

# BRRC

Autumn 2020



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# BRRRC COMMITTEE

## President



Andrei Wightman

## Vice President



Darren Manson

## Secretary



Virginia Neil

## Treasurer



Bruce Smerdon

## Registrar



Adrian Royce



Geoff Neil



Tim Appleton



Yvonne Paetz



John White Hwang



John Dempster



Roger Black



Jurgen Paetz

## From The Editor ...

*By Robert Lofthouse*

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### **Welcome to the autumn edition of the BRRC magazine!**

Well who would have predicted or forecast that running in groups would become a punishable offence? I've been a member of BRRC now for 35 years and never have we had more than one event cancelled during a calendar year. A precedent has certainly been set in the long and proud history of BRRC.

After a great start to the year with strong attendances at BRRC, the impact of COVID-19 has virtually stopped everything. With running events cancelled and running in groups outlawed due to the stringent 'social' distancing policy, the challenge for us is to keep exercising and set longer term goals. We will get through this but like running a marathon, it takes a lot of patience.

This edition of the magazine has some excellent member profiles for you to enjoy as well as the usual BRRC race reports and a look at a few of the marathons that took place around the world before the shutdown.

I hope you manage to stay motivated during this period and keep in touch with all the people that matter. Stay tuned with what's happening at the

club with Andrei's monthly newsletter update. I hope you find some joy in reading this magazine during this unprecedented period of uncertainty. Enjoy the read and hopefully the articles and photos will motivate you to keep training and plan for a comeback to the club – whenever that may be.

**Robert Lofthouse**

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

## President's Report

*By Andrei Wightman*

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We had a fantastic start to the year with many new members and visitors to our runs. I had a goal to increase our membership and make the club an amazing place to belong. We were bedding down our new timing systems and were discovering so many new features as well as some traps. We had successful negotiations with the Brisbane City Council, were developing our relationships with Queensland Athletics, the South Brisbane Sailing Club, Bicycle Queensland as well as many of the other running clubs around Brisbane. In our March runs, we had no idea just how different this year was going to become not just for us, but for all Australians and people all over the world.

Suspending our races was a decision taken with a heavy heart but was absolutely necessary. In 2022 we'll be 40, and I'm playing a long game. As a club and as individuals we must do everything we can to help stop this pandemic. At the same time, I am acutely aware of the role that running plays in our lives. After school, I ran intermittently but it was my brother passing away in 2016 that saw me running more regularly and running harder when I joined intraining's Marathon School. It was a time that running provided me with more than good physical health. I won't go into the physical benefits that being a runner brings, that's obvious to you all, but it's also a place where many people find mental solace whether alone or with others, sometimes both. I want BRRC to be a place people can find this and be part of a fantastic community.

With our current races suspended and most likely to remain so in the short to mid-term, we are all still BRRC members and I encourage you all not just to run and train but also check in on your fellow members, as well as your family, friends, workmates and all of the other wonderful athletes that you know. These are tough times and I want us all to be back, bigger and better when we're back at West End early on a Sunday morning. Our suspension has also, of course, disrupted our Championship series as well and the committee will be meeting soon to discuss options around what we can do with this for the rest of the year. This, of course, depends on how the COVID-19 pandemic transpires, and the Health and Government directives that we must comply with.

In other news, we have been working with the South Brisbane Sailing Club to form the South Brisbane Sailing Club Active Recreation and

Sporting Alliance. We're currently looking at how we can improve the facilities at the Clubhouse and what we can achieve working together. There'll be more on this as it develops and I'll keep you all up to date in the Monthly Newsletter.

To finish, get out there and run, train or race, whether by yourself, or in the groups of two that we're currently allowed. This is a privilege that so many people in Europe don't have. Keep your social distance and do everything you can to keep you, and the broader community, healthy. I said it before, but it may mean even more in the current environment; props to the runners who will never finish first, never get their name in the paper, never finish in the top five and still work their asses off every day to be the best runner they can possibly be.

Run happy, run healthy  
Andrei



# **BRRC STALWARTS**

Five names have been added to the Stalwarts honour board this year: Robert Bianco, Michael Seymour and three Riethmullers - Amy, Kate & Peter. 2020 marks the tenth year they have been members of BRRC and we thank them for their support. They will be presented with their Stalwarts cap at the Club's Dash and Splash event at the Yeronga pool on 13<sup>th</sup> December.



## **HONOUR BOARD**

### **BRISBANE ROAD RUNNERS CLUB STALWARTS**

**Current Members with over 10 years membership - includes Life Members**

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

As at 14/04/2020

## MEMBER PROFILE

**Name:** Brian Keller

**Age:** 63

**Occupation:** Civil Designer



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

I took up squash in my late twenties and started running with members of the squash club to get fit. I ran sporadically for about 10 years before I became a keen cyclist and didn't run at all for about 20 years. About three years ago, at the age of 61, I discovered parkrun and have been running ever since. This year, I joined BRRC to improve my parkrun times and run some longer distances.

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

These days, it's every time I finish a run with a reasonable time and no injuries.

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

I love my 5km parkruns, but I think running 10km gives me more satisfaction when I finish. My current 10km PB is 59:03, which I hope to get much lower this year.

### **Favourite Runs:**

Pallara parkrun because they are such a friendly group and a Jindalee 10k run with my friends from BRRC (see below).

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

BRRC members Erika, Robbie and John, who have been my running mentors, providing me with advice, encouragement and friendship in my recent running revival.

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

It's hard to go past Rob de Castella, but Andrew Lloyd's come-from-behind win in the 1990 Commonwealth Games 5000m was the most exciting race I have ever seen.

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

For a team, I'm a Broncos fan. For an individual, it's hard to go past the skill, temperament and sportsmanship of Rodger Federer.

### **Favourite Shoe Brand:**

Mizuno

### **Favourite Food:**

A traditional roast dinner with lots of roast potatoes and gravy.

### **Favourite Drink:**

A cold pint of Guinness.

### **Favourite Movie:**

It's too hard to pick just one. I love comedies the most, so classic Monty Python movies are up there.

### **Favourite Music:**

Any rock from the Countdown era and I'm also a bit of a jazz fan.

### **Star Sign:**

Taurus

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

To have my younger, fitter, faster body back again!

## BRISBANE ROAD RUNNERS RACE REPORT – January to March 2020

*by Robert Lofthouse*

### January 5th – 10km/5km NO WATCHES PREDICTOR (153 finishers)

A warm morning greeted a large field of runners for the first event of the New Year. In fact, the attendance was up 20% on the corresponding event in 2019 - an excellent sign of things to come. 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.



A busy start to 2020

**10km – Closest to Predicted Time** – In this event, **Helen Ridley-Hanna** was closest in her prediction being only one second off her predicted race time of 59:30. Helen actually ran a time of 59:31.



