some much needed social interaction and support.

Importantly, the ERNIE’s were able to maintain some sort of routine to look forward to throughout the week, which was critical to maintaining health and fitness. Instead of worrying about toilet paper, home schooling or how on earth we were meant to make our homemade bread without eggs and flour, we knew we would have a couple of hours each week to just let go of our problems and get some precious outside time with like-minded people. No matter what mood we start with, we always finish an ERNIE run with a sweat and a smile.

When the lockdown was serious and we could only have one person to exercise with, the ERNIE's adapted. We paired off into a running buddy system and staggered the start times for our runs so that people still complied with the regulations but we could see one another out on the course.



And during the strict lockdown period we maintained contact with our running crew through Saturday Zoom meetings (set up by Jason Cox) where we would drink coffee and chat online about our runs and life in general. It was a great way to stay connected and motivated to run.

## 2. Staying motivated with races

Another way that we were motivated to keep training was through virtual events. The ERNIE's love an event, especially if it includes race bling. Many of us had signed up to various events throughout the year, including Canberra Marathon, Sydney Marathon, the Grape Fest (of course we love to run for wine) and also a number of triathlons.

So when Covid-19 hit and events were cancelled, the ERNIE's were very disappointed and wondered how on earth they would continue their long runs without the end goal of a race and medal. But then we stumbled upon heaps of virtual runs, many of which included medals and finisher t-shirts. We turned these virtual races into our own personal events, complete with celebratory morning tea after each run. We even had our own photographer and water station attendant (Aaron Green) and course director/pacer (John White).



**Aaron Green**



**John White**



**Katherine, Anthony, Alberto, Gina, Jason, Elizabeth, John, Tash, Chris, & Janette**

For the virtual Hawaiian Marathon we went all out and dressed in theme. John White ran an entire marathon in a grass skirt. After the marathon we had a lei and medal presentation courtesy of Pam and Michael Peldan, who had gone to the effort of creating a personal medal for each of us.

It was also fantastic that Brisbane Road Runners Club adapted and enabled their members to continue to run by hosting virtual BRRC races. The ERNIE's put all these virtual runs in their calendar and it was great to have something to look forward to each fortnight. And when the announcement came out that the "BRRC Commitment Towel" was still on offer, the ERNIE's elbow-bumped each other with excitement.

Who knew that people would be so keen to own an aqua towel that they would run crazy distances and even plan holidays around championship events????? The first thing that crosses your mind when you get injured is whether you'll be OK for the next championship event!

So great was the lure of the towel that our most senior and experienced ERNIE (Ken Swanwick, who is in his 70's) ran a half marathon this year for the first time in 30 years!!!! And he absolutely smashed it. All for the fluffy embroidered BRRC towel!

Even though the ERNIE's loved their virtual runs, it's great that real events are back on. Nothing beats the start line excitement and adrenaline that you get from standing with your ERNIE team amongst a bunch of other runners and waiting for the start horn to blast.

### 3. Encouragement & healthy competition

The motto of an ERNIE is "Fun. Fitness. Friendship". That's what's written at the bottom of our singlets. Our main focus is not on running fast every time we run or getting a PB. It's about enjoying the run and taking in the fresh air and beauty of our city with great friends.

However, we do push each other to try new challenges and we are encouraged to do better when someone else gets a PB or meets a goal. You can't help but try and run faster or further when the people around you are accomplishing great things.

From left: John, Andrei, Damien, Gina (& dog, Hunter) , Karine, Washington, Matthew, Tash & Aaron.  
Front row: Alberto and Ken.



Many of the ERNIE's are relatively new to running, and before Covid-19 quite a few were only running once a week at parkrun or had never run a half marathon or marathon. But when they started to turn up to ERNIE runs more regularly to escape the house for fresh air and social interaction, they found themselves being encouraged to challenge themselves.

So the Sunday long runs grew bigger and bigger with more ERNIE's joining in each week. And week by week the long runs got longer and longer. All of a sudden some naïve and unsuspecting ERNIE's had been roped into doing their first half marathon or marathon. So even though this year has had many negatives and stresses arising from Covid-19, many ERNIE's have managed to achieve something wonderful and memorable.



We will end this story by highlighting some of the key achievements of the BRC ERNIE's during 2020:

- It was raining PB's for each of Andrei Wightman, John White, Chris Hood, Natasha Shourbaji and Matthew Jackson over various distances (too many PB's to mention!);
- Marathon PB's for Elizabeth O'Neil and Jason Cox (at the very hilly Buller Gorge Marathon), Michael Peldan during the virtual Rome Marathon, and also for Gina de la Cruz right here in Brisbane;
- First timers: first half marathon for Karine Champagne; first ever marathons for Natasha Shourbaji and Chris Hood; first 50km runs for John White and Gina de la Cruz at GC50; first 100km event for Washington Firmeza (in fact Washington did two separate 100km events within one month of each other and smashed them both);
- Marathon Madness: Damien Barry (one marathon for 2020), Alberto Nilsson (2 marathons for 2020) and Pam Peldan (5 marathons for 2020);
- All round awesomeness:
  - Katherine Jackman ran her longest run in 4 years by completing the 30km event at the GC50;
  - similarly, Glen Cunningham was roped into doing the 30km at GC50 and that was his longest ever run;
  - Janette Campbell and Ken Swanwick achieved their dream of owning a BRRC Commitment Towel;
  - Anthony Bone ramped up the kms this year and managed to punch out a solo half marathon; the Ant Man also has amazing race support crew skills, including, but not limited to, banana duties, sleeping on a blow up mattress to allow the precious runners to get a good rest and even being prepared to run the last 6 kilometres of a race purely as support crew when he had been happily minding his own business on the sidelines as cheer squad);
- Spectacular return from injury: Felicia Elgey and Aaron Green have both battled injuries this year but they came back strong for the GC50, with Felicia completing the 15km and Aaron smashing the 30km as a pacer for Natasha (and helping her get a PB); and
- Spartan Superstars: Melanie Gabbie and John Sharpe wanted to make sure that the ERNIE's were represented in other sports so decided to smash out their first 50km Spartan. So not only can the ERNIE's run but they can also lift very heavy weights, glide effortlessly on monkey bars and do a mean burpee.

