



BRRC

Summer 2015



This is the official magazine of the Brisbane Road Runners Club. Views expressed in the magazine are not necessarily those of the BRRC.

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Club Events: The BRRC conducts more than 25 events each year ranging from 5km to half marathons. Events are open to all at \$5 for members and \$10 for visitors (includes light breakfast of fresh fruit and sports drink). A program of events appears at the back of the magazine or on our website www.brisbaneroadrunners.org.

BRRC Postal Address: PO Box 5959, West End, QLD 4101

BRRC Website

www.brisbaneroadrunners.org

Email: run@brisbaneroadrunners.org

Pictorial, illustrative or editorial contributions sent by Email or disk are welcome. Please send in PC format - Microsoft Word (text only) or PDF
Please send photos/ logos as JPEG or TIFF images, in a separate file to the text.

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Classified Advertisements: \$15.00

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Address: PO Box 5959, West End, QLD 4101

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FROM THE EDITOR...

By Robert Lofthouse



Welcome to the Summer edition of the BRRC Magazine!

Where has the year gone? Over the last month or so, I have been privileged to receive some pretty interesting race reports which will make for some interesting reading during the coming festive season.

Our intrepid desert runner David Holleran, is back from his run in Death Valley and tells a great story about running at night with much of it being uphill!

From the other side of the world, France to be exact, Katrina Crook has written a compelling report on running a Marathon through the French countryside complete with wine and food on the refreshment tables. Marathon du Medoc is certainly a marathon like no other.

Closer to home and club member Adrian Royce has submitted a report on the Capricorn Coast Running Festival at Yeppoon in Central Queensland. As well, club members have been busy sending me their profiles over the last few months so there is plenty of variety in this end of year edition.

Recently, the club AGM was held and the new President was elected. Congratulations to the newly elected Andrew Leggett and a special thank you to Russell Wilson for his untiring efforts as President over the last two years. Russell is one of those quietly spoken people who does an amazing amount of work behind the scenes ensuring that every event goes ahead without a hitch.

Our guest speaker at the AGM was Mark Smoothy a long time runner and triathlete who lost one of his close friends (Adam Smiddy) to an aggressive cancer a few years ago and this has inspired him to become involved with the Mater Research team and raise money to help them find causes and prevention for cancer. The 'Smiling for Smiddy' campaign included Charity Bike Rides, Triathlons and a Fun Run all of which aids this important and necessary research.

I hope you enjoy this summer edition of the magazine and have a safe and enjoyable festive season.

See you at West End in 2016 refreshed and ready to take on some new challenges in this great sport.

Happy running!

Robert Lofthouse (Editor)

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PRESIDENT'S REPORT FOR 2015

From President Russell Wilson



Over the past year, I have talked to many people about Brisbane Road Runners Club. Two comments I hear consistently are that it is a very friendly Club and the events are well organised. I am very happy to hear comments like these because they are things that will ensure that Brisbane Road Runners Club continues to prosper.

There have been several changes made over the past twelve months to the Club's processes and procedures but the standout areas are the electronic timing system and the volunteer roster system. A lot of work has been done to bed down our electronic timing system and it is now working well. Similarly, a lot of work has been done on our volunteer roster system to make it as easy and simple for members to perform their rostered duty. If you have done a rostered duty during the past year, I'm sure you would have found it rewarding.

Our events do not happen without the strong support from a lot of members. As well as thanking all of those who have turned up to do their rostered duty, there are a number of people who I should individually thank. Firstly, there is the outgoing committee of Andrew Leggett, Vicki Fennelly, Bruce Smerdon, Tracy Baker, Matthew Battams, Deborah Davis, John Dempster, Temony Hillier and Susan McGee. Secondly, there is a long list of people who have assisted in some way during the year. Some of these people have given several hours of their time to the Club over the course of the year while others have given countless hours. This list includes:

- Betty Menzies (Timing System Administrator, Club Registrar & Volunteer Coordinator)
- Robert Lofthouse (Magazine Editor)
- Katrina Crook (Facebook Administrator)
- Brian McCarthy
- Adrian Pearce
- Andreas Huemer
- Peter Pointon
- Andrew Marrington
- Paula Treagle
- Pam Goddard
- Karen & Chris Rossel
- Bob & Di Miller
- Derek Nixon-Smith
- Mark Robinson
- Carol Wilson

Finally, I would like to thank our 2015 sponsors – Intraining, The Run Inn and NR Chi.

I have enjoyed being President of Brisbane Road Runners Club for the past two years and I look forward to being involved in the future with such a great Club.

Russell Wilson

President



Brisbane Road Runners Club CALENDAR of EVENTS 2016

DATE	EVENT	START	SPONSOR
03-Jan-16	5k Predictor & 10k Predictor - No Watches	6.00am	Intraining
17-Jan-16	2k, 5k, 10k & 15k	6.00am	The Run Inn
31-Jan-16	5k, 10k & 15k "Bring a Friend"	6.00am	Intraining
14-Feb-16	2k, 5k, 10k & 15k	6.00am	NRChi
28-Feb-16	5 mile Club Championship & 10 miles	6.00am	Skirt Sports
06-Mar-16	INTERNATIONAL WOMENS' DAY FUN RUN - NON BRRC EVENT		
13-Mar-16	2k, 5k, 10k, 20k & 25k	6.00am	P.A.T. 42.2 Running
20-Mar-16	TWILIGHT RUNNING FESTIVAL - NON BRRC EVENT		
03-Apr-16	5k, 10k & 15k	6.00am	The Run Inn
17-Apr-16	2k, 5k, 10k, 20k & 25k	6.00am	NRChi
01-May-16	21.1k Club Championship & 5k, 10k	6.30am	Intraining
08-May-16	MOTHERS DAY CLASSIC - NON BRRC EVENT		
22-May-16	2k, 5k, 10k, 20k & 25k	6.30am	NRChi
29-May-16	5k, 10k, 15k & 20k	6.30am	Skirt Sports
05-Jun-16	QLD HALF MARATHON & CITY 2 SOUTH - NON BRRC EVENT		
12-Jun-16	2k, 5k, 10k, 15k, 20k & 35k	6.30am	P.A.T. 42.2 Running
26-Jun-16	10k Club Championship, 5k & QMA 10k Championship	6.30am	The Run Inn
03-Jul-16	GOLD COAST MARATHON - NON BRRC EVENT		
10-Jul-16	3 Person Criterion Relay	6.30am	Intraining
24-Jul-16	20k Club Championship & 2k, 5k, 10k, 15k	6.30am	P.A.T. 42.2 Running
07-Aug-16	BRISBANE MARATHON FESTIVAL - NON BRRC EVENT		
14-Aug-16	2k, 5k, 10k & 15k	6.30am	Intraining
21-Aug-16	SUNSHINE COAST MARATHON - NON BRRC EVENT		
28-Aug-16	BRIDGE TO BRISBANE - NON BRRC EVENT		
04-Sep-16	10 mile Club Championship (Robin Flower Memorial) & 5 miles	6.30am	The Run Inn
18-Sep-16	2k, 5k, 10k Age-Graded	6.30am	NRChi
24-Sep-16	TWILIGHT BAY RUN - NON BRRC EVENT		