Helen Ridley Hanna

**Fastest on the Day** – No surprises here with one of Queensland's best marathon runners **Wayne Spies (38:42)** taking the honours by a mere second from a determined Ryan Mooney. At the 5km mark, Wayne held a 15-second margin over Ryan but Ryan closed the gap near the end, forcing Wayne to pull out a sprint finish to hold off Ryan's challenge. BRRC newcomer Duncan Marckwald, was third male to cross the finish mat. In the ladies' 10km, **Jacqui Thistleton**, a well-respected professional triathlete was the fastest with a time of **41:03**.



Wayne Spies edges Ryan Mooney in the 10k



Jacqui Thistleton – 10km winner

Crystal Mahony was second with Tegan Fraser running a two minute negative split to overtake Caitlin Murdock in the latter stages to finish third.

**5km – Closest to Predicted Time** – Club stalwart **Brian McCarthy** was close in his predicted time of 28:45, running 28:44 in the one-lap event.



**Brian McCarthy**

Special thanks to **Adrian Royce** for his efforts on the morning as Race Director and to all the volunteers who helped make this morning a very enjoyable and successful start to the New Year.



**Dan Galligan in action**

**Fastest on the Day – Michael Cnops** was the first runner to finish in the men's race recording a time of **19:25**. Regular 5km placegetter Lee Horobin was second with young Kelsey Rolff not far behind in third place. The fastest female on the morning was former Belgium resident **Hanne Schoofs** who covered the distance in **21:39** with Katherine Moore second and Virginia Neil just pipping Jenny Deag for third, with both Virginia and Jenny recording the same time.



**Ruben Ripper**



**Lee Horobin**

**January 19th – 15km/10km /5km (209 finishers)**



It was a big roll up for the second event of the year on what was a typical hot and humid Brisbane morning.

**15km** – Apart from being the club registrar, **Adrian Royce** is also one of BRRC's best runners and in steam bath like conditions, Adrian took on the three-

lap challenge with plenty of vigour, going through the first five kms in 18:06, before easing off in the second lap and then speeding up after the 10km mark, ensuring that he would win the 15km by a comfortable margin. Adrian took the honours with a time of **56:28**, which gave him a winning margin of two minutes over Craig Fitzsimon and Ryan Mooney.



Race Director Peter Riethmuller, with Ryan Mooney, Craig Fitzsimon & Adrian Royce

The 15km ladies' event tracked a strong field with the likes of **Liz Grolimund**, leading triathlete Jacqueline Thistleton, Kerri Hodge and Zoe Manning. At the completion of the first lap, Liz Grolimund had created a handy 40-second lead over Jacqui and from then on, she steadily increased the margin to cross the finish in a very respectable **1:01:37**. Jacqui was second with Kerri cruising around at training pace to finish third, with her upcoming marathon in Japan the priority.



Liz Grolimund

**10km** – The men's division saw an outstanding run by 19-year old athlete **Harry Biggs**. Harry was making his first appearance at BRRC and after sizzling through the 5km mark in 16:09, went on to record a win in the excellent time of **33:00**. Already to his credit this summer, Harry has recorded a 15:40 at the state 5000 metres Track Championships and is an athlete on the rise. Crossing the mat in second place was James Davis with Andrew Garnsworth third. The ladies' race was a much closer contest with former Belgium resident Hanne Schoofs holding a 25-second lead at the halfway point but a big second lap by **Tegan Fraser** saw her overhaul Hanne as she stormed home to win in a time of **45:59**. Tegan's final time was punctuated by a negative split of nearly two minutes which was a great result for her in the steamy conditions. Hanne was second with Maria Hoogstrate third.

**5km** – After a period of time working overseas last year, **Kieren Perkins** made a winning return to BRRC, recording a modest (by his standard) **18:19** with Washington Firmeza a further two minutes back in second place and Andrew Clarke third. **Nicole Mulholland** won the ladies' equivalent in 21:43 from Yvonne Paetz and Cynthia Cliff.



Cynthia Cliff and Nicole Mulholland

A special thanks to Race Director **Peter Riethmuller** and his team of volunteers for their efforts in ensuring that the morning was enjoyed by all – could do without the humidity though!

### **February 2nd – 15km/10km/5km (307 finishers) – Bring a Friend Day**

Always one of the biggest days of the year on the BRRC calendar, the 'Bring a Friend' morning attracted over 300 runners and a few walkers. The idea of the morning is to introduce some new people to the club and hopefully they will come back and be part of the BRRC experience on a regular basis. Conditions on the morning were quite oppressive, with the high humidity kicking in for the 6.00am start.



**'Bring a friend' day**

**15km** – The three-lap event developed into a battle up front between new BRRC member **Ryan Mooney** and Adrian Royce. Ryan went through the 5km mark in 17:57 and at that stage held a six-second margin over Adrian. The humidity was starting to affect everyone in the second lap with the pace up front dropping noticeably. Ryan continued to build on his lead and by 10km, had established a 30-second lead. Adrian managed to close the gap to 13 seconds by the end but Ryan held strong to win in a time of **55:53**. Ryan has an interesting sporting background being a leading Football (Soccer) referee in Queensland, so certainly has a high fitness level from refereeing fast paced 90 minute games. (N.B. Ryan's profile appears elsewhere in this magazine). Third place in the men's event went to Nick Benson. In a repeat of the 15km two weeks earlier at the club, **Liz Grolimund** continued her great early year form to take the honours once again from Jacqui Thistleton and Kerri Hodge. Liz held an 11-second lead at the 5km mark over Jacqui, before steadily increasing the margin over the second

and third laps to cross the finish mat in **1:01:53**. Jacqui was second and Kerri Hodge third, having just run the Osaka Women's Marathon on Australia Day in a very respectable time of 2:47:37.

**10km** – The 10km proved to be the most popular distance of the morning with 143 runners taking part. The men's division proved to be a good battle up front between **Matt Cooper** and John Price. Matt held a narrow one-second margin over John at the halfway mark and managed to draw away in the latter stages, to win in a time of **35:48**. John was only 12 seconds behind at the finish in second place. Third place also proved to be a seesawing battle between James Davis and Michael Cnops. Michael held a two-second margin at the 5km mark but James handled the humid conditions better in the second half of the race and was able to open up a 30-second gap over Michael by the finish to claim third place. **Susan Thornton** took the honours in the ladies' race with a time of **48:36**. She led by 17 seconds over a determined Cassandra Richardson at the 5km mark but Cassandra managed to whittle that margin down to eight seconds by the end of the race, but couldn't quite overhaul Susan who took home the BRRC winner's plate. Kate Riethmuller rounded out the top three.

**5km** – Long-time BRRC runner **Greg Coulter**, surprised his younger compatriots winning the 5km in a time of **20:28**. Greg, who competes in the 60-64 age is also an avid Cross Country runner having completed many Queensland Athletics seasons with his club Thompson Estate. BRRC regulars Jurgen Paetz and Lee Horobin were second and third respectively. In the ladies' event, **Hanne Schoofs** had her second win in three starts this year at the club, crossing the finish mat just three seconds ahead of Nicole Mulholland who was a regular winner at this distance in 2019. Hanne survived the challenge from Nicole to win by three seconds in a time of **21:18**. Yvonne Paetz was third.