We are all looking forward to 2021 and seeing what more we can achieve as a team. And we might even challenge the BERT's to a friendly Spartan competition in 2021. Or perhaps we will just continue to wave to them as they fly by....

Gina & Tash ☺



## MEMBER PROFILE

**Name:** Cynthia Cliff

**Age:** 67

**Occupation:**

Director Knowledge Transfer & Partnership Development, QUT Faculty of Health ... basically having fun finding new and interesting ways to improve health and wellbeing by bringing amazing people and whacky ideas together.



**How and when did you start running?**

I've stopped and started a few times over the years. My most recent running streak started (after a 20+ year gap) with Intraining's free training program leading up to the 2012 Bridge to Brisbane. I was aiming to get fit enough to walk the 10k ... and ended up running the whole way! That was a very memorable moment 😊

**Most Memorable Running Moments:**

- Going on family runs in the local park before breakfast when I was about 10. My Dad was a very fast runner and probably hoped we would follow suit. My sisters and I used to try to race Anthony, our pet sheep, across the oval. We could never beat him though. He would gallop off at high speed, then wait for us when he got to the other side.
- Celebrating when I turned 30 and was old enough to join Queensland Masters Athletics. The surface on the track at QSAC was magical to run on.
- Discovering parkrun – It was a Saturday morning in New Farm Park in 2012 and my first time to go to one of Intraining's Saturday training sessions for Bridge to Brisbane. I arrived, saw a group of runners just disappearing around the Powerhouse, caught them and struggled along at the back. When we arrived back at the start they were all

handing over barcodes etc and I realised it wasn't the Intraining group! I went up to the desk to apologise ... then straight home to sign up for the first of what is now 284 runs!

- First time running straight off the bike in a triathlon ... the jelly-legs!!!!

**Favourite Running Distance and PB:**

Anything less than 14k. Longer than that and I tend to get injured ...dramatically demonstrated on a recent Sunday "long" run when I tripped at about 14.1k - blood all over the footpath and stiches in the chin.

**Running Goals:** To run up a storm when I get to the 3-digit age groups.

**Favourite Runs:** Everywhere!

I love variety and the challenge of the unknown - parkrun is wonderful for discovering new places, meeting new people, having fun, and testing your limits in different ways.

I also love coming "home" to the BRRC family – when I am struggling along in the last leg of a triathlon, I use the West End course to visualise my way through to the finish.

And I love trail running – especially the G-forces of banked single track on a downhill slope that has been all nicely carved out by the trail bikes! Even though I'm probably not going that fast, it feels like I'm flying!

**Favourite Running Partners/Group:** Everyone! There is something very special about runners ...

**Who is your running idol?:**

All those runners out there who do their best, keep smiling, and encourage and look out for everyone else. Some of them don't even run, but they volunteer for events and do a huge amount to make running happen.

**Favourite Sportsperson/s:** At the moment I am hooked on Kurt Browning's Ice-Skating Routine – "The Skating Lesson". It's both an amazing athletic performance and so much fun!

**Favourite Shoe Brand:** On – both Cloud-surfers and Trails.

**Favourite Food:** Spaghetti Squash in place of pasta is a bit of a favourite at the moment.

**Favourite Drink:** Short black coffee served with lightly sparkling mineral water on the side.

**Favourite Movie:** I haven't been on a plane for a while, so no opportunity for catching up on movies!

**Favourite Music:** Any live music that is played/sung by family and friends.

**Star Sign:** Gemini

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

To continue to enjoy every new 5-year age group even more than the previous one!

## At the races

### News from around Australia and the world

*Compiled by Robert Lofthouse*

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#### LONDON MARATHON - 4<sup>th</sup> October 2020

**World Record Holder finishes 8th in a stunning upset!**

**Men's World Record – Eliud Kipchoge (Kenya) 2:01:39**

**Women's World Record – Brigid Kosgei (Kenya) 2:14:04**

**Men's Race:** Due to Covid-19 restrictions, this year's London Marathon was staged on a 19 lap course around St James Park, each lap being 2.15 km in length followed by a final 1.34km run to the finish line.

With World Record Holder Eliud Kipchoge (2:01:39) and his closest rival Kenenisa Bekele (2:01:41) on the start list, the race promised to be something special but it never eventuated. Two days before the race, the 38 year old Bekele pulled out with a calf injury, leaving Kipchoge as the overwhelming favourite.

Certainly, with no spectators allowed and only an elite field of 40 runners allowed in both the men's and women's race, the 40<sup>th</sup> edition of this famous race was to be an event like no other. On a wet and cold London morning, hopes of a World Record plummeted as runners lined up outside a soggy St James Park. A large lead group which included the world's fastest man Kipchoge, went through the first half in 1:02:54, well short of the time split required for a world record.

As the lead group of runners approached the 35km mark, it was obvious that there was something wrong with the world record holder. He started to drop off the pace and was starting to grimace, though it was hard to tell what was actually wrong with him. As the race entered the final 200 metres, it was down to a three way battle up front between the beanie wearing Ethiopian **Shura Kitata**, his much taller Kenyan opponent Vincent Kipchumba and another top Ethiopian runner Sisay Lemma. Kipchumba's long legs propelled him to a lead of a few metres but an incredibly determined Kitata pumped his legs even harder and managed to win the sprint to the line giving him the win in a time of **2:05:41**. Kipchumba was one second behind and Lemma just three seconds back in third place.

Shura Kitata was elated after having finished second to Kipchoge at London in 2018. Finally, he had won one of the world's best known marathons. Second placed Kipchumba also has an impressive background having won the Vienna and Amsterdam marathons in 2019.

