



BRRC

Summer 2022



CONTENTS

CONTENTS	2
YOUR COMMITTEE	3
CALENDAR OF EVENTS	10
FROM THE EDITOR	11
By Robert Lofthouse	
PRESIDENT'S REPORT	12
By Andrei Wightman	
ADELAIDE MARATHON	15
By Alan Peacock	
LONDON MARATHON JOURNEY & TAKEAWAYS	17
by Krishna Stanton	
MEMBER PROFILE	20
Shane Rainbow	
MEMBER PROFILE	21
Kerry Magro	
BRISBANE ROAD RUNNERS RACE REPORT	23
By Robert Lofthouse	
PAN PACIFIC MASTERS GAMES	35
By Andrei Whiteman	
AMSTERDAM MARATHON	39
By Kieren Perkins	
AT THE RACES	43
By Robert Lofthouse	
MEMBER PROFILE	49
Zara Nance	
DASH & SPLASH 2022	50
MEMBER PROFILE	57
David Jackson	
MEMBER PROFILE	59
Tanya Zlatkovic	

BRRC COMMITTEE 2023

Andrei Wightman President



While I always did some running as a kid, I didn't consider myself a runner. That changed in 2015 when I became more serious about running after my brother passed away. Since then, I've discovered so much about myself from running as well as met some of the most wonderful people. The most wonderful of them though, through Brisbane Road Runners Club. This is now my 7th year at BRRC and I'm excited that our 41st year is coming up. I'm now a passionate runner and shoe-geek. I love my Nikes for racing but what resonates with me most is what ASICS is the acronym for - anima sana in corpore sano - roughly translated - a sound mind in a sound body.

I'm as passionate about good mental health as I am about running. The link between good physical and good mental health is undeniable and I'm happy to be bringing both to our wonderful club. I'm so proud of all the BRRC members who race, not just the podium dwellers but everyone who is working to be the best they can be.

Lynette Fergusson Secretary



I started running in 2016 after much nagging by my neighbour to come along to parkrun. Up until then I had always thought I can't run and that it was a dumb sport that only athletic people did. Well my first parkrun was more of a walk than a run but the encouragement from the running community sold me into running from then on. Whilst I will never be an elite runner, I enjoy the challenge and the constant encouragement from other runners keeps me going. I finally learned to run a 5km then 10km and graduated to half marathons – something I would never have imagined possible. There is a place in the sport of running for everyone and that is

what is great about the Brisbane Road Runners Club – everyone is welcomed and supported. I look forward to 2023 as Secretary on the Committee and giving back to the community that welcomed me as a runner.

John White Hwang
Vice President



Running has saved my life! I started my running journey 6 years ago in August 2017, aged 40.5 and humongous at 125kg and close to having a hypertensive emergency; I committed to making a change in my lifestyle by challenging myself to run 10km in the Bridge 2 Brisbane just 4 weeks away. Apart from naturally shedding the kilos, I unintentionally discovered the joy & mental health benefits of running. I have been awe inspired by members at BRRC and by an incredibly positive running community from parkrun then BRRC, where I have met lifelong best friends with the ERNIE family. It seems I can't seem to stop running now 😊 (About to clock over 6000km for the year). I hope the joyful running journey never ends! This will be my 5th year running at Brisbane Road Runners Club and 4th year on the committee. I'm inspired by each and every runner out there and am so grateful for the kindness and support the running community has given to me. I am passionate about supporting each other and giving back to the running community and spreading the good of what running can do personally and for society. I'm looking forward to continuing to promote the positive benefits of running as a part of everyone's balanced lifestyle and happiness. I am honoured to represent the club as Vice President and look forward to supporting the committee and club members in 2023 as Brisbane races towards the 2032 Games.

Adrian Royce
Registrar / Volunteer Coordinator



I wasn't a runner at school or any type of sporty person and I didn't start running until 10 years ago at age 44 when a friend invited me to a parkrun. But somehow I caught the bug and here I am after 29 marathons (including 7 marathon outright wins and lots of age group wins) and almost 500 parkruns. I will be contacting you at some point to help marshal at one of the events at our awesome club.

Damien Barry
Treasurer



this wonderful fraternity and to provide a safe and enjoyable space for runners of all persuasions.

I guess I would describe myself as a reluctant runner, or maybe a weekend warrior. It's not that I don't enjoy it; it's just that every step I take feels like I'm running in quick sand. It's as if my body resents me for dragging it out of bed to hit the road. Despite this I have a great deal of affection for running / jogging. It's my quiet time, my mental health break, a place of friendship, a time to appreciate a sunset, or simply being alive. I am an old PE teacher, have played plenty of sport over the years, coached plenty of it as well. Have done 2 marathons. Still haven't broken the 5hr mark. Aiming to do Sydney Mara this year. God help me !!

Hoping to make a small contribution to

John Dempster
Committee Member



I joined BRRC in 2009 when I started running on a regular basis. Initially I ran to get fit and lose weight, but over time it has become part of my life and the people I have met through the club have become my friends. Having likeminded friend/club members helps to keep me motivated to continue my running journey, albeit a lot slower these days. Have enjoyed being on the BRRC committee for the past 9 years, and look forward to continuing to give back to the club that has given so much to me over the years

Elizabeth O'Neil
Committee Member



This will be my 6th year at Road Runners and third year on the committee, running is a huge part and an important part of my life, getting out of the house and doing something active is my idea of a full and fulfilling life. The friends I have made through running are the best! I thrive on other people's positive energy and runners are generally the happiest and most positive people I have ever met. I am looking forward 2023 and seeing some familiar faces out on course.

Pam Peldan
Committee Member



My BRRC story began in January 2019. I obviously hadn't done enough reading about the club prior to joining and wasn't aware of 'The Towel'. By the time I knew about it I'd missed some of the events. No towel that year.

Come January 2020 I knew I was going to be away for a couple of the champs so I decided to do the 10km in February instead of the 5mile championship run. Rookie error!!! You never know when a pandemic may happen so always do the events you can just in case!! 2021 was my year and I was very happy to receive my Commitments towel. A prized possession 😊

This club and the friends I've made have taken my running to a whole new level. I never imagined I'd become a long distance runner having been a sprinter at school but belonging to this awesome running community and being surrounded by so many talented runners I am inspired every day. And quite easily persuaded to sign up for big races 😊.

Being retired now from nursing for 7 years (I was an operating theatre nurse for about 22 years prior to retiring) I'm so happy that running has become such a big part of my life and it keeps me healthy and happy.

This will be my second year on the Committee. I look forward to 2023 and playing my part in keeping the club going strong.

Krishna Stanton
Committee Member



I've been a member of Road Runners for a few years now and am really looking forward to being part of an awesome committee in 2023. I started running when I was 10 years old at Little Athletics and it was clear I was not very good at many of the events but could just keep on going. That's a long time ago so I obviously love to run. It hasn't always been easy or gone to plan but the journey has made me the person I am today. At 56 years old now I am proof you are never too old to set new goals, work hard towards them and realise if you enjoy the process then anything is possible. I enjoy running these days because of the people

I meet and often ultimately become friends with. It doesn't matter what age or level anyone is at we all have something in common, we can see and feel the benefits of running in our lives.

My running tip for everyone in 2023 is to ditch the watch every now and then and just go for it! ☺

Muriel Mclean
Committee Member



I first joined BRRC back in 2011 when I decided to run my first marathon. The Sunday races helped me prepare for race day, in particular drinking on the run and not stopping during the long run.

After a few years I took a short break due mainly to recurring injuries. This will be my fourth consecutive year and I've earned that much prized 'Towel'.

Running is a huge part of my life, it makes me feel part of a bigger community and the friendships I have formed are immeasurable. I love to encourage and see new runners improve and enjoy the sport.

At BRRC there is great support and goodwill amongst its members. I look forward to my first year on the Committee and giving back to the club.

Kelley Taaffe
Committee Member



I first joined BRRC 2 years ago as a place I could share my running passion, meet challenges, and generally enjoy fellow runner's company.

My highlight of 2021 was being awarded one of BRRC's coveted towels, at the end of a running season blessed with new friendships and life-changing goals.

2022 - the year started off strong with a personal best time for my half marathon and a personal best time for my 10km and 5km distances. Sadly, the last quarter of the year has ended in injury. I missed some of the running challenges & I missed the support I felt every time I arrived at BRRC, so decided

I'd come along anyway & volunteer or simply share coffee with BRRC friends after the events. I will enjoy "giving back" to a club that's given me such a great start in my running pursuits. When I was approached to take a position on the committee, I didn't hesitate for long. I'll look forward to what 2023 brings.

Marie-Claire Grady
Committee member



I discovered BRRC in 2020 and enjoy the opportunity to compete regularly in an environment that's inclusive and supportive of the whole Brisbane running community. I'm very relieved to have earned my Commitments towel in 2022, and am looking forward to contributing to the club via the committee.

Getting out in the fresh air at sunrise is my happy place. Running has introduced me to so many great people, brings positive energy to my days, and helps keep life in perspective.

I love the challenge and focus of the marathon journey and encourage anyone

who is considering it to have a go. 2023 will see me at the start line in Boston - a dream I thought was impossible. Never say never!

Matt Stenson
Committee Member



I ran a lot as a child, I was kindly referred to as an 'active' child, or maybe even a handful. After a bout of illness when I was ten, I stopped running and apart from a couple of years playing triathlete in my early twenties, I didn't take it up again until 2018 when I was 49. My boys Sam and Tom had started doing cross country at school and I decided to train with them and have since fallen in love with the sport and the community around it. I found BRRC in 2020 when everything seemed to be on hold and submitted several virtual runs. My first in-person run was the 20k champs in 2020 and it was epic fun. I love training (most days), I love competing, I

love the running community and I feel very privileged to share an interest with Sam, although he's a bit faster than me these days. While I run and train with several different groups, I appreciate everything Road Runners offers and am looking forward to giving something back.

BRRC CALENDAR OF EVENTS 2023

BRRC 2023		
Date	Events	Start
08-Jan-23	5K & 10K	6:00am
22-Jan-23	5K, 10K & 15K "Bring A Friend"	6:00am
05-Feb-23	5 Mile Club Championship	6:00am
19-Feb-23	5K, 10K & 15K	6:00am
05-Mar-23	5K, 10K, 15K & 20K	6:00am
19-Mar-23	15K Club Championship, 5K & 20K	6:00am
02-Apr-23	5K, 10K, 15K & 20K	6:00am
23-Apr-23	5K, 10K, 20K & 25K	6:00am
07-May-23	21.1K Club Championship (Andy Semple President's Cup) & 5.275K	6:00am
21-May-23	5.275K, 10.55K, 21.1K, 31.65K & Ekiden Relay Marathon	6:00am
04-Jun-23	Brisbane Marathon Festival	
18-Jun-23	10K Club Championship, 5K & QMA 10K Championship*	6:30am
02-Jul-23	Gold Coast Marathon	
09-Jul-23	5K, 10K & 15K	6:30am
23-Jul-23	5K, 10K & 20K	6:30am
06-Aug-23	5K, 10K & 15K	6:30am
20-Aug-23	20K Club Championship, 5K & 10K	6:30am
03-Sep-23	5K, 10K, 20K & 25K	6:00am
17-Sep-23	5K, 10K & 15K	6:00am
01-Oct-23	10 Mile Club Championship (Robin Flower Memorial) & 5.36K	6:00am
15-Oct-23	5K, 10K & 20K	6:00am
29-Oct-23	10K Novice & 5K "Bring A Friend"	6:00am
12-Nov-23	10K Handicap, 5K	6:00am
26-Nov-23	5K Club Championship, 10K & AGM	6:00am
10-Dec-23	Dash & Splash, Yeronga Pool	7:00am

FROM THE EDITOR

By Robert Lofthouse

Welcome to the Summer edition of the BRRC Magazine!

2022 was a remarkable year in many ways, starting with the February floods which resulted in interruptions to the BRRC calendar. The work done by the committee and club members to get the Sailing club and surrounds back to normal was of the highest order. The fact that we only missed one championship event in this our 40th year was largely due to the 'clean up' effort done by our wonderful club members.

Our membership continues to grow, largely due to the enterprising leadership shown by our President Andrei Wightman and the supportive committee. The club is in a strong financial position as highlighted at our recent AGM and again our annual membership fee will stay the same for 2023. This is an example of the club 'giving back' to its loyal members.

Finally, thanks to Betty Menzies and Bruce Smerdon, who have provided great support to me over the years, ensuring that the magazine articles and photos are presented in an easy to read format on the BRRC website.

The 40th Anniversary year of the club has come and gone (like a typical Brisbane summer storm) so enjoy the stories, reports and member profiles in this edition and we'll see you all on the start line outside the South Brisbane Sailing Club in 2023.



