



BRRRC

Autumn 2019



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: BRRC conducts fortnightly events ranging from 5km to 30km. Events are open to both members (\$50 yearly membership) and visitors (\$10 per event) and includes a light breakfast of fresh fruit and sports drink.

A program of events appears in this magazine and on our website.

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Pictorial, illustrative or editorial contributions are welcome.

Please send in PC format - Microsoft Word (text only) or PDF

Please send photos/ logos as JPEG or TIFF images, in a separate file to the text.

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From the Editor...

By Robert Lofthouse

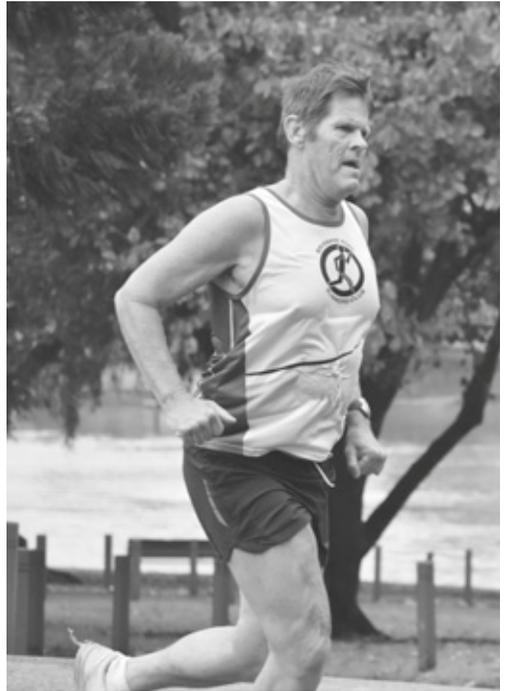
Welcome to the Autumn edition of the BRRC Magazine!

After a long, hot summer it's been an absolute pleasure to run in cooler conditions over the recent weeks. Hopefully everyone is geared up for a big winter with training starting to ramp up in preparation for that big event and hopefully some PBs as a reward.

So far this year, attendances at BRRC events at South Brisbane Sailing Club have been on the increase with the Championship days attracting 250 runners. Being able to register online before the day has been a big plus for the Club.

This edition of the magazine features a record eight (8) member profiles which I hope everyone will enjoy. Thank you to everyone who has taken the time to complete a profile and thereby enhanced the enjoyment to the reader. As well, we have two very interesting marathon reports with Adrian Royce giving us an insight on his successful visit to Wangaratta in country Victoria and Kerri Hodge who made a trip to Japan to run in the Nagoya Women's Marathon. Both Adrian and Kerri were outstanding in their respective races.

Finally, thanks to Betty Menzies and Kerri Hodge who have provided great support to me, ensuring that the content and photos used in the magazine present themselves in a reader-friendly format. Andrei Wightman continues to do a fine job with his monthly updates on what's happening in the Club which certainly adds to our communication to members in between the usual magazine publication.



I hope you enjoy this Autumn edition and I look forward to your thoughts and contributions during 2019 as I strive to present a magazine that truly represents BRRC.

Hope you enjoy the magazine!

Robert Lofthouse (Editor)

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From your Committee

By John Dempster

The cooler mornings are a welcome relief as members increase their training in preparation for their target events later in the year. If your goal event is at the Gold Coast Marathon I recommend that you join the BRRC Gold Coast Team. Details on how to join the team and register for the event can be found on the club website <https://brisbaneroadrunners.org/wp/gc-marathon-team/>

It is pleasing to see the participation rate at our events has been increasing this year and many members are using the pre-registration facility available on the club website <https://brisbaneroadrunners.org/wp/pre-race-entries/> . The Club Championship events have been very well supported with over 250 runners in each event and all the age groups being well contested with many records being broken.

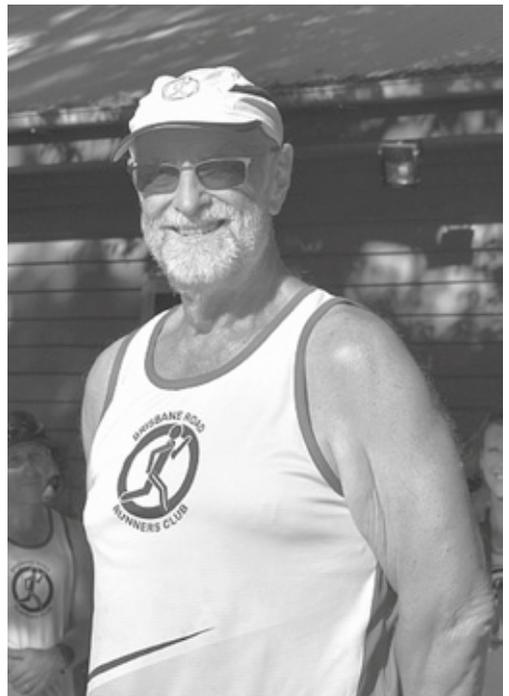
The pre-registration for our events closes at 12:00pm on the Saturday before the event. This is to enable our volunteers sufficient time to collate the entries and transfer entries in a suitable format for our timing system. There is a list of all the members who have pre-registered on the table inside the clubhouse on the morning of the event so you can check your entry. If you need to change your entry please see the volunteers at the registration desk and make sure you inform them that you have pre-registered and need to change your distance etc. Duplicate entries can cause problems with the transfer to the timing system which can hold up the start of the run.

Registrations will continue to be taken on the morning of our events from 5:00 to 5:50am for members and visitors. **Registrations will not be taken after 5:50am.** This will enable the entries to be transferred to the timing system and the run commenced on time at 6:00am. If you need to register on the day please ensure that you allow plenty of time to park, register

and get ready to run.

“If you run, you are a runner. It doesn't matter how fast or how far. It doesn't matter if today is your first day or if you've been running for twenty years. There is no test to pass, no license to earn, no membership card to get. You just run.”

John Bingham



John Dempster

President



MEMBER PROFILE

Name: Darren Manson

Age: 48

Occupation: Manager Insurance Underwriting

How and when did you start running?:

Started running in July 2017. I went for a walk over Mt Coot-tha after having done no real exercise since I last climbed a mountain in the Himalayas back in 1999. I literally thought I might have a heart attack so decided it was time to get fit. Whilst I am clearly not overweight, my heart was very unfit.

Most Memorable Running Moments:

I joined intraining Marathon School in February 2018 and 6 months later completed my first full marathon on the Gold Coast. It was the most amazing feeling. That last kilometre, as Steve Manning always suggested, will be the best 1km you will ever run. It was overwhelming. Running past the Brisbane Road Runners and intraining tents was such a moving moment. The cheers, claps and screams were amazing. Loved every minute.

On my training journey I have met just the most amazing group of people, in particular those at the UQ Tuesday mornings, Thursday

night from the shop, and those running long runs and who compete at Brisbane Road Runners. It's such an amazing community of runners, who are just so supportive and giving. It was there I met Bruce, Betty and John who persuaded me, yeah let's just call it persuaded, to join the BRRC committee.

This year I have done a few runs as a pacer for new starters and I love this sense of helping others achieve their goals, plus I joined as a committee member at Brisbane Road Runners and am learning to help as timekeeper. Again it is good to give back to all those who helped me achieve my goal.

Favourite Running Distance and PB:

I loved my full marathon journey, but I actually enjoy running around about 20kms. My body seems to only kick in after 7 or 8 ks and then goes, oh we are running. I guess as I was never a morning person my body takes a while to wake up.

Running Goals:

Haven't decided on goal race yet, will run a few halves, Twilight series, Brisbane and Gold Coast. Haven't yet committed to another full. This year is really about giving back. Doing more with intraining as a mentor and pacer etc and at BRRC as committee member and timekeeping.

Favourite Runs:

Have only run last season, but enjoyed both Twilight runs (St Lucia and Wynnum) and loved the Gold Coast full marathon. The crowd was just amazing.

Favourite Running Partners/Group:

I ran last year with UQ Tuesday mornings coached by Emily Donker. Really bonded with that group and made some great friends with Bruce, Betty, John, Andrei, Katie and Michael. And again with the Thursday night group from the shop with Laura Speed and then the long runs. In fact, it's hard to choose a favourite run, as every run where there are intraining or BRRC runners I certainly feel a connection and friendship with those people. Really enjoy running with them. The Mitchelton group in North West Brisbane is another fantastic

group of runners and they bring energy and friendship every time they are about.

Who is your running idol?:

My Running idol has to be Bruce Smerdon from Road Runners. I enjoy every time we run together. Though I love everyone at my training groups, I look at the personal achievements and am inspired by their determination to achieve their goals. Margot and Steve Manning are also an inspiration to me.

Favourite Sportsperson/s:

Greg Scanlon. He put up with me at every long run, convincing me that if I follow the program I can actually complete a marathon. And I did, so thanks, Greg.

Favourite Shoe Brand:

Have enjoyed my Brooks and have bought two pairs. Light and feels good. Currently, I'm wearing New Balance but not quite as convinced that we are destined to be together forever.

Favourite Food:

Anything. I am tall and thin, so pretty much eat anything. My boys and I love our sushi followed by ice cream. Before my runs, I always eat a few pikelets.

*****Editor's Note: Darren is the first person ever to mention pikelets in a profile. GO THE PIKELETS!***

Favourite Drink:

Water with some type of hydration tablet.

Favourite Movie:

My kids and I enjoy watching the Indiana Jones and The Mummy trilogies.

Favourite Music:

Well this has now got embarrassing! Anything 80s and my big confession is that I have seen Celine Dion 3 times in concert. Saw her in Vegas and it was great show. I am also a fan of eighties Aussie rock, Jimmy Barnes etc.

Star Sign:

Virgo. And I am a typical one at that. Clean and tidy.

If you had one wish in life it would be?

For my kids to grow up healthy and happy and to achieve anything they work at. I am blessed they are great swimmers and my little one is a fantastic runner, having completed numerous times at state competitions. When he tells me I am not as fast over a kilometre I challenge him to a 20 km run, that keeps us on par.

Brisbane Road Runners Race Report

January to March 2019 by Robert Lofthouse

December 16th – 5km DASH & SPLASH (Field of 95)

*** Steve Barraclough and Bridget McCormack are the winners***

Yeronga Park Swimming Pool played host to the annual Dash & Splash. The junior event is conducted over a 2.5km running course and a one lap 50 metre swim while the main race is held over an undulating 5km run course, followed by a 100 metre swim in the pool.

Andrei Wightman was the Race Director and was ably assisted by a multitude of volunteers spread out around the course, which consisted of several turns and a few hills! Sections of the course were run on the footpath outside Yeronga Park as well as the road inside the park. There was even a 400 metre grass section at the end, leading back into the pool complex. Compared to the normal BRRC 5km loop the Yeronga course is certainly more of a challenge especially with the 7:00am start in warm conditions.

2.5km Junior Dash – Elfie Piper was the winner completing the course in 10:35. Club President **John Dempster** presented Elfie with his trophy at the post-race presentations, held inside the pool complex.

5km Dash & Splash – In the men's category, Ben Hinterreiter was the first to complete the run section clocking 19:54 with **Steve Barraclough** 10 seconds behind. Steve made his move in the pool and was able to pass Ben to claim the win. Marty Kelly was third. In the ladies' event, **Bridget McCormack** ran a time of 21:48 and was never headed in the pool as she went on to claim the ladies' Dash & Splash title for 2018. Elizabeth O'Neil was runner up with Kerri Hodge cruising into third place.