02-Oct-16	15k Club Championship & 5k, 10k	6.00am	The Run Inn
16-Oct-16	3 Person x 4.5k Relay	6.00am	NRChi
30-Oct-16	2k, 5k, 10k Novice & AGM	6.00am	Intraining
13-Nov-16	5k, 10k Handicap	6.00am	The Run Inn
27-Nov-16	5k Club Championship & 2k, 10k	6.00am	NRChi
11-Dec-16	Dash & Splash, Yeronga Pool	7.00am	BRRC
01-Jan-17	5k Predictor & 10k Predictor - No Watches	6.00am	TBA

IMPORTANT NOTICE FOR ALL CURRENT BRRC MEMBERS



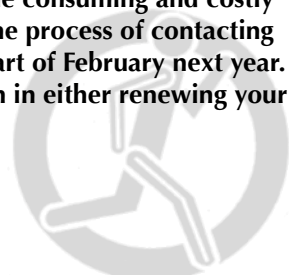
Brisbane Road Runners Club membership forms for 2016 are now available on the website and at the registration desk on our event days. If it is your intention to renew your membership for next year it would be appreciated if you could renew your membership now rather than in January/February/March next year. Please look under "Membership" on the website for instructions on how to renew your BRRC membership online. <http://brisbaneroadrunners.org/wp/membership/>

If it is not your intention to renew your BRRC membership for 2016, please return your timing chip by the end of January 2016. If you wish to return the timing chip by mail, the Club's address is: BRRC, P.O. Box 5959, WEST END 4101

There are two reasons for the above requests:

1. To reduce the workload involved in processing membership renewals during the first three months of next year.
2. To retrieve as many timing chips as possible from this year's Club members who do not renew in 2016.

Here are some statistics which may surprise you. As at the end of March this year, there were 180 members from 2014 who had been issued with timing chips but had not renewed their memberships for 2015. During April, May, June and July numerous emails, texts and letters were sent to those 180 members. By the end of July 100 chips had been returned, 40 memberships had been renewed and 40 chips had to be written off. As you might appreciate, this was a time consuming and costly exercise for the Club to perform. As a consequence of this, the process of contacting members who have not renewed for 2016 will begin at the start of February next year. Brisbane Road Runners Club therefore seeks your cooperation in either renewing your membership or returning your chip by the end of January.



BRISBANE ROAD RUNNERS RACE REPORT

By Robert Lofthouse



September 13th

15km/10km/5km/2km

(128 finishers)

Spring had arrived, but the running temperature was still quite mild and it was noticeably brisk in the shade after the event. Ideal conditions for runners!

15km

German visitor **John Harland (54.23)** showed his pedigree in this race, establishing a 90 second lead in the first five km before surging away to take the honours by a five minute margin from Masa Atsumi who was the only other runner to go under the one hour mark. Atul Arora finished third.

In the ladies three lap event, experienced Trail Runner **Kim Knox** showed that she is just as adept on road surfaces winning in a time of **1:00.52**. Experienced marathoners Clare Williams and Kerri Hodge finished second and third respectively.

10km

James Kelly lead the field by 30 seconds at the halfway mark and went on to win the race in a time of **36.13**. His final winning margin stretched to over a minute with Peter Andersen second and Shane Legg third.

The evergreen **Margot Manning** took the honours in the ladies 10km recording a time of **40.10**. Crystal Mahony was second and another long time BRRC member Theresa Fabian rounded out the top three. The 10km proved to be the most popular event on the morning with 60 entrants.

5km

Sixteen year old **Jacob Willems** (a student at Villanova College, Coorparoo) showed his speed in this event, crossing the line in a time of **17.56**. Mark Anthony did well to break 20 minutes to finish second and Andrew Holden was third.

The women's 5km was a stark contrast to the men's event, with six of the seven runners in the

field being over 50 years of age. Long time club member **Donna Stewart** came up 'trumps', winning in **26.58** from Joanne Taylor and Deborah Davis.

2km

The closest race of the day ended with a sensational sprint finish! Eight year old **Samson Kirisome (9.26)** won by .3 of a second after a great tussle with Nicholas Rossel who has been a regular winner of the 2km event in the past.



2km battle.

A special mention to **Temony Hillier** who was Race Director on the morning and also thanks to **In Training** for being event sponsor. Their presence at all BRRC events has certainly swelled the attendance figures in 2015.

September 27th – 15km CLUB CHAMPS/10km/5km

(153 finishers)

Patrick Nispel and Brittany Zender win 15km Club Champs

Excellent conditions greeted runners for the sixth race in the seven event BRRC Championship series. It was still quiet cool for late September, which was certainly appreciated by all runners.

In the men's series, Clay Dawson has been leading the way all year but after a tough program of Marathons in recent months it was going to be an interesting race especially with Patrick Nispel and In Training's Dan Symonds also lining up.

Patrick Nispel gained the early ascendancy in the race and at the 5km mark held a 20 second lead over former African runner Osman Saleh with Dan Symonds a few seconds behind and Clay a further five seconds back in fourth place. In the second of the three lap race, Patrick managed to build on his lead and at 10km had forged a 40 second gap over Dan. Clay was noticeably slower in this lap, feeling the effects of a lot of racing through winter. Young Osman Saleh was passed by Dan Symonds during the second lap and at the 10km mark, Dan had established a handy 45 second margin over Osman.

In the final lap, Patrick was able to maintain his lead over Dan and crossed the finish mat in **52.42** to take out the 15km Championship. Osman Saleh tired a little in the last lap but still maintained third place with Clay Dawson coasting over the line in fourth place.

In the ladies race, current Championship leader **Brittany Zendler**, continued her winning form with a time of **59.06**. Leading Queensland distance runner Clare Geraghty finished second after incorporating the race as part of her 36km long run. Clare has been preparing herself for the New York Marathon in November. Margot Manning turned in a strong performance to finish only 20 seconds behind Clare in third place. Adding to the depth of the ladies field was 2014 Club Champion Kerri Hodge who finished fourth.

15km Age Group Records

It was a record breaking day at West End with a staggering seven age group records being broken. Congratulations to **Brittany Zendler**, **Clare Geraghty** and the ageless **Betty Menzies** in the ladies event and **Dan Symonds**, **Phil Davies**, **John Shaw** and **Harold Haldane** who broke records in the men's categories.

10km

In the men's race, **Peter Bracken** lead the field through the first lap in **17.27** and went on to record 35.56, winning by nearly a minute from Nicholas Kirkup. Markus Bergh rounded out the top three.