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

PRESIDENT'S REPORT (delivered at AGM, 27-11-2022)

by Andrei Wightman



Before I reflect on 2022, our 40th year, I need to make a few thanks and acknowledgments. As I've written in my monthly newsletters on so many occasions, it is the volunteers who make this Club such a wonderful Club to be a member of and such a fantastic place to race. Firstly, thanks to the 2022 committee who've helped to guide the club through this 40th year of operation.

Some of the committee you all know but what you probably don't see is all the work they do behind the scenes. Thanks to John White Hwang, Bruce, Lynette, Adrian, Tim, John Dempster, Pam Peldan, Ant, Shane, Jason, Elizabeth, Krishna, Pam Cramer, Geoff and Virginia. It's not only the committee that work hard for BRRC, there are many volunteers who are there, at most, if not every race either beforehand setting up or afterwards helping to put it all away. The work that Andy Marrington does every event is extraordinary. I don't know if you've ever come back later on a Sunday after we've had an event, but it's as though we were never here. The shared facilities that we use are normally left in even better shape than we find them.

Thanks also to everyone who's answered the call when they've been asked to volunteer as a marshal, race director or in another role to help the race go smoothly. Safety is my number one priority for the participants and every volunteer makes it a better and safer race. To all the photographers, Betty, Yvonne and Kelley, Lynette and Tim, your ability to capture the pleasure and pain of the endurance runner is extraordinary. It's not just taking the photos, but sorting through them to make them manageable, then uploading to Facebook. Betty Menzies does this time consuming job tirelessly.

The timing team of John Dempster and Tim Appleton have worked during the events to make sure the timing system provides us with accurate data but their work begins long before we race and long after we've finished to publish the results so quickly.

The uniform team lead by Gina de la Cruz not only make sure your order is ready to pick up and manage the race day sales but they design, liaise with the manufacturers, manage and stock-take. Gina, Pam and the crew worked hard with Scody to produce our 40th Anniversary singlets that I am pleased to see so many of our members wearing this morning.

Our social media too is something I need to make a few thank-yous for. Pam Peldan (AKA Postmistress Pam) and Tracey Wood (Facebook Trace) do a fantastic job answering queries and jumping on the spam and other internet nasties that seem to pop into our feeds.

My most important thank-you goes to our outgoing Treasurer, Bruce Smerdon. For more than 16 years on the committee and 13 years as treasurer, Bruce has been a steady hand in the Club through both good as well as challenging times. From an abacus and cheque books to Quickbooks and EFT, Bruce has helped to keep the

Club financially stable and in a stronger financial position than it has ever been before. Not only this but he has been both a wonderful inspiration to me personally as well as a mentor and supporter in my own time at the Club and running generally. We are all better off for what Bruce has done for us. I would like you all now to be upstanding and to thank Bruce for his tireless service to the Club.



We'll be making a presentation to Bruce and other outgoing committee members along with the other awards at the Dash and Splash.

After so many thank-yous I'd like to briefly reflect on the year at BRRC. In this, our fortieth year, we finish with a stable membership base from last year of around 800 members. A number which has steadily increased over the last four years and I hope to continue to increase going forward. With this, we have seen a number of new age-group and course records across multiple distances as BRRC is recognised as a great place to race. While we've probably all noticed the number of quality athletes racing, I am equally impressed by the number of runners at events who are running and racing against themselves. Back earlier in the year, I noted the origins of BRRC was a club for serious runners. Not necessarily fast, but serious. That is to say that running is an important part of their lives. Running is an important part of my life and

I'm sure it's an important part of yours as well.

This year saw the introduction also of an Ekiden Relay Marathon complete with prize money for the first male, first female and first mixed team. Even on a day when we had some pretty ordinary weather, there was some fantastic racing and I was so pleased to congratulate the winners of this race. We'll be bringing this back in 2023. This was also our 40th Year official celebration run and I was delighted to have some of the founding members of the Queensland Marathon and Road Runners Club which is now BRRC.

We also saw the introduction of a random prize for entrants, both members and visitors. This too has been an exciting surprise for runners who turn up and may not set a PB, win the overall race or even their age-group but still finish the weekend as winners. I'm pleased to say we'll be continuing this in 2023.

This year we've also renamed the Half Marathon Championship to the Half Marathon Andy Semple Cup in memory of Club Founder Dr Andy Semple. I was also delighted to welcome Sarah Flower, daughter of late club member Robin Flower to our 10 Mile Championship after she discovered our tribute to her late father. I'm hoping that she can come again in 2023 to present this trophy.

Speaking of the Club Championships, I was disappointed to have had to cancel the 15km Championships earlier in the year due to the flood event Brisbane experienced but an unintended consequence of this was that many Age-Group Champion competitions will only have been determined by performances this morning when in many years, the results are known much earlier. This has certainly kept me motivated to do my best whenever I'm racing at BRRC and I hope you've been following your own age-group results as well.

I was asked at a previous AGM what my vision was for the club and I'm pleased to say that what I said back in 2020 hasn't significantly changed; BRRC is more than a just a club, it is a community of serious runners dedicated to making all of our runners happier and healthier. We provide a race experience through a regular race program to provide competition and motivation to help runners to achieve their best, whatever their ability. We are a friendly, welcoming and inclusive club providing our services to the broader running community.

I am passionate about improving people's physical and mental health and I hope that during 2022 I have been successful in doing that through my leadership at the Club. I will certainly be working hard in 2023 to continue this for the benefit of all of BRRC members and I thank you for your confidence in both myself and the incoming 2023 committee. Thank you everyone for what you do for BRRC, whether you are a committed volunteer or an irregular runner. We are all improved by your presence. My plan is, that with your help, we will continue to make BRRC Brisbane's and South East Queensland's premier road racing club.

ADELAIDE MARATHON 2022 REPORT – RELEARNING THINGS

by Alan Peacock

Recommended for the following reasons: Adelaide city is compact with free trams in the extended CBD area, the airport is only about 7km away (Uber ~\$18), the marathon course is flat, scenic and green, dodging in and out of river Torrens pathways. The weather this year was 6.7C minimum, 15.7C maximum with <= 10C maintained during the race, calm and very importantly, cloudy conditions. Cloud is most often the missing element in Brisbane winter races, the thermometer may be low but the solar radiation is still very much against us. Note for later: radiation = bad.

Conditions for this my 81st marathon (average 3:17:45, antique–PB 2:40:26) were possibly the best I've experienced since 1984. In my last three outings, Sunshine Coast Marathon (3:49, Oct '21), Canberra Marathon (3:44, Apr '22) and Gold Coast Marathon (3:41, Jul '22) I'd struggled badly, somehow hitting a wall between 24-28k, before rallying in the final 14k. Miscalculating the initial pace is not recommended, though past experience seems to count for nought.

There are so many little details to remember for a good marathon race and over the years I have learned, unlearned and relearned these lessons. New learnings include: the leg protection afforded by carbon super shoes helps you stay fresh later on in the race and recover better afterwards. Training low on carbs and racing high-carbs works best, the need to adapt your fat burning abilities is a key. Maurten gels (2) sit well for me when I take my time to ingest them allowing 10-15 mins to down a gel, a sweet sensation in the mouth might be enough information to help the brain perform according to one theory.

Technology improves and we need to update our methods. The newer Garmins now have a 'Pace Pro' feature allowing a predetermined per/k pace to be reported each 'lap', in this case 5:11s/k or 3:39:00 for the marathon. The watch simply displays +/- seconds cumulatively. By halfway my projection was for just under 3:38, the watch was showing around -1:10. Into the second of two laps I focused on extending the gain into the -2m, -3m, and finally -4 minutes ahead, finishing in 3:35:09 (SB) and 3rd v60. The cool weather in Adelaide helped 459 finish the marathon with Davide Fawkes winning by 20 seconds in 2:32:10 and Hannah Oldroyd first female in 2:50:42. A half, 10k where my lovely, talented wife Ruth ran 56:33 for 4th in the v60 category and a 5k rounded out this superb festival (1925 participants) of running that delivered me my first significant negative split in nearly 40 years.

Digital watches were available in 1984 when I ran my first marathon, but the Seiko lacked an instantaneous split function. In the late 80s I relied on my Toowong Athletics teammate / fellow QMRRC runner, John Tymukas aka 'Rainman', to calculate our splits. John, an engineer, had a mind like a steel trap and a mental processor that was superior to and more user-friendly than Garmin's ARM Cortex M4 CPU. Over the years I lost contact with John who had, like other great Australians, Clive James, Germaine Greer and Robert Hughes before him, gone to live in London to help rebuild that tiny crumbling island whilst I had emigrated to escape it all in 1980. Being a UK resident and able to run a 'good for age' qualifier, John ran the London Marathon a few times (notably 2:51:24, 1991 and 2:53:42, 1993). By 1992 I was

out of running, together with most of life's other pleasures, suffering Chronic Fatigue Syndrome that lasted for 7 years. A period of ill health teaches you a little compassion for the sick, I've found.

On the free tram ride home after the race I received several random, slightly garbled, Apple iMessages from an unknown cell number. Amazingly, John was back in Oz living in Adelaide and had tracked me down. My heart sank a little when I approached John's residential address in an 'elegant senior living' facility, he is just shy of 70.

After several years running the club scene in the UK, apparently John's knee pains progressed him to cycling and by 2016 (age 63) he was riding 100 miles in 4 hours 50 mins, but by 2019 he was on a waitlist for heart surgery. In 2020 the once esteemed National Health System (NHS) of the UK was under severe Covid-19 induced strain meaning John's operation kept getting postponed. Unfortunately, John had a stroke nine months later in 2020. You can never keep a good (marathoner) down, John's spirit is intact

along with his physicality, he is relearning his quick recall for words however. Around the corner in Tusmore you'll find his independently-living 93 year old mother; his father, also an engineer, died from the radiation he was exposed to during several of the British nuclear tests at Maralinga, SA. Life is the luck of the draw, I guess.

A drive to the Adelaide Hills was only about 30 minutes away from the CBD and although I gave the booze away in 2008, Barossa Valley wineries were easily drivable within the day. On the Monday after the marathon it was raining sideways, emphasising how lucky we had been to enjoy ideal running conditions the day before. It was also good to visit the coastal suburb of Glenelg on Sunday afternoon after the 6 am morning race. We only stayed in Adelaide for 5 nights.

I wholeheartedly recommend the Adelaide Marathon, carbon shoes and a coronary calcium scan amongst many things I learned and relearned on this trip.



**John Tymukas (2:45:20) aka 'Rainman' flogging me (2:49:10), the salad days
- 1988 Gold Coast Marathon**

LONDON MARATHON 2022 JOURNEY and TAKEAWAYS

by Krishna Stanton

On Monday the 7th of February I received an email offering me a spot with Runfun Travel to run in the London Marathon on the 2nd of October. I had 48hrs to respond or they would pass the offer on.

After a chat with my husband who was all in if I was up for the challenge I replied YES!

As soon as that decision was made, I was 100% going to be dedicated to the task of being as prepared as best I could for the 2nd of October. I was already aiming for the Gold Coast half in July so with my coach/mentor & friend Steve Moneghetti on board we mapped out a plan.



Krishna mapping out a plan with Steve Moneghetti

Many would consider my training boring, but it is all about consistency and that's what works best for me. My focus was Wednesday mid-week long run and Sunday long run and they became my priority if something had to give. I enjoy the longer runs more than intense workouts so except for a few tough Sunday runs training went well. The training to Gold Coast was consistent due to the fact I'm much better these days at listening to my body and take a day off if needed or just running to feel not to my watch. (I really believe more runners should leave the watch at home and run to feel). At the Gold Coast Half, I managed to break the Age Group Australian Record for the half marathon which was a good sign all was

going well. After a week of just easy running, I started to increase my long run distances but not much else changed. Aside from a bad cold for a week and an iron deficiency (an iron infusion fixed that) I had a clear run into London.

We arrived in London at 6am on the Wednesday before the race and dropped our bags and hopped on the hop on, hop off bus to try and stay awake! Thursday morning, I headed off to collect my number and check out the expo before it got busy. The travel group of 10 runners plus partners all met up at the hotel on Thursday afternoon for a meet & greet. There was a diverse range of abilities, occupations, and reasons for running London amongst the group and just a great, fun group of people. Travelling with people who had done the race before and had everything organised for us was so helpful and made it relaxing. The only concern I had was the forecast for 80% chance of rain on race day. I decided to just focus on the things I could control, and it was not the weather! I tried to concentrate on my nutrition, as little walking as possible, hydration and rest.

The night before the race the forecast was still for rain but on the morning, it was cool and slightly overcast, perfect marathon running weather. My start time was 9.40 but departure from the hotel was at 6.30 so quite a bit of time to fill in but having a bus sorted for us and other excited marathoners on the bus made the time pass quickly.

The question that I have been asked the most is did I know I could break a World Record?

