



BRRC

Autumn 2022



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FROM THE EDITOR ...

By Robert Lofthouse

Welcome to 2022 and the 40th Anniversary of BRRC!

2022 has already been a year that will live long in the memory – and we're only a quarter of the way through!

The first four events through January-February have seen good attendances at each, with the highlight being the huge support we received for the 5 mile championship with 335 runners taking part on the morning in one of the three events on offer. Our first championship winners for the year were 18 year old Matthew Hansen in the men's division and Nerissa O'Donnell (ladies winner) who is no stranger to winning races at BRRC. Congratulations to both on their efforts and to all the other wonderful athletes who support BRRC week in and week out.

The real strength of our club was shown when we were forced to cancel three events during the late February-March period because of the flood. The swollen Brisbane River caused an incredible amount of damage in the West End area in and around the Sailing club with the mud and debris an absolute eyesore.

The response by our club members to help with the clean-up was welcome, as running shoes were swapped for gum boots, and a few BRRC members pitched in to make the area look almost normal again. Again the spirit of BRRC shone through as evidenced by the photos on our face book page. We may have lost six weeks (which included one of the cancelled championship races) but BRRC's return on 27th March gave everyone a real boost and a real lift moving forward with this being the 40th Anniversary year of the club and some

exciting celebrations ahead throughout the year.

We have special edition 40th anniversary singlets and shirts being printed so I hope you've all placed your orders? They were advertised in our President, Andrei Wightman's March newsletter and are sure to be worn with pride in the future.

This magazine is only as good as the club members who contribute, so I encourage anyone who has a story or race report to please send to me or Betty: blmenzies@tpg.com.au so that others can enjoy your event/holiday running experience. Also, anyone who would like to do a profile, please make yourself known at one of the Sunday runs.



It's been a tough couple of months, so hopefully we can all stay positive and make the rest of the year an enjoyable one. Being part of our Sunday morning events is a good way to kick start that motivation with the BRRC community providing such a positive vibe. See you outside the reborn Brisbane Sailing Club in the near future.

Robert Lofthouse (Editor)
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PRESIDENT'S REPORT, April 2022

By Andrei Wightman

Welcome everyone to the Autumn Magazine for Brisbane Road Runners Club. Like normal, it should be a joy to read with tales of events and races both at West End and all around the world as well as the opportunity to get to know some of your fellow members better. I know we haven't all been hanging around before and after races but inside our Club there are some absolutely amazing athletes with some incredible stories. Some might be past their peak, others, haven't come close to it yet but there are so many different stories out there. Try to hear some of them if you can.

If you get out and about at the moment, you'll notice the days getting shorter, you'll feel the temperatures starting to drop, albeit only slightly, and know that the road racing season is now upon us. This year we're collaborating with the Brisbane Marathon Festival organisers as we're sharing anniversaries, our 40th and their 30th. We've secured a discount for BRRC members and I'm pleased to see that BRRC is already one of the biggest teams. This is Brisbane's own race and we're Brisbane's Road Runners Club so get behind this great event. We're also hoping this will raise our profile so if you see some new faces around the club, make them feel as welcome as I did seven years ago. We're also planning on providing pacers for the 5km event and looking at other ways we can help make this great event even better. Keep an eye out on the monthly newsletters for information.

Not forgetting all of the other events that are on, not only around South East Queensland, but all over the country (and internationally) 2022 might be a good year to try somewhere new. If you haven't run at the Gold Coast, this is always an amazing event and this year, with the borders open, the internationals will be

back. Cairns, Sydney, Melbourne, Canberra, Hobart, Warwick, the list goes on. Get out there and get amongst it and give your Strava heat map some more colour. It's great to hear the stories and reports from all. It's also fantastic to see BRRC kit all in photos from races all over the country. You know that BRRC kit makes you go faster and further!

Speaking of races, by the time you read this, the Australian Masters Athletics Nationals will have finished in Brisbane. I'm going to write up my own experience but congratulations to all the BRRC athletes who competed. The competition was fierce but was also a celebration of what Masters athletes are capable of. If you're keen, the Nationals are planned for Sydney next year and I'm already planning on going there and having a bit of fun on a track again. Most of the races are a little shorter than our own but there are some options for endurance runners. Mind you, the longest run this year was 10,000m, not 10km, 10,000m (yes, that's 25 laps of a 400m track) but there are also 3,000m steeple and a 5000m, as well as cross-country options if you are interested. It's a chance to test yourself against some of Australia's best athletes in your age group.

There are some photos following my report depicting how the recent Brisbane floods affected our club but I'm very pleased to report that BRRC only missed two events. Sadly, one was a Championship event, and like last year, rather than try to work out Championship points from virtual runs, we decided that we'd remove this race from the Championship series. It was great to see how many BRRC members were still able to get out and find a dry route to run. Well done! If you were around for the 2011 floods, you'll remember that the clean-up and recovery didn't happen overnight and

it was no different this time. Hopefully this magazine finds you well and back into normal life. I heard a comedian the other night who reminded me that for those who thought millennials hadn't done it tough, they may have changed their minds these past few years! I don't know about you but the COVID pandemic, the floods, the bushfires and the Russian invasion of Ukraine may just have provided enough excitement for me and I'm not quite sure we're through yet.

The first quarter of this year has been an interesting one for the Club and I'm so happy to advise that we're well on the way to another record year of athletes at BRRC and there's still so much more to come. With the remainder of our Championship Event Series, our Ekiden Marathon, BRRC on tour and our 40th year anniversary celebrations, it's going to be a great year! See you out there!

Run happy, Run safe, Run well,

Andrei



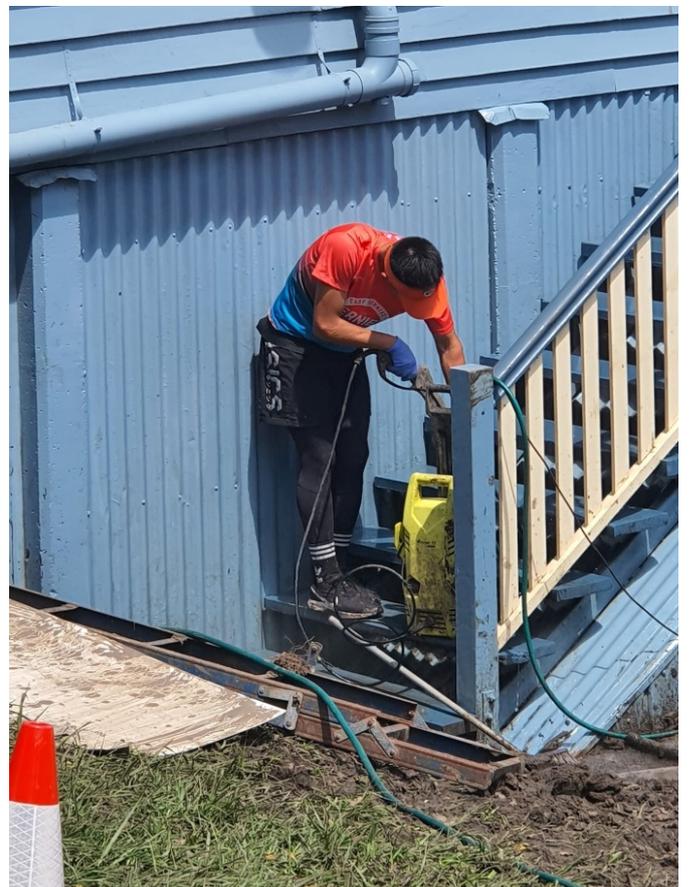
FLOOD CLEAN-UP AT SOUTH BRISBANE SAILING CLUB – 5th March 2022



South Brisbane Sailing Club hall at peak of flood









Thank you BRRC volunteers

BRISBANE ROAD RUNNERS RACE REPORT

January to March 2022

by Robert Lofthouse

January 2nd – 10km /5km (161 starters)

A great turnout for the first event of the New Year with plenty of old faces and some new ones keen to get their New Year underway by testing out fitness levels post Christmas.

10km – The first half of the race saw Christophe Manchon and Danny McDonald leading the men's category with **Damien Gannon** just a few seconds behind at the 5km mark. The second half of the race saw Damien Gannon pick up the pace to pass both Danny and Christophe, going on to record a winning time of **37:20** with Danny a further 15 seconds back in second place. Christophe was content to ease off in the second lap, cruising over the finish mat in third place. Damien's winning effort was a continuation of his great 2021 form where he really lowered his times during the course of the year.