Only a small field in the ladies two lap event with **Crystal Mahony (43.54)** taking the honours by

over five minutes. The race for third place proved to be quite exciting in the latter stages with Tracy Baker claiming second place by just three seconds from the fast finishing Dorte Kirk.

5km

The men's 5km event featured an exciting sprint finish to the mat with **Tyler Allan** stepping on the mat first, in a time of **17.09**. Simon Kay was just a second behind and Danny McDonald crossed in third place.

Kaitlyn Price won the ladies race in the good time of **19.08** with Kailey Wilton continuing her recent good form to just miss breaking 20 minutes, on her way to a second place finish.

Leading Queensland Masters runner Anne Ryan took out third place.

Special thanks to race director **ANDREW LEGGETT** and his crew who did a great job on the morning ensuring that everything ran like clockwork. **NRCHI** were once again the Race day sponsor. Thanks again to Greg Beerling who has sponsored many races at West End over the last couple of years.

October 11th – 10km/5km/2km (103 finishers)

Good conditions prevailed and though the attendance was just over the 100 mark the quality was still there.

10km

One of Queensland's best, **Alastair Stevenson**, made his first appearance for the year at BRRC and quickly showed that he meant business, crossing the 5km mark in 15.56 before going on to win the race in the time of **32.02**. So far this year Alastair has notched up wins at the City to South (14km) and also the Sunshine Coast Half Marathon back in August. His main race this year is still to come – the New York Marathon in November. Peter Run finished second but was a little disappointed that he didn't break 34 minutes. Peter was using this race as his last hit out before competing in the Melbourne Half Marathon as part of the Queensland team. James Pisasale finished third.

The ladies 10km featured a good battle in the

first half of the race with 2014 Club Champion **Kerri Hodge** leading Margot Manning by just one second as they crossed the mat at the end of the first 5km lap. Kerri picked up the pace noticeably in the second lap to go on and record a winning time of **43.38** with Margot second and Theresa Fabian holding on to third as Deanna Eldridge valiantly tried to catch her in the latter stages.

Margot is on track to do her first Marathon in years with the upcoming Melbourne Marathon her target.

5km

The men's division of the race was won in fine style by **Nathan Cook** in a time of **17.23**. Nathan is becoming a specialist over the 5km distance having won the Sandgate Parkrun 10 times over the last couple of years. Jacob Willems ran a good race also to break the 19 minute barrier and Clayton Curran made a return to BRRC finishing third.

In the ladies race, youth triumphed over experience with **Zoe Manning (20.28)** taking the honours from Marion Hermitage who has won many club races and Championships at West End over the last 15 years. Peta Dunne continued her good form to finish third.

2km

The 2km proved to be a thriller for those who witnessed the finish with Hayden Marshall and Nick Rossel both recording the same time of 9.38 as they crossed the mat together.

Thanks to Race Director **BRUCE SMERDON** and the volunteers who did their usual excellent job on the morning.

October 25th – Three Person Relay 3 x 4.5km (23 teams)

Conditions were overcast and quite warm on a morning where each runner was allocated to a team, with each team consisting of three runners. Each runner was required to run three loops of a 1.5km course before handing over to the next member of the team.

Bruce Smerdon was in charge of trying to match up teams as evenly as possible – A tough task in its

own right!

Eventually, 23 teams were selected and after everyone met their fellow team runners and sorted out who would run first, the Relay was on in earnest.

The first runner to finish the first 4.5 km leg was Brittany Zendler who clocked an impressive 16.08 before handing over to her second team runner. The lead changed a few times during the second 4.5 km leg with Thomas Patterson being the fastest of the second team runners clocking a 17.48 effort as he piloted his team into the lead before handing over to his third runner Jacob Willems. At that stage the lead was nearly three minutes and it would take a special effort to catch Jacob who was a pretty quick runner in his own right.

The two fastest runs of the day were clocked during this last stage with Nicholas Horn (15.31) and Aidan Hobbs (16.07) making up plenty of time on other teams but Jacob Willems held strong up front and at the finish his team had won by over three minutes. Congratulations to the winning team of **Chris Rossel, Thomas Patterson and Jacob Willems** who completed the 13.5 km Relay in 55 minutes 31 seconds.

The 1.5km loop used for the relay consisted of road, a section of grass and bike path which provided plenty of variety from the usual 5km loop on the road.

Overall a highly enjoyable morning and a good way to meet other runners in a team environment rather than the usual individual club races.

Special thanks to Greg Beerling from NRCHI for sponsoring the event.

Winning Three Person Team – Chris Rossel (20.18), Thomas Patterson (17.48), Jacob Willems (17.25). Total team time : 55 mins 31 secs.

Fastest Male – Nicholas Horn 15 mins 31 secs

Fastest Female – Brittany Zendler 16 mins 8 secs

NB: Each runner covered 4.5km

November 8th – 10km Novice Champs/5km/2km (108 finishers)
Ray Crilly and Deanna Eldridge win Novice Champs

The annual 10km Novice Champs gives two BRRC members (one male and one female) a chance to win a trophy which they might not normally win. The only rule is that you must not have previously won a BRRC event previously at West End.

In the men's race, triathlete **Jack Williams**, held a 40 second lead at the 5km mark over Ray Crilly and was able to hold that lead comfortably until the end, crossing in a time of **37.01**. Ray ended up second with Derrick Leahy third male across the line.

The Novice Men's trophy was awarded to **Ray Crilly** to cap off a memorable second half of the year for Ray who managed a third placing at the Western Sydney Marathon in October with a 2:53.18 time. Well done Ray!

Triathlon club mates **Kaitlyn Price** and Clare White pushed each other all the way with Kaitlyn just pipping Clare by one second, finishing in a time of **40.26**. Both ladies are in the same Triathlon club as male race winner Jack Williams. Third place getter **Deanna Eldridge** was first BRRC member to cross the finish mat and was announced as female Novice winner.

5km

Villanova College runner and BRRC member **Jacob Willems**, used his youth and speed to good advantage winning in **17.31**. Ralph Dehlen was second and Stephen Walmsley third.

In the ladies one lap event, **Jenny Deag (22.47)** took the honours with Mandy Collins-Woolcock second and Margo Marshall third.

2km

Nicholas Rossel (son of Race Director Karen) took out the boy's division in 10.07 and **Ava Deag** made it a successful morning for the Deag family by winning the girls division.

Special kudos to Race Director **Karen Rossel** and her team of volunteers who were 'on the ball' all morning ensuring that everything ran smoothly behind the scenes and also a big thank you to The Run Inn for being race sponsor.

November 15th – 10km Handicap/5km (47 finishers)

Shelley Ward takes out 10km Handicap event

A smallish number of participants for the annual 10km Handicap event!

The actual 10km Handicap times were based on a runner's BRRC results from previous club events in 2015. If a runner did not have a time posted from a 2015 event it was then based on the person's predicted 10km time.

The handicap times were calculated by subtracting a runner's anticipated 10km time from 72.00 minutes. This meant that when the race clock started at "0" the only runners starting were the ones who had previously run a 10km in around 72 minutes.