The answer is no. I've always been a much better racer than trainer and what I mean by that is I don't race in training. In training I'm striving to run hard but not so hard that I can't be consistent.

What did I learn or takeaway from my London experience?

A lot! Some things I already knew but realised more so that I'm a very goal orientated person, so it's all or nothing for me. I don't mean no running as I love it but no races or specific training if there isn't a goal.

I was confident I had done as much training as my 56-year-old body could handle and that I could break the Australian Record of 2.56 but thought it was going to have to be one perfect day for me to be able to break the World Record. I guess it was my day, it wasn't perfect but on that starting line I was not nervous or stressed just excited to see what was possible if I just raced.

I looked at my watch once at 2km and it said 3.45per/km and I thought that's ok I will settle in and naturally slow down.

My splits were 5km - 18.27

10 km – 37.08

21 km – 1.20.46 (WR is 1.19.38)

After that I just didn't worry looking at the roadside clock and trying to work it out. For the numbers people, my average km splits were 3.57 and best 3.27.

I felt good till 15km and then the balls of my feet started to burn, the mental challenge had started early in order to try and ignore the pain. When I got to halfway, I did get a shock when I saw the timer on the road but thought well, I could be in for a huge blow up or I can double that time and still have a 7-8 min buffer! I didn't once think I was not going to finish but I did think of how nice it would be to stop and let the foot fire sensation stop but for those that know me well I wasn't going to do that. I felt like I was running much slower than I was so I think that kept me pushing as much as I could to maintain the pace I was at. Men were passing me so that also kept me on my toes.



I focused on other things, the support I had at home, my family and friends tracking me, and the challenge Mona had taken on in helping me, the investment into shoes, physio, massage, flights etc and the hardships and tragedies that family and close friends of mine have had to endure. The marathon is nothing in comparison. I also spent a little time reflecting on what a great celebration and holiday it would be afterwards if I could actually make the WR a reality.

It wasn't until I saw the clock at 40 km, and it said 2.39.05 did I know I was going to break the record. I thought to myself that I could do 2km at 5km pace (which is what I felt like I was running) and surprise myself and so many others. As one of my close running buddies has often said "Where did that come from, you can't even do that in training."

Upon reflection many of my best runs have come from running for the right reasons, being appreciative of so many things including the fact I can still run when so many are not able to but most of all they have come from not over thinking,

analysing, stressing, or putting pressure on myself and just forgetting about the watch. I wore it (and actually started it, I'm known for having a flat battery or forgetting to press start or stop! 😊) I wore it so I could look at what I did after the fact not during.

If you take anything away from this read, please give it a go, run without your watch, run how you feel or race your heart out and just see what is possible.

It may not always work but it could and how will you ever know if you don't give it a go. Put no limitations on yourself every now and then.

Once I crossed the line in London it took a few tough steps for things to sink in and as a volunteer tried to help me walk, I became emotional and realised it's never too late to set new goals and crazy ones at that because sometimes you might just surprise yourself and others too!



MEMBER PROFILE

Name: Shane Rainbow

Age: 48

Occupation: Services Manager



How and when did you start running?:

I have always run, from when I was in primary school to now, on and off. Some parts of my life more so than not.

Most Memorable Running Moments:

Completing my one and only full marathon in 2017 and of late, running the half marathon at the Australian Outback Marathon

Favourite Running Distance and PB:

5km PB=20.38

Running Goals:

Long term goal; To keep running for many more years and improve on my age graded score.

Short term goal; Run the London Marathon 2024.

Favourite Runs:

An easier than normal pace run with a friend. At a pace where I can get words out without hyperventilating.

Favourite Running Partners/Group:

Most of the time I meet up with various people, but run solo. More commonly it's generally Mark Robinson, Michelle Robinson and Kylie-Anne Rainbow. However I feel very lucky because I have so many running friends to list them all.

Who is your running idol?:

This year, as cheesy as it might sound, my wife Kylie-Anne. The people who know her will understand. She may not be fast, but she has determination and a never give up attitude.

Favourite Sportsperson/s: John Eales the Australian former rugby union player and the most successful captain in the history of Australian rugby.

Favourite Shoe Brand: Brooks

Favourite Food: Lasagne

Favourite Drink: Coffee

Favourite Movie: Both of the Top Gun

Favourite Music: Alternative Rock

Star Sign: Capricorn

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

To stay healthy enough to live a quality life.

MEMBER PROFILE

Name: **Kerry Magro**
Age: 61



Occupation:
Medical Secretary

How and when did you start running?
I started running in 1985. I had been a smoker for 3 years prior, and when I kicked the habit and took up the running, I found the health benefits and running improvements kept me motivated to never go back to smoking.

Most Memorable Running Moments:
Competing in the Gold Coast Half Marathon back in the late 80s. My PB for a half was 1:31, couldn't quite break that elusive 1 and ½ hour barrier.

Favourite Running Distance and PB:
My favourite is 10km. I would say my best would have been the Sutherland 2 Surf in Sydney, way back in the late 80s. I think my time was about 42 minutes for 10km.

Running Goals:
These days just to keep running, after 37 years of running injury free.

Favourite Runs:

Brisbane Road Runners Club at West End, New Farm Parkrun and Main Beach Parkrun.

Favourite Running Partners/Group:

Brisbane Road Runners Club on Sundays. Katie Dall's community running group on a Friday morning at Newstead. I love the positive vibes you get socialising and enjoying coffee with like-minded people. Southport Runners Club, they formed in 2004 after Gold Coast Runners Club moved to Burleigh from McIntosh Park, Surfers Paradise.

Who is your running idol?:

Gold Coaster Michael Shelley. I was in the grandstand at Broadwater Parklands Southport Gold Coast to watch the male and female marathons at the 2018 Commonwealth Games. You could hear a pin drop when the leading marathoner Scotland's Callum Hawkins, who with only 2km to go, collapsed on the Sundale Bridge. Michael Shelley, in second place, passed him and won the gold. The thunderous roar when he entered the finishing chute was magnificent.

Favourite Sportsperson/s:

I like the tennis, and really enjoyed this year's New York Open. It was fantastic to see the young Spanish player Carlos Alcaraz win, considering he had mammoth tennis matches to get to the finals. He gave it all and it was exciting to watch.

Favourite Shoe Brand:

Just love the new Nike ZoomX Vaporfly. For somebody that doesn't do long kilometres these days, I feel I'm not really deserving of running in something so hi-tech, but they certainly make a difference.

Favourite Food:

Love a nice cheese platter with (below)

Favourite Drink:

Bubbles of course. Doesn't have to be champagne, Australia produces some great sparkling wines, and my favourites are from Tasmania.

Favourite Movie:

The Big Chill. For the younger ones....a group of ex-university friends who re-unite in their 30s for the funeral of one of their friends. A great sound track accompanies this movie. The movie launched the careers of a number of movie stars, people in my age group may be familiar with. Glen Close, Kevin Kline, Jeff Goldblum, William Hurt, JoBeth Williams, Meg Tilley. What a lot of people don't know is that the corpse at the funeral is Kevin Costner (although you only see his arm).

Favourite Music:

Love the divas: Celine Dion, Adele, Whitney Houston, Tina Arena, to name a few. Powerful voices.

Star Sign:

Libra.

If you had one wish in life it would be?

To keep running injury free into older age.

BRISBANE ROAD RUNNERS RACE REPORT

August to November 2022

by *Robert Lofthouse*

August 7th – 15km/10km /5km (162 starters)

Excellent turnout on a beautiful winter's morning with three distances on offer. No doubt many were using these races as a perfect tune up for the Sunshine Coast Running Festival the following week.

15km – In the men's race, **Saxon Moseley** stamped his authority on the race with a 19 minute first lap split on his way to recording a **58:24** winning time. Great to see Damien Gannon back at the club after a break, maintaining a consistent pace for his three laps to finish second. It was a good battle for third place with BRRC newcomer William Nicol a step in front of John White Hwang at the 10km mark. John managed to pick up his pace in the final five km to end up with a 30 second gap over William at the end.

Kyoko Miura continued her great 2022 form with a convincing win in the ladies 15km as her final confidence boosting hit out for the Sunshine Coast Marathon.

After five kilometres, she had established a three minute lead over the rest of the field and continued to maintain her 21 minute time splits, recording a winning time of **1:03:02**. Also good to see BRRC regulars Robyn Bell and Eimear Mann finishing second and third respectively.

10km – Now a fixture on the Australian triathlon scene, **Thomas Feldmann** made a triumphant comeback to BRRC, over a decade after he used to compete and win the 2km Junior Dash, which used to be a regular event at the club on Sunday mornings.

Tom covered the distance in **33:40**, giving him a comfortable winning margin over Michael Cnops and Neil Bath, two of Intraining's & BRRC's best performed runners in recent years.

In the ladies race, **Lauren Reibelt (44:46)** held a handy 50 second lead over the chasing pack of three (which included Kim Massy, Gillian Kehoe and Fiona Leyden) at the 5km crossing. A stunning 90 second negative split by Gillian saw her almost catch Lauren at the finish, but Lauren held

on by the barest of margins to take home the trophy.

5km – The men's race proved to be close with **Andrew Clarke (18:09)** taking the honours by a mere three seconds from Brett Jenkins with Gary Eden third.

The ladies equivalent saw **Deborah Marshall** win by a more decisive margin recording a **24:19** effort. Lucy Day was second to cross the timing strip with Sarah Atkinson third.

Race Director **Michael Lytle** and his friendly group of volunteers made it a highly enjoyable and safe event for everyone through their efforts on the morning.



Thomas Feldmann - 10k Winner



Lauren Reibelt – 10k Winner



Greg Webster - Volunteer

**August 21st – 20km Champs/10km/5km
(214 starters)**

***Matt Cooper and Nerissa O'Donnell
take home the spoils***

Perfect end of winter weather greeted runners for the 20km Championship with some good battles expected in the various age groups as runners strive to improve their overall points' position.

The men's race featured the first BRRC appearance of one of Queensland's best runners in the 50+ age group, Tim Toner. Tim has been a leading performer at Jetty to Jetty Half Marathon for over a decade and it was great to see him on the start line at BRRC. 10Km Club Championship winner Matt Cooper was back again as well as BERT runner Nick Cotterill and Samuel Stenson who has been in great form this year, having completed in his first marathon at the Gold Coast.

In the ladies race, Nerissa O'Donnell was expected to feature prominently up front, having already won a host of BRRC championship races this year over various distances.

Current 20km Course Record Holders:

**Male – Patrick Nispel 1:07:31 on
12/06/2016**

**Female – Kim Knox 1:15:39 on
24/07/2022**

20km – The men's race saw Tim Toner hold a 12 second lead after the first 5km lap and at the 10km point, Tim still held the same lead margin. The 10-15km section of the race saw **Matt Cooper** increase his pace and with an 18:02 time split overtook Tim just before the 15km mark. Matt was able to repeat the time split in the final 5km of the race, which ensured that he crossed the line with a winning margin of nearly 30 seconds over Tim Toner. Matt's winning time was **1:13:22**. Third place proved to be a three way battle between Nick Cotterill, Samuel Stenson and triathlete Lou Brillault.

At the halfway mark, Lou Brillault held a narrow eight second lead over Nick with Samuel a further 15 seconds behind. Nothing changed during the third lap with Lou still holding a narrow lead over Nick as they headed into the last 5km. It was Nick and Samuel who really turned it on in the decisive last lap with both runners managing to catch Lou. Incredibly, Lou ran four even 5km time splits but both Nick and Samuel recorded big negative splits in the final lap. Nick ended up third finisher with Samuel fourth.

The ladies championship race saw **Nerissa O'Donnell** add another club title to her resumé with a resounding win in a time of **1:17:25**. Kyoko Miura ran a very evenly pace race to claim second with Kate Cecil third lady to cross the finish mat. Both Nerissa and Kyoko have continued to perform strongly after their big runs in the Gold Coast Marathon.

Age group records 20km:

Five (5) runners broke the previous course record in their respective Age Groups. Congratulations to ladies race winner **Nerissa O'Donnell (W30-34)**, **Kyoko Miura (W50-54)**, **Susan Thornton (W60-64)** and **Helen Ridley Hanna (W65-69)** in the ladies age groups while **Tim Toner (M50-54)** was the only male to break a course record in his age group on the morning.

10km – The two lap event proved to be a close battle all the way with **Kiernan Thompson (38:26)** holding off Adrian Royce by a fraction of a second. Brett Jenkins was third, being the only other

runner in the field to break 40 minutes. **Zara Nance (42:19)** took the honours in the ladies category with a win by over two minutes from Eimear Mann and Gillian Kehoe.

5km – It was good to see some newer club members feature in the top three in the men's race with **Edward Chamberlain** completing the course in **18:41**, giving him a narrow winning margin of just over a second from Koby Beilby and Philip Sangster.