A delicious cooked breakfast as well as fruit and juice awaited all in attendance as President John Dempster and Treasurer Bruce Smerdon handed out the Overall Club Champion trophies, Age Group Champion prizes and the coveted BRRC Towels awarded to everyone who had done all seven championship races in 2018. A thoroughly enjoyable morning and a great way to finish off the year.



John Dempster and Steve Barraclough



John Dempster and Elfie Piper

January 6th – 10km / 5km NO WATCHES PREDICTOR (127 finishers)

A reasonably mild morning greeted runners for the first club event of the New Year. The 10km and 5km events were conducted differently from normal BRRC races with everyone required to predict their finish time before the event start 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!

10km – Closest to Predicted Time - In this event, **Will Towner** was closest in his prediction being only four seconds off his predicted race time. Will had predicted at time of 48:00 and actually ran 47:56. **Fastest on the Day** – In the men's race, teenager Elliot Hunt blitzed the field, recording a very respectable time of **34:43**. Tim

Appleton finished six minutes behind Elliot in second place with Ben Hinterreiter seven seconds behind in third place. In the ladies' division, **Lauren Burraston** was the fastest in **42:02** with BRRC regulars Elizabeth O'Neil and Yvonne Paetz second and third respectively. Both Elizabeth and Yvonne made positive improvements in 2018 and certainly started off the New Year well in this event.

5km – Closest to Predicted Time – Rhondda Wetton was a mere .06 of a second outside her predicted time of 35:00 in the one-lap event and was declared the winner. **Fastest on the Day – Cooper Johnson** took out the men's event in 19:00 with Alex Coman just edging out Lee Horobin for second place. **Kate Riethmuller** showed her opposition a clean pair of heels in the ladies' race recording a time of **23:19**. Jenny Deag and Sarah Jacobson were second and third respectively.

Thanks to **Adrian Royce** for his efforts as Race Director on the morning and to our volunteers for making this such an enjoyable start to the 2019 Calendar.

January 20th – 15km / 10km / 5km (155 finishers)

A healthy turnout for the second event of the year on a hot, humid morning.

15km – The men's three-lap journey saw BRRC Committee man **Adrian Royce** lead the field through the first 5km in 19:02. At that stage, Adrian had a lead of nearly a minute over Dash & Splash winner Steve Barraclough and Ben Hinterreiter. In the second lap, Adrian continued to forge further ahead while Steve was able to gain a substantial break on Ben. Adrian maintained his form and led for the rest of the journey clocking a winning time of **59:04**. Although slowing a little in the third lap, Steve was able to hold on to second place with the battle for third being won by Andreas Meyer who was able to catch Ben in the latter stages of the race to claim third place. It was also good to see one of Queensland's leading Masters runners Ron Peters making a return to BRRC and finishing fifth. In the ladies' three-lap event, **Yvonne Paetz** was the winner in **1:14:29**. Yvonne was a big improver in 2018 and looks set for an even better year in 2019 with plenty of PBs over various distances as the year progresses. Jenny Deag and Andrea Pugh finished second and third respectively.

10km – The 10km proved to be the most popular event on the morning with 61 runners completing the

distance. In the men's race, Paul Ashford led the field at the halfway point by 20 seconds but was unable to maintain his km average in the second half of the race and **Josh Cresswell** managed to pass him just after the 7km mark before going on to claim the winner's prize in a time of **42:42**. Paul ended up second with Jim Hermiston rounding out the top three. Emily Roberts set the early pace and was never seriously challenged in the ladies' 10km winning by nearly five minutes in 42:26. Nicole Mulholland was runner up with Sophie Therkelsen a minute further back in third place.



Will Towner Yvonne Paetz Jurgen Paetz



Ron Peters

5km – In the men's race, 19 year old Australian Triathlon representative **Keegan Jenkins** was the standout, recording a winning time of **17:04**. Harvey Cramb finished second with Lee Horobin third. **Hannah Terry** from the intraining running club took the honours in the women's division with a **23:35** effort. Helen Ridley Hanna and Rebecca Day took out second and third respectively.

Thanks to our new Race Director **Darren Manson** (who was performing this most important role for the first time) and his enthusiastic team of volunteers.

continued



Darren Manson and Hannah Terry

February 3rd – 15km / 10km / 5km (213 finishers)

The **Bring a Friend Day** proved to be extremely popular with over 200 runners in attendance on the morning. Conditions were quite reasonable, though it was humid and certainly warmed up when the sun came out, making it a little more testing for those doing the 15km. After the usual pre-race instructions, delivered by first time Race Director Michael Lyttle, it was down to business as 213 runners lined up in the start zone. It was quite hectic at the start with some runners taking a full minute to cross the timing mat at the start, from their position at the back.

15km – After having won the inaugural Yowie parkrun at Kilcoy the previous morning, BRRC committee member **Adrian Royce** led the men’s field through the first 5km in 19:30 and from then on steadily increased his lead, to eventually cross the finish mat in **58:51**, giving him a win by nearly three minutes from Ben Hinterreiter. Long-time club member Adrian Pearce took out third place, ahead of the fast finishing Neil Bath. In the ladies’ 15km, **Jenny Deag** led all the way finishing in **1:12:03**. Andrea Pugh was second with the battle for third a four-way contest which really hotted up over the last 5km. At the 10km mark, Carol Russell was holding down third place with Morgan O’Brien nine seconds behind. Breanna Mandryk and Elisa Denyer were nearly a minute behind Morgan at that stage. Carol started to tire a little in the last couple of kilometres and it was Elisa Denyer who ran a strong last lap to pass Breanna, Morgan and Carol to claim third place.

10km – In the men’s race **Jeremy Solley (36:37)** made his first visit to the Club a good one by winning the 10km in convincing style. At the end, Jeremy had forged a four-minute lead over his nearest rival Mark Walkey with Emmanuel Vergara a further two minutes back in third place. Jeremy has been a regular winner of parkruns on the northside over the last few years and certainly has plenty of speed. In the ladies’ race, **Belinda Bradberry** took the honours winning in **46:10**. Leela Dilkes-Hoffman was second and Julie Hill-Webber pipped Kate Riethmuller in the latter stages to finish third.

5km – **Tim Appleton (18:33)** was first over the mat, with Oliver Wightman second and Lee Horobin repeated his third place effort from two weeks earlier. The ladies’ event was won by **Nicole Mulholland** in



Youwang Shi



Jim Buchanan

22:04. Her winning margin was over two minutes with Rebecca Marshall second and Angela (Anna) Allen third.

Thanks to **Michael Lyttle** our new Race Director and his team of volunteers for a job well done on what proved to be an extremely busy morning particularly at the Registrations table.

February 17th – 5 MILE CLUB CHAMPS / 10km / 5km (240 finishers)

Clay Dawson and Kerri Hodge claim first Champ race of series

A fantastic turnout for the first Club Championship of the year with 185 runners alone, opting to compete in the 5 mile (8.045km) event.

Current 5 mile Course Record Holders:

Peter Bracken - 26:12 back on 11/02/2018

Clare Geraghty - 28:33 back on 13/02/2011

5 mile (8.045km) Championship - The 5 mile race is conducted over a 3.045km loop followed by the normal BRRC 5km course. In the men's event, current Club Champion **Clay Dawson** led Derrick Leahy and Yun Phua by 10 seconds after the first loop and then steadily built on that to go on and win in **26:19**. Derrick Leahy was able to pull away from Yun Phua halfway through the 5km loop to claim second place. Yun Phua held off the fast finishing Elliot Carr to round out the top three. In the ladies' event, **Kerri Hodge** started her season in fine form, taking out the 5 mile race by a minute from Olivia Lennon with intraining coach Solveig Litchfield third. Kerri's winning time was **29:19**.

Six age group records were broken in the men's race with Daniel James (M25-29), Clay Dawson (M35-39), Derrick Leahy (M40-44), Adrian Royce (M50-54), John Shaw (M65-69) and Jack Marsh (M80-84).

Three age group records were broken in the ladies' championship with Solveig Litchfield (F35-39), Kerri Hodge (F45-49) and Cynthia Cliff (F65-69) all getting their names added to the list. A great start to the 2019 BRRC Championship series with a large turnout by members and a total of nine (9) age group records broken on the morning.



Derrick Leahy



Anja Bion, Lesleigh Hinterreiter, Clare Mitchell and John Dempster

10km - The two-lap event was won by **Brad Ward** who held a 30 second lead after the completion of 5km before going on to win in a time of **37:01**. Ben Archdall finished second in 37:47 with third placed James Davis the only other male to break 40 minutes on the morning. The ladies' race saw a top effort put in by BERT group member **Nerissa O'Donnell** who recorded a PB of **37:21** to win by over a minute from Eliza Buzacott-Speer. Sandi Canuto was third. Nerissa ran even 5km time splits to give her the excellent final time and PB.



Pam Goddard with 10km winner Nerissa O'Donnell

5km – With the emphasis being on the Championship event only a small field of 17 took part in the 5km. In the men's division, **Connor Russell** won by nearly two minutes in **18:06**. Philip Teakle and Andrei Wightman rounded out the top three. A few new faces in the ladies' 5km with **Eliza Hoyling** winning her first BRRC trophy in a time of **24:25**. Jane Holden was second and Lyn Pinkus staved off the challenge from Kaitlyn Stutz in the battle for third.

Thanks to **Pam Goddard** (Race Director) and her team of volunteers for a job well done. Bruce Smerdon did his usual excellent job at the presentations which are always a highlight of any Championship event at West End and with all the age groups being acknowledged on the morning, certainly a busy one to co-ordinate.

March 3rd – 20km / 10km / 5km (145 finishers)

The first 20km event for 2019 attracted 50 runners and luckily it wasn't as hot as in previous weeks. In the men's event, **Derrick Leahy**, Matt Cooper and Robert Trims were in the three-man lead group as they crossed the mat at the 10km mark. Halfway through the third lap, Robert Trims dropped off the pace and the battle up front was down to two. In the last 5km, Derrick picked up the pace and was able to build a small lead over Matt to take the honours in **1:15:29**. Matt finished just 11 seconds behind, but it was Derrick's 18:23 recorded in the final 5km that won him the race. Robert was third after running with the lead pack for the first 13km. Great to see Ron Peters, one of Queensland's great Masters runners back in action at West End and finishing 5th. In the ladies' 20km, **Kerri Hodge** maintained relatively even 5km time splits for the entire race to record a winning time of **1:29:24**. Second place went to Elizabeth O'Neil who was a minute behind Shannon Proffit at 15km, but courtesy of a 23:00 minute last lap was able to catch Shannon around the 18km mark.

10km – In the men's race, **Elliot Carr** quickly established a lead over his rivals which continued to widen as the kilometres rolled on. By the end of the race Elliot had a winning margin of well over two minutes as he crossed the timing mat in a very respectable time of **34:56**. Nick Mansfield was second and Marc Nickels was third after passing a tiring James Davis, just after the 7km mark in the race. In the ladies' 10km, Alyssa Kennedy held a 20 second lead after completion of the first 5km lap, but it was **Keiran Gilmore** who was the

eventual winner as Alyssa's pace dropped off early in the second lap. Keiran's winning time was **48:41** with Alyssa second and Jessica Tomlins third. Good to see Jess back at BRRC and enjoying her running after a few years away from the Club.