The ladies 10km saw **Eimear Mann** start the year in a very positive way with an evenly paced two laps resulting in a winning time of **45:45**. At the halfway point, she had a slender 5 second lead over her nearest rival Elizabeth O'Neil but Liz was not able to hold her pace in the second lap resulting in Eimear increasing her lead to nearly two minutes by the finish. Third place saw Julie Hall just catch Gina de la Cruz near the finish line with Gina obviously being in cruise mode in the second 5km loop.

5km – The men's 5km saw **Anton Sklavos** start the year in fine style winning his first BRRC trophy crossing the finish in **18:24**. Sebastian Croke was second and Scott Walker third. No surprises in the ladies event, with regular BRRC place getter **Kate Cecil** recording **21:36** to claim another coveted BRRC mug. Nikita Ferguson and Deborah Marshall were second and third respectively.

Adrian Royce was the Race Director on the morning, ensuring that everything ran smoothly.



Eimear Mann, 10k winner



Karen & Ellery Rolf



Danny McDonald



Sebastian Pinel on duty

January 16th –
15km/10km/5km (191 starters)

Great to see nearly 200 runners turning up, which augers well for another successful year for BRRC.

15km - Robert Cordle was rewarded for keeping to a consistent 19 min/5km pace for the entire journey, winning the event in **57:17**. Robert's first lap was his quickest as he crossed the 5km mark in 18:59 (the only runner in the race to record a sub 19 min 5km lap). At that stage, he had established a lead of around 30 seconds over his nearest rival Damien Gannon with 10 year BRRC member Matt Archer, going well in third place. Robert continued to build on his lead over the next 10km giving him a final winning margin of just over a minute from Damien Gannon and Matt Archer who crossed in third place.

In the ladies race, **Kerri Hodge** recorded a **1:03:05** effort to win comfortably from Krishna Stanton (enjoying a relaxed easy training run). Third place went to a relative newcomer Courtney Le Lay, who outran a number of club regulars including Gina de la Cruz, Elizabeth O'Neil, Heidi Grodecki and Tash Shourbaji.



Matthew Langmack

10km – Always a popular distance at club runs, with 81 runners taking part in the two lap event. Very gratifying to see **John Price** (a leading runner in the 50-54 age group) make an appearance at the club and then lead the race from start to finish, crossing the mat in **38:04**. Second place went to Luke Gyory (an Emergency Services officer) who was making his first BRRRC appearance. Luke has a special interest in Sports and Exercise Science which could prove very handy as he aims to get better results from his running. Since moving up from Sydney a couple of years ago, Enrique Suana has become a very popular figure at BRRRC and on this occasion Enrique achieved a third place finish.

In the ladies 10km, **Candice O'Neill** won by just over a minute in **42:52** from Zara Nance and Susan Thornton who will be a leading competitor in the ladies 60-64 age group this year at Club Championship events.

5km – Apart from being a highly valued club member, **Adrian Royce** is also a very good runner, always looking to improve his times. Adrian is also a big traveller and goes everywhere as part of his 'love affair' with everything Parkrun. Years ago, he was responsible for starting up the popular Wishart Parkrun on Brisbane's Southside.

Adrian took the honours in the one lap event beating teenager Sebastian Croke by a minute, stopping his watch at **17:58**. Peter Tapley was awarded third place in a very tight finish, crossing the mat just one step ahead of Jacob Rapier.

The ladies division saw **Kate Cecil (21:31)** claim her second win over the distance at BRRRC events in January, edging Nicole Mulholland by one second. Kim Massy rounded out the top three.

Special thanks to **Kerri Biggins** who assumed the role of Race Director on the morning along with all the volunteers who did excellent jobs in their various roles, ensuring that everything ran smoothly.



Tegwen Howell



Kerri Biggins – Race Director



Zara Nance, Susan Thornton and Candice O'Neill



Chris Dixon

January 30thx- 5xMile Champs
15km/5km (335 starters)
Matthew Hansen and Nerissa O'Donnell take the honours

The course for the 5 mile championship consists of a 3.046km lap followed by one lap of the normal 5km road circuit.

Current 5 Mile Course Record Holders:
Male – Kieren Perkins 24:56 on 31/01/2021
Female – Clare Geraghty 28:33 on 13/02/2011

An outstanding attendance for the first of this year's championship series with 304 runners competing in the 5 mile event. The first 3km lap saw 18 year old **Matthew Hansen** and well known BERT group mentor Peter Bracken, opening up a handy 25 second lead over a chasing pack of five runners that included Derrick Leahy, Robert Godino, Andy Dey, Matt Cooper and Sam Rose. The younger legs of Matthew Hansen soon propelled him into the lead over Peter, as they worked their way through the first part of the normal 5km loop, whilst back in the chasing pack, Derrick Leahy and Robert Godino managed to forge a small margin over the other three in the group.



Enrique Suana

Matthew ended up winning the race by a margin of 24 seconds over Peter with a time of **25:57**. A really close race for third place ended with Derrick Leahy nudging ahead of Robert Godino by two seconds.

The first 3km lap of the ladies championship race saw **Nerissa O'Donnell** holding a narrow two second lead over Olivia Lennon with Eliza Buzacott-Speer five seconds in arrears. Nerissa started to assert her authority on the race early in the second lap and by 5km, had increased her lead significantly over Olivia with Eliza running a strong last 5km, to ensure that no one challenged her for third place in the latter stages. In fact, Eliza nearly caught Olivia at the end with Olivia crossing the finish in second place by a slender three second margin. Congratulations to Nerissa O'Donnell who ended up winning in the time of **30:02**.

Age group records 5 mile:

With such a large turnout, it was no surprise that six (6) runners broke the previous course record in their respective Age Groups.

Congratulations to race winner **Matthew Hansen (M0-19)**, **Peter Bracken (M40-44)** and **Robert Godino (M50-54)** in the men's age groups and ladies race winner **Nerissa O'Donnell (W30-34)**, **Nicola Bowker (W50-54)** and **Betty Menzies (W75-79)**, who all went under the course record in their age groups.

15km – Only 11 runners lined up for the three lap event with **Scott Walker** out in front by himself for the entire journey, stopping the clock at **57:52**. Another one of BRRC's most valued members Adrian Royce was second with Rob Marshall in third place.

Courtney Le Lay was the only female in the field, recording a finish time of **1:16:53** to claim the winner's trophy. Courtney is a well performed triathlete and did well in the Sunshine Coast Ironman 70.3 back in 2021. She competes regularly in Ironman triathlons all over the world, so no surprise that she elected to do the longer run on the morning.

5km – 13 year old **Sebastian Croke** (son of BRRC's Natasha Shourbaji) was too

quick for his older counterparts over the 5km distance, winning in a time of **18:54** with Owen Korn second and Chris Stainer third. In the ladies field, Nicole Mulholland (**21:31**) took the honours with Nikita Ferguson and Deborah Marshall crossing second and third respectively.

Special thanks to Race Director **Elizabeth O'Neil** and all the volunteers who did a fantastic job on what was a huge start to the Championship series for 2022.



Matthew Hansen and Peter Bracken



Peter Jones, Will Towner & Matthew Langmack



Julie Hill-Webber and Irene Davey



John White Hwang, Enrique Suana, Emmanuel Vergara & Jodi Ferguson



Nerissa O'Donnell – 5 mile champion

February 13th – 15km/10km /5km (211 finishers)

Three distances on offer and after all the excitement of the 5 mile champs a fortnight earlier, a large turnout of over 200 runners fronted the start line for their usual Sunday morning fix.

15km – A strong men's field fronted the start line for the morning's longest race with the likes of Robert Cordle, Scott Walker, Adrian Royce and Toowoomba's Emmanuel Vergara expected to be amongst the front runners.

Robert and Scott quickly established the lead in the early stages of this race and by the 5km mark had established a 45 second lead over Adrian Royce. Both Robert and Scott maintained their 3:46/km pace throughout the second lap and were still together as they crossed the timing strip at the 10km mark. Who would be the strongest over the last 5km and make the winning break? That was the remaining question to be answered. As a sign of their early year fitness, both were able to increase their pace in the last 5km with Robert Cordle able to lower his km average to 3:40 to gain the ascendancy over Scott Walker who was still able to record 3:44/km splits. Well done to **Robert Cordle** for winning in a time of **55:59** with Scott Walker just 16 seconds behind in second place. This was Robert's second win in a month over the 15km distance at BRR.