A special shout out to Race Director **Wendy Crompton** who was performing the role for the first time. Wendy did a great job on a very busy morning for the club. **Intraining** were the race day sponsor and continue to be the club's biggest supporter. Thank you to Steve and Margot Manning for your continued support of BRRC.

### **February 16th – 5 MILE CLUB CHAMPS/10km/5km (327 runners)**

**\*Kieren Perkins and Kerri Hodge claim race 1 of Championship series\***

**\*Kieren Perkins breaks Course Record**

A huge field of 250 runners for the first championship race of the series on a very humid Brisbane morning. In fact, it was around 95% for the 6.00am start which guaranteed plenty of activity at the drinks table.

### **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 loop. In the men's event, **Kieren Perkins** (BERT Running Group) exploded out of the blocks with leading Queensland Marathon runner Isaias Beyn the only one able to keep pace with Kieren. After the first loop there was only two seconds between Isaias and Kieren and it proved to be a war of attrition over the last 5km with Isaias sitting on the heels of Kieren



**Wayne Spies, Isaias Beyn, Kieren Perkins and Race Director Chris Dalby in the background**

for most of the second loop. Would Kieren's speed or the undoubted endurance strength of Isaias Beyn be the telling factor in the last kilometre? In the end it was Kieren's speed that carried him to victory by a five-second margin. His winning time of **25:21** and Isaias's 25:23, both smashed the previous course record of Peter Bracken by 50 seconds. A tremendous effort by both in very oppressive conditions and an exciting race to open the 2020 series. The battle for third place also proved to be fairly tight with Peter Bracken leading Wayne Spies by two seconds after the first loop before Wayne gained the upper hand in the ensuing 5km to claim third place. The first 3km of the ladies' race saw Olivia Lennon, Liz Grolimund and **Kerri Hodge** together in the lead pack before Kerri gained the upper hand to start her 2020 campaign with yet another championship win. Her time was **31:03** with Liz Grolimund second and Olivia Lennon third. No one was near Clare Geraghty's course record which has stood for nine years. It was also great to see Clare back at BRRC and participating in the event again.

### **Age Group Records:**

In total, eight records were broken on the morning, five in the men's division and three in the ladies'. Congratulations to Kieren Perkins (M25-29), Isaias Beyn (M30-34), Wayne Spies (M45-49), Adrian Royce (M50-54) and John Shaw (M65-69) who broke age records in the men's race and Liz Grolimund (F35-39), Muriel McLean (F60-64) and Katherine Moore (F65-69) in the ladies' race. Katherine has only recently joined BRRC and averaged sub 5 minutes for the race which is a great effort for someone in that age category.



**Helen Ridley Hanna, Katherine Moore and Mary Ashton**

**10km – Bennie Lindeque** won the men's 10km with a strong showing, leading by two minutes at the 5km point, before doubling that margin by the end of the race. Bennie's winning time was **40:35** with club stalwart Adrian Pearce second and Mark Anthony third. In the ladies' two-lap event, **Lauren Burraston** was the standout, recording a time of **43:37** with Deanne Eldridge second. Teenager Alyssa Kennedy was coming second at the halfway mark but slowed up in the second part of the race as both Deanna and Phoebe Mumbray managed to pass her.

**5km –** In the men's division, **Joel Humphrey** took home the trophy with a **21:40** effort. Colin Chow and Nigel Kleinschmidt rounded out the top three. **Sandra Apruzzese (26:40)** was first finisher in the ladies' 5km with Liz Jordan and Virginia Neil second and third respectively.

Thanks to **Chris Dalby** for his efforts as Race Director and his volunteers for providing a highly enjoyable morning. A special mention to **SKIRT SPORTS** for being the Race Sponsor.

### **March 1st – 20km/15km/10km/5km (302 finishers)**

A field of over 300 runners converged on BRRC, with four different distances on offer. As per the previous event a fortnight earlier, warm, humid conditions tested out even the fittest.

**20km –** Hats off to all runners who finished the 20km in energy-sapping conditions. The first 5km saw Ryan Mooney out front with a 20-second lead over Adrian Royce and Derrick Leahy. Half way through the second lap, Ryan was starting to feel the effects of his fast start and both Adrian and Derrick were able to pass him as well as **Wayne Spies**, who was keeping Adrian and Derrick in his sights. At the 10km halfway point, Adrian and Derrick had a 15-second gap over Wayne but between the 10 and 15km Wayne turned on the afterburners recording a 17:40 split to see him hold a

40-second lead heading into the last lap. Wayne held that margin for the rest of the race to record a win in a time of **1:13:21**. Derrick Leahy managed to break away from Adrian in the last few kilometres to claim second place. In the ladies' 20km, **Liz Grolimund** continued her great start to the year recording **1:22:40** to give her a winning margin of over six minutes from Olivia Lennon and Kerri Hodge who were running together on a training run.



**Derrick Leahy**

**15km – Jacqui Thistleton** took the honours in this event being the first person (and first female) to cross the finish mat in **1:03:13**. Nicola Blore and Lee Thompson rounded out the top three. In the men's three-lap event **Peter Lewis** took the honours with a **1:03:53** effort. Mackenzie Waugh ended up second after passing a tiring Bart Hudson at the 12km point. It was certainly an uncomfortable morning for many runners with the oppressive humidity contributing to a fair percentage of runners not completing the full distance of the event they had nominated for pre-race.

**10km –** An outstanding run by leading Queensland marathoner **Isaias Beyn** was probably the highlight of the morning. Isaias went through the first 5km in 16:40 before increasing his speed to record a 15:50 negative split to finish in a great time of **32:30**. After recording a 2:14:32 in the Gold Coast Marathon last year, he is hoping to better that time at this year's event. Second and third over the timing mat were Thomas Gorman and Neil Bath respectively. In the ladies' event, **Nicole Mulholland** stepped up to the 10km

distance (after winning many 5km events over the last six months) and won in a time of **45:48**. The consistent Peta Dunne was second with Andrea Pugh third.



Harvey Cramb

**5km** – The long striding **Harvey Cramb** took the honours in the one-lap event winning in **18:01** with Kai Barry ten seconds back in second place. Andrew Clarke was third. **Hanne Schoofs** won her third race of the year over the 5km distance with a **21:23** effort. Marion Hermitage was second and Leigh Cavanagh claimed third.

A vote of thanks from everyone at BRR to Race Director **Rhonda Whetton** and her volunteers for the staging of yet another successful morning. **Tim Appleton** also deserves a shout out for the work he has done, ironing out the 'bugs' in the new timing system.

#### **March 15th – 25km/20km/10km/5km (266 entrants)**

After a long summer and mornings of high humidity it was great to feel the coolness in the air again by the river. Another great turnout with the longest run so far this year (25km) slotted on to the BRR calendar. With the noise restrictions coming into play, it was eerily quiet with the front door of the Sailing Club closed, to ensure that none of the usual morning greetings and discussions filtered out and woke up the nearby neighbours.