5km – In the one-lap speedsters race, **Lackie Smith (18:48)** had a comfortable win over Lee Horobin, however the battle for third was extremely close with both runners Kieren Thomas and Brent Madders recording **the same time**. **In the ladies' division**, Nicole Mulholland was first across the mat in **21:38** with Priya Madders second and BRRC regular Anja Bion third.

Thanks to debut Race Director **Chris Voisey** and the volunteers who made sure that everything ran smoothly on the day.

March 17th – 25km / 20km / 10km / 5km (218 finishers)

A tremendous turnout on a non-championship day with over 200 runners in attendance. With four different distances on the program, there was certainly 'something for everyone'. Conditions were overcast and extremely humid, continuing the long period of uncomfortable training weather which has become the norm for Brisbane's seemingly never-ending summers.

25km – 2018 was a breakthrough year for **Derrick Leahy**, representing Queensland in the marathon and lowering his PB to 2:39 in Sydney at the Australian Marathon Championship, so it was no surprise to see Derrick winning the five-lap event in **1:37:06**. Robert Trims finished second, averaging exactly 4 min/km for the journey with Geoff Waldock third. In the ladies' division, **Liz Grolmund** [originally from England] showed good early season form, winning convincingly in a time of **1:44:17**. Second and third respectively went to well-known BRRC members Olivia Lennon and Zoe Manning who were treating the event as an easy long run.

20km – In the men's division, **Kieren Perkins** went through the 10km mark in 35:23, before going on to win in **1:11:00**. Kieren is a member of the **BERT** running group which has emerged in the last couple of years as one of Brisbane's leading running clubs with many of Brisbane's best runners involved. The Navy Blue and White singlet is being seen at runs everywhere in South East Queensland. Elliot Carr was second and Adrian Royce continued his good form with a third placing.

Adrian recently placed 3rd in the Wangaratta Marathon recording a 2:49:06, which sets him up nicely for some big performances in races later in the year. Adrian has just turned 50, so should do well in his age group at various events this year. Intraining coach **Solveig Litchfield**, went through the 10km mark in 41:25 before easing off in the second half of the race to cross the mat as the ladies' 20km winner in a time of **1:27:38**. Katy Russell (a long-time member of the Pat Carroll Running Group) was second and Felicia Elgey took out third place. The humidity was very evident as runners crossed the mat in the two longer races, with saturated shorts and singlets which suggested that many had been for a swim in the Brisbane River during the event!

10km – Easily the most popular distance on the morning with 110 runners finishing the two-lap event. In the men's race **Paul Gourlay** was the winner in **34:15** with Chris Woulahan second and Jon Peters finishing third in his first appearance at West End for a while. Fresh from her San Francisco sojourn, **Shiloh Watts** took out the ladies' 10km in **41:25**. Caitlin Murdock was second and Shannon Proffit third.

5km – **James Davis** took out this race by a margin of nearly two minutes, clocking a respectable **17:55** with Tom Patterson second and Mark Anthony rounding out the top three. **Nicole Mulholland** recorded her second win in as many weeks at BRRC, being first lady over the line in **21:36**. Eliza Hoyling and Anja Bion also deserve honourable mention for their efforts in finishing second and third respectively.

Special thanks to our Race Director **Rhondda Wetton** who stepped into the role for the first time and did a great job. Also great to have **intraining** back as race sponsor for another year. Thanks to everyone from the specialist Park Road running store for their continued support of the Club.

March 31st – 15KM CLUB CHAMPS / 20km / 10km / 5km (255 finishers)

Kieren Perkins and Kerri Hodge take the honours in 15km

Current 15km Course Record Holders:

Joe More (USA) - 48:07 back on 08/08/2010

**Melanie Panayiotou – 54:53 back on
16/02/2014 (Former Aust. Marathon rep)**

After a long, hot and humid summer, runners were finally greeted with a beautiful clear morning and no humidity. In fact, probably the best conditions at a BRRC event in the last six months! Ideal for some fast times and some age group records as well. It was also gratifying to see such a large turnout, with the 15km Championship race attracting a field of 163.

15km Championship - The men's race saw one of the BERT running group's top performers **Kieren Perkins**, lead the race through the first 5km in a rapid 16:15. At that stage, Kieren held a 22 second lead over Clay Dawson and in the second lap, Kieren was able to extend that lead to a very handy 40 seconds. Over the last 5km, both Kieren and Clay ran similar time splits with Kieren crossing the mat first in **49:48** to take out his first BRRC Championship event since joining the Club. Well done, Kieren! Clay Dawson finished second and one of Queensland's leading marathoners Wayne Spies (now a member of BRRC) claimed third place. The ladies' race saw **Kerri Hodge** continue her winning spree in championship events taking the honours in **56:54**. As is often the case with Kerri, her last lap was her quickest which was no surprise after recording a three minute negative split in the Nagoya Marathon held three weeks earlier in Japan. Liz Grolimund also went under the hour mark to come second while Solveig Litchfield was third after shaking off her nearest rival Noo Bowker halfway through the race.

There were some outstanding performances across the various age groups with a total of seven records being broken on the morning. No doubt the cooler conditions were a factor with several of the age groups seeing two runners break the age record. Certainly some very good competition on the morning, bringing the best out of everyone. In the ladies' 35-39 age, both Liz Grolimund and Solveig Litchfield lowered the previous record and in the 45-49 age, Kerri Hodge and Noo Bowker lowered the previous mark. The men's divisions also featured a lot of new records with special mention to Kieren Perkins (25-29), Clay Dawson (35-39) and Wayne Spies (45-49). In the men's 50-54 age both Tony Stanley and Adrian Royce broke the age record and in the 65-69 group John Shaw and Ron Peters showed why they are world-class competitors, as they both lowered the previous mark.

20km – **Shaun Hackney** made his trip down from Chinchilla worthwhile, winning the four-lap event by over eight minutes. Shaun recorded a time of **1:16:30** with John Gallagher second and Andreas Meyer third. **Nicola Newell** took out the ladies' division with a time

of **1:39:37**. Edwina Neyland ran her fastest 5km split in the last lap of the race, to shake off her nearest rival Orla Daly and finish second.

10km – Even though the 15km Champs attracted a top-class field there were still some very noteworthy performances in this race. The ladies' 10km was won by **Nerissa O'Donnell** who managed a 20 second negative split in the second 5km lap to end up with an overall time of **37:16**. Her fast second lap helped her snare a PB by five seconds, lowering her previous best recorded at West End in mid-February. Jade Graham was second across the finish mat with Fiona Lawrence third. In the men's race, **Brad Ward** was the winner in 37:06 with Callum Merrin second and Cooper Redhead third, after pulling away from Nick Bell in the latter stage of the race. Brad and Nerissa O'Donnell shared the lead at the 5km mark before Brad forged ahead, recording a 30 second negative split in the second lap.

5km – **Connor Russell** was the standout in the men's race, recording a time of **17:25**, giving him a winning margin of nearly eight minutes over Colin Chow with Graham Moore crossing third. Ladies' winner **Nicole Mulholland** made it three wins in a row over the distance, recording a **21:43** effort. Tina Bacon and Charlotte Crawford were second and third respectively.

Special thanks to our Race Director **Andrei Wightman** for a role well done on what was a taxing morning for volunteers with such a large turnout of runners. Also a shout out to Greg Beerling from **NRCHI Bodywork** for sponsoring the morning.



Kieren Perkins and Wayne Spies



Solveig Litchfield Elizabeth O'Neil and Liz Grolimund

For a complete list of BRRC race results for every race, go to our website at www.brisbaneroadrunners.org

and visit our [Facebook page](#) to view all the race photographs.



MEMBER PROFILE

Name: David Barker

Age: 64

Occupation: Technical Manager

How and when did you start running?:

I became friends with a guy that was training for a marathon. He dragged me out on an 8km run on the 30th August 1983. I remember the pain of that first run well, but soon become addicted to running. I ran several QMRRC races in 1984 and 2 marathons.

Most Memorable Running Moments:

As far as results go, breaking 3 hours for the Gold Coast Marathon in 1987 is a highlight. I also ran the Sri Chinmoy marathon on our BRRC course in 1984 with a close friend. We helped each other get through the event, which was very special. He passed away a few years later - way too young.

Favourite Running Distance and PB:

I love the 5km distance, probably due to the rise of parkrun. I love the feeling of running the race as fast as possible. My PB is 17:25 back in 1987. My best distance is probably the Half Marathon, which I ran in 80:26, also in 1987.

Running Goals:

To finish the Brisbane Marathon on 2nd June

this year. If all goes well, maybe return next year to break 3:30 for the marathon.

Stay injury free and get my BRRC towel this year.

Get my parkrun times back under 21 minutes.

Favourite Runs:

Nothing beats a long run along the Redcliffe seaside running track with my running buddies from SRC (Scarborough Runners Club). The event is actually a triathlon – run, dip in the lagoon, followed by coffee/breakfast.

Favourite Running Partners/Group:

SRC running buddies and Northlakes parkrun running buddies (several of my running buddies are in both groups). I regret having trained alone from 1987 until just 2 years ago. Also loving the BRRC races.

Who is your running idol?:

Hard to go past Rob de Castella, mainly because he was at his peak when I started running. He was so inspiring. Also Steve Moneghetti, for the tough task of following on from Rob and creating his own legacy.

Favourite Sportsperson/s:

Tennis: Roger Federer

Football (soccer): Lionel Messi

AFL: Patrick Dangerfield

Favourite Shoe Brand: Asics

Favourite Food:

Pizza. Zooper Doopers after a run.

Favourite Drink:

That's tough. It's between double-flavoured coffee milk shakes, scotch & coke or red wine.

Favourite Movie:

Almost any romantic comedy (eg: "He's Just Not That Into You"), or time/dimension hopping Sci-Fi (eg: The OA, Travelers)

Favourite Music:

A wide range of Rock (Queen, Bon Jovi, Zeppelin, Dire Straits, AC/DC)

Star Sign: Virgo

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

World Peace, and for the Moreton Bay Council to stop operating on the Northlakes parkrun course.



MEMBER PROFILE

Name: David Joyce

Age: 66

Occupation: Public Servant

How and when did you start running?:

Like many people, my first runs of any distance were the compulsory school cross country melees. (OED definition of melee is appropriate: a confused struggle involving many people; a muddle.)

Most Memorable Running Moments:

Those unpredictable intervals of time when you hit rhythm and feel strong – I have experienced them (all too infrequently) in places from pine forests in Germany to corrugated red dirt roads in central Australia.

Favourite Running Distance and PB:

The marathon was and is the holy grail, and in the olden, olden days I once managed a sub 3 hour time. These days I am happy to run a 10k in under 50 minutes.

Running Goals:

I have achieved the goal of passing on a love of running to my sons, but sadly in the process have had to give up on the goal of keeping up with them. I am content to stay healthy enough to keep enjoying it.

Favourite Runs:

We have a weekday 8k circuit around Ithaca and Enoggera Creeks, and usually do a longer weekend run along the river, on the alternate weekends to club runs, either up to UQ or down to Breakfast Creek.

Favourite Running Partners/Group:

I run with my sons and fellow BRRC club members Jasper (16) and Toby (13), who both take cruel pleasure in soundly beating me.

Who is your running idol?:

An early inspiration was watching Ralph Doubell come around the outside to take the 800m in Mexico in '68, and of course Deek's epic battle over the last 5k of the '82 marathon in Brisbane.

Favourite Sportsperson/s:

Roger Federer for style and sportsmanship, Cliff Young for contrary doggedness, Turia Pitt for courage and resilience.