Adrian Royce finished third but Emmanuel Vergara was narrowing the gap every lap and by the end was only two seconds behind Adrian. Full credit to Emmanuel who travels down regularly from Toowoomba to compete at BRR. Emmanuel is heavily involved in the Toowoomba South Parkrun and is often the Race Director up there, so if you're visiting Toowoomba on a weekend, make sure you do the Toowoomba South Parkrun.

In the ladies three lap event, **Kerri Hodge** started out very conservatively, recording a 21:00 minute first five km, before running each of the following laps 20 seconds quicker, giving her a winning time of **1:02:00**. Kyoko Miura ran evenly paced laps to finish second with Elizabeth O'Neil claiming third place.

The 15km event attracted 66 runners.

10km – Ultra runner **Kevin Muller** is certainly a well-travelled runner due to his job with the Army. Kevin has spent a number of years down at Albury Wodonga but is now back in Queensland and running as well as ever. Kevin is now in the 50-54 age group but still showed all and sundry that he still has speed, taking out the honours in the 10km with a **36:52** effort which included a 7 second negative split in the second 5km lap. Second place saw Intraining member Craig Harbers held a narrow three second lead over Davide Fontana as the two runners crossed the timing strip at the halfway point. Davide then really picked up the pace, running a withering 18:10 second lap to give him a margin of 1 minute 20 seconds over Craig at the finish. In fact, Davide's second lap was the fastest recorded by any runner in the 10km event.

After her third placed effort in the Ladies 5 mile champs a fortnight earlier, well known ABC journalist, **Eliza Buzacott-Speer** made a triumphant return to BRRC with a dominant display in the 10km. Eliza ran perfectly even 5km splits to finish in **38:09** giving her a winning margin of well over eight minutes. No great surprises with Eliza's recent efforts as her talents as a runner/triathlete can be traced back to her high school days some 12 years ago.

It's not often that we get a current Australian Olympian competing at BRRC but leading Queensland race walker **Katie Hayward** made an appearance in the 10km and finished second with a time of 46:47. Katie is from the Gold Coast and competed in the 2021 Tokyo Olympics recording a very respectable 1:38:11 in the ladies 20km Race Walk. At 21 years of age, Katie has a bright future in the world of Race Walking. Third place saw Kerry Magro lead Sandra Appruzzese by 15 seconds at the halfway point but Kerry dropped her pace slightly in the second loop enabling Sandra to gain the ascendancy in the last two kms and round out the top three.

5km – After taking the honours at BRRC's first 5km event back in early January, **Anton Sklavos** lowered his previous

winning time to **17:39** with teenager Sebastian Croke finishing second and Greg Wowor third.

Sebastian has competed in all four 5km events conducted by BRRC this year recording a win and three second placed efforts. Well done Sebastian!

In the ladies 5km, **Nicole Mulholland** made it back to back wins, crossing the finish in **21:19** and taking 12 seconds of her previous winning time. Maria Proctor and Roxy Sollars were second and third respectively.

The Race Director duties on the morning were handled in very capable fashion by **Pam Cramer**, a long-time member of BRRC.



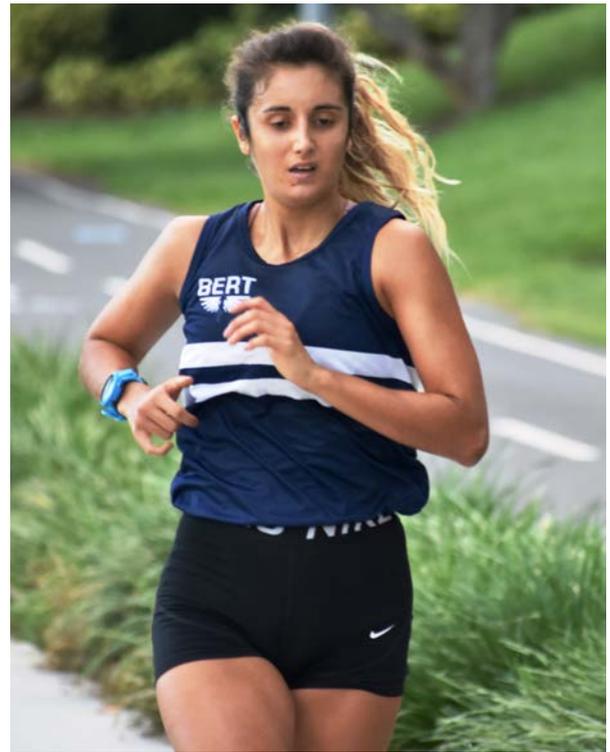
Kevin Muller – 10km winner



Crystal Mahony and Zara Callianiotis



Ray Crilly



Elizabeth Buzacott-Speer



Katie Hayward



Peter Jones

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

MEMBER PROFILE

Name: Chris Ganzer

Age: 52



Occupation: Wine Buyer

How and when did you start running?:

I started running at school enthusiastically but unaccomplished in middle distance and cross country races.

I revisited running at the age of 48, overweight and on the road to major health dramas. Over the space of 12 months I dropped 25 kg and went from a 50 min 5km down to 23 min. The success has kept me going and I am now into my 4th year of being healthy and fit.

Most Memorable Running Moments:

Joining Brisbane Roads Runners has opened up my social network to such a supportive group. The most memorable moments have been those easy runs on the alternate Sundays, meeting up at the

Regatta for a 10km run followed by a coffee and treat. The friendships I have made in the past year have encouraged me beyond the words on can put down on paper.

Favourite Running Distance and PB:

Since my long break from running, I found parkrun and I love the 5km distance. A challenging distance to run fast, but short enough to try to go flat out all the way. Short and sweet or is that sweaty? My PB is 22.22 at Rocks Riverside just before the pandemic and currently I am running at 23.30.

Running Goals:

As my fitness has improved my distance goals have grown. After 2 years of 10km races, I have set this year as my first half marathons. Noosa, Brisbane and Gold Coast are booked in. COVID and floods may have tried to get in the way of training, but with a consistent 30km per week, I am feeling fit and injury free. I'm looking forward to my first long run with no expectations.

Favourite Runs:

I joined the Church to Church run group heading off from Ironside on Thursday mornings. A leisurely down to UQ has a drink stop at the fountain near the UQ rowing sheds. For those keen for a coffee early, the return is up Mill Rd at UQ and then through the hills of Dell St and 9th Avenue before returning to the Uniting Church. Those interested in a long run the team run up Princess. I have no idea what that is or where they go because early coffee is my target.

Favourite Running Partners/Group:

Church to Church group and the St Lucia parkrun team are such an important part of my life over the last 2 years. The encouragement I get from these two groups has added a wonderful dimension to my life.

Who is your running idol?:

None yet.

Favourite Sportsperson/s:

Uzman Kawaja. The Queensland and Australian cricketer is stylish and classy in his style. He came back from being dropped from the team and yet stayed true to his values and has found a new level of success in his private and public life.

Favourite Shoe Brand:

With a short, wide foot finding a shoe is always a trick – Size 8.5 and Extra Width 4e. Brooks Ghost and New Balance 880 meet the width spec perfectly.

Favourite Food:

I have worked in food manufacturing, hospitality and tourism, so food is a very important part of my life. The more fancy the better.

Favourite Drink:

I'm a wine buyer – I'll let you guess.

Favourite Movie:

I'm not sure I have stayed awake during a movie for a long time.

Favourite Music:

Grungy folk on the turntable and whiskey on Sunday afternoon

Star Sign:

Is this a thing?

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

I had one wish. Lose weight and get fit.

BRRC – RUNNING FOR 40 YEARS

By Bruce Smerdon

Brisbane Road Runners Club is recognized as one of the premier running clubs in Brisbane, catering for aspiring and experienced runners in fortnightly events conducted from the South Brisbane Sailing Club at West End. The club was formed during the sport's boom period of the 1980's, coinciding with Robert de Castella's famous marathon win in the 1982 Commonwealth Games in Brisbane.

At the completion of a University of Queensland Athletics Club 15 kilometre race on 31 January 1982, Dr Andrew Semple called for persons who were interested in joining a steering committee to establish a road running club. On the 4th of February 1982 the inaugural steering committee of seven runners met, and it was resolved that the "Queensland Marathon Club" be formed. Apart from Dr Semple, other members of the inaugural steering committee were Norm Gulbranson, Diana Southern, Mike Sorensen, Laurie Baxter, Warren Gruver and Michael Walton. The University of Queensland was the club's first "home" and events, including marathons, were conducted within the University grounds. The first Queensland Marathon Club run was held on the 14th of March 1982. The event was a 20k run which was won by Ron Irwin in a time of 66:38 and the first female was Shane Barrett in 76:12.