As for world record holder Eliud Kipchoge, he finished in eighth place in 2:06:49 saying that a blocked ear caused him a lot of discomfort from 25km onward. Prior to this race, Kipchoge had an amazing record in the marathon having won 12 out of 13 marathons with his only blemish being a second place finish to fellow Kenyan Wilson Kipsang in the 2013 Berlin Marathon.



**Shura Kitata**

**Women's Race:** – The women's start list included world record holder **Brigid Kosgei** who was the defending London champion. Her main opposition was expected to come from fellow Kenyan runner Ruth Chepngetich who had a PB of 2:17:08, recorded at Doha in 2019. At the halfway mark, Kosgei and Chepngetich were together in the lead but Kosgei broke away at 30km and careered away from the rest of the field to win her second straight London title in **2:18:58**. The battle for second was exciting with USA's Sara Hall sprinting past a tiring Chepngetich with 150 metres to go. At 37 years of age, Hall also recorded a PB in the dark, gloomy conditions. Hall is married to leading USA marathoner Ryan Hall. The Australian pair of Sinead Diver and Ellie Pashley finished 8<sup>th</sup> and 12<sup>th</sup> respectively, but well short of their personal bests.

## Results – London Marathon

### Men

1 – Shura Kitata (Ethiopia)	2:05:41 Has PB of 2:04:49
2 – Vincent Kipchumba (Kenya)	2:05:42 Has PB of 2:05:09
3 – Sisay Lemma (Ethiopia)	2:05:45 Has PB of 2:03:36
8 – Eliud Kipchoge (Kenya)	2:06:49 ( <u>Holds world record of 2:01:39</u> )

### Women

1 – Brigid Kosgei (Kenya)	2:18:58 ( <u>Holds world record of 2:14:04</u> )
2 – Sara Hall (USA)	2:22:01 <b>PB</b>
3 – Ruth Chepngetich (Kenya)	2:22:05 Has PB of 2:17:08
8 – Sinead Diver (Australia)	2:27:07 Has PB of 2:24:11
12 – Ellie Pashley (Australia)	2:31:31 Has PB of 2:26:21



**Brigid Kosgei**

**VALENCIA TRACK MEETING – 7th October (Spain)**  
**Joshua Cheptegei breaks Men’s 10,000 metres World record**  
**Letesenbet Gidey breaks Women’s 5,000 metres World record**

**Men’s 10,000 metres**

24 year old Ugandan athlete **Joshua Cheptegei**, broke his third world record of the year on a windless night at Turia Stadium in Valencia. Prior to this, Cheptegei had broken the world 5km road record and the 5,000 metres track record earlier this year.

Going into this race, Cheptegei was hoping to better Kenenisa Bekele’s record of 26:17:53 set 15 years ago. Prior to the race, a team of pacers were organised with instructions to provide even pacing at 63 seconds per 400 metre lap. The race consists of 25 gruelling laps and at the halfway point (reached in 13:07:73) the pacers started to drop off leaving Cheptegei with a lonely challenge ahead of him during the second half of the race. Blue light indicators installed on the inner rim of the track marked the ideal pace, while the green lights that snaked behind the runners indicated the current world record pace. Incredibly, Joshua Cheptegei was able to run three seconds quicker in the second half of the race, staying in front of the blue light and crossing the finish in a **new world record of 26:11:00**. He had broken Bekele’s long standing world record by over six seconds. You have to feel a little sorry for Bekele who has now lost both his long standing 5,000 and 10,000 metre world records this year and also had to pull out of the London Marathon in October with a calf injury.

**JOSHUA CHEPTEGEI’S WORLD RECORDS IN 2020**

- 5km Road** – 12:51 (Monaco in February)
- 5000 metres Track** – 12:35:36 (Monaco in August)
- 10,000 metres Track** – 26:11:00 (Valencia in October)



**Joshua Cheptegei**

**Women’s 5,000 metres**

On the same night in Valencia, watched by a small crowd of masked, but vocally enthusiastic spectators, Ethiopia’s **Letesenbet Gidey** broke the 12 year old world record held by Tirunesh Dibaba with an inspired effort of **14:06:62**. She eclipsed the previous mark by over four

seconds. The 22 year old Ethiopian is the current silver medallist from the 2019 World Athletics Championships in the 10,000 metres, having run 30:21 on the track in Doha. Like the men's race on the same evening, Gidey used pacers on the track.

As well, both World records were broken by runners wearing the Nike 'Zoom X' Dragonfly spikes – The latest in Nike technology.



**Letesenbet Gidey**

## MEMBER PROFILE

**Name:** Lynette Fergusson

**Age:** 55

**Occupation:** Healthcare Management – Currently managing COVID-19 quarantine hotels



### **How and when did you start running?:**

As a two-time New Zealand pistol shooting champion when I younger, the only time I thought of running was when the pistol fired for a race at the Olympics.

Many years later, my neighbour had been bugging me for a year to come along to parkrun – I kept fobbing him off saying I couldn't run – and I couldn't either. I was going to what I now call an 'old ladies' aerobics class with his wife instead – except we were the youngest ones there. One Saturday my neighbours were away and by that stage they had convinced my two sons somehow into doing parkrun. I grudgingly decided to go to the same parkrun which was a massive 400m away from my doorstep! Needless to say my neighbour was excited!! Another convert coming up!

At parkrun that morning, I ran about 200m before stopping to walk, completely puffed out! That reinforced my belief "I can't run" and how stupid of me to even try! But I didn't quit the parkrun that day – I kept walking as briskly as I could. As I was rounding on the 4km mark a young fellow who, had clearly finished his run and was heading home, cheered me on. I was quite taken aback. I felt really encouraged. I kept walking and even managed a 100m run of sorts across the finish line – for the photographer. I was surprised at how hard 5km was. Why did I continue running at parkrun? – well, I experienced something new called "DOMS" and I thought "clearly there is more in this running thing than anything I'm getting out of the 'old ladies' aerobics class!"