Favourite Shoe Brand:

Asics

Favourite Food:

Eye fillet, rare, and oysters

Favourite Drink:

A good lager, or a Hunter red

Favourite Movie:

Mephisto (1981)

Favourite Music:

A very eclectic selection: from JS Bach to Django Reinhardt, from Patti Smith to David Bowie, from Nick Cave to Paul Kelly

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

For everyone to treat others with courtesy and respect – it's contagious.

AT THE RACES

(News from around Australia and the World)

Compiled by Robert Lofthouse

Current Marathon World Records:

Male – Eliud Kipchoge (Kenya) 2:01:39 (2018)

Female – Paula Radcliffe (England) 2:15:25 (2003)

DUBAI MARATHON (U.A.E.) – 25th January 2019

INCREDIBLE MARATHON DEBUT BY GETANEH MOLLA

In his debut marathon, Ethiopian Getaneh Molla broke the Dubai course record with his winning time of **2:03:34**. The 25-year old was hoping for a 2:06 at his first attempt and ended up becoming the first person to run a sub 2:04 on the course. At the 40km mark it was a two-horse race with Molla and fellow countryman Herpassa Negasa battling it out up front. Molla was the stronger over the last kilometre breaking clear to win by six seconds. Asefa Mengstu completed an all-Ethiopian podium with his third place finish.

RUTH CHEPNGETICH 3RD FASTEST WOMAN OF ALL TIME

24-year old Kenyan **Ruth Chepngetich** smashed the Dubai women's record by more than two minutes recording an outstanding time of **2:17:08**. She was pushed for much of the journey by Ethiopia's Worknesh Degefa who broke the all-time Ethiopian record with her second-placed time of 2:17:41. Third-placed athlete Worknesh Edesa was over three minutes behind, highlighting just how fast the first two ran, in what was a race of the highest quality.

Male and female course records in excellent weather conditions were the highlight of the 20th Dubai Marathon and the associated 10km and 4km events attracted 20,000 runners.

Dubai Marathon: Men/Women Results

1 – Getaneh Molla (Ethiopia)	2:03:34	Marathon Debut
1 – Ruth Chepngetich (Kenya)	2:17:08	PB
2 – Herpassa Negasa (Ethiopia)	2:03:40	PB
2 – Worknesh Degefa (Ethiopia)	2:17:41	PB
3 – Asefa Mengstu (Ethiopia)	2:04:24	Has PB of 2:04:06
3 – Worknesh Edesa (Ethiopia)	2:21:05	PB

TOKYO MARATHON (JAPAN) – 3rd March 2019

37,000 runners faced the starter's gun on a miserable morning in Tokyo. It was raining, the wind was blowing and the temperature at the start was down to 5.7 degrees C.

In the men's elite field, 2018 winner Dickson Chumba (Kenya) was back to defend his title against a strong field of Kenyan, Ethiopian and Japanese runners. At the 30km mark, Ethiopia's **Birhanu Legese** broke away from his main Kenyan rivals Bedan Karoki and Dickson Chumba. Despite the driving rain and wet roads in the latter stages of the race Legese maintained his pace while the two Kenyans continued to 'blow out' their km average. Birhanu Legese crossed the finish in **2:04:48** with Karoki a further two minutes back in second place and defending champion Chumba, two minutes behind in third. At the post-race interview, Legese said that he would have run a 2:03 on a dry day.

In the ladies' race, 2018 runner up **Ruti Aga** (Ethiopia), went one better to take the crown after a hard-fought race which still had a lead pack of six runners at the 35km mark. Aga started to pull away at the 36km mark and only her fellow compatriots Helen Tola and Shure Demise could keep her in sight. Aga continued to build a lead on her two rivals and went on to win in **2:20:40**. Her winning margin

continued

over Helen Tola was 21 seconds with Shure Demise only four (4) seconds behind in third place.

Tokyo Marathon: Men/Women Results

1 – Birhanu Legese (Ethiopia) 2:04:48 Has PB of 2:04:15
1 – Ruti Aga (Ethiopia) 2:20:40 Has PB of 2:18:34
2 – Bedan Karoki (Kenya) 2:06:48 **PB**
2 – Helen Tola (Ethiopia) 2:21:01 **PB**
3 – Dickson Chumba (Kenya) 2:08:44 Has PB of 2:04:32
3 – Shure Demise (Ethiopia) 2:21:05 Has PB of 2:20:59

NAGOYA WOMEN'S MARATHON (JAPAN) – 10th March 2019

Gold Coast Commonwealth Games Champ wins again

The city of Nagoya is located on the Pacific Coast, about 259km from Tokyo. With a population of around 2.3 million, Nagoya is host to one of the biggest women's marathons in the world. The 2019 edition of this race had nearly 21,000 recorded finishers with a cut-off time of 7 hours.

The race was destined for a big finish with the two leading Kenyan ladies Visiline Jepkesho and Valary Gemeli holding a narrow 12 second lead over Namibia's Helelia Johannes at the 35km mark. Johannes was the Gold Coast 2018 Commonwealth Games Marathon gold medallist. Over the next 5km, Johannes caught up to Jepkesho after passing Gemeli at 39km. With two (2) kms to go, Johannes and Jepkesho were together at the front with Gemeli only three seconds behind. To the surprise of many onlookers, it was Namibia's

Helelia Johannes who made the winning break and neither of the Kenyan ladies could respond. Johannes went on to win in a time of **2:22:25** with Visiline Jepkesho 33 seconds behind in second place with teammate Gemeli crossing the finish only three seconds later.

The first Australian home was Melbourne's **Ellie Pashley** who recorded a PB of 2:26:21. At 30 years of age, Ellie is a big improver in Australian distance running having won the City to Surf last year and then running a 1:09:20 half marathon in Japan two days before Christmas. Ellie has certainly developed a liking for conditions in Japan with both a Marathon and Half Marathon PB recorded there in the space of three months.

Also special mention to **BRRC's Kerri Hodge who finished 50th in the world-class field and in the process recorded a PB of **2:45:35**. Kerri ran a clever race going through the halfway point in 1:24:03 before recording a negative split of over two and a half minutes. A highlight of the second half of her race was the 19:06 (5km time split) recorded between the 35 and 40km section of the race**.

Well done Kerri from everyone at BRRC!

Nagoya Women's Marathon: Results

1 – Helelia Johannes (Namibia) 2:22:25 **PB**
2 – Visiline Jepkesho (Kenya) 2:22:58 Has PB of 2:21:37
3 – Valary Gemeli (Kenya) 2:23:01 Has PB of 2:20:53

Leading Australian performances:

14 – Ellie Pashley (Melbourne) 2:22:21 **PB**
50 – Kerri Hodge (Brisbane) 2:45:35 **PB**
51 – Sophie Ryan (Melbourne) 2:48:08 Has PB of 2:42:48



MEMBER PROFILE

Name: Helen Ridley Hanna aka Helen Ridley

Age: 64

Occupation: Member, Mental Health Review Tribunal

How and When Did You Start Running :

I have been running on and off since the late 1990s...mainly track work. I did my first parkrun at South Bank in December 2017 and was hooked.

Most Memorable Running Moments:

Over 12 months, I have taken 10 minutes off my first parkrun time inspired by some top Brisbane women runners with whom I trained last year. In January 2019, I did my first 5km run with BRRC and was warmly welcomed. By the end of the following week, I had joined two more running groups and added two new running singlets to my wardrobe. My running highlight was winning my age category in the BRRC 5 Mile Championship event in February 2019.

Favourite Running Distance:

This is a work in progress so, watch this space. I have not decided.

Running Goals:

My running goals are enjoyment; keeping fit; spending more time with other runners and learning from their experience.

Favourite Runs:

BRRC, Jetty to Jetty and parkruns

Favourite Running Partners/ Group:

BRRC, intraining, WOW and outward bound from the home of Bruce and Betty Menzies on a Thursday morning

Running Idol:

Louisa Abram, Brisbane

Favourite Sportsperson:

Emma Coburn

Favourite Shoe Brand:

Asics

Favourite Food:

Mum's homemade rhubarb and apple pie. Muesli, yogurt and raspberries.

Favourite Drink:

Cold water! Margaritas on occasions.

Favourite Movie:

Arthouse movies

Favourite Music:

Anything except progressive jazz

If I had a Wish in Life What Would It Be?

No particular wish. I simply want to continue to appreciate my family and friends and the capacity to keep running. #This is Really Living

From the BRRC Archives

By Archie the Archivist

The club now known as Brisbane Road Runners was founded in 1982, the year that Robert de Castella won the Commonwealth Games marathon in Brisbane. Originally called the Queensland Marathon Club, it took over the activities of the Marathon Clinic of the University of Queensland Athletics Club. As a consequence, running marathons was the main game for most of the early members of the club, and fast marathons at that! In that era, a sub-3 hour marathon was the benchmark for many, if not most, club members. Today, the number of runners within the club who are capable of achieving this feat is greatly reduced. Two of them, Kerri

Hodge and Adrian Royce, have written articles which appear in this magazine detailing their recent triumphs.

The University of Queensland was the club's first "home", and events including marathons were conducted within the University grounds. The first Queensland Marathon Club run was held on the 14th of March 1982 and the distance was 20 kilometres. The race results appear below and it is interesting to see that there were only 4 women among the 113 finishers. The winner ran at better than an average of 3 minutes and 20 seconds per kilometre pace and of the 113 finishers, 99 ran at better than 5 minutes per kilometre pace.