The new club's first annual general meeting was held on the 22nd of April 1982 and various matters such as club runs, social activities, newsletters, uniforms, coaching and publicity were discussed. At an executive committee meeting held on the 24th of August 1982, it was agreed that the club name was misleading in that some people thought that it was only for

marathoners. To overcome this difficulty, it was decided to change the name to Queensland Marathon and Road Runners Club.

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

In the second half of 2000, a ballot was conducted by the committee to select a name that would reflect the club's charter as a fun and fitness entity for all types of runners. As a result of that ballot, the name Brisbane Road Runners Club was adopted from the beginning of 2001. This final name change was significant, as it reflected a gradual shift in society exercise norms that had occurred within the general population of Brisbane and elsewhere in Australia.

In September 2008 the club moved its start/finish line approximately 1k upriver and began hiring the hall of the South Brisbane Sailing Club on event days. An alteration to the course was also made at this time, with race participants running "out and back" beside the Brisbane River along the full length of Riverside Drive. Today, many members of BRRC also belong to one or more of the numerous other running groups which have sprung up in Brisbane over the past forty years. By providing regular competition in a fun run format, BRRC is a major resource for runners of all abilities in our river city.

CLUB UNIFORM PROGRESSION OVER 40 YEARS

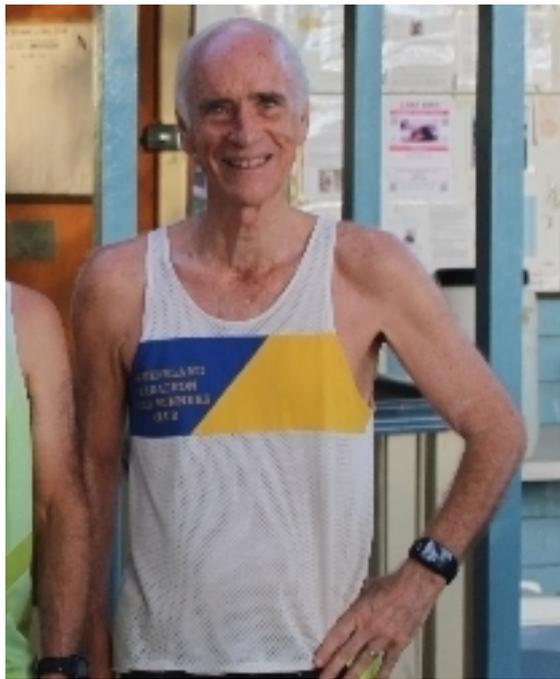
By Bruce Smerdon



1982 – Queensland Marathon Club Shirt



1983 – Queensland Marathon & Road Runners Club - Long-Sleeve Shirt



1985 to 1990 Singlet



1990 – 2012. Singlets and Shorts



2012 – 30th Anniversary Shirts



2013 to 2017 – Singlets



2018 to Present - Singlets

40TH ANNIVERSARY UNIFORM OFFER

To celebrate the club's 40th year, members are invited to purchase our **limited edition** 'retro' running singlets and t-shirts.

Manufactured locally by [Scody](#), these come in ladies and men's cuts, styles, and sizing. **Singlets** are made from 97% recycled COOLMAX® EcoMade fabric, with Sanitised® Actifresh Antibacterial treatment; it sits comfortably on the body and will keep you cool dry, and fresh. **T-Shirts** are made from moisture-wicking COOLMAX freshFX fabric with anti-bacterial silver ion technology.

Prices

Singlets - \$ 38.50

T-Shirts - \$ 44.50

See BRRC website for further details [40th Anniversary Merchandise](#) [Brisbane Road Runners Club BRRC West End](#)



INTERNATIONAL WOMEN'S DAY FUN RUN

By Christopher Ganzer

In 1991 Liz Hepple, a world champion triathlete and cyclist, was working for the Queensland Government's Department of Sport, Tourism and Racing, and she became enthusiastic about the state government's decision to embrace International Women's Day. As an active runner, Liz engaged with the President of the Queensland Marathon & Road Runners Club (now known as Brisbane Road Runners Club), to start an event that celebrated International Women's Day. The first event was conducted in 1992 and Brisbane Road Runners Club owned and operated the event for the next 21 years.

Brisbane has embraced this event with love and COVID and a flood have not got in the way. The 2020 event saw enormous numbers of people come out with around 30,000 people spilling into the Brisbane streets and walking across the Storey Bridge, just weeks before the COVID pandemic would change everything and Brisbane would lock down.

It seemed impossible that there would be another walk and yet in the middle of our isolation there was another Pink Fun Run in 2021.

The community and this event forged on regardless. COVID would not stop it and it didn't. And with a few weeks before the 2022 event COVID restrictions lifted, and Brisbane was electric. Alas so were the skies and the rain came down and as it came down the river came up. Beaten. Can you believe it? Be assured, Brisbane would not be beaten.

Sunday the 6th of March saw so many groups come out to do virtual runs and walks and celebrations. Who hasn't got used to a virtual run? While it was officially not a Pink Run, a small group from BRRC ran for the love of our club and community and those that we love and may not be with us anymore. The weather was perfect, the company was great and we did our Virtual Pink fun run and washed away COVID and the mud.



Back and middle rows from L: Michael Lyttle, Bernard Schreiber, Helen Ridley Hanna, Vicki Fennelly, Suzanne Shreiber, Linda Graham, Ayesh Razzaq, Tracy-Anne Ganzer, Chris Ganzer, Shane Rainbow
Front: Megan Overell, Kelley Taaffe, John Sharpe, Melanie Gabbie, Chris Ganzer, Andrei Whiteman

MEMBER PROFILE

Name: Jodi Ferguson

Age: 33



Occupation: Project Manager

How and when did you start running?:

I first started running with a friend in Rockhampton - our goal was to finish the 5km Rocky River Run. We completed that in 27 mins. After that I took a hiatus in running and was more into the gym until I met Enrique who encouraged me to start running again and of course our little running buddy Odie would be very disappointed if he missed a Parkrun.

Most Memorable Running Moments:

Finishing my first half marathon in the Barossa Valley in Adelaide. I had only ever ran 12km before that and had thought the Barossa valley half would be a good first course - joke was on me after 99 levels of elevation on my Garmin watch - but was stoked to finish in under 2 hours

Favourite Running Distance and PB:

Favourite distance is 10km, long enough to feel you've done a decent workout but doesn't take too much of your morning up! My PB is 51:24

Running Goals: 1:50 for 21km at GC Half Marathon and a sub 50 mins for my 10km

Favourite Runs:

New Farm Parkrun - the farmers markets afterwards is the best! And any races along the coast are beautiful!

Favourite Running Partners/Group:

BRRRC, club KT, BSRC, Rebound run club - always such amazing people and great vibes

Who is your running idol?:

Jessica Trengove - had the chance to meet Jess whilst living in Adelaide and she is a just lovely human being and her return to running after having a child was incredible

Favourite Sportsperson/s:

Serena Williams - one of the most decorated sports people in history!

Favourite Shoe Brand: ASICS of course!

Favourite food: Mexican food always feels like you are celebrating or having a party

Favourite Drink: Coffee or Gin and Tonic, depends on the time of day

Favourite Movie:

The Shawshank Redemption

Favourite Music: Here comes the sun (Beatles) - always puts me in a great mood

Star Sign: Aquarius

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

Pretty simple. for myself and my loved ones to lead happy and healthy lives and to appreciate the beauty in the little things



PARKRUNNING AT LARGE

By *Adrian Royce*

Irene Davey mentioned my parkrun travelling exploits in the last BRRC magazine and so after 425 parkruns, I thought it was time to reflect on a few of my favourites. My criteria for an enjoyable parkrun is simple:

1. Must be in a park. It is called "park"run, after all. None of this: "we have an existing trail and so let's just call it parkrun now". That should be called, "Forest-run" or anything else other than parkrun. Beach runs are knocked back in this criteria too but granted, sometimes they do start at a park, I guess. A lot of people love beach parkruns for the view somehow believing you can possibly look out and enjoy the serenity as your heart rate goes over 160. I tend to find these are very warm in summer and freezing in winter and strong sea breezes swirling around make a "take it or leave it" experience for me.
2. Australian. It must show typical Australian colour, flora or fauna. I love the outback parkruns in country towns that have the wattles and gumtrees by a stream. You can almost hear the swagman waltzing Matilda away. Can you hear a "coo-ee"? Is that a Yowie chasing you?
3. A Bridge. This would signify water which adds a lovely element to any run. Remember it normally hurts to run 5km so any distraction is welcome!