**25km** – After winning the 20km two weeks earlier, **Wayne Spies** was again at the forefront, running conservatively for much

of the event and then mixing it up with a 17:58 split between the 15 and 20km marks, before cruising through the last 5km to record an overall time of **1:34:16** – a winning margin by over 13 minutes. Sebastian Dickerson was second for a large portion of the race but slowed up noticeably nearing the 20km mark allowing Bennie Lindeque to pass him early in the last lap. Bennie's split between 20 and 25km was his fastest of the morning enabling him to finish over a minute ahead of Sebastian and claim second place. Only seven ladies completed the 25km with **Nicola (Noo) Bowker** taking the honours in a time of **1:51:16** from Kerri Hodge and Erin Skewes.

**20km** – The men's event saw **Geoff Waldock** and Sam Rose leading the way for 20km before Geoff really 'cranked' it up a notch, recording a 17:52 split for the last five kilometres to give him a winning time of **1:14:53**. Sam Rose was just over a minute behind in second place with Shaun Hackney third. No surprises in the ladies' equivalent with **Jacqueline Thistleton (1:26:47)** notching up her third race win of the year at BRR. Intraining runner Lauren Burraston, was second. The battle for third saw Elizabeth O'Neil hold a 30-second advantage at the 10km point but Christie Roberts was able to increase her speed in the second half of the race enabling her to pass Liz and be third lady across the finish mat.

**10km** – A close finish in the men's race after **Matthew Hansen** and Danny McDonald battled each other for the entire journey. Danny had his nose in front after 5km and in a close finish Matthew took the honours by less than a second winning in **38:00**. Young Jasper Joyce continued his steady improvement to finish third. Following on from her good performances at BRR in 2019, **Yvonne Paetz (44:25)** had a convincing win in the ladies' division, winning by over two minutes from Deanna Eldridge and Maria Hoogstrate. The 10km proved to be the most popular distance on the morning with 130 entrants.



**Matthew Hansen**

**5km** – After moving from Eritrea nearly a decade ago, **Osman Saleh** has made Brisbane his home and having run a 15:30 a few years ago for 5km, it was no surprise to see Osman at the front in this event. Osman ended up winning in a time of **17:01** but both the second and third place runners, James Davis and Harvey Cramb also went comfortably under the 18 minute mark, in what was the fastest 5km so far this year at BRRC. It's always good to see someone new winning a trophy at West End as was the case with the ladies' 5km winner **Kym Kleinschmidt**. Kym crossed the finish mat in **29:47** to be the winner with Sarah Day second and Betty Menzies continuing her successful comeback from surgery to round out the top three.

Thanks to **Kerri Biggins** for her efforts as Race Director on the morning and to all of the volunteers who ably assisted ensuring another enjoyable event. **Greg Beerling** from **NRCHI** was the race sponsor and his generous donation of Massage /Acupuncture vouchers was much appreciated.



**Kerri Biggins and Andrei Wightman**



**Tegwen Howell**



**Kerri Hodge**



**Clare Mitchell and Julie Hill-Webber**



**Nova Maulani**

For a complete list of BRRC race results and photographs for every race, please go to our website at [www.brisbaneroadrunners.org/results](http://www.brisbaneroadrunners.org/results) or visit our Facebook page.

## MEMBER PROFILE

**Name:** Tracey Wood

**Age:** 50

**Occupation:** Chief Cat Herder



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

That would be in 1988 when I moved to Brisbane. From Taringa I took a walk down to the river and found this marvellous path that stretched out before me and decided I'd go a lot further if I ran it!

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

Definitely my first marathon at the Gold Coast in 2008. The joy of (finally) crossing that finishing line is amazing.

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

I like 7.5 kms. It takes me about 3-4 kms to get my asthma sorted and then I can enjoy a short ride without wearing myself out completely.

### **Running Goals:**

This year I'd like to do a couple of halves – one at the Gold Coast, one at Sunny Coast, one at ...????

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

I've been going with The Run Inn Runners for about 15 years now –great bunch of people.

### **Favourite Runs:**

See above - Wednesday night social runs. That cordial tastes so good afterwards!

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

The memory of Robert de Castella charging down Coro Drive in the 1982 Commonwealth Games is forever rooted in my memory. I got to meet the great man several years ago which was a thrill.

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

See above.

### **Favourite Shoe Brand:**

I'm an ASICS girl. I stick with what I know.

### **Favourite Food:**

I'm quite partial to a plate of fish n chips. If you throw in a potato scallop, I'm in heaven!

### **Favourite Drink:**

Brown Brothers Moscato

### **Favourite Movie:**

The Rocky Horror Picture Show

### **Favourite Music:**

Hmmm, I love putting my iPod on shuffle and see what comes up. Favourites would have to be eighties pop, the fifties, the sixties, the seventies. Just anything really unless it's rap, grunge or Justin Bieber.

### **Star Sign:**

For what it's worth, I'm a Cancerian.

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

Harsher penalties for parole violators, Stan. Oh, and world peace. (movie ref Miss Congeniality)

## Observations of a first-time race director

By Chris Dalby

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*G'day Chris, thanks for the offer of BRRC 5 mile champs volunteering... we really need a race director for the morning.*

*Could you do that? 🍑 Pretty*

*straightforward. 🍑 Sure – why not...*

So that's how I came to be race director for a day. And the following is an account of how things went (Betty asked if I would write this article about my day – and you can't just say no to Betty...)

But a bit of context first though. As I was injured and unable to run, I decided to reach out and volunteer to help. I expected to be placed at one of the turnarounds – a role I hadn't performed before but assumed whose primary purpose to ensure that runners didn't end up in South Bank or the river. So, I was somewhat surprised that I was offered the very officious sounding role of Run Director.

I had only joined BRRC in mid 2017 – making me an absolute newbie compared to the club stalwarts and committee members. These are the faces we all recognize at every event. These are the wonderful folk who have been at Road Runners for decades. And here I was being asked to direct them? Bloody hell, what was I doing? Happily (for me) I quickly came to realise that directing stalwarts was not part of the job description.

I dutifully arrive at 5.00am (well 4.58am to be exact - I wanted to impress). I was briefed on my role by Adrian and was pleased to find it was less onerous than I had feared. Essentially I was there to be help– help guide those who were new and lost, help the volunteers who weren't sure where they were meant to be, help give the pre-run briefing, help with recording the finishers, help with post-race presentations and help with the pack away at the end. I was given a clipboard and a high-vis vest and set on my way. It's well recognized you can get away with a lot when you bear a clipboard – it is a

universally recognized symbol of authority and when carried gives the impression that you know what you're doing<sup>1</sup>. And having this symbol of power in my hand helped settle the imposter syndrome I was experiencing as being *the director*.

But best of all I had an assistant – Shelley. And, as is the case with all good assistants, she was assigned (not by me) a less enviable role – namely the task of approaching all you hot, sweaty, smelly, breathless runners as you collapsed across the finish line in order to confirm the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place getters. Shelley was required to record these names on her – you guessed it - clipboard.

Pre-race went smoothly. As Shelley pointed out at the time, it was easy to recognize those who needed our assistance as they were invariably the runners who entered the clubhouse with a dazed, bewildered expression. I felt like the BRRC concierge and it was a very pleasant and rewarding hour.