Fiona Day recorded **20:15** to be a comfortable winner in the ladies 5km from long-time club member and leading runner Marion Hermitage and regular place getter Deborah Marshall.

Special thanks to **Elizabeth O'Neil** who assumed the role of Race Director for one of the club's biggest events of the year.



Kevin Muller



Mary Ashton



Matt Cooper - 20km Winner



Intraining Skirt Brigade



Karine Champagne and Pam Peldan



Nerissa O'Donnell 20km Champs Winner

September 4th – 25km/20km/10km /5km (145 starters)

M25km – A sizzling run by **Derrick Leahy** was probably the highlight of the morning. Derrick went out hard on the first lap recording a time split of 17:50 before settling in to a steady 18:10/5km pace for the remainder of the race. His winning time was **1:30:36**. Adrian Royce finished second after running with Adam Wills for most of the way. At the end, Adrian crossed the finish mat a few seconds in front of Adam. In the ladies category, **Kyoko Miura** continued her great form with another strong effort, winning in a time of **1:47:02**. Solveig Litchfield placed second with Clare Cooney rounding out the top three.

20km - BRRC has been fortunate in being able to attract some great runners in its 40 year history and one of our newer members **Tim Toner** is starting to really show his class after just two outings at BRRC. Tim is one of Queensland's best in the 50-54 age category and finished second overall in the club's recent 20km Champs after leading for much of the race. Tim has been a leading performer at the iconic Jetty to Jetty race for a decade so it was no surprise to see him dominate this four lap event with a **1:14:55** effort. Good to see Chris Dalby back at the club

as well and managing a second place finish ahead of David Jackson.

In the ladies event **Kerri Hodge** had a comfortable win in **1:36:26** from Susan Thornton and Gina de la Cruz. Susan is another of the club's great masters' runners who just gets better with age.

10km – Rising triathlon star **Thomas Feldmann** made his second BRRC appearance at BRRC a good one, recording a fast **33:02** to lower his August time by over half a minute. John Price and Arun Jegatheesan both ran strong races to finish second and third respectively. Queensland University PHD student **Pascale Wehr** who specialises in Rheumatoid Arthritis (RA) studies, is also an avid sports person who enjoys her running. Pascale held a lead of nearly a minute at the 5km point, before extending her winning margin to nearly two minutes at the finish. Pascale's winning time was **42:49** with Kim Massy passing both Nichole Giles and Gillian Kehoe in the second 5km lap to claim second place.

5km – In the men's category, it was a battle between the teenagers Nikolas Bell and Kelsey Rolff and the experienced Tim Appleton. It was youth that won the day with **Nikolas Bell (19:49)** crossing the finish around 40 seconds ahead of Tim with Kelsey a similar margin back in third place. Both Nikolas and Kelsey are regulars in the 5km event and have performed well at the club this year.

Fiona Day (20:49) made it back to back wins in the ladies event with newcomer Katrina Ash second and Sandra Apruzzese claiming third place ahead of Deborah Marshall and Marion Hermitage. The Race Director duties on the morning were handled very professionally by Race Director **Stuart Simmons** and his enthusiastic team of volunteers.



Michael Schultz & Bruce Smerdon



Tim Toner - 20km Winner



Pascale Wehr 10km – Winner 10k



Jonathan Day



Kerri Biggins

September 18th – 15km/10km /5km (119 starters)

A smaller attendance than normal but still plenty of top performances on the morning. Again, we were blessed with good weather as the mornings start to get warmer.

15km – Current 5 mile championship title holder **Matthew Hansen (52:44)**, made a successful return to BRRC. After running up front with Derrick Leahy for the first 10km, he recorded a sizzling 16:39 for his final 5km, giving him the win by nearly a minute from Derrick with long time club member Don Atcheson third across the finish strip.

After recording a couple of wins earlier in the year over 10km, **Zara Nance** stepped up to the three lap event and took home the trophy with a **1:05:25** effort. She had established a lead of nearly a minute and a half after 5km, but second placed Leela Hancox was able to make up a little ground over the latter stages though Zara still won with a minute to spare. Kerri Hodge was third.

10km - The highlight of this event was the performance by **Krishna Stanton (37:43)** who not only won the ladies category but was also first over the line, beating all her male counterparts. Krishna ran the first 5km with Sebastian Pinel and David Jackson before taking the lead and holding it to the end. This was Krishna's last hard hit out at BRRC before travelling to London for the world famous London Marathon. Pascale Wehr (who had won the 10km two weeks earlier) finished

second, lowering her previous winning time by 50 seconds. Gillian Kehoe, who has been a regular top three finisher since joining the club a few months ago was third.

In the men's section of the race, **David Jackson** and Sebastian Pinel ran together for the entire 10km with David (**38:00**) crossing first, just a step ahead of Sebastian. Philip Teakle rounded out the top three on the podium.

5km – In the 5km, '**Mugsy**' Moloney took the honours by nearly a minute with his **17:44** time. Moloney trains with the well known BERT running squad. Second and third place respectively went to Adrian Royce and Nikolas Bell. The performances by Adrian (50-54 age) and Nikolas (12 years old) highlights the diversity of ages competing at the club.

Great to see some new faces in this event with newcomer **Katrina Ash (21:45)** recording a comfortable win in the ladies by over two minutes from BRRC regular Sandra Apruzzese and Kathy Stavrakis, who recorded her first top three finish at BRRC.

Michael Lyttle (Race Director) and his volunteers did a great job on the morning with Michael also keeping an eye on his mobile phone, tracking the performance of his son Jayden who managed a 6th place finish at the Sydney Half Marathon.



John Dempster



Katrina Ash 5km winner



Gillian Kehoe



Lerin Lim



Don Atcheson Matthew Hansen Derrick Leahy



Kerry Magro

October 2nd – 10mile Champs, 10.72km 5.36km (173 starters)

***Matthew Hansen and Kyoko Miura win
Robin Flower Memorial***

ROBIN FLOWER MEMORIAL 10 MILE CHAMPIONSHIP (16.09km)

This event has been held annually since 1990 to honour one of BRRC's great volunteers Robin Flower, who tragically died of cancer in the late 1980's. Robin was an important part of the Club when it staged its races at the University of Queensland from 1982 until 1988 and was always seen setting up the time clock as well as numerous other jobs that needed to be done on race mornings. A perpetual shield was struck in his honour and every year the male and female winner of the race have their names engraved on the

shield. This year, a new 3 x 5.36km loop course was used for the first time in the race's history.

Current 10 mile Course Record

Holders:

Male – Isaias Beyn 52:57 on 19/09/2021

Female – Nerissa O'Donnell 59:59 on 02/03/2014

In the men's race, current 5 mile club champion **Matthew Hansen (53:38)** showed his class, establishing a handy 20 second lead after the first lap, before going on to win by nearly two minutes. At 18 years of age, Matthew has a bright future in Athletics and it's great to have runners of his calibre competing regularly at the club.

Davide Fontana has been a consistent top three finisher in all his races at BRRC, since moving to Brisbane a couple of years ago and on this occasion finished second with BERT runner Nathaniel Wells third male to finish, ahead of current 20km club champion Matt Cooper.

It was great to see **Kyoko Miura (1:07:46)** win her first club championship race after a year of steady improvements over every distance. Kyoko is in the 50-54 age category so to win the ladies race outright was a great performance and a deserving reward for all the hard work she has done over the last two years. Good to see a couple of relative newcomers to the club, Kirsty Small and Katrina Ash, achieving second and third placings respectively in a club championship event.

10.72km – With the 10 miler being the 'star attraction' on the morning, only 30 runners lined up for the two lap event. In the men's race newcomer, **Iain Bishop (42:55)** scored a convincing win over Tim Oborne with Kelsey Rolff taking out third place. The ladies event was won by BRRC regular **Eimear Mann (48:24)** with Tash Shourbaji and well performed Queensland Masters athlete Anne Ryan third. Eimear had established a lead of just over a minute after the first 5.36km lap and was able to extend that margin to just over two minutes by the finish.

5.36km – Young **Sebastian Croke** who attends well respected athletics school Brisbane State High, was too good for his

older rivals winning in **19:20**. Andrew Clarke was second with Tim Appleton third.

Some newer members were to the fore in the ladies results with **Mirandha Escott-Burton (29:28)** winning the event from Kathleen Maquire and Sethaphone Vang.

Another highly successful championships day with thanks to **Elizabeth O'Neil** who did a sterling job as Race Director along with the numerous volunteers.



Kyoko Miura with Sarah (Robin Flower's daughter) and Matthew Hansen

October 16th – 3 x 4.5km Relay

This was a great event with all competitors running 3 x 1.5km loops on a mixed surface but there are always some outstanding results as they run through the crowd on each lap! The winning team (57:18.0), called "Road Runners", consisted of Johnathon Sawyer and Philip Sangster (who ran twice) so **Haaije's Heroes (Allen Bromley, Clare Cooney and Haaije Pijl) 1:04:52** got the mug. Thanks to Adrian Royce, John Dempster and Tim Appleton for helping to bring this event together naming the teams and getting the timing systems sorted. In the end, there was just under 14 minutes between the first and last team.

Michael Lytle was the Race Director on the morning.

Fastest 4.5km Male – Nathaniel Wells 14:56.5

Fastest 4.5km Female – Kyoko Miura 18:41.9



Michael Lytle with Allen Bromley Clare Cooney Haaije Pijl.

October 30th – 10km Novice Champs/5km (119 starters)

Perfect, cool and clear conditions greeted all participants for this event. The 10km event also doubled as a Novice Championship – an event which is held once a year by BRRC and gives club members, Male and Female, a chance to win a trophy (if they have not previously won a race at BRRC in 2022).

10km – The men's 10km proved to be a triumph for **Nicholas Kirkup** who sped around the course in **36:52** to take the honours and also win the Novice event in the men's category. Nicholas has been a good performer at BRRC for a number of years and was eligible to win the Novice award because he hadn't previously won an event at BRRC this year. Adrian Royce finished second and managed to keep Nic in his sights for the entire distance with Nic's winning margin being 15 seconds. Third place proved to be closer than first expected with well performed Ultra runner Kevin Muller holding off the fast finishing club vice-president John White Hwang by just three seconds.

The ladies 10km featured a host of new runners making an appearance at the club with a total of six non-members finishing in the top ten. The fastest three on the morning were **Kirsty Small (41:46)** Kyoko Miura and Ellen Christison who was making her first appearance at BRRC for the year.

After a close look at the results, **Katrina Ash (45:48)** was declared the 10km ladies Novice winner. Though Kirsty and Kyoko were first and second over the line they were ineligible to win the Novice prize, as both had previously won an event at BRRC in 2022. Ellen was also ineligible, as she wasn't a current club member.

5km – **Matthew Stenson** has certainly been in good form at BRRC events this year and on this occasion was the winner in **17:46**, leading all the way to win by a comfortable margin of 50 seconds over Tim Appleton and Will Towner, two vastly experienced regulars who always put in 100% effort at club events. It was also gratifying to see so many youngsters in the 10-14 age category putting in some great efforts with Kelsey Rolff, Nikolas Bell, Noah Doxey, Jacob Guthrie and Ellery Rolff giving it their all. These guys are the future of the club.

The ladies one lap event was won by **Kim Massy (21:59)** who is part of the Gale Force running squad here in Brisbane. Kim was made to work hard for her win with two of our best Queensland Masters distance runners, Anne Ryan and Susan Thornton, keeping her honest.

A thoroughly enjoyable morning with special thanks to Race Director **David Best**, Photographer **Kelley Taaffe** and all the volunteers, who ensured the safety of all runners on the course. With the number of cyclists and motorists also using the roads, the job of the course marshals and volunteers cannot be underestimated.



Katrina Ash 10km Novice winner



James Winter



Nicholas Kirkup - 10km Novice Winner



Jurgen & Yvonne Paetz and Will Towner



Abi Hurdley



Brigid Muir

November 13th – 10km Handicap/5km

Runners who entered the 10km Handicap were allocated a start time based on their times run at BRRC during 2022 i.e. the slowest runner based on their times recorded earlier in the year would start at 6.00am with faster runners starting at various times after that e.g. an 80 minute runner would start first with a 35 minute runner starting 45 minutes later. In theory, every runner should be very close at the finish – if the handicaps allocated were accurate and each runner put in the effort.

10km Handicap (84 runners):

The first three runners to start at 6.00am were Shirley Marrington, Helen Banks and

Michael Conner while Haaije Pijl was the last to start, some 34 minutes later.

At the halfway point, it was impossible to pick a winner with the lead changing many times as the faster runners started to make up ground on the early leaders.

After the lead changed a few times over the last couple of kilometres, it was **Michael Williamson** who crossed the finish strip first, with Rene Croisier 11 seconds back in second place and Rodney Law just seven seconds behind in third place. Congratulations to Michael Williamson who was declared the Handicap winner, taking home his first ever BRRC trophy. Michael ended up recording an actual 10km time of 54:49, starting 15 minutes behind the front markers.