I was also surprised at how welcoming and encouraging the running community was. parkrun is a great way for people to start running. I have been converted, just like many before me, and now I try and convert people too!

In 2018, I joined Intraining's beginners class led by coach James Bell and that year ran my first 10km. I have never looked back.

- **Most Memorable Running Moments:**

- First time I ran a full 1km without stopping followed by running a full 5km without stopping – once would never thought I could have done that
- Completing my first half marathon in July 2020, Brisbane Marathon (virtual)
- Doing a second virtual half marathon in August 2020, Sunshine Coast

**Favourite Running Distance and PB:**

10km PB about 1hr & 6 mins.

**Running Goals:**

30 min parkrun/ 30 min 5km

**Favourite Runs:**

Wishart parkrun followed closely by Brisbane Road Runners.

**Favourite Running Partners/Group:**

James Bell's Intraining Tuesday morning speed session with Tony Donegan, Stephen Poon & and the gang – sometimes running legend Adrian Royce makes an appearance. And yes he made me write that.

**Who is your running idol?:**

Anyone who gives it a go!

**Favourite Sportsperson/s:**

Lynne Frey – Australian Champion pistol shooter

**Favourite Shoe Brand:**

Brooks (Ghost) followed closely by New Balance (880)

**Favourite Food:**

Way too many to list here – one of the reasons I run is I love my food and running helps me to keep the food off the hips and thighs.

**Favourite Drink:**

Aged chardonnay. Now Adrian has me on creatine mixed with cordial. Yuck.

**Favourite Movie:**

Eurovision with Will Ferrell.

**Favourite Music:**

I don't know where to begin because I like all different genres. Adrian even took me to see local soprano Mirushia at the Tivoli recently – I enjoyed it.

**Star Sign:** Aquarius

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

To work less and drink more aged chardonnay which means I would have to run more.

## Conondale Great Walk: 3 days, 2 nights

By Vicki Pearson

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This walk has to be the hardest activity I have ever completed!

If you're looking for a QLD short break/challenge look it up, but maybe take the 4 day option unless you're bush hiking fit (I clearly am not!).

I was challenged both mentally and physically to a new level!

**Day 1** - 27k - over 1000m climb - 7.5hrs- with the equivalent of 20% of my body weight on my back, not sure how I got through day 1. I'd had enough after 2 hours of climbing! (more self-doubt than I have ever had to fight with). I clearly underestimated this walk! Was a nice evening back at the camp. And the boys kindly reduced the weight of my bag by half by redistributing our gear.



Testing the water



Lunch break, day 2

**Day 2** - 17k - Tough and scary (bush bashing through dense rain forest with many snake sightings, mostly pythons but also a few too many red belly blacks). 13k in I started to decline further- body and soul!! Managed to complete the 17k with the help of husband John carrying my bag the final 3.5k and my kid's encouragement! When we hit the camp spot I just lay in a heap while the family set up camp. Husband handed me a get out of jail card where I could just walk 1k to a spot and wait for him to pick me up. (I must have looked rough!).

**Day 3** - 12k - I woke up, managed to eat some porridge and the nausea had eased and head not so bad. I couldn't face giving up, and not tackling the last section. Today was the first day I can honestly say I had moments of joy during the walk!

Thanks family for your support and belief in me! But just remind me to investigate deeper before I commit to the next adventure.



Speed work material!





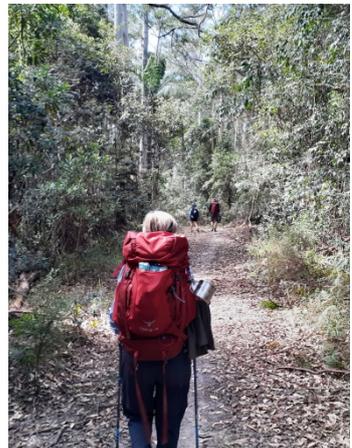
Eddie practising first aid on his sister



2<sup>nd</sup> Oct  
Getting closer to the end



Only 5.5k to go



FROM JOHN

Family adventures on the Conondale Great Walk. 3 days of hiking and snake dodging  
Around 56km distance, with a healthy sprinkling of hills.

Not sure Vicki has forgiven me yet.

As always, very proud and privileged to share these adventures with the family.



FROM VICKI

PS not many good pics due to me not having the headspace to get the camera out until day 3.

PPS I have never smelt so bad !!

## MEMBER PROFILE

**Name:** Maria Hoogstrate

**Age:** 44

**Occupation:** Complimenter

### **How and when did you start running?:**

Working for a community organisation, shout out at work for people to join their team fundraiser & participate in Bridge to Brisbane

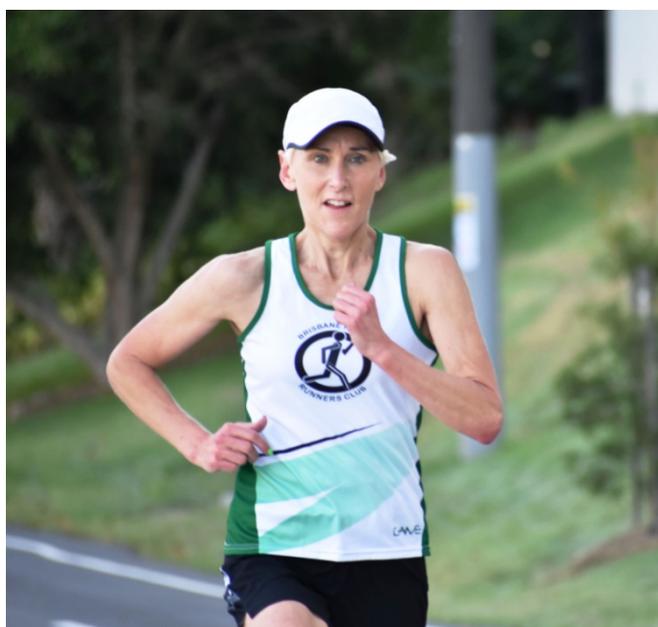
### **Most Memorable Running Moments:**

Running the Noosa Tri with x 3 fractures in my pelvis

Mount Glorious Recce - ran 3 hours with Team Brioche through the rain forest, clambering over trees, trails, up many hills, surrounded by the most incredibly kind and supportive running legends