QUEENSLAND MARATHON CLUB											
20km St Lucia - Sunday 14th March, 1982											
1 Ron Irwin	66.38	30 Jeff Deegan	80.25	58 Meredith Sauer	86.59	86 David McGuirk	94.45				
2 Rob Walker	68.21	31 Pat Carroll	80.37	59 Laurie Baxter	87.17	87 John Lynch	95.40				
3 Roger Carter	71.06	32 Kevin Browning	81.19	60 Brian Gillett	87.59	88 David Ross	95.47				
4 Peter Spehr	71.53	33 Kevin Grayson	81.23	61 Ernie Smith	88.01	89 Chris Rowan	96.33				
5 Ian Fedricks	72.17	34 Barry Pratt	81.41	62 Chas. Matters	88.18	90 Eric Andrews	96.37				
6 Mark Kelly	72.22	35 Trevor O'Brien	81.56	63 Jim Hanna	88.34	91 Ray Murr	96.49				
7 Rein Evenhuis	72.27	36 Gary Johnson	82.20	64 Kai Crump	88.40	92 Greg Alley	97.42				
8 Neil McGregor	72.40	37 Dick Moriarty	82.22	65 Rod McLean	88.49	93 Mike Sutton	98.08				
9 Bruce Western	72.50	38 David Schulz	82.34	66 Peter Hyde	88.57	94 Bob Boyd	98.22				
10 Tom Gorringe	72.50	39 Evan Wham	82.42	67 Peter Franks	89.10	95 Arnold Young	98.49				
11 Greg Young	73.10	40 E. Crangle	82.53	68 Malcolm Dean	89.17	96 John Piper	99.11				
12 Gary Mayor	73.21	41 Peter Rose	83.08	69 Des Neagle	90.08	97 Guy Richardson	99.49				
13 Graham Upton	74.06	42 David Paterson	83.13	70 Dennis Scott	90.26	98 Ted McArdle	99.57				
14 John Griffin	74.09	43 Ron Doyle	83.15	71 Rob Anderson	90.39	99 Mike Henderson	99.58				
15 Peter Marshall	75.32	44 Phil Wain	83.26	72 Greg Chatfield	91.24	100 Paul Newton	101.42				
16 Dave King	75.55	45 Meter McNally	83.39	73 Col Thatcher	91.52	101 David Stenvenso	102.03				
17 Shane Barrett	76.12	46 Brian Glasby	84.00	74 Graham Sattler	92.30	102 Bruce Lee	103.14				
18 Bill McKenny	76.33	47 Peter Kennedy	84.06	75 Graeme Walker	92.39	103 Ben Barton	104.18				
19 John Wishart	76.52	48 Jim Scott	84.08	76 Mal Hill	92.41	104 Viv Parry	105.34				
20 Frank Buckley	77.39	49 Angela O'Connor (F)	84.09	77 Brian Pascoe	92.49	105 John Jeffcoat	106.00				
21 Roy Stubbs	77.53	50 Darry Houlihan	85.26	78 John Baird	92.51	106 Dave Morgan	106.00				
22 Bill Douglas	78.34	51 Alan Butterfield	85.53	79 Jeff King	93.40	107 Alan Scofield	109.47				
23 Bob Hunter	78.52	52 John Kelly	85.57	80 Mal Williams	93.57	108 Win Foster	110.18				
24 Peter Bland	79.11	53 Gary Zilmars	85.13	81 Kev. Donnelly	94.11	109 Peter Cleary	112.22				
25 Bob McQueen	79.11	54 Ray Morley	86.21	82 Roy Smith	94.19	110 Terry Parer	112.50				
26 Roger Grattan	79.18	55 Ian Kirk	86.21	83 Lloyd Magdalinski	94.23	111 David Schache	113.00				
27 Des Law	79.19	56 Les Ritchie	86.32	84 John Fairburn	94.30	112 Sharon Winolu	109.47				
28 Ray Harrington	79.49	57 Andy Semple	86.47	85 John David Lynch	94.37	113 Richard Kingsley	118.10				
29 Enrol Walker	80.04										

By September 1982, a decision had been taken to change the name of the club to Queensland Marathon and Road Runners Club. The club executive felt that the name "Queensland Marathon Club" was misleading and gave the impression that the club was only for marathoners. Over the following years membership rose to over 700 and club events attracted fields of 300 - 400 runners.

In 1989 the club moved operations from the University of Queensland to West End, starting and finishing events at the gas stripping tower on Riverside Drive. The first event at this venue was held on the 8th of January 1989 over a 5.5k loop, but this was soon changed to a more widely accepted 5k loop which incorporated Riverside Drive and Montague Road.

In the second half of 2000, a ballot was conducted by the committee to select a name that would reflect the club's charter as a fun and fitness entity for all types of runners. As a result of that ballot, the name Brisbane Road Runners Club was adopted from the beginning of 2001.

In September 2008 the club moved its start/finish line approximately 1k upriver and began hiring the hall of the South Brisbane Sailing Club on event days. An alteration to the course was also made at this time, with race participants running "out and back" beside the Brisbane River along the full length of Riverside Drive.

The following article appeared in a March 1997 edition of Business Review Weekly and was written by former club member and journalist Murray Massey.

Meet at the tree, all welcome

The headquarters of Australia's biggest running club is a Poinciana tree beside the Brisbane River. Every second Sunday, even before the sun rises in the darker days of winter, you will find up to 300 people gathering near the tree preparing for some road work. From there, they race, jog or walk between 5 and 25 kilometres, have their times recorded and consume a breakfast of sports drink, fruit and cereal.

The Queensland Marathon Road Runners Club must be Australia's most under-rated, under-promoted, under-regulated and unusual. Yet it is also the most populous, with more than 700 paid-up members. It has no clubhouse, no officials, no staff, few rules and welcomes anyone. Apart from the police patrolman (who rides a motor cycle) everyone – organisers, marshals and runners – is a volunteer.

The club conducts two runs, a long event starting at 6am (6:30am in winter) and a shorter event at 6:30am (7am) every second Sunday. The rallying point is a Poinciana tree in Davies Park on Riverside Drive, a mere 10-15 minute warm-up jog for visitors staying at inner city hotels. Participants range from elite athletes to fat-burners to fast children. There are old rockers, 1960s radicals and former go-go dancers who are now likely to be working as accountants, bankers, lawyers or doctors.

The more competitive runners speed along at three minute kilometre pace, perhaps to win a coffee mug or a pair of socks. Most are far less inclined. Members pay \$3 and visitors \$5 which includes breakfast. Annual membership is \$12. Some turn up to simply lend support.

The club, founded in the 1980s by Dr Andy Semple, is drawing such large numbers to its Sunday events that commercial interests are starting to take notice. Sanitarium recently tied its advertising banners to the Poinciana tree and put its fruity bix on the QMRRC breakfast table and the US-based energy-food company PowerBar has associated its international profile with the club. The PowerBar sponsorship has resulted in an additional new, two-race, grand prix series this year with \$1000 prize money for each event. The series will provide a lead-up to the annual Brisbane Marathon on May 25th. A subcommittee of the club runs the Brisbane Marathon which this year will offer \$16,000 in prize money with Powerade as leading sponsor.

The national marathon coach, Pat Clohessy is often there on Sundays offering help with

training programs to anyone who approaches. He attributes the club's growth to the laid-back style of organisers, the lack of officialdom and friendly atmosphere. Many say it is the selfless dedication of the Club President, Chris Mead, a strong advocate of the easy-going democratic style of administration. He prefers to see the club's energy and funds put into running rather than real estate, servicing debts and maintenance of assets.

The following series of photographs and race results are from a BRRC event which was held on the 28th of March 2004 – the distances on offer were 7k, 14k, 21k, 28k and 35k. **WARNING:** If you recognise yourself in one of the photos, you may not want to be reminded of how much you and your running times have changed over the past 15 years.



Club President Jenny Chaston chatting to a police patrolman, who in those days was hired by the Club for each event.



Bob Miller & Bruce Johnson



Runners gathered for the start of the 6:00am start of the 7-35k self-select



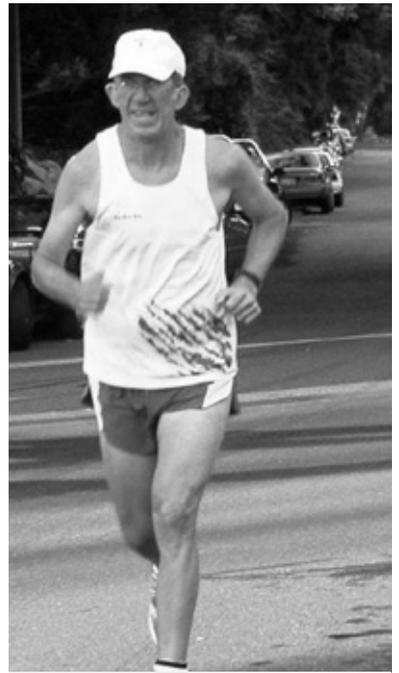
Irene Davey wearing her 1990s headband



The glory days of Steve Manning & Bob Hendricks



Diana Southern & Irene Davey



Michael Schultz



Tony Di Tommaso & Jenny Chaston & Brenda Kerr

Races held Sunday 28th March 2004

Self select 7, 14, 21, 28 or 35 Kms

Male 35ks				Female 35ks			
1 Rob Dean	2:13	6 Rob Richards	2:47:59	1 Tressa Lindenberg	2:35:23	2 Glenns Sylvester	3:24:40
2 Ian Kent	2:21	7 Craig McLean	2:58:01				
3 Colin McLeod	2:23	8 Bob Myers	3:07:01				
4 Robert	2:46:29	9 Geoff Armstrong	3:08:00				
5 David Lang	2:47:58	10 Andy Gottsman	3:12:53				
Male 28ks				Female 21ks			
1 Steven Gurr	1:50:08	8 Ernie Cox	2:16:01	1 Manon Hermitage	1:25:32	4 Naomi Batch	1:51:21
2 Peter Hallahan	1:55:54	9 John Leech	2:17:07	2 Joan Ceccato	1:48:14	5 Heather Wollfram	1:58:28
3 John Pearson	1:55:50	10 Walter Edgar	2:17:07	3 Sharyn McConkey	1:50:19	6 Greta Casson	2:09:18
4 James Keightley	1:57:01	11 Garry Alston	2:19:00				
5 Lou Williams	2:08:40	12 Oel Sand	2:22:20				
6 Steve Hart	2:09:00	13 Ian Read	2:22:05				
7 David Ferris	2:11:56	14 John Butler	2:23:02				
Male 21ks				Female 14ks			
1 Steven Lucas	1:25:44	10 Philip Lear	1:25:44	1 Rebecca Stanton	1:04:33	9 Maree Henry	1:19:41
2 Errol Speltter	1:27:27	11 David McKenna	1:27:27	2 Debra McBride	1:08:20	10 Liz Wilson	1:22:00
3 Steven Manning	1:32:14	12 Bob Miller	1:32:14	3 Gudrun Meyer	1:11:39	11 Elaine Robertson	1:28:50
4 David Topp	1:32:55	13 Bruce Johnson	1:32:55	4 Wendy Harte	1:16:2E	12 Chris Wright	1:33:50
5 Gavin Bell	1:33:30	14 John Wishart	1:33:00	5 Toni Smith	1:17:47	13 Carol Temaru	1:33:05
6 Ross Culpitt	1:36:20	15 Bruce Beaumont	1:36:20	6 Evelyn Hopkins	1:19:01	14 Leonie Townsend	1:34:01
7 Ashley Knauth	1:39:48	16 David Waldon	1:39:48	7 Pam Goddard	1:19:02	15 Tina Yeadon	1:36:10
8 Garry Holt	1:39:59	17 Peter McNally	1:39:59	8 Diana Kever	1:19:03	16 Mariana Huxley	1:36:10
9 John Diamond	1:43:05						
Male 14ks				Female 7ks			
1 John Farragher	0:04:28	14 Frank Montiel	1:07:01	1 Fiona Eastoate	0:35:51	5 Tem Townsend	0:39:10
2 Bob Henricks	0:05:37	15 Jan Hall	1:09:31	2 Irene Davey	0:37:14	6 Diana Southern	0:44:04
3 Ron Eglinton	0:51:28	16 Tim Bawden	1:13:01	3 Joyce MacDonald	0:37:45	7 Christine Baster-Br	0:46:00
4 Jeff Backen	0:54:18	17 Paul Buckley	1:13:20	4 Trudy Porter	0:38:24		
5 Ross Nicholls	0:55:11	18 Russ Coates	1:15:20				
6 Barney Graham	0:56:04	19 Ian Javes	1:17:40				
7 Terry Smith	0:56:12	20 Tony Roebuck	1:18:01				
8 Michael Early	0:58:00	21 Russell Wilson	1:18:04				
9 James McCarthy	0:59:27	22 Bob Sylvester	1:23:50				
10 Mark Huith	1:02:06	23 Tom Basler	1:27:20				
11 Andrew Donald	1:06:20	24 Pienn Currey	1:27:50				
12 Peter Why	1:06:30	25 Frank McCready	1:33:50				
13 John Negline	1:06:39	26 Roger Cater	1:33:50				



Tom O'Keefe



Derek Nixon-Smith &
Russell Wilson



Ian Javes & Trudy Porter



Don Griffin



Jeff Backen



Russell Wilson &
Bruce Smerdon



MEMBER PROFILE

Name: Marije ten Napel

Age: 37

Occupation: Remote Sensing Scientist (QLD Government)

How and when did you start running?:

I started parkrun in September 2017 after being dragged by friends. I also started running using the Couch to 5K app. However, I always got stuck after week 6, losing motivation running by myself. When I moved to Brisbane last year, I kept seeing the intraining singlets at parkrun, so I went to their website to check them out and stumbled upon the Couch to 10K running program which I joined in September 2018. Very soon after that I finally managed to run a parkrun all the way without walking.