The fastest male and female 10km runners on the morning were **Haaije Pijl (38:37)** and **Liz Grolimund (42:13)** respectively.

5km (35 runners) – Nathaniel Wells from the BERT group, stamped his authority on the one lap event winning by a margin of over three minutes from Will Towner and Mark Anthony. His winning time was **16:55**.

In the ladies event, recent 10km Novice winner **Katrina Ash**, claimed the honours in the 5km with a **23:13** effort. Nicole Robinson and Amanda Mitchell were second and third respectively.

Thanks to **Michael Lytle** for being Race Director on the morning and all our trusty volunteers.

November 27th – 5km Champs/10km (201 starters)

****Davide Fontana and Nerissa O'Donnell to the fore****

The last championship race of the year saw 179 runners front the start line for the 5km with the remaining 22 runners electing to do the 10km. It was a fairly warm morning but the benefits of having a tree lined Riverside Drive made it much more comfortable for runners.

Current 5km Course Record Holders:

Male – Kieren Perkins 15:12 on 15/11/2020

Female – Brittany Zendler 17:01 on 27/11/2016

The men's race saw **Davide Fontana** break through to win his first championship race, staving off the challenge of Matt Cooper. Matt went into this race having already claimed the 10km and 20km championship events earlier in the year but Davide was unwavering up front, winning in **16:09** with Matt a further 10 seconds back in second place. Third place saw Sam Stenson edge out Stephen Butcher by a mere second.

The ladies race was taken out in fine style by **Nerissa O'Donnell (17:40)** with Shiloh Watts claiming second place and Kirsty Small just edging Krishna Stanton in the battle for third. Nerissa ended up with a winning margin of nearly a minute and this win made it five wins from five starts in the Championship series. The only Championship race that Nerissa did not compete in was the 10 mile event.

Nerissa O'Donnell's BRRC Championship Results:

5km	– 17:40
5 mile (8.09km)	– 30:02
10km	– 36:24
20km	– 1:17:25
Half Marathon	– 1:24:43

Age group records 5km:

Four ladies age records were broken on the morning.

Congratulations to ladies race winner **Nerissa O'Donnell (W30-34)**, **Krishna Stanton (W55-59)**, **Susan Thornton (W60-64)** and **Anne Ryan (W65-69)**, all who lowered the previous record set in their age group.

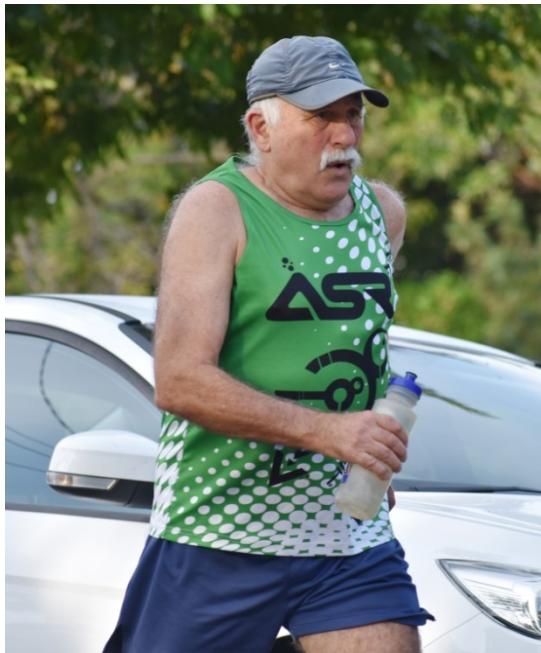
10km – Only 22 starters on the morning with most emphasis being on the 5km Championship. Club registrar **Adrian Royce** elected to do the longer race and was rewarded with a **38:15** winning performance. BRRC newcomer Francois Bazin was second and well known Brisbane runner Dennis Fitzgerald rounded out the top three.

In the ladies 10km, **Julie Hall (48:38)** held a handy 30 second lead after the first five kilometres and though she slowed a little in the second half, managed to cross the timing strip six seconds ahead of Tash Shourbaji with Jacqui Ashton third. Good to see Julie and Tash running well and

getting amongst the placings as they have been regulars at BRRC for years.

Another highly successful championships day with special thanks to **Elizabeth O'Neil** who did a great job as Race Director and of course, all the friendly volunteers who made it an enjoyable day for all the runners out on the road.

To round off the morning, the club's Annual General Meeting was held in the South Brisbane Sailing Club hall and those who attended were captivated by a very heartfelt talk by long-time club member **Garry Page** who explained how running helped him deal with some very confronting situations experienced in his life.



Paul Circosta



Davide Fontana - 5km Winner



Krishna Stanton and Kirsty Small



Sharon Marrington



Garry Page - AGM Guest speaker

For a complete list of BRRC race results for every race, go to our website:
<https://www.brisbaneroadrunners.org/results>
or visit our Facebook page to download the results.

PAN PACIFIC GAMES 2022

by Andrei Wightman

It had been a number of years since I'd heard of Pan Pacific Games and seen friends returning with some well-earned bling but it had always been held around the time my children were doing their end of year exams so it was a no-go for me. 2021 saw my youngest child finish school so when planning my 2022 race calendar, I was excited to discover that after a COVID-19 cancelled 2020 competition, the Pan Pacs (as they're known) were back for 2022. I added it to my plan and when the entries opened in July, I went online to sign-up.

The first thing that struck me was the plethora of sports available! Even in running, there was track, road, cross country and beach running. Over 40 sports are competed and so I started having a look at what I might give a try. In the end I entered into 800m, 1500m, 5km road and two indoor rowing events, the 1 minute and the 1000m. I didn't think it sounded like much but the voly who checked me in seemed to indicate it was an unusually busy schedule. In any case, put the races into my calendar, booked some leave from work and got to training.

I have very limited track experience so I thought I should try at least a few QMA races out before the Pan Pacs. I also planned to do some of my speed training on the track with some specific sessions for the 800m and 1500m, which instead of race distances, were more like reps on a normal workout. Unfortunately, life got in the way and I soon was reconciled that my first track races in a long time would be the finals on the track at the Gold Coast.

I've got to admit one of attractions of the Pan Pacs was that being at the Gold Coast, the cost of competing could be minimised with no accommodation needed. To compete, you pay a registration fee, which is similar to any major race, then pay an additional small fee per event. With five events, keeping

costs under control was important but adding extra events was relatively minor.

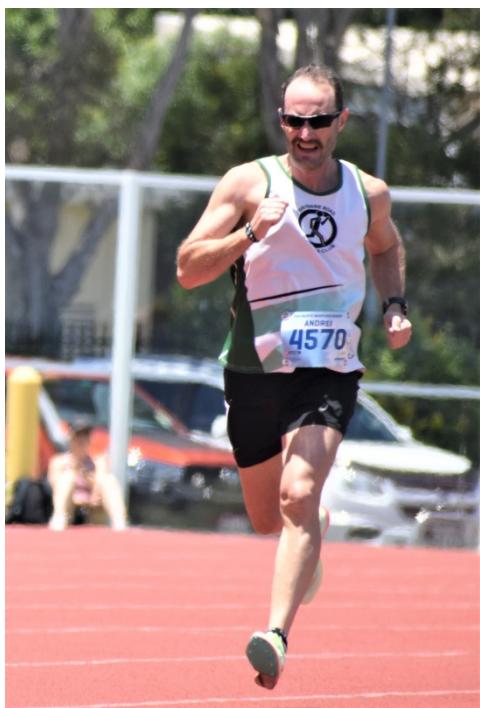
On the day of my first race, I drove to the Gold Coast as I had to firstly go to the Athletes Village at Broadbeach to get my registration then back North to the Gold Coast Performance centre at Runaway Bay. The drive down the Gold Coast took longer than anticipated with some pretty heavy traffic but I felt better when the voly in registration told me the Performance Centre was only "15 minutes" away. Actually, it's 15km, through traffic, not 15 minutes. In any case, despite my now every increasing pre-race anxiety, we arrived at the Gold Coast Performance Centre about 50 minutes before my race. Got my race numbers and started to settle down. As a side note, the volunteers throughout were wonderful. Nothing was too much bother and they were super helpful.

The first of the races was the 800m. I knew what a 1km rep felt like but I knew that this would have to be harder and faster. The track wasn't in use, so I did my warm-up around the track and noticed that apart from being warm, it was a bit windy, particularly on the back straight. I didn't think much of it at the time, but I certainly noticed it when I was racing.

Like most track and field events, there's a lot going on and there are competitors everywhere, some warming up, some warming down, track athletes, field athletes. I eventually found some of the others that would be in my race and we introduced ourselves, a couple I'd met previously at the Masters Nationals. When I say met, I mean they towled me then. If you're ever in Mackay, make sure you say G'day to Justin Rule from Mackay Road Runners Club, a class athlete and nice guy.

A few minutes before our race, we got our lanes and race hip numbers and, as usual,

some pretty specific instructions of how to put them on. Having been counselled on doing this wrong at the Nationals, I was all over it this time. Soon enough, the Male 40-45 800m was called up. Took my place in lane 4 and before I knew it, Ready, Set, BANG. I took off not quite flat out, but pretty close. I sat initially in 3rd place but



dropped to 4th going through 400m, I couldn't hold the pace and along the windy back straight was working hard but then was passed by one runner. "That's OK", I thought, still 5th, respectable. Then another competitor with about 250m to go, "That's OK" I thought, then realised, no, that's last place. I'm not sure where I found it, but I dropped a gear and gave it everything I had coming around the turn and towards the finish line. I was sprinting by the end and ended up passing a runner to come 5th in 2:38.81. A little slower than I'd planned (I was aiming for 2:31) but with a new BP and also a HR BP to boot! I was truly spent after that race but wanted to do the best that I could for the wonderful supporters I had in the grandstand including my wife Daniela, Betty and Bruce. Also had familiar faces amongst the volys with a few BRRC members

including Irene Davey which also helped put my nerves at ease.

Next race was the 1500m two days later and knowing that I had gone out too hard on the 800m, I sought the sage advice of some seasoned campaigners in Betty Menzies and Krishna Stanton. Advice and race tactics cleared away I was ready for race 2.

The day of the 1500m race was very similar to the 800m, hot and windy along the back straight but I felt more than ready as it was a distance I was a little more familiar with. You keep the same race number for all the track events so I was ready for my warm up as soon as I got to the track. Same pre-race nerves, same pre-race things to do. In the end, I was back on the start line.



Ready, Set, BANG. Very controlled this time, my pre-race advice was replaying in my ears and the I went through the first 300m lap only a little faster than my race plan in around 1:04, settled down and went back to race plan of three laps at 3:30 pace before dropping on the last. I knew I'd be in trouble if I went out too hard so I kept in control and mechanical for the first 1100m. The back straight was exactly like the 800m but I held onto 3rd place as I

entered the last lap. I dropped a gear and started to accelerate. Pretty soon, I was on the back straight battling the headwind and I could hear the runner behind me, tucked in close drafting against the headwind. As I turned at the end, voom, out he shot like he was on sling shot. I was sitting in third at this point and tried to match him but alas, was unable to keep up having expended too much energy already and finished off the podium in 4th in 5:24:44. To be fair, this was the same runner that I'd run past in the last 50m of the 800m. For me, another PB but I'm pretty sure not my last at that distance.

The final running event was the 5km Road Race. I stayed overnight at the Gold Coast before this one as the 6:30 start was a little early to commute comfortably. New bib was needed for this race and I was super happy to see a lot more familiar faces from BRRC and other Brisbane running clubs. The timing system was the same as Race Results system we have at BRRC and this race was about chip time so I felt totally at home. I ran about 2km of the course in warm up and knew that wind again would play a factor in this race.



Having raced so recently, I was far more settled and steadier as we lined up. There were some issues with an inflatable barrier which held up the race and we started about 10 minutes late. Took off from the start at a fast but controlled pace and I made no effort to keep up with the front runners who I knew would be 2-3 minutes in front of me. Kilometres 1 and 2 were on target at 3:55 pace but the battling the headwind from about 1.5km had taken a little out of me and the 3rd km was behind plan. Dug deep and got some respite from the headwind in the 4th kilometre and then just pushed hard to finish the last kilometre back into the headwind. In the end another PB in 20:14 and happy with the result even if it was not what I'd hoped for.

In the end I was happy with my results in all three running events but also knowing that the experience will help make subsequent races even better (and faster). It was my first hit out at track events since school (apart from the State Relay Championships a few years ago) and I'm pretty interested in the format. Most of my racing is really time-trialling as I'm far from the front of the pack but on the track with a small field, there's the opportunity to actually race against competitors. I'm hoping to be able to do this when I'm a bit faster.