### **Favourite Running Distance and PB:**

Half trail marathon - Lamington Classic 2019



### **Running Goals:**

To complete the UTA 50 on my 50th birthday in the Blue Mountains

### **Favourite Runs:**

Kondalilla National Park/Blackall Ranges

### **Favourite Running Partners/Group:**

Team Brioche and all of its various characters

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

My neighbour and friend Pete Lavery

### **Favourite Sportsperson/s:**

Cathy Freeman

### **Favourite Shoe Brand:**

Saucony Peregrine trail shoe

### **Favourite Food:**

The Chiefs miso chilli granola

### **Favourite Drink:**

Tailwind

### **Favourite Movie:**

The Hateful Eight - The H8ful Eight. 2015 American revisionist western thriller film written and directed by Quentin Tarantino.

### **Favourite Music:** Baker Boy

### **Star Sign:** Uranus

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

To beat Uber 3.7 Tom Walsh

# LUCKY SOCKS

*By Ken Swanwick*

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I knew I was in trouble when her email arrived.

She declared: "I'm sure we'll both be gunning for a sub-30min 5km at the next event. Let's see who wants to win most!"

Two challenges. Running under 30min over 5km - and facing down my challenger.

I checked her times and I could see she likely had the wood on me.

At this point I could have rolled over, however being competitive is one of the consistent impulses of my life, and I could not resist the urge to take her on.

Only that morning we had fought our way up the final hill to battle out the last km of my 5km run. Neck in neck at the last turnaround, I emptied the tank in my sprint to the finish line to finish just ahead of her in 30:30.

However, it was a hollow and short-lived victory as I watched her run by to complete the second leg of her 10km run.

I sensed a warning shot across my bow when the photos were uploaded.



A fortnight later, the field lined up for the last Championship Race for 2020, over 5km. For many runners (me too) it was their opportunity to qualify for the Club Commitment Towel. Unnoticed, the real challenge was about to get underway.

Earlier during her warm-up she had stopped by me for a subtle bit of gamesmanship. Pointing to her yellow socks she said, "Lucky socks", and ran on.

The message was clear. No quarter would be given.

The race went as expected. I went out fast, she caught me at 2km and I watched her 'lucky socks' draw away, taking her leave and my hopes with her to cross the line in 29:50 with me far behind, finishing in 30:46.

So Club members, some advice. If **Betty Menzies** issues a challenge, take care. And if she turns up in her 'lucky socks', you might be in trouble.

As for me, well, first dates don't always go as planned. Perhaps this saga has not yet played out!

## MEMBER PROFILE

**Name:** Kym Kleinschmidt

**Age:** 56

**Occupation:** Beauty Therapist (home based business)



### **How and when did you start running?:**

I started to run in 2014. My eldest daughter Melanie encouraged me to join Parkrun but I didn't want to start until I could run the whole 5km course. I also wanted to join my husband Nigel in an activity as he had been running for a while. I downloaded the app couch to 5km and I was on my way.

### **Most Memorable Running Moments:**

Brisbane great south Run 10km 55:40  
Completing 2 x ½ Marathons

### **Favourite Running Distance and PB:**

5Kms 24:50

### **Running Goals:**

I would dearly love to beat my 5Kms PB

### **Favourite Runs:**

My Local Parkrun, Logan River Parklands

### **Favourite Running Partners/Group:**

Rhiannon Hawkins, Nigel, family & Logan River Runners.

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

Eluid Kipchoge

### **Favourite Sportsperson/s:**

Don't have one

### **Favourite Shoe Brand:**

Hoka One One

### **Favourite Food:**

Ice cream (coconut base) and dark chocolate

### **Favourite Drink:**

Water (yes boring)

### **Favourite Movie:**

Any of the Star Trek Movies

### **Favourite Music:**

Daryl Braithwaite, 70s & 80s Music

### **Star Sign:**

Gemini

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

Travel more with Nigel

## It's Not All About the Weather!

*By Liz Jordan*

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As runners, no matter what the weather does, it can often throw up a few challenges for us. One woman's bad weather can be another woman's desire! Whether we feel it's too hot or too cold, too wet or too dry, too icy or too humid we are frequently contemplating the influence of weather on our runs - or indeed our chances of doing them! Well, I certainly do, so I am assuming lots of you must do too.

I am far from being an 'extreme athlete' but I have run on ice and snow, even wearing ski goggles so I could see where I was going! I have 'given up' and trained for the London marathon on a 200 metre indoor track when the snow, ice and slush outside was impossible for longer runs. I felt pretty dizzy and disorientated trying to keep count of the laps when the full distance was over 210 laps. It was like mindfulness before mindfulness was invented! And of course I have joined many of you in tropical rain, humidity like a bath and heat that challenges the fittest of athletes.

So, having just got used to all the variations of Brisbane's weather over the last year, on a pleasantly hot 1st November 2020 I did my last BRRC 5k for a wee while before my return to Scotland, yet again! I was delighted at the age of 61 that I could still manage to squeeze in under 30 minutes with a decent 29 mins 25 seconds. I don't always succeed but am delighted when the minutes are still twenty something!

I seem to have 'joined' BRRC on a regular basis since I first arrived in Brisbane in 2007 and each time I have been welcomed like a long lost friend. Even the very first time I turned up to 'check out this running club' I couldn't believe how friendly everyone was before, during and after the run. It was so different to my one and only previous attempt at joining a club about 30 years previously that I signed up on the spot and never looked back.