Most Memorable Running Moments:

Running the 5k and then the 10k without walking.

Favourite Running Distance and PB:

5k, 33:19

Running Goals:

Running a sub-30 5k, and a sub-60 10k. Finishing a half marathon.

Favourite Runs:

Bridge to Brisbane. Beautiful course through the city, great vibe, and music and entertainment along the way.

Favourite Running Partners/Group:

intraining Beginners Group – and now intraining Runners School Group. They provide me with motivation, friendship, great coaches and a structured program.

Who is your running idol?:

I don't really have one, but I was impressed by the blind runner who finished the NYC Half Marathon with his team of three guide dogs (Thomas Panek with Westley, Waffle, and Gus).

Favourite Sportsperson/s:

Serena Williams and Michaela DePrince

Favourite Shoe Brand:

Brooks

Favourite Food:

Anything with peanut butter and chocolate

Favourite Drink:

Water

Favourite Movie:

I don't really have a favourite one, but the last movie I saw was Green Book, and I really enjoyed it.

Favourite Music:

Anything that Spotify picks for me – I have a flexible taste in music.

Star Sign:

Virgo

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

True love and world peace ☺

Nagoya Women's Marathon: 10 March 2019

W45 Single-age Australian Record – 2:45:35

By Kerri Hodge

Running a marathon in Japan had been on my wish list for a few years. Many great performances from Australia's best-ever distance runners have been achieved there. The 1) colder temperatures; 2) minimal elevation; and 3) similar time zone to Brisbane make it a perfect opportunity to run a personal best. Japan hosts a number of all-female and all-male marathons. Nagoya is officially recognised by the Guinness World Records as the largest women's-only marathon with over 22,000 entrants in 2019. Of these, only a handful are non-Japanese and it was indeed a privilege to be welcomed into their event so warmly.

TRAINING / LEAD-UP:

I took two weeks recovery after Auckland Marathon in October 2018 and then it was a solid four month training block leading into Nagoya. I had been writing my own program for the past year, but thought I could benefit at times from some professional guidance. I contacted friend Pat Carroll (from my PCRG days) and he willingly accepted. A typical training week involved running twice a day, every day, with an average mileage of 150km/week. During the lead up, I broke two Australian W45-49 age-group records on the track in the 3000m (10:04) and 5000m (17:25). I knew I was in peak race form, but I know from experience to never disrespect the marathon with over confidence. Bad things happen to those who do. Pat's final instructions were: "Run even 4min/k all the way and don't go through 21.1k any quicker than 1:24." My current PB was 2:49:02 & Half 1:20:36. The W45 single-age Australian record was 2:48:33 and that was undeniably my goal.

PRE-RACE DAY:

I arrived in Tokyo on the Thursday evening and flew down to Nagoya the following morning.

I enjoyed the challenge of travelling solo in a foreign country and immersed myself in the culture, the people and local cuisine. On Friday afternoon I took the subway to Meijo Park, adjacent to Nagoya Castle, for a planned 40 minute run. On Saturday I found my way to the top floor of a luxury hotel for what they termed First Roll-Call. Essentially, this was the elite field's collection point for your race bib and accreditation pass. One of the local volunteers asked me where in Australia I was from and was overjoyed when I said Brisbane. She had spent some time studying at UQ and we enjoyed a conversation about St Lucia. I then joined a small group for a preview of the marathon course. Unfortunately, I didn't realise until after departure that not a word of commentary was in English, and that this coach tour would last 3hours 45minutes. After a couple of hours I desperately wanted to get off and jump on a subway back to my hotel, but sensed it would be rude to ask. I even attempted some humour with the event official about the painfully slow traffic but it was lost in the language barrier. I tried to see the positive side of a regrettable situation... I'm staying off my feet on Race Day Eve and getting a free sightseeing tour of Nagoya. I was also shown through the race venue which ensured everything was familiar to me on race morning. The race start/finish is at Nagoya Dome – an indoor domed stadium and home ground to the Chunichi Dragons baseball team.

RACE DAY:

Race morning was seamless. I was fortunate to have a courtesy coach to Nagoya Dome. We were escorted to the personal drinks drop-off, and then our allocated change room and warm-up area. I introduced myself to fellow-Australian Sophie Ryan who was the only other non-Japanese runner I could see (The

15 invited athletes were in a different area, which included Australia's Ellie Pashley, seven Japanese, five Africans, an Italian and Canadian. Sinead Diver was also one of five pacemakers). When the time finally came, we walked to the start area for Final Roll-Call. A man addressed our group with what appeared to be some important pre-race information. He then approached me separately and said "8:50" with a kind smile and hand gesture, indicating the time and place we would start assembling on the start line. Officials positioned each of us in seeded bib-number order. We were spaced apart in neat rows and everyone remained in their allocated spot until the gun fired. I love this country! Despite little to no English being spoken around me, I felt very much at ease. Everything was calm and orderly, as are most things in Japan.

The weather forecast was 9-12degC during the race, but it didn't actually feel that cold. The overcast sky kept the temperature mild. I didn't need to wear my arm sleeves, and I probably didn't need the gloves either as I took them off soon after the start. The 0-5km section was the least enjoyable part of the race. I found it hard to find my pace and didn't feel comfortable as I worked my way through a couple of different packs. I reminded myself not to panic and to just relax, and that once I find my rhythm it will get easier. I blocked out early negative thoughts that my race was destined for disaster, which can be hard to do when you have such a long way to go. In these moments of doubt, I stop constantly looking at my watch and instead focus solely on quickening my leg turnover. The pace soon got to where it needed to be.

By the 10km drink station I was in cruise control. I allowed myself a short period of time to simply soak up the atmosphere and interact with the amazing volunteers and spectators along the course. I smiled, waved and bowed as an acknowledgement of my gratitude. However, the flipside was the immediate loss in concentration, unnecessary use of energy and subsequent drop in pace. My minutes of fun were over and I quickly shifted my focus back to the task at hand.

My biggest surprise was the lack of other runners around me. Apart from one Japanese woman who was near me until halfway (she finished in 3:03:12), I ran the entire race alone. Race clocks were situated next to each 5k timing mat, and as I crossed the halfway split in 1:24:03 I laughed out loud at how precisely I had followed my instructions and how impressive that was going to look on paper!



I was feeling well in control and maintained the even pace until 25km. From my experience of running marathons (this was #28), if I'm feeling fantastic at 25km (it doesn't happen often) I stop paying attention to my watch and run the back half to feel. This is what I did. I felt stronger and stronger as the race went on. Not to say I wasn't in pain. The pain was certainly there but I welcomed it. I was in my element. I knew I was ahead of goal time but had stopped doing the math until I passed the 40km clock at 2:37 and realised, "Holy cow, I can finish this in 2:45." The only English speaking voice I heard the entire race came within the last kilometre. The Australian

accident immediately grabbed my attention and I turned my head and made eye contact with a stranger on the footpath. I thought I was running pretty strongly but he yelled at me to keep pushing hard to the very end. It was a timely reminder that every second counted and I seemed to find another gear. Kilometre 41-42km was 3:32min. I passed one last clock with 500m to go ("2:43, is this real?") before turning into the Nagoya Dome where the finish straight was waiting. I had nailed it.

Immediately following the finish was very quiet and surreal. I didn't drop to the ground/a fence/a chair in exhaustion as I've done in the past. No-one else was around me and I just stood there not actually sure where to go. After being rescued out of the wrong recovery area I was escorted to a procession of volunteers who presented me with the most generous assortment of finisher's gifts I'd ever seen. The spectacle included the traditional line of men in tuxedos presenting giftwrapped boxes of sterling silver pendant necklaces to every participant. The event has become famously known for the Tiffany & Co. engraved necklace in place of the standard finisher's medal.

I made my way back to an almost-empty locker room where I got changed, gathered my things and quietly slipped out towards the subway station. I didn't feel like waiting for the courtesy shuttle. Still unshowered, wearing thongs and carrying a swag of bags, I stopped by a small restaurant near my hotel. I was seated at a shared table with some locals and we exchanged smiles before downing an oversized mug of chilled Sapporo and whatever rice dish the lady wanted to serve me.

It wasn't until I finally got back to my room around 4pm that I had Wi-Fi to connect with family and friends back home, and I was able to reflect on an absolutely amazing day and the significance of the achievement. Special acknowledgement to Derrick Leahy who did the whole training program with me throughout a long, humid summer without the reward of actually running the marathon at the end. May big results come his way in the very near future.

RESULT:

I came 50th place which shows the incredible depth of Japanese marathon running and the true elite nature of this event. The race was a qualifier for their World Championship team in Doha later this year, as well as being part of their Marathon Grand Championship Series; a stepping stone to the Tokyo Olympics.

地点名 Point	スプリット (ネットタイム) Split (Net Time)	ラップ Lap
5km	00:19:56 (0:19:54)	0:19:54
10km	00:39:40 (0:39:38)	0:19:44
15km	00:59:49 (0:59:47)	0:20:09
20km	01:19:41 (1:19:39)	0:19:52
25km	01:39:31 (1:39:29)	0:19:50
30km	01:58:58 (1:58:56)	0:19:27
35km	02:18:22 (2:18:20)	0:19:24
40km	02:37:28 (2:37:26)	0:19:06
Finish	02:45:35 (2:45:33)	0:08:07

Splits 1:24:03, 1:21:32.

<https://ausrunning.net/stats/australians-age-records.php>



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MEMBER PROFILE

Name: Renae Brown

Age: 38

Occupation: Primary School Teacher

How and when did you start running?:

I used to run for training as a teenager in State and National Badminton, Basketball and Netball competitions. Many years later in 2017 I took it back up for a bit of a challenge. Then in 2018 I joined my first club and haven't looked back. Now I am a member of two fantastic running clubs.

Most Memorable Running Moments:

Sunshine Coast half marathon in 2018. It was my first half and I felt strong and very happy the whole run. I ran it in 1:51 which surpassed my expectations for a first attempt.

Favourite Running Distance and PB:

10km and 51:16 is my PB (2018)

Running Goals:

Sub 50 minute 10km and to train for and complete a marathon in the near future.

Favourite Runs:

Recreational running with friends is my definite favourite but Sunny Coast, Jetty 2 Jetty and QUT Classic have a great atmosphere.

Favourite Running Partners/Group:

Girls Run This Town ladies and extended groups. Am really enjoying BRRC and I really love running with Julie (Hill-Webber) and her lovely family.

Who is your running idol?:

I always loved to watch Rob de Castella back in his prime. I found it fascinating as a young person that ANYONE could run that far and make it look so easy.

Favourite Sportsperson/s:

Roger Federer. He has such a great attitude and sportsmanlike manner.

Favourite Shoe Brand:

Currently Nike

Favourite Food:

Salads, cheese and tomato toasties

Favourite Drink:

Coffee, good old fashioned water

Favourite Movie:

So many great movies but I recently watched Soul Surfer and it really inspired me.