So if you were a 40 minute (for 10km) runner then you would start 32 minutes after the first runner. The first runner to cross the timing mat would be declared the winner!

After two laps of the West End circuit (and numerous leader changes) the first to cross the finish mat was **Shelley Ward**. Shelley's actual finish time was 58.25 and she was announced as the BRRC Handicap winner for 2015.

5km

Marc Nickels (18.59) crossed the line first after a good battle with Joseph Collins-Woolcock. His winning margin was seven seconds with Jim Morton rounding out the top three.

In the ladies race, **Kate Riethmuller** had an easy win, clocking 20.39 with Nicole Mulholland edging out Jenny Deag by just one second in the race for second place.

10km Handicap winner – Shelley Ward

Fastest 10km Male – Darren Molloy 35 mins 18 sec

Fastest 10km Female – Laura Daly 44 mins 29 sec

Thanks to Race Director Brian McCarthy and his volunteers who did their usual excellent job on the morning and also to the Event Sponsor, **IN TRAINING**.

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

MEMBERS PROFILE



Name: Becky Chant

Age: 32

Occupation: Running Coach and Teacher

How and when did you start running: I started running in 2013 when I lived in the bush, 3 hours from town. Running was the only way to keep fit so I used to run a casual 5km most evenings on the dirt roads (with the wallabies and emus - and jumping the occasional snake). I had never run with anyone else so I had no idea how I compared to others until my first parkrun at Riverway in Townsville in December 2013. After that I was hooked, and when I moved to Brisbane in June 2014 I got addicted to parkrun. I did my first official race (11km) at the Resolution Run in Jan 2014 and my first half marathon in Townsville in April 2014.

Most memorable running moments: My first marathon in Canberra in April this year. Everything came together perfectly; training, preparation, nutrition, weather, pacing, scenery, even the company of other random runners - I had so much fun. The course was a bit hilly, but I took my coach Patrick Nispel's advice and made sure I kept an even pace the whole way. I smashed 11 minutes off my goal time to finish in 3h48.

Your most memorable sporting achievement?

Probably Canberra Marathon because it was my first marathon and I far exceeded my own expectations. Also my parkrun PB at Kirra parkrun in February (I always seem to get PBs in summer weirdly) where I knocked 50 seconds off my time with a 21:44. Probably Canberra Marathon because it was my first marathon and I far exceeded my own expectations. Also my parkrun PB at Kirra parkrun in February (I always seem to get PBs in summer weirdly) where I knocked 50 seconds off my time with a 21:44.

Favourite runs: Brisbane River Loop, Sandgate to Redcliffe and anywhere on the Gold Coast.

Favourite Running Distance and PB: I am most confident and consistent at 5km (21:44) because I do parkrun every week, but I do enjoy training for and racing the half marathon distance 1:49:37 (exact same time in both Gold Coast and Sunshine Coast half in 2014).

Who is your running idol?

Who's that girl that won the Commonwealth Games marathon? Jess someone. She's amazing!

Favourite Sports Persons: Well I used to be a Manchester City season ticket holder (soccer) when I lived in the UK...but I do love watching the Olympics/Commonwealth Games so any of those athletes.

Running Goals: To get faster at the 5km (sub 21) and 10km (sub 45) and maybe even do some sneaky triathlons.

What is the craziest sporting event you have been involved in? Probably the Sandgate Sunset Run. My team came first out of the all female teams but it hurt more than any other race I've done for longer than any other race. 2hours, 250m laps of the Sandgate roundabout - most laps wins!

Favourite Foods: Anything spicy....or chocolatey...or cheese (not usually together).

Favourite Movies: I don't really watch movies coz I can't sit still long enough....but Les Mis is awesome.

Favourite Drink: Acai protein smoothies.

Shoe Brand: Mizuno

Favourite Running Partners/Group:

My ProActiv Runners .

Star sign: Capricorn

Favourite Music: Anything I can sing and dance to .

If you had one wish in life it would be?

That everyone would know their self worth and love themselves for who they really are.



Name: Danny McDonald

Age: 38

Occupation: Physical Education Teacher at Ashgrove State School

How and when did you start running: When I was 16 or 17 out at my Home town of Roma. It was My uncle Wayne, his dog Sheila and I on a long dirt road. We ran/walked 2 km. A week or two later I ran 7 km without stopping. I've been hooked ever since!

Most memorable running moments: my first

real race- The1995 Brisbane Half Marathon. I finished 777th in 1:39:16. Winning the 2004 Toowoomba Marathon. Finishing second in the 2015 Honolulu 1/2 Marathon, the "Hapalua".

Your most memorable sporting achievement?

6 wickets for 2 runs off six overs- Roma Easts Vs Wallumbilla in the Roma Junior Cricket 1989 Under 12 knockout semifinal.

Favourite runs: Sherwood Forest Runners on a Saturday morning. Picnic Point trail Toowoomba. Anywhere along the Brisbane River.

Favourite Running Distance and PB: 5 km - 16:00

Who is your running idol? Colin McLeod. Toughest bloke ever.

Favourite Sports Persons: Haile Gebrselassie.

Running Goals: Maybe an ultra next year... Maybe.

What is the craziest sporting event you have been involved in? The 2013 Cairns Ironman Triathlon. My first and so far, only triathlon.

Favourite Foods: Chocolate!!

Favourite Movies: Rocky IV, Jaws, Good Will Hunting, Kat Ballou

Favourite Drink: Bundaberg Ginger Beer. (Former Coca-Cola addict)

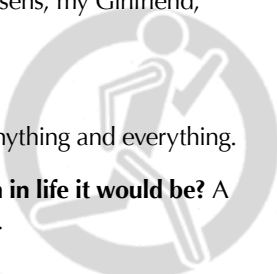
Shoe Brand: Nike

Favourite Running Partners/Group: Guide running Gerrard Gosens, my Girlfriend, Morgan and PCRG.

Star sign: Aquarius

Favourite Music: Anything and everything.

If you had one wish in life it would be? A seven day weekend.



DAVID HOLLERAN VERSUS DEATH VALLEY

by David Holleran - September 2015

Extreme heat, extreme heights, extreme straights, extreme challenge, extreme fun, everything about my Death Valley, Amargosa, Mojave Desert run was extreme! Although this was by comparison to the other Desert runs a "short" run, it was extreme to say the least!

Beginning at Furnace Creek at 10:00pm at night, temperature 40 degrees C, that's air temperature!!! Road temperature at least 50 degrees C. It began to cook me immediately.

My wife and crew Janette and I were on a holiday of a lifetime, Las Vegas for 10 days then onto Hawaii for 5 days. I suggested the run as a break between the luxurious surroundings of the Bellagio in Vegas and Waikiki Beach in Honolulu.