I have always been impressed by the commitment of club members and the committee in making sure we all have a good time, offering challenge when we want to be challenged and recognising we can all have different needs. When I was allocated my first ever volunteer session I didn't know how I was going to juggle my on call demands at PA hospital along with

fulfilling my job as a volunteer. I know now that I needn't have worried as it was sorted out in a minute (by a woman you all know well!) having me on breakfast tasks so the world wouldn't end if I needed to duck out and take some phone calls. And of course I have to mention the amazing response to the challenge of Covid! Having a Masters in Public Health made me very nervous that we would be able to get back to our regular runs but still do the right thing for the health of ourselves and others! But of course, why should I have worried as the committee, as ever, went the extra mile (no pun intended!) to make sure it worked for everyone and followed all the rules set by Queensland's Chief Health Officer.

Since the millennium I have spent about half of my life living in my native Scotland and the other half living in Brisbane. But I have also gone back and forward over the years, for a variety of family reasons, oscillating between living in Glasgow and living in Brisbane. I often just seem to have got used to the 'new' weather conditions when we decide we need to be back in the other hemisphere! So, what is my report since my return to Glasgow in early November?

Having made this switch on a regular basis I thought I was all psyched up to have a few days getting over jet lag and then getting my 'Glasgow gear' on for a run. I have no excuses as I live next to a park where 2 circuits from my front door is exactly 5k. What more could I want? Well, the dark mornings were too much. The dog wanted walking once it was light enough to run. The rain kept tumbling down and of course this made the soggy leaves a challenge underfoot. And then of course the damp weather made my joints ache and the snow, slush, ice and freeze cycle started even earlier this winter than normal.....

So, is this a rant about the weather, whatever it is and wherever I live? Perhaps the British obsession with weather is inherent in all of us who have spent a large part of our life there? But finally, we run because we love it, whatever makes our brains do that 'will I, won't I, can I, should I' most times we go out! Why did we start running? Why do we keep running? It will be different for all of us but, usually, once we are started there is something that seems to keep most of us doing it.

I started in 1982 when I was a junior doctor, often on call in the hospital for many hours but not necessarily being busy for all of those hours so when I wasn't watching TV or knitting I got pretty bored. And I was becoming unfit! I discovered the perimeter of Edinburgh's City Hospital where I was working was 0.8 of a mile, more or less circular and the switchboard was pretty much at the centre of the circle. So when I was paged (long before mobile phones!) I was never any further away than about 400 yards from the telephonist who was trying to get hold of me! After a while, the nurses got used to me running round the hospital and often just looked out for me as I ran past the ward, rather than having to bother phoning switchboard to find me.

In my next hospital one of my nursing colleagues decided she wanted to start running so we set off to train for a half marathon and completed the Stirling Half in 2 hours 12 minutes. By that time I was hooked and have never stopped running since, although sometimes there are short pauses for annoying things like a hysterectomy! My first marathon was 3 hours 44 minutes in the last one Glasgow ever had in 1987 and after all that winter 'mindfulness' I completed the London in 1992 in 3 hours 45. A winter chest infection and a bout of gastro wrecked my plan for a 3 hour 30 run but it was a great adventure nevertheless.

And, for me, that's what running is all about. It's the great adventure every time we step out - whatever the weather!

## MEMBER PROFILE

**Name:** Nigel Kleinschmidt

**Age:** 57

**Occupation:** IT Manager



### **How and when did you start running?:**

Very casual running off & on since around 2000. Then seriously in 2014. Our daughter was doing parkrun at Logan River. My wife Kym thought it would improve our health if we started doing this as well

### **Most Memorable Running Moments:**

2017 parkrun - 21:29 a PB at the time - just happened; then next day Gold Coast Half Marathon - 1 hr 48 mins

### **Favourite Running Distance and PB:**

5k - 21:21

### **Running Goals:**

Get to 20:59 or better for 5km & be still running well when this life comes to an end

### **Favourite Runs:**

Any run with a mix – of up, down & flat with lots of shade

### **Favourite Running Partners/Group:**

Any of my family - Kym my wife, kids, grand-kids - it's great to be with them keeping healthy - particularly enjoy some friendly competition with son, Andrew & son in-law Josh

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

No real idols...just think everyone who goes a bit harder to improve is inspiring

### **Favourite Sportsperson/s:**

From my childhood Jeff Thomson fast & exciting, Greg Chappell scored a lot runs when I was right into cricket

### **Favourite Shoe Brand:**

None. Just what feels good when I go shopping for a new pair... Mizuno at the moment

### **Favourite Food:** Fish

### **Favourite Drink:** Red Wine...probably Shiraz or Durif

### **Favourite Movie:** Star Wars - first one

### **Favourite Music:** 70's/early 80's Australian – Skyhooks, Sherbet, Hush, INXS, Angels

### **Star Sign:** Taurus

**If you had one wish in life it would be?:** Everyone in the world to work & get along together - fair go & fair share

## **Black Swan Event at 2020 BRRC Dash & splash**

*By Bruce Smerdon*

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According to Wikipedia “a black swan event is one that comes as a surprise, has a major effect, and is often rationalised after the fact with the benefit of hindsight. The term is based on an ancient saying that presumed black swans did not exist – a saying that became reinterpreted to teach a different lesson after the first European encounter with them”.

2020 was the year that COVID-19 initially arrived as a surprise and it had a major effect on us, but happily it now can be rationalised after the fact with the benefit of hindsight.

And so it was fitting that at the end of 2020, a black swan event occurred at BRRC's final event of the year – the Dash and Splash at the Yeronga Pool on the 13<sup>th</sup> of December.

The weather forecasts leading up to the event were ominous – wind, rain, high tides and mountainous seas. That wasn't the forecast for the Gold Coast - that was the forecast for the Yeronga Pool. No problem for intrepid BRRC runners – we'd had exactly the same conditions a couple of years ago. Good weather for ducks, but black swans need not apply.