Next was the race briefing. The vocal skills I acquired as a teenage Woolworths produce boy advertising specials on the in-store PA system came to the fore as I dispensed the necessary pre-race advice. I posed for a photo – this was to be the first of many.



Chris Dalby

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<sup>1</sup> The urban dictionary has an alternative and somewhat more derogatory explanation of the power of the clipboard - <https://www.urbandictionary.com/define.php?term=Clipboard%20of%20Power>

The race itself went well. Shelley was deft as she recorded the finishers' names and I was definitely surplus during this period. The most useful thing I did during this stage was to prevent a runner from vomiting on the timing equipment.

Then there were the post-race presentations. The ceramics were handed out as were the age group medals. I'd like to think this too went smoothly and I had a smile permanently etched on my face...a jaw-aching legacy from all the photos I was posing in.

BRRC race days are a slick operation – the committee members and stalwarts are the expert guides enabling everyone to know their roles and do them well. I consider the job of race director to be poorly named as, for me at least, it was not about directing at all. For me, the role involved being the high-vis wearing, clipboard bearing, permanently smiling man (appearing in a disproportionate number of photos) who was there to simply to assist and help. And I enjoyed fulfilling this role very much.



Chris Dalby, Virginia Neil (BRRC Club secretary) and race director's assistant Shelley Grace



Andrei Wightman (BRRC Club president) Shelley and Michael Cnops



Shelley, Chris and Jack Marsh (regular gold-medal winner)

## MEMBER PROFILE

**Name:** Mark Sparshott

**Age:** 54



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

I started running in the early 1990s. I had a group of mates who decided that we should do the Gold Coast Half Marathon. After all these years, they have all stopped but I have kept on running.

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

The first time I did Comrades Marathon in South Africa in 2000. I remember being at the start at 5am and couldn't believe there were 23 000 runners about to compete in an 89km ultra. The crowds along the whole route were amazing as well, you always had someone cheering you on, even in the middle of nowhere.

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

I used to do quite a lot of the long distance runs when I was younger: Comrades, Six Foot Track, Glass House etc. Raising a family these days means competing in the

shorter runs. I have mainly been doing around the 10km distance. My best time for a half marathon was 1:22hr and 5km was 17:48min.

### **Running Goals:**

Keep running as long as I can.

### **Favourite Runs:**

6 Foot Track, Gold Coast Half. I have just started back with BRRC and really enjoy running at West End.

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

I mainly train by myself these days. I enjoy running parkruns on Saturday mornings.

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

Valentino Rossi

### **Favourite Shoe Brand:**

I usually wear Mizuno but occasionally have used ASICS.

### **Favourite Food:**

I always enjoy a good curry.

### **Favourite Drink:**

In the morning it is coffee, in the evening, beer.

### **Favourite Movie:**

Interstellar

### **Favourite Music:**

I like all types

### **Star Sign:**

Aries

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

Keep enjoying life with my family.

## At the races

### News from around Australia and the world

*Compiled by Robert Lofthouse*

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#### Adams Breaks Australian Parkrun Record

In the lead up to Liam's attempt to run a 2:10 marathon in Japan, a speed session at his local Maribyrnong parkrun in Melbourne proved to be the start of a big week of racing. The previous parkrun Australian record had been set by Adelaide's Riley Cocks late last year when he recorded 14:18 to break Liam's previous record of 14:22. On the morning, Liam managed to lower that record by five seconds, clocking a very respectable 14:13 – A perfect lead up for his next event, the Lake Biwa Marathon in Japan a week later.

#### Current Australian Parkrun Record Holders:

**Male - Liam Adams 14:13** at Maribyrnong

**Female – Lisa Weightman 15:54** at Maribyrnong

It's no coincidence that both record holders have represented Australia many times in marathons and cross country events around the world and both ran in the 2018 Commonwealth Games Marathon at the Gold Coast.

#### Current Queensland Parkrun Record Holders:

**Male – Brendan Press 14:29** at Sandgate

**Female – Jenny Nesbitt (Wales) 16:14** at Brightwater (Sunshine Coast)

Brendan Press is a leading Queensland 1500 metre runner who was also the winner of last year's Springfield Half Marathon. Female record holder, Jennifer Nesbitt, was visiting Queensland to run in the 10,000 metres on the track at the 2018 Gold Coast Commonwealth Games. She competed for Wales and ran 32:58 in the 10,000 metres final.

#### **TOKYO MARATHON (Japan) - 1<sup>st</sup> March 2020**

**\*\*Coronavirus limits field to 300 runners\*\***

The field was limited to 300 elite runners instead of the usual 35,000 entrants and

the number of volunteers was capped at 600 instead of 10,000.

**Birhanu Legese** from Ethiopia came into Tokyo as the pre-race favourite having run a PB 2:02:48 at Berlin in 2019. His main rival was expected to be fellow Ethiopian Sisay Lemma who had a PB of 2:03:36. At the 39km mark, Legese was only a few seconds ahead of Lemma but then kicked away as the tiring Lemma was overtaken by Bashir Abdi who really powered home in the last 10km to move from 15<sup>th</sup> place to second place at the finish. Legese's winning time was **2:04:15**. Incredibly, 17 runners finished under the 2:08 mark.

The women's race also was of the highest quality with **Lonah Salpeter** and second-placed Birhane Dibaba breaking the course record. Salpeter made her move after 30km and was never headed as she built on her lead over nearest rival Dibaba. Salpeter ended up recording a very swift **2:17:45**, fully justifying her move from Kenya to represent Israel.

The streets of Tokyo were remarkably quiet but the performance of the elite runners was of the highest quality with the top three women all running personal bests and a huge number of the elite men recording sub 2:08.

#### **Tokyo Marathon: Men/Women Results**

- 1 – Birhanu Legese (Ethiopia)  
2:04:15 Has PB of 2:02:48
- 1 – Lonah Chemtai Salpeter (Israel)  
2:17:45 **PB**
- 2 – Bashir Abdi (Belgium)  
2:04:49 **PB**
- 2 – Birhane Dibaba (Ethiopia)  
2:18:35 **PB**
- 3 – Sisay Lemma (Ethiopia)  
2:04:51 Has PB of 2:03:36
- 3 – Sutume Asefa Kebede (Ethiopia)  
2:20:30 **PB**

## LAKE BIWA MAINICHI MARATHON (Japan) – 8<sup>th</sup> March 2020

### **\*\*Liam Adams in good form\*\***

The Lake Biwa Marathon held in Otsu is a male-only event and was first held in 1946. It is Japan's oldest annual marathon race and is limited to 300 elite runners. This year's race was the 75<sup>th</sup> edition.

At the 30km mark, there was a group of 13 runners in the lead pack with Kenya's **Evans Chebet** leading the group as they crossed the timing mat in 1:30:24. At this stage Australia's Liam Adams was two minutes behind the lead pack but still running strongly. Soon after that, Chebet made a move and only two runners, Stephen Mokoka and Felix Kiprotich, stayed with him as they went through the 35km. The next few kilometres saw Chebet break away and by 40km he had established a gap of nearly 40 seconds. Chebet held strong **2:07:29** with Mokoka second in 2:08:05 and 2019 Sydney Marathon winner Felix Kiprotich third.