Planning for this run was very difficult. I emailed and rang many running clubs in the Vegas area only to be told they could not help me at all!!! I was surprised, as I had helped many an interstate and overseas runner myself, as have many of my running friends. Trying to get information from Furnace Creek – recorded voice- during office hours. Do it by internet they said. Beatty, my finish line – information centre nothing, Sheriff's office, nothing. Oh well, just research the best I can.

So back to the run! I did not want to fall into the trap of over hydrating so kept a close eye on water intake – 375ml per 20 minutes. I was not sweating so no evaporative cooling! It was



scorching hot! Fifteen-mile down the road was the turn off to Daylight Pass.

I had seen many scorpions and spiders on the road as well as a road kill rattlesnake! And what could have been a road runner! I saw a coyote further up the mountain no doubt making his get away! The run started fairly gently so I could keep up a fair pace completing my first half marathon in 2 hours 33 minutes.

The road was well lit by a full moon. We had just seen one car go by in 3 hours then a car cruised by, stopped around a mile up the road, lights on, brakes on. As I approached he went another mile or so up the road same thing as before, then turned off his lights, worried Yep! I had seen many movies where people disappear in the Mojave Desert. I waited till Jae caught up and she stayed behind me till we were almost upon him, he then sped off. An hour later, he came up behind us, stopped, waited and after what felt like an eternity, he u-turned and drove off.

By now I was run/walking up the gradually steepening hill, just one hill! Straight up! How far? I would know that in another 6 hours. The still and quiet of the desert is amazing! The moon began to set until total darkness fell. It was magic I looked up and saw the constellation of the "Scorpion"

I was by now knackered, totally stuffed. The Amargosa Mountain Range was kicking my butt!!

I stopped for a break, it was wonderful, sitting in the car, looking at the stars, this was one of the many reasons I love deserts. The temperature was now under 40 degrees and cooling the higher I got. Back on the road I went to run/walk and soon hit the ten-mile (16km) UPHILL mark. I knew I would soon be at a turn onto the Beatty Daylight Pass Road. Suddenly I was at the turn and then it got STEEP! There were no turns, dip down, straight an then up, NO! Just straight up and the odd slight bend.

It was dark but cooler, and man, were my feet and thighs killing me! The extreme heat in Death Valley brought out blisters very quick, toes, heels, pads of my feet. But that was nothing compared to the quads. As it gets lighter, vehicles were making their way to work in the mines (gold/ borax) but there was nowhere for Jae to get off the road, that worried me.

After 8 hours running and walking up the mountain I reached Daylight Pass. Seventeen-mile (27kms) straight up, man what a view! From 190ft below sea level to 5,500ft above sea level, well I thought seventeen-mile up, seventeen-mile down right? Wrong! Two miles down the mountain, around a bend I saw a straight. Down to the plain across the California/Nevada border up the hills of Rhyolite to the last hill down to Beatty! How long was this straight you may ask? Ten-miles (16kms)

The sun was up and it was hot and getting hotter, half way down the straight the tar was melting, a photo op at the Beatty sign and my wife told me go more to the right, I did and almost stepped on a rattlesnake in his hole!! I love snakes and he was a fat beauty. I let him be and continued on my way up "the straight"

Many cars had passed in my two hours on the "straight" but nobody waved. None! Suddenly a dozen motor bike riders went past, all waved and cheered. With 4 miles to go a German family stopped to ask what I was up to. In Australia everyone waves, most people stop and say G'Day.

I got to the end of the "straight" and then a steep two-mile or so downhill to Beatty. A reporter stopped to take a photo and got a story from Jae. Coming into Beatty was such a relief. I never say "never again" but I believe this will be my last solo Desert Adventure Run, time to return to smaller races and training runs. I had a long interest in Death Valley and I am very glad I did it, but boy oh boy was it extreme! Thanks to my beautiful wife Jae for helping me to achieve so much.

PS Beatty elevation 3,037ft, I should have run the other way!

Distance: 50 Mile / 80+kms

Time: 12 hours 57 Minutes





BRIDGE TO BRISBANE 10km and 5km - 30th August 2015 (28,520 entrants)

With the Sunday Mail being a major supporter since the beginning, Brisbane's most popular Fun Run is about to enter another chapter in its history with a new course to be unveiled later this year.

This year's 10km event started at the Gateway Bridge as usual and finished in the RNA Showgrounds next to the Royal Brisbane Hospital. Over 20,000 entrants assembled in the pre dawn darkness at the Gateway Bridge waiting for the announcer's instructions.

The men's event proved to be a triumph for Gold Coast based runner **Jackson Elliot** who won the 10km race after finishing in the minor places at his previous five attempts! Jackson crossed the line in **31.07** with a gap of 30 seconds back to 21 year old Queensland Triathlon star Ben Cook, who staved off a serious challenge at the end from visiting Eritrean marathon runner Isaias Beyn. Ben is a former National Schools Triathlon champion and did well to beat 2.11 Marathon man Isaias Beyn in a sprint finish down the finish chute. Former Irish resident Chris Bracken was fourth.

In the ladies race, the ever improving **Tara Gorman** continued her good run of form outlasting Clare Geraghty to record a winning time of **35.22**.

Kylie Simpson finished third with BRRC's Brittany Zendler just 10 seconds behind in fourth place.

5km

The 5km run starts outside Hamilton Park and follows the same route as the second half of the main 10km race. The course is actually about 300 metres short which results in some fast times for most of the field. It will be interesting to see if they get the distance correct when the new course is set up later in the year.

Nearly 8,000 runners/walkers took part in the 5km with the respective winners being Lachlan Cook (15.03) and Lilli Burdon (16.12).

It will be interesting to see what sort of course the organisers come up with for next years event. Originally, the event used to be called Bridge to Bay and finished at Wynnum before being changed to its present name Bridge to Brisbane in 2001. New Farm Park was the actual finish location before it was changed to the RNA Showgrounds.

Stay tuned for the next instalment in the history of Bridge to Brisbane.

Bridge to Brisbane: Men/Women Results

10km

1 – Jackson Elliot	31.07
1 – Tara Gorman	35.22
2 – Ben Cook	31.40
2 – Clare Geraghty	35.34 BRRC
3 – Isaias Beyn	31.41 From Eritrea
3 - Kylie Simpson	37.01

Leading BRRC Results

Brittany Zendler	37.11 4th Female
Phil Davies	38.08
Andreas Huemer	39.01

5km (Closer to 4.7km)

1 – Lachlan Cook	15.03
1 – Lilli Burdon	16.12
2 – Max Daddo	15.31
2 – Clare O'Brien	16.48
3 – Grant Williams	15.35
3 – Tamara Carvolth	17.08

Leading BRRC Results

Shane Legg	17.35
Melissa Watson	20.03
David Willems	20.21

SUNSHINE COAST RUNNING FESTIVAL – 30th August 2015

With five different distances on offer this event is growing in popularity every year. The Marathon, Half Marathon, 10km, 5km and the 2km Juniors event ensures that there is a distance to suit all levels of fitness. Even though this event clashed

with the Bridge to Brisbane a total of 5,521 entries were received for the five events.