Lochiel, SA

My mate and I went to SA to see the inaugural Pink Ball Test, so a parkrun was a must. Lochiel parkrun is located next to (1) a 9 hole par 3 golf course which was perfect to start each morning of the Test! and (2) a nice caravan park complete with cabins. There is a bus service straight to the middle of Adelaide which is where the cricket ground is. The female record at Lochiel stands at 15:38.

If you are wondering who could beat that, well actually, that is also the global parkrun record. Outstanding!!!



I thought when I ran Lochiel it seemed fast, being an undulating out and back one. It is set amongst the gumtrees in the Adelaide Hills and ticks my Australian criteria. At the time I had the 45-49 record there, but it has since been surpassed (how rude).

Weipa

If anything happens in Weipa, word gets around the grapevine quickly. On the Friday I decided to do a "freedom run" on the Weipa parkrun course in the middle of day, clocking up an easy 21:15. Let's get this straight - absolutely no one runs in Weipa in the middle of the day - for obvious reasons. That time was actually the 5th fastest time recorded on the course. Afterwards when I had to contact the Marathon Director (I was in town to run the Weipa Marathon) about the mandatory requirement to carry snake bandages, she asked me, 'you weren't the one running the parkrun course were you? Ummm,

how did you know? She said it's all over town!' Next morning was parkrun day and I knew I had to take it easy because of the marathon on Sunday. I rocked up and the first thing they said was "you're the crazy fast guy right?". Oh... okay.... I better look the part, stuff the marathon! I did 17:20 and got their age grade record. Weipa starts at the famous Eat Street. It's not quite like the one at Hamilton, Weipa is more like a few food vans but the locals have a great sense of humour and thus it was named Eat Street. A fast out and back and then you can have a coffee and a roll at Eat Street.

North Sydney

No bridge, such a shame, but North Sydney parkrun rests in the shadow of the North Sydney cricket oval and what could be more Australian? I ran this just before the first Covid lockdown so it sticks in my mind. It is 3 loops with a dogleg each time of the park.

St George

Nestled on the banks of the Balonne River in a park with a bridge in view, you cannot get anywhere more outback Australian and you are in the midst of cotton country. Typical great pub tucker on the Friday night, and sleepy St George with the mist rising over the river makes for a great Australian experience. Supporting country parkruns is important, spending a little money to stay overnight and have breakfast. Locals are always surprised when you say the reason why you arrived was to do the parkrun. A big bonus is that Riversands Winery is nearby, open for tastings and their "F***n Good Port" is... very nice.

Clermont – Centenary Park

I cannot say the township amounts to much but Centenary Park itself is like an oasis in the desert – so picturesque and delightful with a tribute to the local Anzacs and a monument to St Mary MacKillop who established a school there. It is 2

loops of the lake surrounded by local wildlife and birds and includes a bridge.



To get there Lynette and I flew to Mackay and hired a car for the 3 hour drive. On the way back I missed a turnoff and subsequently missed the return flight so it was an extra overnight stay in Mackay!

Bargara

OK, this is near the beach and you can stay in cabins 100m from the start, which is in a park! It is a popular parkrun for its views and surf club breakfast. It is just down the road from Mon Repos and if you book far enough ahead, you can see the turtles hatching – just magic!

Presint 18

To round this list off, I'll mention my favourite overseas experience. Most tourists to Malaysia will go to Taman Pudu Ulu parkrun, being very accessible in the middle of Kuala Lumpur. But Presint 18 is the closest Malaysian parkrun to KL airport, meaning if your flight departs on a Saturday, it is more than possible to get the Uber equivalent (Grab) on the way (don't try taxis there) and visit this parkrun. West Malaysia (aka the peninsula) is broken up into a number of precincts and #18 accommodates Parliament House and all of the public service departments of Malaysia. It is a bit surreal running along the lake amongst beautiful buildings with Parliament House in view across the waterway. But what really makes this parkrun special are the young people who

organise it, they are an enthusiastic and tight bunch of friends and the atmosphere is electric with in-jokes, smiles and love all round. A Malaysian café is right next door and your breakfast will cost \$3.



If you've ever been to a parkrun where it seems a bit subdued, this is the exact opposite. Just before parkrun closed in Malaysia, a new parkrun was planned to start at Taman Tasik Danau Kota, on the way to the Batu Caves tourist attraction. So when parkrun returns I will have to go and keep my countryship. Sorry to say no parkruns in Penang or Borneo (east Malaysia), places where I love to travel to.

Next steps

Besides the seemingly never-ending quest to complete all Queensland parkruns (currently sitting at 104/114, also having done all 3 closed parkruns: Augustine Heights, Town of Seaside and Doomagee), I have 3 on my bucket list:

Bowral – the home of the Bradman museum (I am a cricket fanatic after all!)

Kalgoorlie – hopefully in July with the local marathon the next day.

Whitemark Wharf - Flinders Island, as described by Irene in the last magazine.

AT THE RACES

News and results from around Australia & the world

Compiled by Robert Lofthouse

WOMEN'S 10KM ROAD RACE WORLD RECORD BROKEN!

22 year old Ethiopian Yalemzerf Yehualaw, broke the 10km road race record on the 27th February in Spain. She eclipsed the previous record by 24 seconds with a withering **29:14** effort.

Yehualaw is also the world's second fastest half marathoner with a time of 1:03:44. It will be interesting to see how she goes in her marathon debut.

The current women's world record for the half marathon is a staggering 1:02:52 set by Ethiopia's Letesenbet Gidey last year in Valencia.

JACK RAYNER BREAKS AUST 10,000 METRE TRACK RECORD

6th March - Victorian long distance runner Jack Rayner broke the Australian 10,000 metre track record in California, finishing in a time of 27:15:35, eclipsing the previous record held by Patrick Tiernan by seven seconds.

This great result followed on from Rayner's January effort where he won his first national 10,000 metre title at the Zatopek Track Classic in Melbourne.

Rayner is set to take part in the Birmingham Commonwealth Games in July but at present, is uncertain what event he will compete in. The 26 year old made a promising debut at the 2019 London Marathon with 2:11:06 but unfortunately at the delayed Tokyo Olympics suffered a major injury in the lead up and had to withdraw before the 10km mark.

Jack Rayner is certainly one to watch and his current PB's are listed below.

5,000 metres track – 13:34:68

(Set in 2021, Sydney)

10,000 metres track – 27:15:35 (Set on 6th March 2022 in California)

Half Marathon – 1:01:01

(Set in Cardiff back in 2018)

Marathon – 2:11:06

(London Marathon 2019)

AUSTRALIAN 3,000 METRE TRACK CHAMPS (Sydney)

12th March – **Jude Thomas**, the rising distance running prospect from Ipswich, claimed the 3,000 metre National title after a tense battle at the end with Cameron Griffith and Sam McEntee. The 19 year old Queenslander had tunnel vision in the last 200 metres, concentrating closely on what was ahead and being unaware of what the opposition were doing around him. His winning time was 7:47:26 with Cam Griffith second and 2016 Olympian Sam McEntee third. Jude is also the current holder of the Australian Parkrun (5km) record (14:02) which he set at Kedron last year. Jude has a 5000 metre track PB of 13:45:40.

The ladies race featured a lot of pushing and shoving in the first 1,000 metres but **Rose Davies** emerged as the front runner and at the end was able to break clear of Natalie Rule to claim the national title in 9:06:35. The early pace was surprisingly slow, as runners jostled each other over the first couple of laps. This was Rose's second Australian Track title having won the Australian 10,000 metres title back in January.

Sydney Olympic Park hosted this race which was part of the Sydney Track Classic, a great night of Athletics which featured a Queensland runner winning an Australian title.