On the morning of the event, we had almost arrived the pool and I was complaining to Betty about the very real possibility of drowning and about the left wing bias of the ABC and about the baggage control system at Heathrow Airport and why did we have to be at the pool this early anyway because no one else will be here for another hour? And then it happened. In the gloomy half-light through the bucketing rain I caught a ghostly glimpse of a black swan wearing a white BRRC uniform. I was so surprised I slammed on the brakes and beeped the car horn for fear of running it over. No good comes from running over a black swan, I hear. Time stood still and all I could hear above the pounding of water on the car roof was the pounding of my heart. But then the windscreen cleared briefly and I saw that the black swan was, in fact, Kerri Biggins, swanning her way (her running style is very swan-like) around Yeronga Park. It took me a long time to rationalise the sense of circumnavigating Yeronga Park at 5:00am in the middle of a cyclonic downpour but with the benefit of hindsight I wished I'd yelled out to her “you idiot!”

I can report that the sighting of a black swan (or a Kerri Biggins) on the morning of an event is a good omen. There was some heavy rain just prior to the race start at 7:00am, but it mostly eased off before the delicious BBQ breakfast and presentation ceremony got under way. Yes, we all got wet one way or another, but it was a fun-filled morning and everyone enjoyed themselves.

The winners of the Dash & Splash event were:

Adult Female: Jade Graham  
Adult Male: Michael Cnops  
Junior Female: Usha Thakur  
Junior Male: Oliver de la Cruz

### **Presentation of Awards**

Unfortunately, the pandemic forced the cancellation of the 2020 BRRC Championship Series and so there were no presentations made at this year's Dash and Splash to the Club's Overall Champions or Age Group Champions.

On a more positive note, however, presentations of Stalwart caps were made to five Club members who had been members of BRRC for the past ten years. James Bell, Geoff Neil,

Virginia Neil, William Towner and Deirdre Westerdale can now wear their Stalwarts caps with pride.



Geoff Neil, Virginia Neil, & Willie Towner

Certificates of achievement were then presented to BRRC members who had broken age group distance records during the year, these outstanding athletes being:

Kieren Perkins	Course Record 5k+5m
Liz Grolimund	5m, 20k
Muriel McLean	5m
Katherine Moore	5k
Ruth Peacock	5k
Daniel James	20k
Jade Graham	20k
Adrian Royce	5m, 20k
Isaias Beyn	5m, 5k
Wayne Spies	5m
Lauren Burraston	20k
Kerri Hodge	5m, 20k, 5k
Samuel Stenson	20k
Helen Ridley Hanna	10m
Derrick Leahy	10m
Krishna Stanton	5k
Betty Menzies	5k
Jayden Lyttle	5k
Shiloh Watts	5k
Ian Cameron	5k
Andrew Dey	5k



Yvonne Paetz, Jade Graham, Andrei Wightman



Yvonne Paetz, Ruth Peacock, Andrei Wightman

A highlight of this year's awards presentation ceremony was the record number of "Commitments" who earned a specially monogrammed BRRRC towel for completing all seven Championship events (four actual, three virtual). The full list of the 79 towel recipients follows:

<b>FEMALE</b>		<b>MALE</b>	
<b>Name</b>		<b>Name</b>	<b>Name</b>
Banks, Helen		Allen, Matt	Page, Garry
Bion, Anja		Appleton, Timothy	Riethmuller, Peter
Briskey, Julia		Barker, David	Ripper, Ruben
Campbell, Janette		Black, Roger	Robinson, Andrew
Cawood, Jenny		Bone, Anthony	Royce, Adrian
Davidson, Helen		Brooker, Simon	Ryhanen, Erkki
de la Cruz, Gina		Bryson, Greg	Shi, Youwang
Downie, Jenny		Buttner, John	Smerdon, Bruce
Dunne, Peta		Campbell, Stewart	Smith, Anthony
Ehlers, Catherine		Cass, Damien	Strout, Philip
Ferguson, Toni		Clarke, Andrew	Swanwick, Ken
Gardner, Stacy		Cnops, Michael	Towner, William
Hewish, Jessica		Condylis, Peter	Vines, Ron
Hill-Webber, Julie		Cox, Jason	Walmsley, Stephen
Hodge, Kerri		Crouch, Craig	Wilkins, Mike
Jackman, Katherine		Cunningham, Richie	
Koehler, Michelle		Davidson, Steve	
Lekieffre, Lea		Dighton, Aaron	
Lennon, Olivia		Dixon, Christopher	
Maulani, Nova		Heath, Steve	
McDonald, Michelle		Hermitage, Phillip	
Mitchell, Clare		Hewish, Paul	
O'Neil, Elizabeth		Hwang, John White	
Riethmuller, Kate		Joyce, Jasper	
Rolff, Karen		Keller, Brian	
Schoofs, Hanne		Knight, Zane	
Thornton, Susan		Law, Rodney	
Todd, Belinda		Lyttle, Michael	
Vietheer, Kate		Marckwald, Duncan	
Weekes, Heidi		Marrington, Andy	
Wood, Tracey		Miller, Bob	
Zhang, Li Jun		Nelson, Paul	



Adrian Royce & Ian Cameron



Kelsey and Karen Rolff



Julie Hill-Webber & Julia Briskey



Following the presentation of towels, Bruce delivered his “Salute to the Commitments” to acknowledge their achievement:

## **SALUTE TO THE COMMITMENTS**

It's been said that 2020 was a scary year  
But no deadly virus does a Commitment fear  
When a 95 kilometre towel is at stake  
There's no risky run they wouldn't undertake

They arrived en mass for the 5 mile champs in February  
Social distancing not even necessary  
227 Commitments emerge with glee  
Nary could a one of them the year ahead foresee

Alas the 15k champs in April loom as the first COVID casualty  
Until some genius at BRRRC said “let's run it virtually”  
133 Commitments whole heartedly agree  
They're quick to see how easy virtual running can be

By May the Commitments are in the groove  
Virtual running has seen them all improve  
122 of them do the half marathon champs in a canter  
“Three down and four to go” is their cocky banter