Marathon runners were greeted by an early morning temperature of 15 degrees which is pretty mild by Queensland standards but enough to raise a sweat early on.

A field of over 600 runners set off in the Marathon with defending champion Andrew Kimanthi (Kenya) and former Ethiopian marathoner **Samuel Woldeamanuel** the pre race favourites. Samuel had won the Brisbane Marathon only four weeks earlier in 2:21.50, while Andrew was out to defend his 2014 Sunshine Coast crown having set a course record 2:20.32 back then. BRRC's Clay Dawson was also backing up from his second placed effort at the Brisbane marathon.

Woldeamanuel burst out of the blocks early and the crowd were wondering if he had gone too fast, too early. At 34 years of age, he has been living in Melbourne for the last two years and wants to represent Australia. Unfortunately, defending champion Andrew Kimanthi took a wrong turn and ended up running 600 metres the wrong way before being turned around. He was already well beyond Samuel when this happened.

As the race wore on, Woldeamanuel kept up the pace and ended up breaking the course record to win in a time of **2:18.30**. Leading Victorian Ultra runner Dion Finocchiaro showed his strength by finishing second, ten minutes behind the winner with the frustrated defending champion Kimanthi crossing the finish mat in third place in a disappointing 2:30.21.

From a BRRC point of view, **Clay Dawson** battled his way through, to finish fourth in 2:38.08

The women's marathon was a much closer battle with Sydney's **Fiona Kupresanin** edging away from Brisbane Marathon winner Sally Matsubara in the latter stages to win in **3:00.59**. **Kerri Hodge** from BRRC put in a brave effort as she tried to hang on to the sub three hour pace and in the end claimed third place with a 3:03.27 effort. Special mention also to well performed BRRC members **Ray Crilly** and **Andrew Cochrane** who clocked 2:56.18 and 3:04.48 respectively. These guys are seen regularly running through the Botanic Gardens in the City at lunchtime and have put a lot of work into their

training this year.

Half Marathon

The Half proved to be the most popular of the day with nearly 1800 runners taking part. Honours on the day went to 37 year old **Alastair Stevenson** who has won many races in Brisbane over the years including City to South and Bridge to Brisbane. Alastair stopped the clock at **1:09.06** after forging ahead of BRRC's Patrick Nispel in the second half of the race. Patrick finished second just over a minute behind with Nathan Baxter third. Race winner Alastair Stevenson is now heading to New York for another tilt at a marathon.

In the ladies race, **Malin Olsson** claimed the title in **1:23.57** with former Brisbane runner Sharon Ryder second and Ursula Townsend third.

10km

The men's race was won by **Peter Run** from In Training in **33.31** and Sunshine Coast triathlete **Kirra Seidel** had an impressive victory in the ladies race, winning by two minutes in **36.38**. Peter is originally from South Sudan.

5km

It was fantastic to see In Training and BRRC athlete **Liam Woollett** back at the front of the field after a long time on the sideline with injuries. Liam was back to his best as he decimated a field of over 1,000 runners, recording a sizzling **15.36**. His winning margin amounted to over two and a half minutes!

Romy Wolstencroft from the Sunshine Coast won the ladies event in **18.37** with Zoe Manning putting in a top effort for second place.

Sunshine Coast Running Festival Men/Women Results

Marathon

- 1 – Samuel Woldeamanuel 2:18.30 Course Record
- 1 – Fiona Kupresanin (NSW) 3:00.59
- 2 – Dion Finocchiaro (Melbourne) 2:29.01
- 2 – Sally Matsubara (Japan) 3:02.37
- 3 – Andrew Kimanthi (Kenya) 2:30.21
- 3 – Kerri Hodge 3:03.27 BRRC

Leading BRRC Results

Clay Dawson	2:38.08 4th Male
Ray Crilly	2:56.18 10th Male
Andrew Cochrane	3:04.48

Half Marathon

1 – Alastair Stevenson	1:09.06
1 – Malin Olsson	1:23.57
2 – Patrick Nispel	1:10.08 BRRC
2 – Sharon Ryder	1:24.14
3 – Nathan Baxter	1:11.55
3 – Ursula Townsend	1:25.17

Leading BRRC Results

Daniel Manning	1:23.47
Gerard Daly	1:30.34

10km

1 – Peter Run	33.31
1 – Kirra Seidel	36.38
2 – Marc Widmer	33.56
2 – Christie McKay	38.38
3 – Ho Yin Yuen	34.08
3 – Rebecca Preston	38.50

5km

1 – Liam Woollett	15.36 BRRC
1 – Romy Wolstencroft	18.37
2 – Ben Tacey	18.11
2 – Zoe Manning	19.17 BRRC
3 – Connor Lilley	18.17
3 – Macey Roberts	19.56

WYNNUM TWILIGHT RUNNING FESTIVAL – 20th September 2015

This was the fourth annual staging of the Wynnum event and this year it was held on a Sunday afternoon for the first time. The event has continued to grow in popularity with the bay side location and parks proving very popular on a late Sunday afternoon.

This year, four events were on offer – Half Marathon, 10km, 5km and the 1km Junior Dash and as a result 3,300 entries were received.

Runners were greeted with very amicable conditions, though windy in parts, it was not a major deterrent as one might expect by the bay on a late afternoon. Temperatures were very mild for September and as the sun set it became quiet

cool. It was quite crowded on the start line for the Half Marathon and 10km with both races starting together.

Half Marathon

The Half Marathon attracted nearly 900 runners and with the 5.00pm start, most runners finished in the dark which created a very enjoyable atmosphere out on the second 10km loop - certainly very different from the usual early morning races which we are so accustomed to.

The men's race was won as expected by **Jonathan Peters** who surged away from the field early in the race, going on to record a course record time of **1:07.29**. Jon already has a 2:20 marathon to his credit so it will be interesting to see if he can improve on that over the next couple of years. Based on his effort at Wynnum on a course that does have a few hills a sub 2:20 is very possible. It was also great to see Jon's dad Ron out there putting in a strong effort to win the Men's 60+ Age Category in 1:23.45.

Jon's winning margin amounted to over seven minutes with Peter Run eventually taking out second place after a good tussle with Gold Coast's Mick O'Shea. Mick was the 2014 winner and on that occasion managed to beat Peter Run by nearly a minute to take out the Twilight Half title.

In the ladies half, **Solveig Litchfield (1:33.23)** had a hard earned win after surviving a close finish to edge out Renee White by just two seconds. Third placed Annette O'Shea was only 60 metres back as the first two ladies crossed the finish mat, in a race which was a battle all the way compared to the men's event. Solveig had finished third in the 2014 event so this was a great result for her even though her winning time was a few minutes slower than previous.