**Liam Adams** finished strongly to take out 13<sup>th</sup> place. He went through the half in latter stages, recording just over 38 mins for the last 12km of the race to cross in a time of 2:10:48 and become Australia's leading men's marathon qualifier for the Tokyo Olympics.

## Lake Biwa Mainichi Marathon: Men Results

- 1 – Evans Chebet (Kenya)  
2:07:29 Has PB of 2:05:00
- 2 - Stephen Mokoka (South Africa)  
2:08:05 Has PB of 2:07:40
- 3 – Felix Kiprotich (Kenya)  
2:08:48 Has PB of 2:05:33
- 13 – Liam Adams (Australia)  
2:10:48 PB**

## Leading Australian qualifiers for Tokyo Olympics Marathon

### Men:

Liam Adams (Victoria)	2:10:48
Brett Robinson (NSW)	2:10:54
Jack Rayner (Victoria)	2:11:05

### Women:

Sinead Diver (Victoria)	2:24:11
Lisa Weightman (Victoria)	2:26:02
Ellie Pashley (Victoria)	2:26:21
Milly Clark (NSW)	2:28:08



**Liam Adams**

## MEMBER PROFILE

**Name:** Ryan Mooney

**Age:** 23

**Occupation:** HPE Teacher and Sport Coordinator



### How and when did you start running?

I have only taken up running as a sport, sporadically, in the past 12 months. However, I have officiated football at a national and state level for the past 6 years, but after being unable to referee for 6 months last season I decided to take up running as a stand-alone activity.

It wasn't until my partner's father dragged me along to parkrun 6 months ago, that I actually began running consistently! I loved the welcoming and awesome community at Logan River parkrun, and it has inspired me to start running more and more!

### Most Memorable Running Moments:

I don't have many memorable running moments or achievements, however I completed my first half marathon last year at Brisbane's Great South Run in 1:26:44, a time I am aiming to beat this year!

### Favourite Running Distance and PB:

I enjoy the 5km distance and often travel around Brisbane running a number of different parkruns – am currently aiming to beat my PB of 16:44.

### Running Goals:

I am aiming to run a sub 1:20:00 half marathon at this year's Great South Run. I have also nominated to run the London Marathon in 2021 for the Animal Health Trust – a wonderful UK charity, which helps millions of animals across the world through research. My aim is to run sub 2:45:00, but the experience alone will be amazing!

### Favourite Runs:

Anything flat with minimal hill climbs generally sit high on my preferred courses.

### Favourite Running Partners/Group:

The awesome intraining running group at QSAC and the Logan River parkrun community! Also a massive fan of Fractal running hats!

### Favourite Shoe Brand:

Can't go past Nike half sizes because I have odd shaped feet.

### Favourite Drink:

I will never say no to my regular coffee order. Skinny caramel cappuccino - double shot of coffee.

### Favourite Movie:

Space Jam!

Everybody get up it's time to slam now  
We got a real jam goin' down  
Welcome to the Space Jam  
Here's your chance do your dance at the Space Jam

### Favourite Music:

I'm not a big music listener, but love to listen to podcasts about anything paranormal or super natural.

### Star Sign:

Gemini

I also like long walks on the beach, and sunsets.

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

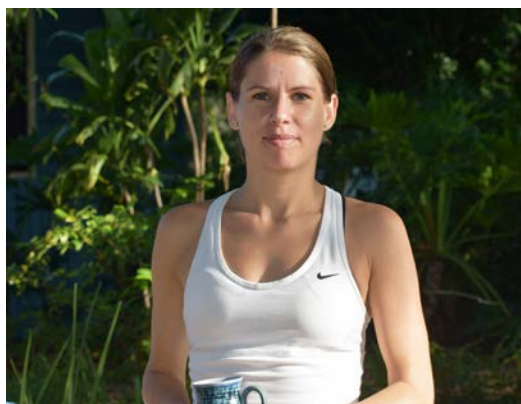
Be paid to run! Imagine the motivation I could have to run if I was paid to run in the morning in winter!

## MEMBER PROFILE

**Name:** Hanne Schoofs

**Age:** 30

**Occupation:** Speech pathologist



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

I was a very active toddler and I loved running around the house. I started asking my mum to join an athletics club when I was 5 years old. I was too young to join a team at that point, so I tried dancing and gymnastics first. Nothing quite compared to running for me though, and I was so excited to join the local athletics club at 6 years of age. For years, I competed in national and international races and mainly focussed on 400m hurdles. Unfortunately, due the combination of multiple hamstring injuries and Uni exams-stress, I decided to stop competing when I was about 21 years old. I have just been a recreational runner ever since and I am pretty sure that will never change.

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

I have great memories of training camps in Spain, where we used to go in winter to get ready for the summer season. We would train two to three times a day and for a few days our whole lives were centred around running and nothing else mattered. I also love that feeling of pushing yourself during training, and that feeling of accomplishment afterwards.

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

I used to love 400m hurdles (PB 62.45), 800m (PB 2:08.34) and 3000m steeplechase (PB 12:10.08) as a young track and field athlete. I only started doing races again this year and I am still discovering what my favourite distance is!

So far my PBs are 21:18 for 5km and 46:32 for 10km, but I am hoping to improve these in one of the BRRC races.

### **Running Goals:**

I would like to run 10km under 45 min this year.

### **Favourite Runs:**

I love interval training.

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

My partner Michael, and my favourite music and podcasts on the occasion I am running by myself.

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

As I child, I looked up to many great male and female track and field runners, like Michael Johnson, Marion Jones, Gail Devers, Paula Radcliffe and Kenenisa Bekele, just to name a few. I currently really admire Nafi Thiam, a talented Belgian heptathlon athlete, who I expect to break many records and win many titles.

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

That would be my cousin Jelle Geens. He started his career in athletics and now is a professional Olympic triathlete. He worked so hard, every day, training for 3 totally different sports, to be where he is now. He is competing against the best triathletes in the world - and winning! I truly admire his discipline, ambition, perseverance and mentality.

### **Favourite Shoe Brand:**

ASICS

### **Favourite Food:**

Italian

### **Favourite Drink:**

Rosé wine

### **Favourite Movie:**

Bohemian Rhapsody

### **Favourite Music:**

Parov Stelar is my favourite band. I love listening to electro swing when I am running!

### **Star Sign:**

Capricorn

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

To be happy and healthy and to enjoy the little things in life with my loving family.

# Orange Marathon – 8<sup>th</sup> March

*By Adrian Royce*

---

With my birthday approaching on the Sunday, I decided I'd like to do something I really enjoy and that is run a marathon. Not just run 42.195km but go in a race. After all, London Marathon was happening in April and a lead-up training marathon would be awesome. I scoured the race calendar online and woah, the only marathon for the 8<sup>th</sup> that I could possibly get to was in Orange. Ok, this could be a cool adventure and wouldn't it be great to practice hydration and nutrition strategies for London in a real race? Expected cooler temps in Orange would also be a gauge as to how much all the heat stress runs over summer would assist at London. There was no downside to doing a hard training run at Orange.