If you have the time and inclination to get to the Pan Pacs, I highly recommend them. The organisation was excellent and the volunteers extraordinary. There were three more distance running events, the Beach Mile, the 4km Cross Country and the 10.5km Trail run. There were also race walking events if that's your thing. The other two events I did were indoor rowing (2 gold medals from those) as I'd been doing some rowing as cross training. The joy of being an endurance runner is that the indoor rowing isn't just age graded, it's also weight graded and most runners probably fall into the light weight category so you're competing with someone your

own size. The rowing though, is a whole different story. At night there's entertainment and all sorts of things to see and do in the race precinct.

The Pan Pacs will be trialling a three year annual program and I've already put it into my 2023 plan!

AMSTERDAM MARATHON

by *Kieren Perkins*

It is great to be back to share my Amsterdam Marathon race experience! Some may recall I recapped my Sunshine Coast Marathon debut last year where I ran 2.28 and placed 3rd overall to other Brisbane Road Runners legends, Isaias and Wayne. The Sunshine Coast Marathon was a turning race in my career - I was so humbled by the marathon and it exposed a number of my weaknesses which I had neglected into the race.

Post the Sunshine Coast Marathon, I turned my focus to the track to pursue my goal to finally break 14 minutes over 5000m. After a long summer of track, I managed to break sub 14 twice running by running 13.59 back-to-back. I also carried my newfound speed into my road running season which saw me set two new personal bests in the Sydney 10k (28.56) and Noosa Half Marathon (64.43). However, my road running season came to a sudden halt in June when I was told I would be moving to the sunny, and extremely hot, United Arab Emirates for the remainder of the year for work which unfortunately meant an early end to my running season.

I decided mid-way through my deployment that I would not return back to Australia as planned during my two week leave window. I wanted to chase that one last running goal for 2022 which was to return to the marathon and update my PB. After a lot of scrolling the web, I came across the Amsterdam Marathon in October which from all accounts was a flat fast course around a beautiful Dutch scenery.

Being in Dubai made my race lead in and preparations quite different to the norm. My training conditions were the complete opposite to what the race conditions would be. I battled through early morning runs where it would be mid 30 degrees by 6am, and battled even more in the 40 degree

heat in the afternoons. During each session, I reminded myself that the heat would hopefully help me and I was basically getting a free poor man's altitude training. I had some great coaching assistance which gave me confidence that even though I could not hit times anywhere near my best in Australia, the heat training would pay off come race day. I was also hit with COVID about five weeks out from the race which made things a little tricky, however I knew from my sessions on the treadmill I could break my PB if I followed my game plan and had some 'marathon luck'.

Race day in Amsterdam saw the conditions pretty close to perfect. There was light rain before the race and a bit of a head wind on parts of the course - overall, it was a great day for running. Come 8:59 I was in the starter's hands inside the Amsterdam Olympic stadium. I was tucked about 20m from the start line and could see Zane Robinson about 5m ahead so I thought, this isn't too bad of a spot I guess. The gun went and everyone around me seemed to take off like a bullet. After not racing for about four months, the first few hundred meters felt a bit foreign for me. I was trying to relax as much as possible and get into my running rhythm, which I was struggling to find, with many people around me getting sucked into the trap of going out hard while they felt incredible. I remember passing a lot of these people down the track.

I recall my first km was 3.18 and I found myself in a bit of no man's land, not really running with anyone. I saw a pack about 30m up the road which looked like a solid group of runners. In a split second I decided to surge to them and jump on their pack - this paid dividends in the long run (mind the pun). I ended up running the second km at 3.08 and I remember looking at my watch and thinking gee wiz,

I hope I have not made a mistake this early by going too fast but I settled into the group well and we started to tick off the K's nicely all working together.

About 100m ahead of me, I could see the lead female pack surrounded by cars, bikes and a lot of runners looking to get a tow from elite pacers who took off quite aggressively. I felt my group was gaining momentum and starting to close the gap very slowly on the pack of about 30 runners. They seemed to be a bit chaotic during the drinks stations, from watching from about 50m behind, I saw people trip over each other trying to find their marked bottles. I knew I would experience this later in the race.

I remember feeling really controlled through the early stages and every 5km block. I focused on consuming a gel over the space of a minute while making sure I was taking on other fluids. By about 15km, we were now really in sync as a group and within about 40m of the lead female pack running along the beautiful Amstel River which had a nasty little headwind going out. I tried to remain composed and tuck behind other pacers whenever I got the chance. We finally caught the lead female runners and their pacers which I was excited to get the chance to jump onto as I knew it would be beneficial to have other people to pace off. By about the 17-18km mark, we had now merged out groups and I was happy to run somewhere near the back as I didn't want to get caught up in the middle and be worrying about changing my stride length. We crossed the Oranjebaan Bridge and headed back along the river.

At around the 20km mark there was a surge in pace coming from the lead female pacers. They turned up the heat and dropped the pace by about 5 secs per km (down to about 3:12's) which forced the big pack of 30 to break apart and splinter. I was feeling quite strong physically and mentally so decided to go with the lead female runners. I was confident in the

pacers and I knew it would mean I would not have to continually check my watch.



I just buckled in, ticked over the miles and got dragged along. I was in a good head space and had no alarm bells going off. I made sure I was careful when I came to each drink station and took my time consuming each gel over the space of a few minutes so I would not cause any adverse reactions. The group I was now running in now consisted of some of female running royalty of the world with former Olympic 10,000m gold medallist Almaz Ayana and world record holder Genzebe Dibaba. They were both looking extremely strong and were tucked behind their male pacers.

As we approached the famous 34km mark, where the wheels can start to fall off if you're having a bad day, we lost the third place female from the pack however Almaz and Genzebe both seemed to look incredibly strong and we were actually now increasing the pace again running 3:08's deep into the race. I remember still feeling fairly controlled for this late into the race and was praying that I could just sit in and hold on for the final 25 minutes. The Dutch folk were on every corner spectating and cheering us on to get home

to the finish line. As we approached the 39km mark, Almaz landed the killer blow on her rival and broke away and surged away from us. I did want to try and go with her but I thought that I may blow up 1km down the road and may end up crawling the last 2km.



Genzebe and I ran together for the final stretch and I did my best to encourage her without being that annoying guy you don't want to hear when you're in a world of hurt. With about 1km to go, I tried to finish with everything I had and broke away. It was a surreal feeling as I was still not completely spent so I could take in what was going on around me. I remember smiling as I knew I had executed my race plan which, with my erratic marathon prep, I was not even sure I would be able to do.

As I entered the 1928 Amsterdam Olympic Stadium, I ran the final 300m to the finish line which was filled with thousands of spectators cheering and screaming. I crossed the line in a time of 2:17 which was a very special feeling knowing I had blitzed my PB by 11 minutes from almost a year earlier. It's something as runners we can't take for granted as we never know what lays around the corner for us on our running journeys.



I was flooded with so many emotions which are hard to pinpoint. I was honoured and proud to get to this point which required a tremendous amount of hard work, training solo for the whole lead up to the race. I am extremely grateful for all messages and support I received from everyone in the running community pre and post the marathon. This just shows how supportive our Brisbane running community is which I am privileged to be part of.



Thank you Amsterdam - I am still truly humbled by the marathon.



AT THE RACES

News and results from around Australia & the world

Compiled by Robert Lofthouse

SYDNEY RUNNING FESTIVAL: 18th September 2022

After being held virtually for two consecutive years the popular Blackmore's Sydney Running Festival was back with 'real' competitors. In fact, 40,000 entries were received across all the events on offer.

The marathon starts at Bradfield Park in Milson's Point, before heading over the Sydney Harbour Bridge and finally finishing at the Sydney Opera House. Certainly a marathon that is scenic and takes in some of Sydney's best known landmarks.

Marathon:

This was the morning when the fastest ever marathon time on Australian soil was recorded by 25 year old Kenyan runner **Moses Kibet**. He was made to work hard for the record with fellow Kenyan Cosmas Matolo Muteti and Ethiopian Deso Gelmisa still together with 500 metres to go. The lead exchanged several times over the last 500 metres but it was Kibet who put in the final finishing kick to cross in the record time (on Australian soil) of **2:07:03**. It was certainly a great finish for the spectators outside the Opera House with Muteti only two seconds behind and Gelmisa three seconds back in third place. Gelmisa had great success earlier in the year winning the Paris Marathon and was the favourite going into this race. All three broke the existing Australian record on the morning, which was a great result for the Sydney Marathon organising committee.

Also congratulations to Brisbane runners Aidan Hobbs (11th) in 2:23:24 and Andy Dey (19th) in 2:28:32 for their performances.

In the ladies race, Ethiopia's **Tigist Girma Getachew** recorded a seven minute PB to take the honours in a time of **2:25:10**. Fellow country woman Leterbrhan Haylay Gebreslasea was second and Eritrea's Nazret Gebrehiwet rounded out the top three at the podium presentations post-race.

Half Marathon:

There was a noticeable absence of top Australian runners in the men's field in this event with Japan's **Nishizawa Yuma (1:06:17)** recording an easy victory by over four minutes from former Kiwi runner Sam Hopper (now living in Sydney). However, It was good to see 21 year old Sunshine Coast runner Ben Tacey claiming third place and Jayden Lyttle (son of BRRC member Michael Lyttle) finishing 6th overall. Ironically, Michael was BRRC race director that morning and was keeping in touch with the race via his trusty mobile phone.

The highlight of the ladies race was the win by leading Australian marathoner **Sinead Diver**. At 45 years of age, Sinead continues to churn out the big performances and on this occasion her finish time of **1:13:09** saw her win by over three minutes from visiting Japanese runner Kageyama Tomoka. Sydney runner Fiona Yates was third.

Sydney Marathon Results:

Men:

- 1 – Moses Kibet (Kenya)
2:07:03 Has PB of 2:05:20
- 2 – Cosmas Matolo Muteti (Kenya)
2:07:05 Has PB of 2:06:53
- 3 – Deso Gelmisa (Ethiopia)
2:07:08 Has PB of 2:04:53

Queensland Results

- 11 – Aidan Hobbs
2:23:24
- 19 – Andy Dey
2:28:32

Women:

- 1 – Tigist Girma Getachew (Ethiopia)
2:25:10 **PB**
- 2 – Letebrhan Gebreslasea (Ethiopia)
2:25:45 Has PB of 2:24:47
- 3 – Nazret Gebrehiwet (Eritrea)
2:26:14 **PB**

Half Marathon:

Men:

- 1 – Nishizawa Yuma (Japan)
1:06:17
- 2 – Sam Hopper (Sydney)
1:10:59

3 – Ben Tacey (Sunshine Coast Qld)
1:11:50

Queensland Results

6 – Jayden Lytle
1:13:48

Women:

- 1 – Sinead Diver (Melbourne)
1:13:09 Has Marathon PB 2:24:11
- 2 – Kageyama Tomoka (Japan)
1:16:49
- 3 – Fiona Yates (Sydney)
1:22:47

BERLIN MARATHON:

25th September 2022

Current Men's World Record – Eliud Kipchoge (Kenya) 2:01:39
(set at Berlin Marathon 2018)

Current Women's World Record – Brigid Kosgei (Kenya) 2:14:04
(set at Chicago Marathon 2019)

Eliud Kipchoge lowers world record to 2:01:09

Unlike his last world record run, the double Olympic marathon champion went out hard on this occasion, passing through 5km in 14:14 and 10km in 28:22, a pace which was inside a projected sub two hour finish.

Eliud Kipchoge maintained that pace through half way, which was reached in 59:50. His pace started to drop slightly from then on and at the 25km his pacemakers dropped out of the race leaving Kipchoge and Ethiopian athlete Andamlak Belihu heading the race. Belihu fell behind at 26km with Kipchoge surging away and at 35km, which he reached in 1:40:10. The lead had extended to over three minutes but by then it looked like Kipchoge would not finish in under two hours, but would break his own world record. By 40km Kipchoge had a lead of over four minutes from Kenya's Mark Korir. Ethiopian surprise packet Andamlak Belihu had dropped back to fourth place after being passed by Korir and his fellow country mate Tadu Abate. Kipchoge actually picked up the pace in the final two kilometres to break his previous world record by 30 seconds reaching the finish in 2:01:09. Korir and Abate were second and third respectively.

In the women's race, a pack of three Ethiopian runners were leading at the 30km mark (1:36:41) – **Tigist Assefa**, Tigist

Abayechew and Meseret Gola. Over the next kilometre, Assefa, a former 800 metre runner, managed to forge away from the other two and from then on, the lead only got bigger as Assefa went on to win in the outstanding time of **2:15:37**. A strong last five kilometres by Kenya's Rosemary Wanjiru (in her marathon debut) propelled her into second place as she managed to catch and pass Tigist Abayechew in the last 100 metres of the race.