10km

The 10km event proved to be the most popular of the evening with nearly 1,400 entrants. The men's race was won by **Nick Dewar** in **32.14** but he was pushed all the way by Chris Bracken who crossed just 12 seconds behind after

the pair had run together for much of the race. Brandon Copeland claimed third place with BRRC's Liam Woollett only 50 metres behind in

fourth place as he continues to find his form after a lengthy lay off through injury.

In the ladies division of the race, **Kim Knox** continued her good form from the 15km at West End the previous Sunday by taking the honours in the 10km with a **39.04** effort.

Special mention to the In Training Running Centre who did a great job as Event Managers. Both the Twilight races conducted at University of Queensland in March and Wynnum in September have become an integral part of the Queensland Running Calendar with the Sunday evening timeslot providing runners with variety from the usual Sunday morning races held in South East Queensland.

Wynnum Twilight Running Festival: Men/ Women Results

Half Marathon

1 – Jonathan Peters	1:07.29 Course Record
1 – Solveig Litchfield	1:33.23
2 – Peter Run	1:14.57
2 – Renee White	1:33.25
3 – Mick O'Shea	1:15.15
3 – Annette O'Shea	1:33.41

Leading BRRC Results

Leo Altarelli	1:20.39
Nicholas Horn	1:22.21
Simon Black	1:23.42
Clay Dawson	1:24.00
Adrian Royce	1:24.39

10km

1 – Nick Dewar	32.14
1 – Kim Knox	39.04
2 – Chris Bracken	32.26
2 – Noo Bowker	40.49
3 – Brandon Copeland	33.27
3 – Liz Grolimund	40.57

Leading BRRC Results

Liam Woollett	33.38
Shane Legg	37.53
Phil Davies	38.28
Kailey Wilton	41.59
Laura Daly	42.27

5km

1 – Jared Jones	15.54
1 – Jamie Hiscock	18.46
2 – Patrick Hagan	16.11
2 – Tammy Bateson	18.54
3 – Brandon Dewar	16.33
3 – Cara Feain-Ryan	18.55

SYDNEY RUNNING FESTIVAL – 20th September 2015

Up to 32,000 people ran and walked across the Sydney Harbour Bridge finishing at the Sydney Opera House. The morning was sunny though light showers dampened the course early in the day before clearing.

Visiting Japanese runner **Hisanori Kitajima** (making his Sydney debut), made it two wins from two starts having won Japan's Nobeoka Marathon earlier this year in his debut Marathon). At the halfway mark, Kitajima was in the second pack of four runners with Kenyan runner Nicholas Chelimo and Eritrea's Chebrezgiabhier

about 20 seconds ahead and trying to break away and forge an even larger lead.

The chasing pack caught them within a few kilometres and at 40km there was still four runners in contention. Kitajima finally pulled away in the last 300 metres to win in a time of **2:12.44**.

Fellow countrymen Hiroki Yamagishi was only four seconds behind at the finish with Kenya's Nicholas Chelimo dropping back to third after leading the race at the halfway mark.

Further success for Japan in the ladies marathon with **Miriam Wangari** upstaging her more favoured opponents Ethiopia's Biruktayit Degefa and Kenya's Jane Kiptoo. Degefa was the 2013 Sydney winner and Kiptoo was the runner up in 2014.

Wangari recorded a winning time of **2:34.37** with Kiptoo a minute behind in second place. Degefa was very disappointed with her third placed effort finishing nearly four minutes behind the second placed Kiptoo.

Kurt Fearnley won his 11th Sydney Marathon title in the Wheelchair category crossing the mat in a time of 1:41.35.

The Sydney Running Festival offers events over four different distances. Apart from the usual Marathon and Half Marathon races there is also a 9km Harbour Bridge run and a 3.5km Family run.

Sydney Running Festival Men/Women Results

Marathon

- 1 – Hisanori Kitajima (Japan) 2:12.44
- 1 – Mirriam Wangari (Japan) 2:34.37
- 2- Hiroki Yamagishi (Japan) 2:12.48
- 2 – Jane Kiptoo (Kenya) 2:35.43
- 3 – Nicholas Chelimo (Kenya) 2:13.09
- 3 – Biruktayit Degefa (Ethiopia) 2:39.28

Leading BRRC Results: Women

Peta Dunne 3:25.31

Great reward for a lot of hard work!

Half Marathon

- 1 – Kinya Hashira (Japan) 1:05.28
- 1 – Kikuyo Tsuzaki (Japan) 1:14.21 Course Record
- 2 – Brad Milosevic (Sydney) 1:05.51
- 2 – Milly Clark (Sydney) 1:16.16
- 3 – Matthew Cox (Sydney) 1:08.29
- 3 – Clare Geraghty (Brisbane) 1:17.32 **BRRC**

BERLIN MARATHON – 27th September 2015



Eliud Kipchoge wins Berlin.

Current World Record – Dennis Kimetto (Kenya)
2:02.57 Berlin 2014

Ideal weather conditions greeted a crowd of over 41,000 runners with the big interest being to see if the World Record could be broken by Eliud Kipchoge or his fellow countrymen Emmanuel Mutai or Geoffrey Mutai.

A group of six runners were escorted through the first half of the men's race in 1:01.53 by four pacemakers. After the last pacemaker pulled out at the 29km mark, Kenya's Eliud Kipchoge increased the pace and managed to record a 2:48 for the 32 kilometre of the race. This surge dropped off his main three rivals, Kenya's Eliud Kiptanui and Emmanuel Mutai and Ethiopia's Feyisa Lilesa.

Amazingly, Kipchoge had run most of the race with his innersoles projecting from his shoes like wings! Despite this he never stopped and went on to win in exactly 2:04.00. It was a personal best for him but still over a minute slower than Dennis Kimetto's World Record time of 2:02.57 set at Berlin in 2014.

Kenya's Gladys Cherono had three Ethiopian runners, including two time Berlin winner Aberu Kebede, Meseret Haile and Tadelech Bekele accompanying her as the four front runners went through the 15km mark. At the 20km mark, Cherono and Kebede drew clear and passed halfway in 1:10.15. It wasn't until the 35km mark that Gladys Cherono eased away from Kebede and proceeded to build a winning margin. Cherono crossed the finish line in 2:19.25 to win by over a minute from Aberu Kebede. There was a gap of nearly four minutes back to the third placed Meseret Haile.

Michael Shelley in Berlin

From an Australian point of view, Michael Shelley finished 12th in a time of 2:12.20 and long time Australian representative Scott Westcott ended up with a very creditable 2:15.30.

Berlin Marathon: Men/Women Results

- 1 – Eliud Kipchoge (Kenya) 2:04.00 **PB**
- 1 – Gladys Cherono (Kenya) 2:19.25 **PB**
- 2 – Eliud Kiptanui (Kenya) 2:05.21
- 2 – Aberu Kebede (Ethiopia) 2:20.48
- 3 – Feyisa Lilesa (Ethiopia) 2:06.57
- 3 – Meseret Haile (Ethiopia) 2:24.33

Leading Australians

- 12 – Michael Shelley 2:12.20
- Has PB of 2:11.15
- 27 – Scott Westcott (Age 40) 2:15.30
- Has PB of 2:11.36

CHICAGO MARATHON – 11th October 2015

Deena Kastor (USA) breaks USA Women's Masters Record

More than 37,000 runners crossed the finish line on a sunny but windy day in Chicago.