Come June the geriatrics start to fear COVID's cold embrace  
Old codgers like Ken and Ron and Erkki guard their 1.5 metre space  
They run the 10k champs in stoic, silent isolation  
Their times they then upload at speed, propped up by neurofen, and elation

In mid-July Commitments get the best of news  
They'll run united in the 20k; it's time to get enthused  
92 towel crazed runners make the cut-off time with ease  
Including peg leg Julie, if you please

The 10 mile champs arrive at last  
Behold an injured Andrei who still wants to run it - fast  
His cunning plan - to slip in behind a BERT  
Lasted 50 metres, he got his just dessert

Mid November and towel fanatics number 82  
How some ERNIES made the cut, I haven't got a clue  
There's just 5k to run or even walk  
Kate takes the second option; she and Jane have a lovely mother/daughter talk

And then it's done and 95 kilometres have been run  
79 Commitments are in clover because it's all over  
They've earned their towel and let there be no misunderstanding  
We salute them, because there're the last ones standing

# BRRC STALWARTS



## HONOUR BOARD

### BRISBANE ROAD RUNNERS CLUB STALWARTS

Current Members with over 10 years membership - includes Life Members

Bruce Annabel (L.M.)	James Bell	Greg Beerling
John Buttner	Jenny Chaston (L.M.)	Paul Circosta
Katrina Crook	Irene Davey	John Dempster
James Fitzsimon	Shane George	Pam Goddard (L.M.)
Ron Grant (L.M.)	David Heap (L.M.)	Marion Hermitage
Phillip Hermitage	Julie Hill-Webber	Kerri Hodge
Andrew Holden	David Holleran (L.M.)	Peter Holles (L.M.)
Ian Javes (L.M.)	Richard Knevitt	Robert Lofthouse (L.M.)
Margot Manning (LM)	Steve Manning (LM)	Zoe Manning
Jack Marsh	Heather Marshall	Ralph Marshall
Debra McBride (L.M.)	Brian McCarthy (L.M.)	Chris Mead (L.M.)
Betty Menzies (L.M.)	Bob Miller (L.M.)	Di Miller (L.M.)
Geoff Neil	Virginia Neil	Derek Nixon-Smith (L.M.)
Garry Page	Adrian Pearce	Amy Riethmuller
Jayne Riethmuller	Kate Riethmuller	Peter Riethmuller
Graham Robertson	Erkki Ryhanen	Jonathan Sawyer
Michael Schultz	Andy Semple (L.M.)	Michael Seymour
Bruce Smerdon	Diana Southern (L.M.)	William Towner
Ron Vines	Norm Walker (L.M.)	Deirdre Westerdale
Karen Wiersma	Russell Wilson (L.M.)	James Winters
John Wishart (L.M.)	Colin Woods	

As at 10/11/2020

## MEMBER PROFILE

**Name:** Bernard Shyne

**Age:** 66

**Occupation:** Engineer



**How and when did you start running?** Joined my High School cross-country team in First Year, and haven't stopped since. Those were the days of wearing spikes (any form of cushioning was for softies), pungent Winter Green, across mud and hills and of course, the rain. For many decades, the favoured runs were 10k and the Half but eventually I overcame my stadophobia (didn't realize this word existed till I looked it up!)

**Most Memorable Running Moments:** Any, and all marathons are memorable especially the international events. The ones that stand out include Melbourne where a passing stranger dragged me and my pace along for the "real part of the race" from 32k on, the incredibly vocal public support all along the way in the Dublin Marathon .....(and the River Dancers.....just joking), the raucous noise and boost from the IRTC group at GC. Regardless of the event, the

one thing they all have in common is the first 10 steps after crossing the finish line .....  
(enter music and the Mr. Toyota ad).

**Favourite Running Distance and PB:** Marathon – 4 hrs. + a whisker. Moved up to the distance later in life and have a few now under my belt. The aging process and increasingly “heavy legs” are a constant challenge – they just can’t keep up with the brain (might be a common problem).

**Running Goals:** Sub 4hr. marathon / Good-for-Age qualification for Boston. Achieve the 25 marathon mark before depleting my superannuation.

**Favourite Runs:** There are too many to mention, but I’ll squeeze in a few – any run along the Brisbane river from UQ to Portside; around the bridges in Perth; Minnippi Parklands. In general, any deep forest trail, preferably in the cold / snow, or an ocean panorama stretch (e.g. Dollymount beach).

**Favourite Running Partners / Group:** Currently BRRC and IRTC, but lots of running groups over the years. If I can count the *Endeavour 500k* (when it was in full swing) as a “group”, this stands out as one of the very best. Not only do you run with everybody, you’ve got to travel, eat and sleep with them all for 3 days!

**Who is your running idol? :** Historically - The “Chairman of the Boards” - Eamonn Coghlin. More recently, I have followed Eliud Kipchoge – he must be the most serene and placid runner out there, poetry in motion, and comes equipped with humility and a never-give-up attitude.

**Favourite Sportsperson/s:** 1. Football (the real type) - Lionel Messi; 2. Rugby (again, the proper type) – Brian O’Driscoll; 3. Hockey - Wayne Gretzky (in his day, real class); 4. Tennis – Roger Federer (personification of sportsmanship).

**Favourite Shoe Brand:** Mizuno & Brooks

**Favourite Food:** Dublin Bay coddle, and lasagne.

**Favourite Drink:** Starts with a G, has 2 n’s and 2 s’s..... Coffee a close second.

**Favourite Movie:** The Accountant, followed closely by the BTTF trilogy

**Favourite Music:** Too many to list – the full range from Status Quo, AC / DC, U2, LedZep, Metallica to The Boss, Steely Dan, The Corrs, The Robert Cray Band and Jim Croce.

**Star Sign:** Scorpio

**If you had one wish in life it would be?:** Keep health and family as first priorities in life for everybody; the rest will follow (incl. 45 min for 10km)