Or so I thought. As we know now with race after race having been postponed since, it could well be my last adventure of the 2020 racing season.

I arrived at my friend's place in Sydney Friday evening, in the middle of live boxing in toilet paper aisles in supermarkets. I thought it was a Qld thing, but NSW was just as bad. Even my hosts were desperate to stock up – just in case of course. Even the PM weighed in and told us to stop it, it was un-Australian, stop it.

First stop on the Saturday was of course parkrun. We decided North Sydney was the NENDY (nearest event not done yet) and it also started at 8am. North Sydney Oval is the home of a popular suburban cricket ground, so it was a delight for me to walk the grandstands, taking it in. As we walked to the start line, I noticed a Pine Rivers Striders singlet and yes coincidentally superfit BRRC member Peter Lewis was also there to parkrun! An interesting undulating 3 lapper course, the paths are narrow with a lot of traffic so there is a bit of running on grass for the frontrunners. In the end I scored a first and equalled the event's age category record so I was thinking yeah this is a good omen for tomorrow!

Then it was time to head to my accommodation at Bathurst. I was tipped off by my friends to drive around Mt Panorama and even though up to then I'd never considered even trying it, it suddenly got on to my bucket list. I really have new respect for those Bathurst drivers, say no more. I might even watch it on tv one day. Ticked it off the new bucket list. My accommodation was at a refurbished convent at the base of the mountain. At \$50 for the one night, it was perfect.

8<sup>th</sup> March - my birthday and International Women's Day. It was just 2 months to the day after first reading online reports of Hong Kong fearing the return of a SARS-like virus originating from China. Wuhan was identified as ground zero. 8<sup>th</sup> March - not even quite a month after a nuovo virus labelled COVID19 and 8 days after the first Australian succumbed to it and already dozens of memes. 8<sup>th</sup> March - Orange Marathon.

Arriving early at the race precinct, thankful it was cool. I "spied" a guy rugged up as though we were in Antarctica – ha! I chuckled, it was cool but hardly cold. Wait! It was none other than champion marathoner and BRRC member Wayne Spies. Wayne had the same idea, a training run but to my surprise he exclaimed "you're in for a tough day today". What? Wait? Isn't Orange flat and cool??

At the start line the race announcer repeatedly told us to make sure we keep 1.5m away from each other whilst running, I was pleased with this. At the back of my mind I thought our races at Road Runners would come to this. So the start gun goes off (metaphorically as they are no longer allowed to use a real start gun), and the first 3km is steadily uphill. That's tough at the best of times but Orange has an altitude of 1000m so it seemed harder than usual.

The race route on the website was sadly out of date and the route had changed considerably. The first turnaround was at 7km, at that stage I was 6<sup>th</sup>. Then a small disaster at the 15km mark, I mistook a keep right sign for runners as literally to turn right (as opposed to keeping on the right side of the road). This took me down an uneven stretch and after about 400m I stopped, looked around and realised no one was following me so I headed back losing about 4 minutes. If it wasn't that I was using Orange Marathon as a hard training run I would have been devastated but I was determined to catch the other runners and reclaim 6<sup>th</sup>. The downside was every km mark was 800m out. About that point the bitumen turned to gravel and a couple of hills kicked in. So basically be prepared for 12 kms of loose gravel. Not ideal but hey.

Drink stations are a plenty ably manned by the local fire department and the next turnaround was at half-way. Now the course is just the same way backwards. I hadn't really caught anyone by then and the gravel is not a good surface for the bright green Next%. At about 25kms I started gaining on the first placed female runner who in turn was overtaking some tiring guys. One of the guys asked what happened to me?! I said look I do unplanned doglegs all the time. The lead bike was definitely pacing her which was fine and I knew she knew I was on her tail which was motivating for both of us. But months of summer running up and down Mt Gravatt is sure to have a payday. The last turnaround is at 35kms and finally a couple of km's afterwards I passed her and claimed 7<sup>th</sup> spot which I could not improve upon. Official time was 2:48:46 which I was pretty happy after a misadventure on a testing course, costing me a sub 2:45. But I was first in the AG which is always nice.

Orange is a great early season marathon to experience. It's not easy nor flat but has a very good race precinct and pretty good bling.



Since then social distancing, running in groups, states into lockdown and businesses have closed down - suddenly it became more about the simple things in life—being not doing--and appreciating what we have. The disappointment of London being postponed or cancelled altogether became trite at every angle, a minor annoyance in a struggling unprepared world.



## MEMBER PROFILE

**Name:** Michael Cnops

**Age:** 21+10

**Occupation:** ICT Business Analyst



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

When I was younger, I had lots of sports in high school (I studied science and sports). But during my time at Uni, I only played indoor soccer with some mates and I noticed I spent more time in the cafeteria after the match than I did on the field. Then there was a big gap of having my first job and not working out at all. A couple of years ago, just before I came to Australia, I decided to change to a healthier lifestyle. I started jogging on a weekly basis and now I already lost 15kg. It is only since last year I decided to take running a bit more seriously and followed a running program that I got from a mate, with the goal of running the Bridge to Brisbane 10km between 40-45 mins.

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

My first race ever, the 2019 Bridge to Brisbane 10km, really enjoyed it. But I just started running so hopefully more memorable moments to come!

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

I am still discovering what distance suits me best, at this stage it is 10km with PB at 38'40". Hopefully joining BRRC will give

me the opportunity to discover my favourite running distance and beat my PB.

### **Running Goals:**

I'd love to win a BRRC 10km race! But if I could ever get my 10km time around 36mins, I'd be really happy! I also want to finish a marathon, at least once.

### **Favourite Runs:**

I love running around the Brisbane River; West End, Kangaroo Point, Botanical Gardens. When I was living in the NT, I ran a lot of the trail hikes in Nitmiluk National Park, amazing views and wildlife!

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

I mostly run by myself or sometimes with my partner Hanne.

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

Don't really have one to be honest.

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

This will be Jelle Geens, my partner's cousin. Really nice guy, and a professional triathlete who is combining his sports with an Engineering degree at Uni. I have a lot of respect for him as he started just with running and gradually made his way to the top all by himself. In Europe, unfortunately everything is always about soccer, but so many other great athletes are just on their own and do not get the funding and appreciation they deserve. Tokyo 2020 will be his 2<sup>nd</sup> Olympics and certainly the highlight of the year.

### **Favourite Shoe Brand:**

ASICS

### **Favourite Food:**

My guilty pleasure is certainly chicken wings.

### **Favourite Drink:**

Scotch whisky or a real Belgian beer, however some of the Australian craft beers are pretty good as well.

### **Favourite Movie:**

The Gladiator

**Favourite Music:**

My Spotify range includes pop, rock, house/techno, and 80s classics.

**Star Sign:**

Virgo

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

Enough funds to retire and travel the world by sailboat, 4x4, caravan, and/or motorbike!