Australian 3,000 metre Championship Results:

Men:

1 – Jude Thomas (Queensland)

7:47:26 **PB**

2 – Cameron Griffith (NSW)

7:47:30 **PB**

3 – Sam McEntee (Victoria)

7:47:56 (PB is 7:41:03)

Women:

1 – Rose Davies (NSW)

9:06:35 (PB is 8:52:86)

2 – Natalie Rule (Victoria)

9:06:68 **PB**

3 – Holly Campbell (NSW)

9:08:03 **PB**

TOKYO MARATHON: 6^h March 2022

Eliud Kipchoge records his 14th win from 16 starts

Brigid Kosgei records her 9th win from 15 starts

Conditions were ideal at the start as runners were greeted with a sunny 11 degrees Celsius and little wind.

The Tokyo Marathon was taking place for the first time in two years and it took an unexpected twist when the leading pack took a wrong turn around the 10km mark after following a TV truck in the wrong direction. This cost the lead pack about 10 seconds and at that stage Eliud Kipchoge was heading the pack with a 10km time split of 28:37.

Kenyan, Amos Kipruto was the only runner able to keep up with Olympic and World champion **Eliud Kipchoge** until around 36km when Kipchoge broke free and started to build a lead over Kipruto. Many of the top runners were struggling with a strong head wind which picked up in the second half of the race.

Kipchoge went on to win in 2:02:40 with Kipruto recording a PB to finish second and Ethiopia's Tamirat Tola crossed in third place.

Kipchoge's time was about a minute outside his **world record of 2:01:39** set in Berlin back in 2018. Without a doubt he is the most dominant and best performed marathoner of all time at the elite level, with 14 wins over the distance from 16 starts.

In the ladies race, Kenyan world record holder **Brigid Kosgei** ran a superb race to win in 2:16:02. This was Kosgei's ninth Marathon win from 15 starts so she has become the female equivalent of Eliud Kipchoge with her dominant performances over the last four years. Two of Ethiopia's best Ashete Bekere and Gotytom Gebreslase, finished second and third respectively and both ran PBs but could not match Kosgei over the last 5km of the race.

At the post race interview Kosgei said that she could have run faster but the head wind experienced in the latter stages made it a real battle to maintain her km average.

Kosgei's women's world record of 2:14:04 was set in Chicago back in 2019.

Tokyo Marathon Results:

Men:

- 1 – Eliud Kipchoge (Kenya)
2:02:40 (PB is 2:01:39)
- 2 – Amos Kipruto (Kenya)
2:03:13 **PB**
- 3 – Tamirat Tola (Ethiopia)
2:04:14 (PB is 2:03:39)

Women:

- 1 – Brigid Kosgei (Kenya)
2:16:02 (PB is 2:14:04)
- 2 – Hiwot Gebrekidan (Ethiopia)
2:17:58 **PB**
- 3 – Gotytom Gebreslase (Ethiopia)
2:18:18 **PB**

NAGOYA WOMEN'S MARATHON: 13TH March 2022

Kenya's **Ruth Chepngetich** won in a new race record time (**2:17:18**) and collected prize money of \$250,000.00 for her efforts. The 2021 Chicago marathon winner went into the race as the favourite and won by nearly a minute and a half from Kenyan born Israel representative Lonah Salpeter with leading Japanese runner and crowd favourite Yuka Ando crossing the finish line a further four minutes back in third place.

Ruth Chepngetich led a pack of four through the 5km mark in 16:24 but by 10km she had already established a 25 second lead over Lonah Salpeter with the chasing group of runners already 30 seconds behind Lonah.

At the halfway mark, nothing had changed with the pre- race favourite still holding a comfortable 30 second margin over Salpeter who was still keeping Chepngetich in her sights.

At 34km, the highly rated Kenyan made a decisive uphill surge and continued to surge away to a comfortable victory by nearly 90 seconds.

From an Australian point of view, the performance of 39 year old distance runner **Eloise Wellings** deserves a special mention. Eloise has carved out a long career having represented Australia back at the 2006 Melbourne Commonwealth Games and from then on being a regular selection for Australian teams over the 5,000 and 10,000 metre

track events until she finally stepped up to the marathon distance last year in Melbourne.

In this race, Wellings finished 6th in the excellent time of **2:25:10** which lowered her debut Melbourne Marathon time by over four minutes.

Nagoya Women's Marathon Results:

- 1 – Ruth Chepngetich (Kenya)
2:17:18 (PBxis 2:17:08)
- 2 – Lonah Salpeter (Israel)
2:18:45 (PBxis 2:17:45)
- 3 – Yuka Ando (Japan)
2:22:22 (PB is 2:21:36)
- 6 – Eloise Wellings (Australia)
2:25:10 PB**



Eloise Wellings

MEMBER PROFILE

Name: Aaron Green

Age: 49

Occupation: Senior Data & Insights Specialist



How and when did you start running?:

My father was an inspiration for both my sister and I. He motivated us at an early age and I started running with him when I was seven years of age. I mostly did flat running in the cold as a child, growing up in Christchurch, NZ.

Most Memorable Running Moments:

Running the New York Marathon in 2005. There is an incredible amount of energy and passion in both the runners and supporters. The run itself covers all five NY boroughs, but the section when you enter Manhattan for the first time (30 km mark?), you are greeted by a wall of deafening noise and cheering – that is quite a memorable moment!

Also running the ChCh marathon in 2019 and doing a PB (3:17) in -2C conditions

(even though I have only ever run four marathons). I shaved almost 45 minutes off my NY marathon time so very happy with this (plus 14 years older!).

Favourite Running Distance and PB:

10 km is my preferred distance. My PB is 39:20 – that was Noosa in May 2019 (just a week before my ChCh marathon),

Running Goals:

Get through one year of consistent running without any significant injuries. Also try and get back to sub 20 minute Park Runs. Finally, consistent strength training to supplement my running.

Favourite Runs:

Wednesday morning run with the ERNIE crew – such an awesome bunch.

Favourite Running Partners/Group:

The ERNIEs – we have developed some solid friendships and it is extremely motivating.

Who is your running idol?:

NZ punched above its weight for middle distance runners in the 1970s. I remember watching John Walker as a child and being inspired. I also follow Jon Henwood, who is a close family friend. I witnessed him running a sub 4 minute mile in ChCh around 20 years ago which was quite special (he was staying with my parents at the time).

Favourite Sportsperson/s:

Roger Federer. An amazing tennis player and appreciate his discipline and character.

Favourite Shoe Brand:

ASIC.

Favourite Food:

I have a sweet tooth and I'm attracted to creamy desserts such as tiramisu and pavlova.

Favourite Drink:

Rusty nail – too many of these = limited running the next day though!

Favourite Movie:

Alien. I love the Sci Fi genre and remember seeing this as a child in the early 1980s. Anything by Ridley Scott I tend to enjoy.

Favourite Music:

I'm an 80s child so have a soft spot for most 80s and 90s music, especially British groups such as Simple Minds, Radiohead, U2 etc.

Star Sign:

Aries.

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

The ability to time travel and be a passive observer to significant events would enable me to see whether the conspiracy theorists were correct after all!

HOW MANY STARTERS DID YOU SAY WERE IN MY AGE GROUP???

By Andrei Wightman

The Australian Masters Athletics Nationals first came to my attention late last year when QMA let me know about it and asked if I could promote it to our members. This was the first Masters Athletics National Championships in a while as the Championship for 2020 and 2021 were both cancelled due to the COVID pandemic. I thought this would be a great event bringing together Masters athletes from all over Australia so I agreed. I was so excited about the concept that I registered and entered the 5000m event myself.

Now, I have to say, 5km is a distance I love to race. It's no mistake that parkrun is so popular, it is an achievable distance that even if you race hard, you can recover pretty quickly. At last year's River 100, the team I ran in did successive 5km runs with about 80 minutes recovery all in reasonable time. The team that I was part of won the Enduro Challenge at the Fisiocrem River 100 this way covering 99km in the 7 hours available. I'm not one of those impressively fast people who wins parkruns but I'm working on bringing my 5km time down and hoping soon to break the 20-minute milestone.

So 5000m it was. I added this to my yearly race and training calendar and set up the training program to match it. I didn't think much more of it until I saw the very first draft timetable. It showed the 5000m was at 8:00am which I thought might be a little late as, although Autumn, the days are still tending towards hot by that point. Another concern I had was that I had entered 5000m, not 5km. That is, 12 ½ laps of the 400m athletics track. At this point I remembered that my track experience is limited to a couple of speed training sessions and a community 3000m handicap race in 2017!