Favourite Music:

Like a huge variety from pop to heavy metal but love a bit of Adele, Aussie rock and also Metallica rates very highly.

Star Sign:

Leo

If you had one wish in life it would be?

To see my daughters achieve happiness. Oh... and to jackpot the lottery to live the sweet life!

WANGARATTA MARATHON - 24th February 2019

By Adrian Royce

Editor's note: Wangaratta is a small city situated in north east Victoria, about 250km from Melbourne along the Hume Highway. With a population around 29,000 and a marathon held on the fourth Sunday in February every year, Wangaratta is becoming a tourist destination for many wanting to experience rural Victoria. Adrian's weekend away did not start well as detailed in his account below.

It was almost a disaster in the making! Heavy luggage lifting, left a large bruise between the calves on the left leg, so much so that the lower leg had swelled considerably. Icing and massage were helping but at 4:30am Sunday morning there was the bruise, swelling and now a shin splint was also a thing. Not good - prospects were dim, morale low. A feeling of resignation had set in. The normal thing might be to at least wear compression socks but I left those in Brisbane. In the end, I reasoned that Wangaratta was not one of my A races this year but I'll just give it a red hot go nevertheless. Jogged down to the start line early and sat on a park bench rubbing the shin splint. Lo and behold, BERT superstar and BRRC member Kieren Perkins appears, all smiles and ready to smash the 10km, which was a big boost for me.

We kicked off just before dawn and I soon found myself running with champion ultra marathoner and former BRRC member Kevin Muller. We had a good chat and after a couple of km's I pulled away and was suddenly in outright 3rd - a position I did not relinquish.

The route is 2x out and back with 2 doglegs each time. Meaning 6 turnarounds and a couple of chicanes thrown in too! You are surrounded by typical bushland, gum trees and a bit of suburbia. Plenty of marshals were stationed and heaps of signs so it was impossible to get lost - even for me. Most of

the course was shady. The marshals and drink station attendants provided encouragement which you really appreciate when running a full marathon.

Although fairly flat, it was extremely windy, zig zaggy and twisty, making it very hard to find a rhythm for long. It is run mostly on bike tracks and that surface is largely uneven. There is a bit on the road but not really one for the pure road runners and to prove the point, the guy who finished 2nd (U40s) is a renowned local trail runner.

The halfway point passes through the start line and at that stage, I was feeling pretty good. I could not see 2nd nor anyone behind me - soldier on!!

This is the first marathon where I abandoned Endura gels and started taking Torq. Not only have Torq been softer on the belly but also have a tick more energy per packet. The race website said that Torq iso-drink would be at most stations but I'm pretty sure it was fruit juice!

The race has actually 2 separate categories - under and over 40. With the likes of Kevin in the over 40 race, it was always going to be competitive.

At the last turnaround (35k), the nearest competitor had closed the gap to 200m. It was time to drop anchor and churn out those last 7 km. Thank goodness I did as he was also competing in the over 40 category. With 5k to go, I looked back and thought maybe he'd lost ground but at that point the lower left leg was really giving me grief. Of course there's no giving up at that point and I coasted to the finish line albeit with a huge positive split: 1:22 v 1:27 to finish in **2:49:06**.

So disaster was averted and I was first in the over 40 category, to receive a golden boot

trophy and a couple bottles of the local Brown Brothers wine. I was also 3rd overall and received \$50 – well spent on quality burgers in the ensuing days. Naturally I was over the

moon, and felt like it was one of my best ever efforts. The podium photos show I was very happy!



Golden Boot



Adrian Royce Age group winner



MEMBER PROFILE

Name: Timothy Appleton

Age: 39

Occupation: Plastic welder/sometimes engineer

How and when did you start running?:

School cross country. When I received school colours for it, the headmaster said he thought I had short legs. I picked up running seriously again a few years ago after a long hiatus.

Most Memorable Running Moments:

My first marathon on the Gold Coast in 2016. The crowd support, feeling overwhelmed passing the finish line the first time, and then all the pain beyond 35km.

Favourite Running Distance and PB:

parkrun (5km) - 18:12. Hoping to change that with some cooler weather.

Running Goals:

Qualify for New York. Beat Clay Dawson...

Favourite Runs:

GC Marathon for the crowd support. parkruns.

Favourite Running Partners/Group:

BRRC of course!

Who is your running idol?:

I've never really followed running but since watching Breaking2 I'd say Eliud Kipchoge.

Favourite Sportsperson/s:

The other "honey badger" Dan Ricciardo.

Favourite Shoe Brand: Don't brand me...

Favourite Food: Pizza

Favourite Drink:

Chocolate milkshake. I swear I'm an adult...

Favourite Movie: Snatch or Fight Club

Favourite Music:

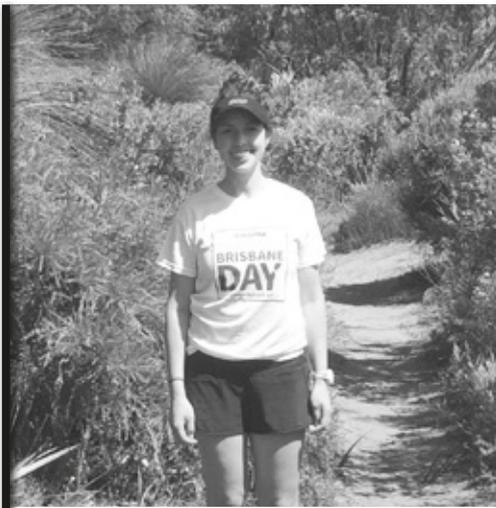
Anything but pop, country, or opera.

Star Sign:

I prefer astronomy to astrology. Okay, I'm a Pisces.

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

Family and friends to be happy and healthy.



MEMBER PROFILE

Name: Leela Dilkes-Hoffman

Age: 27

Occupation: PhD Candidate

How and when did you start running?:

I started running when I was a teenager, I would just run by myself in the national parks of Margaret River. I loved just being outdoors and I wouldn't see a single other person. I started actually using a running watch when I moved to Perth and paying attention to distances, but even then I always went running by myself. I then started running with a group 4 years ago when I moved to Brisbane. Since then I have always looked up a running group in every new city I spend time in – it is the best way to meet people!

Most Memorable Running Moments:

Two moments, both involving running with my family. The first one is running with my dad in the national parks of Margaret River. It was rapidly getting dark and we were lost. We found a hill and I then sat on his shoulders so I could try see where the track was heading. It was a fun adventure together! The second is running a half marathon in Melbourne together with my sister. Halfway through there was a beautiful rainbow framing our

destination. It looked like we were running towards a rainbow as the finishing line.

Favourite Running Distance and PB:

I don't particularly have a favourite distance. Anywhere from 5 – 12 km. 5km PB is 21:14. 10km distance is 44:49.

Running Goals:

Above all, to get out regularly every week, appreciate what my body can do and maintain my running at a level where I am fit but don't get injured (aiming for being able to regularly do a 22:30 parkrun)! I also aim to run a half marathon once a year with my sister.

Favourite Runs:

From my childhood home through the national park to the beach (Margaret River), along the ridge in King's Park (Perth), an evening run at Rocks Riverside or from Indooroopilly to Sir John Chandler Park (Brisbane).

Favourite Running Partners/Group:

Thursday night social group from the Ship Inn.

Who is your running idol?:

Anyone who is still running into their 80s

Favourite Sportsperson/s:

I don't really follow enough sport to have a favourite sportsperson! I much prefer getting out to play sport than watching it.

Favourite Shoe Brand: Merrell

Favourite Food:

Anything homemade by my mum.

Favourite Drink: Homemade chai tea

Favourite Movie:

I have too many favourite books to mention... but I am not a huge movie person.

Favourite Music: Jazz and Rock

Star Sign: Pisces

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

My wish, and what I hope to be able to contribute to in a small way throughout my life, is for harmony between all people and harmony between people and the planet. I stay positive that we will one day get there...

WEST END RACE RECORDS

Compiled by Rob Lofthouse

[AS AT 8th APRIL 2019]

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)
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)
Clay Dawson	16.10 (27/11/16)
Brittany Zendler	17.01 (27/11/16)
Clare Geraghty	17.02 (28/11/10)
Brittany Zendler	17.21 (14/02/16)

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)
Melanie 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)

5MILE

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

Peter Bracken	26.12 (11/02/18)
Clay Dawson	26.13 (17/02/13)
Clay Dawson	26.19 (17/02/19)
Clare Geraghty	28.33 (13/02/11)
Clare Geraghty	28.57 (28/02/16)
Brittany Zender	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)
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NEW COURSE – From 21/09/2008

Jonathan Peters	31.59 (15/02/15)
Isaias Beyn	32.12 (17/06/18)
Isaias Beyn	32.17 (29/11/15)
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)

NEW COURSE – From 21/09/2008

Jonathan 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)
Kerri Hodge	56.54 (31/03/19)

10MILE

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)
Clay Dawson	54.42 (10/09/17)
Olivia Lennon	58.24 (03/06/18)
Nerissa Campbell	59.59 (02/03/14)
Glenda Banaghan	1:00.24 (15/02/09)
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	1:07.31 (12/06/16)
Patrick Nispel	1:08.51 (03/03/13)
Clay Dawson	1:09.20 (22/07/18)
Leisa Smith	1:17.53 (02/05/10)
Brittany Zender	1:17.56 (24/07/16)
Jacqui Thistleton	1:17.59 (23/04/17)

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 1:13.56 (09/04/17)
Leisa Smith 1:19.14 (01/03/09)
Kerri Hodge 1:21.22 (25/03/18)
Clare Geraghty 1:22.10 (26/02/12)

25KM

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

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

Jonathan Peters 1:26.44 (13/03/16)
David Sweeney 1:30.46 (21/05/17)
Peter Run 1:32.27 (15/03/15)
Kerri Hodge 1:39.18 (11/03/18)
Kim Knox 1:41.13 (23/04/17)
Clare Geraghty 1:43.15 (12/04/15)

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

David Sweeney 1:51.36 (04/06/17)
Derrick Leahy 1:51.39 (03/06/18)
Derrick Leahy 1:56.36 (04/06/17)
Aarthi Venkatesan 1:59.21 (08/06/14)
Kerri Hodge 1:59.50 (03/06/18)
Kerri Hodge 2:05.37 (04/06/17)

20MILE

Tony Kleiner 1:53.44 (20/06/93)

Paul Houston	1:55.20 (16/06/91)	Carley Ekert	2:43.14 (01/04/07)
Paul Dodd	1:55.55 (14/06/92)	Parmy Atcheson	2:51.43 (15/06/08)
Jo Sherman	2:14.21 (30/05/04)	Linda Watson	2:58.17 (15/06/08)
Linda Fox	2:15.16 (20/06/99)	Karen Wiersma	2:58.17 (15/06/08)
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)

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)

NEW COURSE – From 21/09/2008

Mark Ainsworth	2:14.42 (09/06/13)
Craig Pascoe	2:16.32 (13/06/10)
David Reesby	2:17.32 (12/06/16)
Mel Panayiotou	2:13.47 (08/06/14)
Clare Williams	2:30.50 (12/06/11)
Kerri Hodge	2:31.51 (12/06/16)

MARATHON (Held 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*

2019 BRRC Championship Series

By Bruce Smerdon

Male and Female Age Group Champions

The 2019 BRRC running calendar includes seven age group championship events i.e.