Clear skies and a field of over 45,000 runners made this a memorable morning in Berlin, not to mention another world record for Eliud Kipchoge and the outstanding run by Tigist Assefa who recorded the third fastest time by a female in the history of marathon running.

Men:

- 1 – Eliud Kipchoge (Kenya)
2:01:09 WORLD RECORD!
- 2 – Mark Korir (Kenya)
2:05:58 Has PB of 2:05:49
- 3 – Tadu Abate (Ethiopia)
2:06:28 Has PB of 2:06:13

Women:

- 1 – Tigist Assefa (Ethiopia)
2:15:37 **PB**
- 2 – Rosemary Wanjiru (Kenya)
2:18:00 Her debut marathon
- 3 – Tigist Abayechew (Ethiopia)
2:18:03 **PB**

Leading Australians

- 15 – Lisa Weightman (Victoria)
2:24:00 **PB**
- 47 – Kim Knox (Queensland)
2:46:00

BRRC times

- Roger Black
5:12:34
- Leanne Brown
5:19:34

Summary of Eliud Kipchoge's marathon career:

1 st - 2013 Hamburg.	2:05:30
2 nd – 2013 Berlin.	2:04:05
1 st – 2014 Rotterdam.	2:05:00
1 st – 2014 Chicago.	2:04:11
1 st – 2015 London.	2:04:42
1 st – 2015 Berlin.	2:04:00

1 st – 2016 London.	2:03:05
1 st – 2016 Rio.	2:08:44
RIO OLYMPIC GAMES	
Breaking 2 hr Challenge	2:00:25
Held on Monza racetrack in Italy	
1 st – 2017 Berlin.	2:03:32
1 st – 2018 London.	2:04:17
1 st – 2018 Berlin.	2:01:39
1 st – 2019 London.	2:02:37
Breaking 2 hr Challenge	1:59:40
Held on Vienna street course	
8th – 2020 London.	2:06:49
1 st – 2021 NN Mission	2:04:30
Held in Enschede, Netherlands	
1 st – 2021 Tokyo.	2:08:38
TOKYO OLYMPIC GAMES (Sapporo)	
1 st – 2022 Tokyo.	2:02:40
1 st – 2022 Berlin.	2:01:09

NEW WORLD RECORD!

MELBOURNE RUNNING FESTIVAL: 2nd October 2022

On a cool, clear morning with the temperature hovering around 6 degrees, it promised to be a good morning with 34,500 entries received for all the events.

Marathon: African runners were to the fore in both the men's and women's events. In the men's event, Kenyan runner **Tim Kiplagat Ronoh** broke the Melbourne course record winning in a time of **2:09:12** with fellow countryman Cornelius Kibet Kiplagat over a minute behind in second place. Victorian runner Reece Edwards, ran a very creditable third and has been on the fringe of making an Australian team with his PB at 2:13:23. For his course record, Ronoh was rewarded with \$40,000.00 in prize money.

The ladies field saw Kenya's **Beatrice Cheptoo** take the honours in **2:27:58** with South Australia's Izzi Batt Doyle recording 2:28:10 to claim second in her first race over the distance, having previously represented Australia at the 2020 Tokyo Olympics in the 5,000 metre track race. Ethiopia's Yeneabeba Ejigu also enjoyed a podium finish.

From a BRRC perspective, it was great to see **Derrick Leahy** record a PB of **2:31:47**. Great effort Derrick!

Half Marathon:

The half marathon featured some top performances by Australian runners in both the men's and women's fields.

Jack Rayner was to the fore with his winning time of **1:02:16** while fellow Melbourne runner Matthew Clarke was second and Perth's Sam McEntee third. Great to see Steve Moneghetti crossing the finish at the hallowed MCG in just over 1:14. A great effort for a 60-year-old.

Commonwealth Games marathon gold medallist **Jessica Stensen** ran an excellent race to win in **1:12:22** with Australian 5,000/10,000 metre track runner Rose Davies making a successful step up to the 21.1km distance to be second over the finish mat. Well known Victorian runner and former Australian marathon rep Sarah Klein was third.

Melbourne Marathon Results:

Men:

- 1 – Tim Kiplagat Ronoh (Kenya)
2:09:12 Has PB of 2:07:01
- 2 – Cornelius Kibet Kiplagat (Kenya)
2:10:24 Has PB of 2:08:24
- 3 – Reece Edwards (Melbourne)
2:14:41 Has PB of 2:13:23

Queensland Results

- 29 – Derrick Leahy (BRRC)
2:31:47 **PB**

Women:

- 1 – Beatrice Cheptoo (Kenya)
2:27:58 Has PB of 2:25:20
- 2 – Izzi Batt Doyle (Adelaide)
2:28:10 **Her debut marathon!**
- 3 – Yeneabeba Ejigu (Ethiopia)
2:28:54 Has PB of 2:25:02

Half Marathon:

Men:

- 1 – Jack Rayner (Melbourne)
1:02:16 Has PB of 1:01:01
- 2 - Matthew Clarke (Melbourne)
1:03:26
- 3 – Sam McEntee (Perth)
1:03:48
- 42 – Steve Moneghetti (Ballarat)
1:14:24 **Has PB of 1:01:10**

Women:

- 1 – Jessica Stenson (Adelaide)
1:12:22 Has PB of 1:10:59
- 2 – Rose Davies (NSW)
1:14:04

3 – Sarah Klein (Melbourne)

1:14:43

Leading Queensland Results

6 – Tennille Ellis (Gold Coast)

1:16:21. Has PB of 1:14:11

32 – Nerissa O'Donnell (BRRC)

1:25:32

LONDON MARATHON: 2nd October 2022

This year's race attracted a field of 42,000 participants. After all the excitement of seeing the World Record being broken the previous week in Berlin a quality field assembled in London. Even the world record holder Eliud Kipchoge was there as a spectator!

The men's race was close at 37km with four runners still in contention but it was Kenya's **Amos Kipruto** who made the winning move after pushing away from the lead pack and going on to win in **2:04:39**. Ethiopia's Leul Gebresilase was second 33 seconds in area with former Somali now Belgium athlete Bashir Abdi just seven seconds back in third place. Former 5,000 and 10,000 metre world record holder Kenenisa Bekele finished 5th, setting a new world record for the men's 40+ age group with his 2:05:53 mark.

Fantastic to see leading Australian distance runner **Brett Robinson**, dip under the 2:10 mark with his **2:09:52** securing him 8th place in the elite men's category.

23 year old **Yalemzerf Yehualaw** (Ethiopia) stamped herself as one to watch in the future, recording an outstanding winning time of **2:17:26**. In only her second marathon, Yehualaw broke clear of 2021 London winner and two others with five kms to go. She ended up winning by a margin of 40 seconds from Jepkosgei, with another top Ethiopian runner Alemu Megertu rounding out the top three. Incredibly, Yehualaw's debut marathon in Hamburg (April 2022) was three seconds quicker than her winning London effort. As well, she is the current holder of the 10km road record, having set a sizzling world's best of 29:14 back in February. Could she become the female equivalent of Eliud Kipchoge? All the credentials are there and at the youthful age of 23, she has plenty of time on her side to keep getting better.

Special mention also to BRRC's **Krishna Stanton** who broke the women's 55-59 age group record for the marathon with her

2:48:06 effort. Well done Krishna. Everyone at the club is stoked by your record breaking achievement!

Men:

1 – Amos Kipruto (Kenya)

2:04:39 Has PB of 2:03:13

2 - Levi Gebresilase (Ethiopia)

2:05:12 Has PB of 2:04:02

3 – Bashir Abdi (Belgium)

2:05:19 Has PB of 2:03:36

5 – Kenenisa Bekele (Ethiopia)

2:05:53 Has PB of 2:01:41

Leading Australians

8 – Brett Robinson (NSW)

2:09:52 **PB**

Women:

1 – Yalemzerf Yehualaw (Ethiopia)

2:17:26 Has PB of 2:17:23

2 – Joyciline Jepkosgei (Kenya)

2:18:07 Has PB of 2:17:43

3 – Alemu Megertu (Ethiopia)

2:18:32 **PB**

BRRC results:

29 – Krishna Stanton (Brisbane)

2:48:06 W55-59 World Best

Enrique Suana

3:44:30

Ayesha Razzaq

4:34:53

Roger Black

5:09:48

Leanne Brown

5:15:39

Sonia Chadburn

6:17:15 (Her debut marathon)

CHICAGO MARATHON:

9th October 2022

On a sunny, breezy Sunday, more than 40,000 runners dashed through the spectator lined streets of Chicago, winding their way through 29 neighbourhoods. The race started with a temperature of 10 degrees Celcius and is one of the six major marathons in the world.

Kenya's **Benson Kipruto** took out the men's race with a time of **2:04:24**. The highlight of the morning was the outstanding run by ladies race winner **Ruth Chepngetich** who recorded **2:14:18**, which was only 14 seconds short of breaking the current world record.

Former Toowoomba runner **Patrick Tiernan**, who spends most of his time

training in the USA, made his marathon debut a good one with a 2:11:02 effort.

Men:

- 1 – Benson Kipruto (Kenya)
2:04:24 **PB**
- 2 – Seifu Tura Abdiwak (Ethiopia)
2:04:49 Has PB of 2:04:29
- 3 – John Korir (Kenya)
2:05:01 **PB**

Australian Result:

16 – Patrick Tiernan
2:11:02 Marathon Debut

Women:

- 1 – Ruth Chepngetich (Kenya)
2:14:18 **PB**
- 2 – Emily Sisson (USA)
2:18:29 **PB**
- 3 – Vivian Kiplagat (Kenya)
2:20:52 Has PB of 2:20:18

BRRC results:

- Abi Hurdley
3:47:27
- Louise Dunn
4:09:30
- Jason Croston
4:27:37
- Leanne Brown
5:09:22

AMSTERDAM MARATHON: 16th October 2022

Ethiopia's **Almaz Ayana** ran the fastest ever debut marathon with her winning time of **2:17:20**. Ayana who won Olympic gold in the 10,000 metres back in 2016 had a great battle with fellow global track gold medallist Genzebe Dibaba and compatriot Tsehay Gemedchu. Ayana and Dibaba dropped Gemedchu at 33km and at 35km it was Ayana who surged away and took control for the remaining kilometres in the race.

In the men's race, only five seconds separated the winner **Tsegaye Getachew** (Ethiopia) from second placed Titus Kipruto (Kenya) with Ethiopia's Bazezew Asmare just three seconds back in third place. Getachew's winning time was **2:04:49** on a day when 45,000 runners pounded the streets of Amsterdam, rated one of the world's fastest courses.

Also, a special mention to **Kieren Perkins** for his sensational time of **2:17:52** – A huge PB for him!

Men:

- 1 – Tsegaye Getachew (Ethiopia)
2:04:49 **PB**
- 2 – Titus Kipruto (Kenya)
2:04:54 **PB**
- 3 – Bazezew Asmare (Ethiopia)
2:04:57 **PB**

BRRC Result:

17 – Kieren Perkins
2:17:52 PB

Women:

- 1 – Almaz Ayana (Ethiopia)
2:17:23 Fastest ever Debut Marathon
- 2 – Genzebe Dibaba (Ethiopia)
2:18:05 Debut Marathon
- 3 – Tsehay Gemedchu (Ethiopia)
2:18:59 **PB**

NEW YORK MARATHON: 6th November 2022

The hot, humid conditions took their toll on the 50,000 runners, where the temperature reached 24 degrees celsius at the Central Park finish line. In fact, it was the hottest New York Marathon since 1986!

Brazil's Daniel do Nascimento was the surprise leader at the 32km mark in the men's race, but then took a 20 second break to use a 'Porta Potty'. When he returned to the race it was obvious that he was struggling and at 34km he collapsed but luckily the race medical crew attended to him promptly, but his race was over for the day.

Current Boston Marathon title holder **Evans Chebet** (Kenya) took over the lead and when challenged in the last few kilometres, produced a final surge to win in **2:08:41** before promptly crumpling to the ground and lying on his back. Ethiopia's Shura Kitata was 13 seconds behind in second place with Abdi Nageeye (Netherlands) rounding out the top three.

The ladies race proved to be a great day out on her marathon debut for **Sharon Lokedi** (Kenya) who surged away in the final kilometre to upstage her vastly experienced rivals Lonah Salpeter and current world champion Gotytom Gebrselassie to win in a time of **2:23:23**. Australia's

Jessica Stenson continued her outstanding 2022 form finishing 9th in 2:27:27.