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# BRRC VIRTUAL EVENTS

As you are well aware, due to COVID-19 restrictions the Club has not been able to conduct events in the usual manner. In order to provide a means of getting our runners out the door for a run and to keep them healthy and positive during a difficult time, virtual events mirroring our current event calendar have been introduced. Of course, the results that many of our runners will achieve in these virtual events will vary in comparison to those normally achieved.

The following results of the 15k Virtual Championship event should not be taken too seriously – please regard them as a personal achievement & not necessarily competitive with your fellow participants. Last but not least, all of the members listed in the following results have now put themselves in the BRRC history books in that they took part in the Club's first ever virtual run.

Name	Time	Name	Time
Bracken, Peter	50:15	Crilly, Ray	1:08:44
Leahy, Derrick	52:44	Smitheram, David	1:08:47
Dawson, Clay	53:31	Ripper, Ruben	1:08:52
Cnops, Michael	58:50	Wilkins, Mike	1:09:00
George, Shane	58:55	Paetz, Jurgen	1:09:14
Mooney, Ryan	59:34	Sparshott, Mark	1:09:16
Bath, Neil	1:00:23	Shaw, John	1:09:33
Garbuio, Mike	1:01:16	Marckwald, Duncan	1:09:40
Dickerson, Sebastian	1:02:12	Firmeza, Washington	1:09:54
Lewis, Peter	1:02:58	Schoofs, Hanne	1:10:13
Litchfield, Solveig	1:03:05	Paetz, Yvonne	1:10:20
Lennon, Olivia	1:04:20	Dixon, Christopher	1:10:28
Hodge, Kerri	1:04:20	Webster, Greg	1:11:11
Hwang, John White	1:04:54	Davidson, Steve	1:11:35
Clarke, Andrew	1:04:57	Roberts, Christie	1:12:03
Towner, William	1:05:25	Hermiston, James	1:12:21
Kelly, Marty	1:05:36	Perkins, Kieren	1:12:33
Brown, Lucas	1:07:06	Larcombe, Wayne	1:12:56
Yu, Junsu	1:07:08	Condylis, Peter	1:13:10
Royce, Adrian	1:07:46	Poulton, Anthony	1:13:16
Stewart Campbell	1:07:56	O'Neil, Elizabeth	1:13:34
Birmingham, Eamonn	1:08:21	Dunne, Peta	1:14:04
Cunningham, Richie	1:08:30	Benedik, Albert	1:14:09

Name	Time		Name	Time		Name	Time
Grolimund, Liz	1:14:31		Riethmuller, Kate	1:25:48		Davie, Jo-Anne	1:36:29
Peters, Ron	1:14:35		Hewish, Jessica	1:25:55		Thompson, Lee	1:36:42
Heath, Steve	1:14:41		Hewish, Paul	1:25:55		Keller, Brian	1:37:17
Thornton, Susan	1:14:57		Wightman, Andrei	1:26:09		Zhang, Li Jun	1:37:47
Cavanagh, Leigh	1:15:20		Going, Dean	1:26:18		Shi, Youwang	1:37:57
Walmsley, Stephen	1:15:31		Coulter, Greg	1:26:38		Rolff, Karen	1:39:24
Huth, Mark	1:15:47		Bion, Anja	1:26:41		Page, Garry	1:39:54
Hood, Chris	1:15:49		Hermitage, Phillip	1:27:21		Hastie, Arifah	1:40:02
Peart, Andrew	1:16:00		Elgey, Felicia	1:27:35		Alexander, Esther	1:40:03
Leaver, Sharon	1:16:23		Hallinan, Rachel	1:27:49		Goddard, Pam	1:40:15
Sheer, John	1:17:17		Lyttle, Michael	1:28:01		Washband, Leonie	1:41:18
Cox, Jason	1:17:20		Smith, Anthony	1:28:07		Wiersma, Karen	1:40:17
Barker, David	1:17:36		Riethmuller, Peter	1:28:51		Briskey, Julia	1:41:20
Beak, Bill	1:17:39		Jackson, Matthew	1:29:02		Downie, Jenny	1:41:49
Robinson, Andrew	1:17:51		Vietheer, Kate	1:29:07		Todd, Belinda	1:43:26
Deag, Jenny	1:18:00		Ryhanen, Erkki	1:29:08		Poon, Steven	1:43:27
Law, Rodney	1:18:16		Ridley Hanna, Helen	1:29:44		Black, Roger	1:43:27
Bond, Paul	1:18:25		Smerdon, Bruce	1:29:58		Joyce, Toby	1:43:53
Knight, Zane	1:18:30		Dighton, Aaron	1:30:01		Joyce, David	1:43:58
Marrington, Andy	1:18:49		Vanderduys, Reuben	1:30:14		Campbell, Janette	1:45:09
Brown, Renae	1:18:54		Day, Lucy	1:30:22		Lewis, Juliane	1:45:15
Kim, Dong-Hyuk	1:19:11		Mitchell, Clare	1:30:32		Dempster, John	1:45:23
Bryson, Greg	1:19:34		Gardner, Stacy	1:30:33		Maulani, Nova	1:46:10
Joyce, Jasper	1:19:40		Dower, Andrew	1:30:41		Bromley, Allen	1:47:00
Cass, Damien	1:19:46		Jackman, Katherine	1:30:48		Neil, Geoff	1:47:29
Shourbaji, Tash	1:19:50		Peldan, Pam	1:31:09		Adams, Grahame	1:48:02
de la Cruz, Gina	1:20:20		Peldan, Michael	1:31:18		Banks, Helen	1:48:03
Manson, Darren	1:20:46		Jackson, David	1:31:49		Hunt, Jennifer	1:50:00
Backen, Maddison	1:21:22		Lye, Brad	1:32:16		Meyer, Andreas	1:50:11
Leishman, Adam	1:22:11		Bone, Anthony	1:32:30		Crouch, Craig	1:51:00
Blake, Paul	1:23:16		Ferguson, Toni	1:32:54		Swanwick, Ken	1:53:51
Firkins, Saffron	1:23:21		Neil, Virginia	1:33:20		Harris, John	1:55:14
Lekieffre, Lea	1:23:24		Elgey, Patrick	1:33:27		Riethmuller, Jayne	1:57:40
Strout, Philip	1:24:05		Brooker, Simon	1:33:55		Nelson, Paul	1:59:51
Greenaway, Tim	1:24:13		Rainbow, Shane	1:34:01		Wood, Tracey	2:01:07
Allen, Matt	1:24:34		Hill-Webber, Julie	1:35:00		Koehler, Michelle	2:02:43
Miller, Bob	1:24:47		Vines, Ron	1:35:00		Marrington, Sharon	2:07:30
Davidson, Helen	1:24:56		Ehlers, Catherine	1:35:03		Knight, Paul	2:28:07
McDonald, Michelle	1:24:58		Steindl, Michelle	1:36:07		Robertson, Graham	2:28:54
Weekes, Heidi	1:25:31		Cawood, Jenny	1:36:29			