I spoke to my more learned and experienced friends Betty and Krishna and asked for some advice. Racing on a track is a little different and can be quite tactical but the most important thing is anything outside lane 1 is longer than 400m. I also decided that this would be my 5km goal race. What better place to do a fast km

than on a completely flat course with no turn-arounds!

As race day approached, I started to plan my new PB. I was getting confident after running a PB at Mitchelton parkrun when Masters Athletics put out the final competition schedule. My race was to start at 10:30am! Okay, I thought, that might be a bit warm, not ideal but same for everyone racing. Not that I was thinking about the other competitors at this point, I was so used to parkruns that a 5km with less than 150 people was almost unthinkable and besides, I'm sure there'll be some heats or maybe an "A" and "B" race that I'd heard so much about following athletics circles. When I realised that there was only one race, "Finals" I began to think that I had not considered that word "Championship" adequately! My race had competitors from 30 years to 49 years as well. I didn't think it was a great sign that I would basically be the grandfather in the race and that the youngest would only be about 5 years older than my eldest son who regularly runs low 18 minutes. Anxiety started to creep in a little.

Not long after this the final start list with competitors was also released. I knew a couple of the names of the Queensland competitors, BRRC athletes and a couple of BERT squad runners but not a lot in my own age-group. I decided to do a little Strava stalking and it was not great news. Of the nine competitors in the M45 category, most of the PBs I found started with a 17 or 18. It was going to be a hot race, both literally and figuratively. I also discovered that there were only 19 starters in the race and only nine in my age-group. There would be nowhere to hide.

Now, I'm not bothered with coming last but I also didn't want to be still running hard when the next race was ready to start and with that in mind I was determined to not leave anything on the track after the race. I was also pleased when I confirmed that World Athletics Shoe Rules do not apply to Masters Competitions so I could still wear my road racing shoes.



Come race morning and I was ready but nervous, just about right for a race. I had the most incredible support crew including my wife, eldest son and his partner, my daughter, John White and Jayne Reithmuller for moral support. Betty Menzies took on photo duties and Bruce Smerdon was at the finish line calling out my lap times, and throwing the requisite shade, each lap. That's not even to mention the number of encouraging messages I received in the week leading up to the event. I couldn't let that sort of team down! I had told my wife I was going to try to run "Tiernan Tough" explaining that it involved ignoring the pain in your body until it gives out, but she suggested I might be better off with a Steven Bradbury approach. Given the lack of ice and a dry track I decided on a mix of Eliud Kipchoge's "I'm not running with my legs alone but with my heart and mind" and Steve Prefontaine pacing strategy of just running hard. Note that there are some important distinctions between these runners and myself, which almost certainly include talent and ability but I was setting the bar somewhat lower than them. I knew what pace I wanted to run and I knew what the 400m splits were for it. Also, I knew that I couldn't do the pace of the younger (and some closer to my age) front runners but if I could run my own race, I'd get the PB I was looking for.

The pre-race nerves weren't exactly helped by the convoluted registration and race number process. At least that first couple of kilometres of walking got my warm-up started.

The race itself was on the State Athletics Facility and the warm up was inside the main stadium. After changing into my race shoes and doing my warm-up, I was eager to get started. By 10:10, most of the competitors were at the pre-race tent waiting to get our hip numbers.

There was some sort of delay getting the official start list, and the competitors jogged from that tent at the 100m mark back to the start line.

Lining up at the race start at the 200m mark, I was number 19 so was on the outside of the track, so the first order of the day was to get across to lane 1 as soon as practical. Having Irene Davey as the starter helped me to settle, even after the gun didn't fire on the first start! It was a great start as the field was still together. That didn't last long and after the first 600m I was running in last place. That said, my first kilometre was right at the pace I was planning.

My memories of the race itself are a little indistinct. I do remember Bruce calling out my splits and suggesting, as you can imagine, in the most delicate manner that I needed to speed up a little.



I found myself running hard enough that even a brief look at the watch wasn't really on the cards.

After the first kilometre I tried to keep the pace up but concentrated on the runners ahead and behind me. I seemed to be catching up on at least one which was pleasing.

It must have been around the 2km mark that I passed another runner (instead of the opposite happening) and I was immensely pleased to not be the tail runner any longer. I continued running at the fastest pace I thought I could sustain.

For anyone who hasn't raced on a track, there is a lap counter which shows how many laps there are, or I should say, how many laps the leading runner has left, so this was pretty much useless to me after about 9 laps to go! I did however have an official who was calling out my number and indicating how many laps I had left. I don't remember much of it until what I thought was 4 laps left. I thought, 1600m to go, time to get serious. I dropped a gear and hunkered down thinking, after this one, only three to go. However, as I passed the official again "4 laps" is what I heard and my heart broke just a little. I rallied internally and tried hard to finish with my heart and mind and was rewarded by passing the tail runner again. I had one more in my sights but he finished 37 seconds ahead of me in the end. My final 400m was one of my quickest but by

the time I crossed the line I was utterly spent. After a quick lie down on the track, I hobbled off to be greeted by some of my wonderful support crew. The only problem was, my water bottle was around near the 300m mark. That's OK, there was a bubbler nearby which I'm not sure was working or maybe it was that I was incapable of operating in my post-race state! Red hot, glute cramping I finally got some water on board and it was magical!

In the end, I was around 4 seconds slower than my PB and in last place in my age-group but was not disappointed with the race as I think the conditions were pretty tough and I gave it all that I had on the day. In retrospect I was also pretty happy to be able to race with some amazing Masters runners so I'm reframed it as not last in my AG but 8th at National finals in my AG! Shout-out and huge thanks to my amazing supporters on the day (and lots of other times). Having you around makes the pain and effort so much easier.

I'm still going to try to improve my 5000m (and 5km time). I've also decided that this won't be my last track event and am keen to try a few 3,000m and 1,500m races, hopefully in cooler conditions! The 2023 Masters Nationals are in Sydney and depending on how I go this year, I might even give it another crack.



ERNIE Australia Day Run

By Ken Swanwick

Daybreak on Australia Day, 26 January, and about 30 ERNIES and friends gathered to celebrate our national day with a run that would map the coastline of Australia



John White had charted the course for us on Strava Art, a hilly course along the streets of Red Hill, Paddington and Bardon. **Bruce Smerdon** lightened us up with his best impersonation of a kangaroo hopping but couldn't keep it up during the run; I didn't see him clear a single fence! Everyone lined up for the obligatory selfies – and then we were off.

As usual with ERNIE runs there were few rules. Some ran two laps of Australia; some like me could see no good reason to show off to those who missed my gallant single lap! And there was chatter, personal challenges and stops for selfies.

The Queensland coastline, up Glenrosa Road, was our first real test. Tasmania is always a challenge! Not crossing Bass Strait but climbing precipitous Glamorgan Street which still seems to bring pleasure to those who are seriously into pain. Looking at you, **John White**, **Bruce Smerdon** and others!



John Sharpe makes running around Australia look easy

Damien Barry took pity on me, strategically fulfilling the role of tail-end Charlie and kept me company. This allowed us to consider the merits of not telling some ahead of us that they'd taken a wrong turn near Broome & were heading into the Kimberley, allowing us to shamelessly forge ahead! We figured that Matthew Flinders had to work it out for himself, so.....! Eventually everyone regrouped for more chatter, selfies and to track down a café open for coffees, much like our convict forebears did on landing at Port Jackson in 1788.

DAYBREAK ON AUSTRALIA DAY 2022



Bruce impresses the locals by doing one arm push-ups at the top of the hill



Ken also does one arm pushups, but the locals aren't interested



Michael's sherpa refuses to carry him all the way to the top of the hill



Pam, Gina, Alberto, Muriel, Tash, John, Karine with Michael Cantwell at the back



Bruce, Ken, Kelley, Helen, Megan & Michael lining up for coffee

MEMBER PROFILE

Name: Enrique Suana

Age: 37

Occupation: Admin for Vision Australia



How and when did you start running?: I started running in 2007 when my weight was close to 100kg. I was trying to get a taxi home from a friend's house but ended up walking 13km home. I then decided to go for a run the next day, ran 100m and nearly passed out, went back again the day after and the day after and the rest is history.

Most Memorable Running Moments:

2017 Boston Marathon guiding my blind friend Stephen. Boston has an incredible atmosphere - it is a special race done on your own; however helping someone with a disability gives new meaning to running satisfaction.

Favourite Running Distance and PB:

5 to 21km, I'll still do a marathon but I prefer shorter distances these days. I am on track to doing my 40th marathon later this year though.