Men:

- 1 – Evans Chebet (Kenya)
2:08:41 Has PB of 2:03:00
- 2 – Shura Kitata (Ethiopia)
2:08:54 Has PB of 2:04:49
- 3 – Abdi Nageeye (Netherlands)
2:10:31 Has PB of 2:04:56

Women:

- 1 – Sharon Lokedi (Kenya)
2:23:23 Debut Marathon
- 2 – Lonah Salpeter (Israel)
2:23:30 Has PB of 2:17:45
- 3 – Gotytom Gebreslase (Ethiopia)
2:23:39 Has PB of 2:18:11

Australian Result:

- 9 – Jessica Stenson**
2:27:27 Has PB of 2:25:15
-

MEMBER PROFILE

Name: Zara Nance

Age: 30



Occupation: Dietitian/Lecturer at UQ

How and when did you start running?

As a kid in primary school, X-country would be my first memories, I was inspired and influenced by my active parents

Most Memorable Running Moments:

Feeling euphoric running 2017 Gold Coast half marathon in 1hr 27 (PB)

Favourite Running Distance and PB:

Probably 10km, as it is over fast, but long enough, PB is 40:12

Running Goals: joining the sub 40 10km club

Favourite Runs: Noosa National park

Favourite Running Partners/Group:

(Tim, Bridget and Scott) / Currently coached by Kathryn at Core4Endurance Triathlon club

Who is your running idol?:

Too many! Kipchoge, Jess Stenson, Eloise Wellings, Genevieve Gregson

Favourite Sportsperson/s:

Ash Gentle for transitioning to 70.3 triathlon and smashing it, Lucy Charles Barclay for Ironman goals and Liz Clay for her strong persistence and dedication despite so many setbacks.

Favourite Shoe Brand: Currently loving Asics or Nike

Favourite Food: Italian food of any kind

Favourite Drink:

Depending on the mood, a good coffee or wine.

Favourite Movie: Ferris Bueller's Day Off

Favourite Music:

Anything house/electric or old school bangers

Star Sign: Gemini

If you had one wish in life it would be?

To be void of any sickness or injuries

DASH & SPLASH

Yeronga Pool, 11th December, 2022

OVERALL CLUB CHAMPIONS



Nerissa O'Donnell and Matt Cooper

AGE GROUP CHAMPIONS





Helen Ridlev Hanna



Jasper Joyce



Samuel Stenson



Nathaniel Wells



Christopher Dixon



Matt Cooper



FEMALE		MALE	
Age Category	Name	Age Category	Name
0 - 19	Stephanie Lawrence	0 – 19	Jasper Joyce
25 - 29	Laura Daly	20 – 24	Samuel Stenson
30 – 34	Nerissa O'Donnell	25 - 29	Nathaniel Wells
40 - 44	Sarah Twidle	30 – 34	Christopher Dixon
45 - 49	Olivia Lennon	35 – 39	Matt Allen
50 - 54	Kyoko Miura	40 - 44	Matt Cooper
55 - 59	Pam Peldan	45 - 49	Brian Baker
60 - 64	Susan Thornton	50 - 54	Matthew Stenson
65 - 69	Helen Ridley Hanna	55 - 59	Don Atcheson
70 – 74	Helen Banks	60 - 64	Peter Jones
		65 - 69	Bob Miller
		70 - 74	John Sheer
		75 - 79	Ron Vines

CONSISTENCY CHAMPIONS – “THE COMMITMENTS”

Congratulations to the 65 members who earned the fabled Brisbane Road Runners Club towel in 2022:



FEMALE

Helen Banks, Kerri Biggins, Janette Campbell, Rebecca Crawford, Wendy Crompton (Volunteer), Irene Davey (Volunteer), Gina de la Cruz, Louise Dunn, Marie-Claire Grady, Therese Griffiths, Laura Hallam, Julie Hill-Webber (Volunteer), Katherine Jackman, Stephanie Lawrence, Lea Lekieffre, Kath Maney, Sharon Marrington, Shirley Marrington, Muriel Mclean, Janita Middleton, Kyoko Miura, Elizabeth O’Neil (Volunteer), Yvonne Paetz (Volunteer), Jayne Riethmuller, Karen Spencer, Sally Stampfli, Susan Thornton, Sarah Twiddle, Rhondda Wetton (Volunteer)

MALE

Matt Allen, Don Atcheson, Paul Blake, Anthony Bone, Allen Bromley, Simon Brooker, Matt Cooper, Jason Cox, Christopher Dixon, Tony Donegan, Christopher Ganzer, Nicholas Glybovitch, Andrew Goodchild, Antony Graf, David Hartley, Piero Hidalgo, John White Hwang, David Joyce, Toby Joyce, Nigel Kleinschmidt, Rick Larkin, Andy Marrington, Jackson Moore, Garry Page, Steve Pager, Sebastian Pinel, Peter Riethmuller, Ruben Ripper, Andrew Robinson, Matthew Stenson, Samuel Stenson, Philip Strout, Stephen Walmsley, Bevan Webber, Nathaniel Wells, Andrei Wightman

DASH AND SPLASH WINNERS

5km Run 100m Swim - Adults

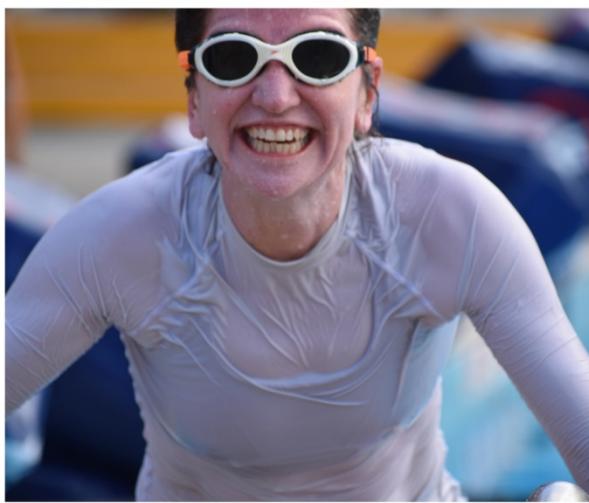
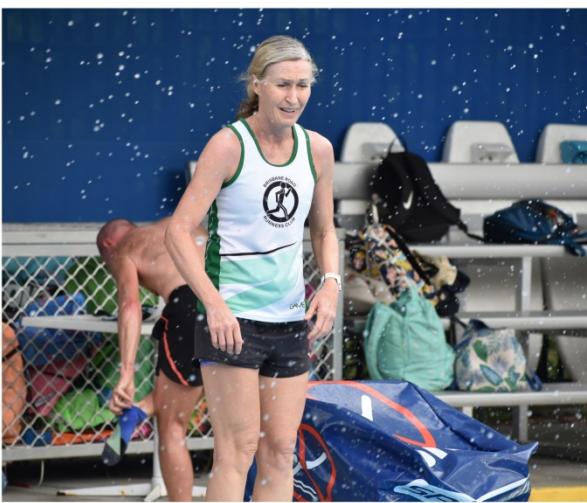
- | | | |
|----|--------------------|---------|
| 1. | O'Donnell, Nerissa | 0:24:08 |
| 2. | Hodge, Kerri | 0:24:53 |
| 3. | Daly, Laura | 0:25:29 |
| 1. | Cooper, Matt | 0:19:30 |
| 2. | Wells, Nathaniel | 0:19:40 |
| 3. | Stenson, Samuel | 0:20:20 |

2.5km Run 50m Swim - Junior

- | | | |
|----|---------------------|---------|
| 1. | Barry, Dylan Nellie | 0:16:35 |
| 1. | Rolff, Kelsey | 0:12:18 |



PROOF THAT FAST RUNNERS ARE NOT NECESSARILY GOOD SWIMMERS



MEMBER PROFILE

Name: David Jackson
Age: 47



Occupation:

I studied Economics and Finance but would say I am an "expert generalist" these days. Whatever I do for money though, it still tends to get in the way of running!

How and when did you start running?

I was transferred to Melbourne for a few years for work in 2008. While in Melbourne I met Juan who was also transferred to Melbourne from Houston. After a few years working together he went back home to Houston and I was transferred to Singapore.

In late 2011 he saw some pictures of me partying in Singapore and sent me a text message from Houston. "*Dave – you look like shit, you are tired, overweight, you drink too much. So I have signed us up for the 2012 Stockholm Marathon*". So I started jogging.

I had a 4km loop around the Istana (the palace) in Singapore and I couldn't jog all of it. I had to walk, run, walk, run. A pattern of suck in air, feel like death, move a bit more, suck in more air! I had knee pain and nearly quit. I must have been

looking for a way out. Juan said something about being a princess and I should stop complaining. So, I went to a sport clinic in Singapore to prove to Juan my problems were real. They recommended a podiatrist who made some inserts that removed the knee pain. I was amazed! Who knew the feet were so important to the knees??! So, I kept going. I had no excuse.

I slowly got fitter. The first day that I could jog the 4km loop without walking was such a buzz. I was hooked. I subsequently dropped 15kg in 6 months and now have 10 years of steady running. Stockholm Marathon never happened as Juan screwed up the entry, but we eventually followed through and did the Istanbul Marathon together late in 2013.

Most Memorable Running Moments:

2013 Tokyo Marathon. 300,000 applicants for 30,000 places and somehow I won the lottery and got in. So I thought I had better do it! This was my first marathon. The Japanese people love the marathon so the enthusiasm and vibe of the event was overwhelming. I took 3 hours 58 minutes (net), a time that was repeated exactly 9 months later in Istanbul. Looking back on it I am proud of the preparation and the pacing.

Favourite Running Distance and PB:

The half marathon is my favourite. I have done loads of them. It is long enough to be a challenge, keeps you fit, but it doesn't have the same demands of the full marathon. My PB was this year actually (2022). I ran 1:23:27 at Sunshine Coast and it was my favourite race to date as everything about it worked out perfectly.

Running Goals:

Sub 3-hour marathon. I had my first attempt this year at Melbourne and ran 3:00:49. Agonisingly close. On pace for a very long time but just couldn't quite hold it when it mattered! Heard that story before?

Favourite Runs:

BRRC of course! I think Brisbane is the pick of the cities for courses. We have the trails and the river. However, if I look beyond Brisbane, I did a run through Kings Park in Perth not long ago and thought that was spectacular.

Favourite Running Partners/Group:

I have been running with InTraining since 2016. UQ Tuesday night group is my main group but I move around depending on work. I also have a smaller group on Wednesday nights that we organise ourselves which I enjoy. Quality group of guys in that group (you know who you are).

Who is your running idol?:

Yuki Kawauchi. His story at the Gold Coast Marathon this year was extraordinary. What a guy!!?

Favourite Sportsperson/s:

Michael Jordan. Not a unique one but I love his mentality.

Favourite Shoe Brand:

I have run in Brooks Adrenaline for most of the 10 years I have been running and continue to wear them for a lot of my runs. However I have had amazing success this year in Saucony Endorphin Pro 2s so are probably my favourite brand now. I picked up some other Saucony shoes also to fill up the shoe shelf recently – Kinvaras and Speeds!

Favourite Food:

From time to time I really like Indian food.

Favourite Drink:

Orion Beer from Okinawa. Very refreshing.

Favourite Movie:

Great Expectations. The Ethan Hawke version that came out maybe 25 years ago. Bad ratings but I liked it. Excellent soundtrack.

Favourite Music:

The Pixies

Star Sign:

Virgo (I think)

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

Bill Gates once said “*No matter how much money you have, you can't buy more time. There are only 24 hours in everyone's day*”. So maybe I would wish for more time. Life is so wonderful but time goes by so quickly.

MEMBER PROFILE

Name: Tanya Zlatkovic

Age: 47



Occupation:

I have a niche accountancy business.

How and when did you start running?

I lived in Sydney in my 20's and a friend asked me to do the City to Surf with them. I had no idea what I was getting into. I remember the crowds, the hills, the bands and the party at Bondi afterwards! I didn't do it for time as I had no concept of timing runs. I walked up heartbreak hill a little and happy to report, I ran the rest of the way.

Most Memorable Running Moments:

All the City to Surfs I completed after that first one (and no more walking up heartbreak hill).

Favourite Running Distance and PB:

10km & 51min

Running Goals:

I've always wanted to do the Great Wall of China half marathon.

Favourite Runs:

Gold Coast Marathon Festival
Bridge to Brisbane
And of course..
Parkruns – I like trying out different locations on my travels and what a way to start the weekend.

Favourite Running Partners/Group:

Why... BRRC of course
AND.... Brett, Fiona and Bruce

Who is your running idol?

LOL. Anyone who can run faster than me!!

Favourite Sportsperson/s:

I'm half Serbian. I'll go with Novak Djokovic.

Favourite Shoe Brand:

Currently Nike with my Alpha flys. Was HOKA before that.

Favourite Food:

Nachos, mmmm.

Favourite Drink:

Water or wine, Haha that sounds strange, but true.

Favourite Movie:

A Star is Born.

Favourite Music:

Sade, Whitney Houston, George Michael... 80's, 90's pop.

Star Sign:

Pisces

If you had one wish in life it would be?

That myself and everyone I know stay happy and healthy for many many years.