17 February	5 mile
31 March	15 km
26 May	21.1km
23 June	10 km
28 July	20 km
22 September	10 mile
17 November	5 km

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 above 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

Points Table for Leading Male and Female Age Group Champions (after two events)

Age Categories	5 mile	15 km	21.1 km	10 km	20 km	10 mile	5km	Points
Male								
A (Male 0-19)								
Jayden Lyttle	1							1
Ben Hinterreiter	2	1						3
Jasper Joyce	3	3						6
James Davis		2						2
C (Male 20-24)								
Aran Sandrasegaran	1							1
Harrison Adams	2							2
E (Male 25-29)								
Daniel James	1							1
Mark Walkey	2	3						5
Kieren Perkins		1						1
Boaz Clark		2						2
G (Male 30-34)								
Rowan Johnson	1	1						2

Age Categories	5 mile	15 km	21.1 km	10 km	20 km	10 mile	5km	Points
I (Male 35-39)								
Clay Dawson	1	1						2
Timothy Appleton	2							2
Marty Kelly	3	2						5
Lucas Brown		3						3
K (Male 40-44)								
Derrick Leahy	1	1						2
Christopher Dalby	2	2						4
Matthew Facoory	3							3
Damien Gannon		3						3
M (Male 45-49)								
Peter Maynard	1							1
Steven Yang	2	3						5
Nicholas Murphy	3							3
Wayne Spies		1						1
Matt Archer		2						2
O (Male 50-54)								
Adrian Royce	1	2						3
Tony Stanley	2	1						3
Shane George	3							3
David Smitheram		3						3
Q (Male 55-59)								
Neil Bath	1	1						2
Steve Pager	2							2
Jean Luc Raud	3	2						5
Gerard Daly		3						3
S (Male 60-64)								
Greg Coulter	1	1						2
David Barker	2	2						4
John Whelan	3							3
Graham Robertson		3						3
U (Male 65-69)								
John Shaw	1	1						2
Ron Peters	2	2						4
David Joyce	3	3						6
W (Male 70-74)								
John Sheer	1	1						2
Erkki Ryhanen	2	2						4
James Winters	3							3
Bryan McCarthy		3						3
Y (Male 75+79)								
Ron Vines	1							1
Jim Buchanan	2							2
YX (Male 80+84)								
Jack Marsh	1							1

Age Categories	5 mile	15 km	21.1 km	10 km	20 km	10 mile	5km	Points
Female								
B (Female 0-19)								
Kate Rieithmuller	1	2						3
Zoe Manning		1						1
Alyssa Kennedy		3						3
D (Female 20-24)								
Laura Daly	1							1
Rebecca Day	2							2
Emilie Croisier		1						1
F (Female 25-29)								
Anna Mayr	1	1						2
Alice Lane	2							2
Emma Robertson	3	3						6
Camille Croisier		2						2
H (Female 30-34)								
Jessica Tomlins	1	1						2
Boonwadee Seesaeng	2	2						4
Yvette Farry	3							3
J (Female 35-39)								
Solveig Litchfield	1	2						3
Crystal Mahony	2							2
Elizabeth O'Neil	3	3						6
Liz Grolimund		1						1
L (Female 40-44)								
Olivia Lennon	1							1
Nicole Mulholland	2							2
Yvonne Paetz	3	1						4
Jenny Deag		2						2
Gina de la Cruz		3						3
N (Female 45-49)								
Kerri Hodge	1	1						2
Peta Dunne	2							2
Karen Figallo	3	3						6
Noo Bowker		2						2
P (Female 50-54)								
Clare Mitchell	1	2						3
Lesleigh Hinterreiter	2							2
Anja Bion	3							3
Katy Russell		1						1
Stacy Gardner		3						3
R (Female 55-59)								
Marion Hermitage	1							1
Susan Thornton	2	1						3
Tegwen Howell	3	2						5
Lee Thompson		3						3

Age Categories	5 mile	15 km	21.1 km	10 km	20 km	10 mile	5km	Points
T (Female 60-64)								
Helen Ridley Hanna	1	1						2
Vicki Fennelly	2							2
Anne White	3							3
Esther Alexander		2						2
Jenny Downie		3						3
V (Female 65-69)								
Cynthia Cliff	1							1
Mary Ashton	2	1						3
Helen Banks		2						2
X (Female 70-74)								
Irene Davey	1	1						2
Betty Menzies	2	2						4

Overall Male and Female Club Champions

The overall male and female club champions are determined by their finish order placing in each of 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 event, 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 17 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.

Points Table for Leading Male and Female Club Champions (after two events)

	5 mile	15 km	21.1 km	10 km	20 km	10 mile	5km	Points
Male								
Clay Dawson	1	2						3
Derrick Leahy	2							2
Daniel James	3							3
Kieren Perkins		1						1
Wayne Spies		3						3
Female								
Kerri Hodge	1	1						2
Olivia Lennon	2							2
Solveig Litchfield	3	3						6
Liz Grolimund		2						2

Consistency Champions – “The Commitments”

To recognise their support for the Club, members who compete in all seven championship events during 2019 will be awarded a specially embroidered BRRC towel at the end of the year. In 2016 a grand total of 16 towels were handed out to the brave souls who completed all seven championship events. In 2017 the number of towel recipients grew by two to 18, but then in 2018 towel-mania gripped the Club and at the end of the year 32 club members were rewarded for their efforts with the coveted towel.



Judging by the following list of members still in contention for a towel in 2019, it seems that towel-mania is the latest condition that needs to be treated by sports physicians.

The Commitments - Class of 2019 (after two events)

2019 CONSISTENCY CHAMPIONS CONTENDERS (after two events)

FEMALE		MALE	
Name	Surname	Name	Surname
Ness	Allen	Matt	Allen
Mary	Ashton	Glen	Allen
Virginia	Barbour	David	Barker
Anja	Bion	Neil	Bath
Julia	Briskey	Roger	Black
Leanne	Brown	Lucas	Brown
Renae	Brown	Greg	Bryson
Jenny	Cawood	Greg	Campbell
Katrina	Crook	Michael	Casey
Irene	Davey	Greg	Coulter
Gina	de la Cruz	Christopher	Dalby
Jenny	Deag	Clay	Dawson

IT'S LIVE!
in Queensland

JOIN OUR TEAM AT



GOLD COAST MARATHON

6-7 JULY 2019



**GOOD
TIMES**
#GCM19

TEAM ENTRY DETAILS

TEAM NAME

Brisbane Road Runners

TEAM PIN

BRRC

42

marathon

21

half marathon

10

10km run

5.7

fun run

Jnr

junior dash

goldcoastmarathon.com.au

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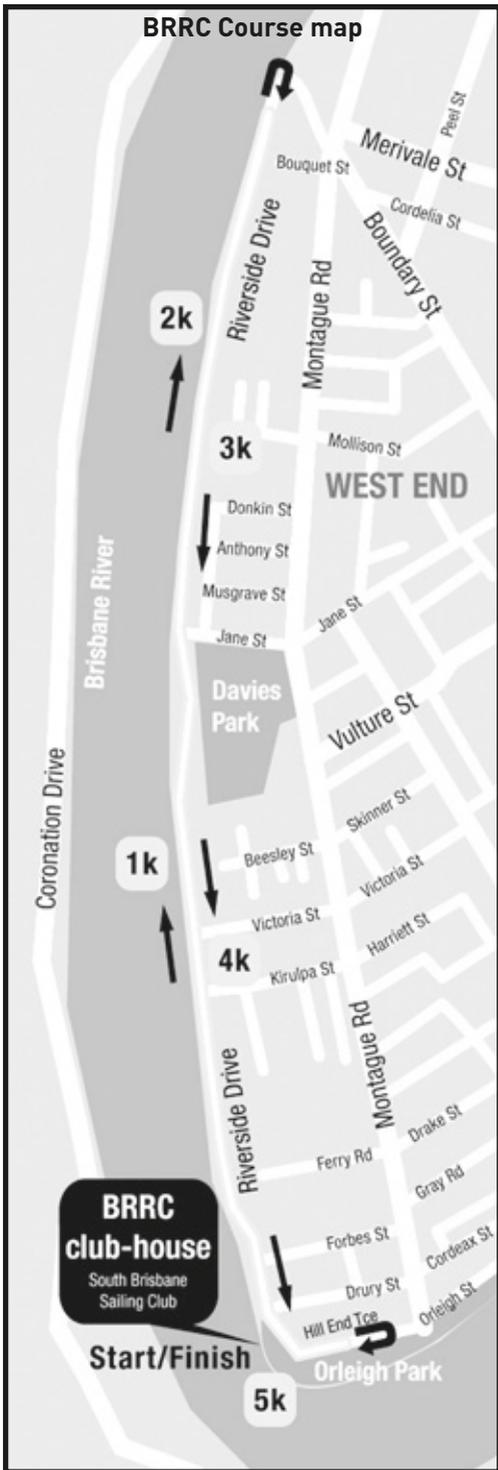
GCA
GOLD COAST AIRPORT

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BRISBANE ROAD RUNNERS CLUB

LIFE MEMBERS

YEAR OF APPOINTMENT	NAME
1983	Ron Grant
1986	Andy Semple
1993	Norm Walker
1996	Chris Mead
1996	David Heap
1996	Bruce Annabel
2004	Ian Javes
2004	Jenny Chaston
2006	Bob Miller
2006	Di Miller
2007	John Wishart
2010	Peter Holles
2011	Robert Lofthouse
2011	Debra McBride
2012	Diana Southern
2012	Brian McCarthy
2014	Betty Menzies
2015	Pam Goddard
2015	Derek Nixon-Smith
2016	David Holleran
2017	Steve Manning
2017	Margot Manning



Thank you to our Sponsors and Supporters for your continued support during 2019

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



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CALENDAR of EVENTS 2019

Date	EVENT	Start
6 Jan	5k Predictor & 10k Predictor "No Watches"	6am
20 Jan	5k, 10k & 15k	6am
3 Feb	5k, 10k & 15k "Bring A Friend"	6am
17 Feb	5 mile Club Championship & 5k, 10k	6am
3 Mar	4k, 12k & 20k "Riverbank Run"	6am
17 Mar	5k, 10k, 20k & 25k	6am
31 Mar	15k Club Championship 5k, 10k & 20k	6am
14 Apr	5k, 10k, 15k & 20k	6am
28 Apr	5k, 10k, 20k & 25k	6am
12 May	4k, 12k & 20k "Riverbank Run"	6am
26 May	21.1k Club Championship & 5k, 10k	6am
9 Jun	5k, 10k, 15k, 20k, 25k & 30k	6am
23 Jun	10k Club Championship, 5k & QMA 10k Championship	6am
14 Jul	5k, 10k & 15k	6am
28 Jul	20k Club Championship & 5k, 10k	6am
11 Aug	5k, 10k & 15k	6am
25 Aug	5k, 10k & 15k	6am
8 Sep	5k, 10k, 15k & 20k	6am
22 Sep	10 mile Club Championship (Robin Flower Memorial) & 5k, 10k	6am
6 Oct	3 Person X 4.5k Relay	6am
20 Oct	5k, 10k & 15k	6am
3 Nov	5k & 10k Novice	6am
17 Nov	5k Club Championship & 10k	6am
1 Dec	5k & 10k Handicap "No Watches" & AGM	6am
15 Dec	Dash & Splash, Yeronga Pool	7am
5 Jan	5k Predictor & 10k Predictor "No Watches"	6am