5k: 18:34 (2021)

10k: 37:21 (2021)

21.1: 86:51 (2020)

42.2: 3:17:14 (2017)

Running Goals:

No goals per say, just to enjoy the social aspects of running. I take PB's as they come. I have a very firm running philosophy of enjoying life and running.

I'd rather drink a beer than win runner of the year. Have my cake and eating it too. Believe in yourself!

Favourite Runs:

I'm originally from Sydney, not trying to ignite a running club rivalry but the Kirribilli Runners Classic Thursday night run, over the Harbour Bridge and around the Opera House and back, in my opinion the most scenic run in Australia and possibly the world.

Favourite Running Partners/Group:

Brisbane Road Runners Club of course! I've met so many wonderful people through this group. Back in Sydney my running friends in Kirribilli Runners and Sydney Harbour runners as well.

Who is your running idol?:

Libby Clegg – T12 Scottish Paralympic sprinter

David Brown – T11 the worlds' fastest blind runner

Terezinha Guilhermina – T11 Brazilian Paralympic sprinter

Able bodied athletes are inspiring, however, these people take it to the next level

Favourite Sportsperson/s:

Ayrton Senna (RIP) by far my childhood inspiration.

Favourite Shoe Brand: ASICS:D

Favourite Food: Beer

Favourite Drink: Beer

Favourite Movie: The Fifth Element

Favourite Music: Most things on Triple J

Star Sign: Gemini

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

I work in the disability sector, helping people who are blind and who have low vision and live the life they choose. More awareness in the community of people with disabilities and the contributions they made.

BRRC STALWARTS

Four names have been added to the Stalwarts honour board this year: Kevin Barratt, Neil Bath, Stephen Walmsley and Matthew Wood. 2022 marks the tenth year they have been members of BRRC and we thank them for their support. They will be presented with their Stalwarts cap at the Club's Dash and Splash event at the Yeronga pool on 11th December.



HONOUR BOARD BRISBANE ROAD RUNNERS CLUB STALWARTS

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

| | | |
|-------------------|-------------------|-------------------|
| Matt Archer | Kevin Barratt | Neil Bath |
| Greg Beerling | John Buttner | Paul Circosta |
| Irene Davey | John Dempster | Jenny Downie |
| Pam Goddard | Marion Hermitage | Phillip Hermitage |
| Julie Hill-Webber | Kerri Hodge | Andrew Holden |
| David Holleran | Anita Jarvis | Craig Johnstone |
| Andrew Leggett | Robert Lofthouse | Brad Lye |
| Margot Manning | Steve Manning | Jack Marsh |
| Heather Marshall | Ralph Marshall | Brian McCarthy |
| Betty Menzies | Bob Miller | Geoff Neil |
| Virginia Neil | Garry Page | Adrian Pearce |
| Amy Riethmuller | Jayne Riethmuller | Kate Riethmuller |
| Peter Riethmuller | Graham Robertson | Erkki Ryhanen |
| Jonathan Sawyer | Michael Schultz | Bernard Shyne |
| Bruce Smerdon | William Towner | Ron Vines |
| Stephen Walmsley | Karen Wiersma | Russell Wilson |
| James Winters | Matthew Wood | Tracey Wood |
| Colin Woods | | |

As at 04/04/2022

TRACEY IN A TUTU TOURS TASMANIA!

By Tracey Wood



So in 2013, I was invited to attend a local event called parkrun nah, I said, "It won't catch on..." Nine years on and parkrun is now firmly entrenched in my life. If running, walking or volunteering wasn't enough, then a yearly catch up with other parkrun tragics was just the thing!

This year, along with quite a few other parkrun adventurers, I travelled to Hobart for a three day frenzy of talking parkrun, comparing challenges, and planning of weeks ahead.

This group came about as devout listeners of the parkrun adventurer's podcast. I had been listening to the podcast for several years, but only contributing as a roving reporter in the last one. The name I used as a reporter came from my Instagram handle, a name a friend referred to me by.

Our trip to Tassie included:

- Three freedom runs (Queens Domain, Montrose Foreshore, and Risdon Brook Dam)
- One actual parkrun (I did Queens Domain to get my "Q" while the others headed to Bellerive.

- A live podcast recording at Bellerive Oval (home of the Hurricanes) where I received my actual reporter credentials (microphone and press pass)



- Two group dinners, one of which was had a “p” theme as a “pink lady”



Highlights of the trip included:

- A renewal of the vovve vows at the podcast (25 years of volunteering together)
- A wedding proposal by My Brendan Peel (of known Peel Club) to his beautiful fiancée Ms Jodie Mazey at the finish line of Bellverive parkrun
- Great to see familiar faces; wonderful to meet new ones, and delightful company all weekend!
- Marvellous Tasmanian scenery
As I continued touring up the East Coast with hubby afterwards.

Next year's event location is still to be decided, but I'll be sure to be there wherever it is!!!

MEMBER PROFILE

Name: Matthew Langmack

Age: 46

Occupation: Teacher



How and when did you start running?

Growing up in Brisbane I began running whilst attending High School. This mostly included Cross Country events as I enjoyed the challenges of the changing terrain.

Most Memorable Running Moments:

Celebrating reaching the finishing chute of any big event is always a highlight for any runner. I thoroughly enjoy that moment and always take the time to soak up the feeling to reflect on all the hard work and effort that has been put in. Of course, finishing a marathon is very special, so Gold Coast in 2009 was my favourite moment, closely followed by Queenstown in 2019.

Favourite Running Distance and PB:

Whilst I've run a handful of marathons I actually enjoy the half-marathon and the shorter distances more. I think it's because you put yourself on your threshold and try to hang on for as long as

you can. My PB's appear to be in my past life, however you never know what could happen in the future.

Marathon: 2:55:54

Half – Marathon: 1:18:08

Running Goals:

Really keen to get close to some of my PB's and keep up with the Wishart Park Run Superstars.

Favourite Runs:

Enjoy getting into the forest. Used to be Daisy Hill, however have discovered a great loop in Karawatha Forest.

Favourite Running Partners/Group:

Every Friday I run with a great group including President Dan and Assistant Coach – Ged from Southbank Pool. We call it Friday Fun and we take it in turns to create an interval session. Not sure where the fun part came from but the numbers are growing.

Who is your running idol?:

Steve Moneghetti – In awe of his versatility and longevity within the sport. To top it all off he gives so much back to the sport. Always enjoy doing his famous fartlek session.

Favourite Sportsperson/s:

Eliud Kipchoge

Favourite Shoe Brand:

Currently wearing Nike Zoom Fly 4.

Favourite Food:

 Spaghetti or Lasagna

Favourite Drink:

Baileys and Milk. Yep...certainly get a few comments when I order this one.

Favourite Movie:

Not really a movie buff. Prefer to watch live sport.

Favourite Music: Bon Jovi for some rock and Midnight Oil for that Aussie vibe.

Star Sign:

 Leo

If you had one wish in life it would be?

To see more people, particularly the young out and about enjoying the great outdoors.

BRRC RUNNER SAYS THANK YOU

By Don Griffin OAM



In 1992, 29 years ago I ran my first marathon with my wife, Trish and we finished under 4 hours with other members of BRRC (still my PB). In 1993 the BRRC marathon event got into financial difficulties. I was approached to become Race Director. With help from BRRC members, our five kids and Rob De Castella we continued the event for the next 7 years.

In 2020, it was with great humility I accepted a Medal of the Order of Australia (OAM) from the Governor-General for service to the accounting profession and athletics. I am very grateful to BRRC for helping me to achieve this honour. I formally thank the BRRC for the support I was given over the years.

At 72 years, I still compete in some 10k BRRC events. Running has contributed so much to my life. I encourage all members to take a long-term view and enjoy the wonders of being a runner. Trish and I still enjoy running around three times a week. I have completed 57 marathons (25 Overseas) and 7 ultras mostly with Trish. In 2006 I was the first Australian to be a member of the Seven Continents Club by running a marathon in seven continents which includes Antarctica. I repeated this effort by 2017. Now we are attracted to

parkruns (50 plus) and virtual events like Run Down Under etc. We have developed many close friends in the running community.



A big thank you to all in the athletic community for recognising me in this way and to many running mentors who have inspired me to keep active. Again, thank you to my friends in BRRC. If anyone is interested in making contact, I can be contacted at don@etax.com.au.