The times for the elite runners were slower than normal, however there were two record breaking performances by leading Female Wheelchair athlete Tatyana McFadden and 42 year old USA Masters legend Deena Kastor who recorded 2:27.47 to break the previous female masters record by over a minute.

Men's race

For the first time in 20 years no pacesetters were allowed and this resulted in a relatively slow first half of the race with a pack of nine runners passing through in 1:05.13. It was not until the 32km mark that a group of three which included the Kenyans Dickson Chumba and Sammy Kitwara and Ethiopia's Abera Kuma. Kuma dropped off shortly after the 34km mark and from then on Chumba took over the front running. By 39km, he had opened up a 20 second lead over Sammy Kitwara with another Kenyan Sammy Ndungu and Ethiopian Girmay Birhanu Gebru battling it out for third place.

Dickson Chumba held his form in the final couple of kilometres winning in a time of 2:09.25. Kitwara was 25 seconds behind in second place with Sammy Ndungu out sprinting Gebru to take third by a margin of one second!

Women's race

Unlike the men's marathon, the women's race started at a lively pace. A group of six hit the half way mark in 1:10.28 after encountering a strong wind when making a turn at the 15km mark. The lead group stayed together until 35km when two time Berlin winner Florence Kiplagat (Kenya) and Ethiopia's Yebrgual Melese broke away from the pack. It wasn't until the 40km mark that Kiplagat surged away and eventually won in 2:23.33 with Melese crossing 10 seconds later in second place. Another highly ranked Ethiopian runner Birhane Dibaba secured third place by just one second after a fantastic sprint finish with Japan's Kayoko Fukushi

who was the early race leader at the 5km mark.

Special mention to USA's leading Masters Marathon runner Deena Kastor who broke the all time USA Masters Women's record finishing seventh overall in a time of 2:27.47. Deena is now 42 years old and her greatest marathon win and time was the London Marathon 2006 when she recorded a PB of 2:19.36!

Wheelchair Category

Australia's leading performer Kurt Fearnley won his 5th Chicago title in 1:30.46. The great USA Female Wheelchair racer Tatyana McFadden won her 6th Chicago title and broke the course record with her 1:41.10 effort.

Chicago Marathon: Men/Women Results

- 1 – Dickson Chumba (Kenya) 2:09.25 PB of 2:05.42
- 1 – Florence Kiplagat (Kenya) 2:23.33 PB of 2:19.44
- 2 – Sammy Kitwara (Kenya) 2:09.50 PB of 2:04.28
- 2 – Yebrgual Melese (Ethiopia) 2:23.43 PB of 2:23.23
- 3 – Sammy Ndungu (Kenya) 2:10.06 PB of 2:07.04
- 3 – Birhane Dibaba (Ethiopia) 2:24.24 PB of 2:22.30

Leading Australians

- 11 – Liam Adams 2:16.29 PB of 2:13.49

MELBOURNE RUNNING FESTIVAL – 18th October 2015

The Melbourne Running Festival consists of events over five distances, Marathon, Half Marathon, 10km, 5.7km and 3km. A temperature of 12 degrees and no rain was the ideal conditions for the start of the Marathon.

A crowd of around 30,000 assembled for the start of five races with the Marathon attracting a crowd of over 6,100 runners and the Half Marathon reaching 10,000.

Marathon

A strong field faced the starter's gun with three Kenyans, Antony Mugo, Felix Kangogo, Stephen Njogu and former Ethiopian runner Samuel Woldeamanuel expected to battle it out with City to Surf winner Brad Milosevic being the best chance amongst the Australian contingent. Samuel Woldeamanuel had won the Brisbane Marathon in August and followed this up with another

Marathon victory at the Sunshine Coast so it was going to be a big test for him, racing his third marathon in 10 weeks.

At the 25km mark, Kenyan runner Felix Kangogo had a lead of over a minute from the chasing pack of four which was headed by Sydney up and comer Brad Milosevic and included the other two elite Kenyan runners as well as Samuel Woldeamanuel. By 35km, there were only two runners left in the pack (Milosevic and Antony Mugo) chasing runaway leader Felix Kangogo. At this stage, Kangogo still had a lead of 1 minute 17 secs over Milosevic and Mugo but the race still had a final twist which was about to unfold. Kangogo started to slow noticeably over the next three kilometres and to his surprise passed the tiring Kenyan leader at the 38km mark. Kangogo was a spent force and his 5km time split between 35km and 40km blew out to over 18 minutes. Sensing that this could be his day, Brad Milosevic finished strongly and entered the MCG Arena with a lead of over two minutes from Antony Mugo who had also passed his fellow countryman Felix Kangogo in the last two kilometres.

This victory by **Brad Milosevic** and his time of **2:16.00** is a qualifier for the Brazil Olympics and it will be interesting to chart Brad's performances over the next 12 months.

A special mention and congratulations to Ron Peters, that great Queensland Masters runner who clocked a **2:43.57 net time** to win the Men's 60-64 age category. Ron has always put in outstanding efforts whenever he runs at BRRC events!

The ladies Marathon also featured another fine performance by the rapidly improving **Jessica Trengrove** who sliced more than two minutes off her previous best with an excellent winning time of **2:27.45**. Jessica burst on to the running scene and started to get known by people after her Bronze Medal effort at the 2014 Glasgow Commonwealth Games. Second place went to New Zealand's Lydia O'Donnell who was over 11 minutes behind Jessica. Ethiopian runner Makda Harun Haji finished third in 2:40 which was disappointing for her, considering she has a PB of 2:26 set in Paris back in 2012.

At the 15km mark of the race, Jessica had established a 30 second lead over Harun Haji

and by 30km it was over seven minutes. A truly dominant performance by the South Australian who is fast becoming as well known as her brother Jack, who is captain of the Melbourne Demons in the AFL.

Half Marathon

A strong Queensland contingent in the men's division made for an interesting morning. Heading the elite male field was Sydney 2000 Olympics 3000 metre Steeplechase winner Reuben Kosgei (from Kenya) who has been living in Melbourne. Now aged 36, Kosgei has stepped up to the longer distances and his battle with leading Queenslander's Jonathan Peters and Jackson Elliott was expected to be a good battle of tactics. The Half Marathon also doubled as the Australian Half Marathon Championship.

At the 5km mark, Kosgei and Jonathan Peters were leading the field both recording a 15.09 time split with Gold Coast's Jackson Elliott just a second behind. At the 10km mark, Kosgei was a second ahead of Peters with Jackson Elliott having dropped back 12 seconds behind the two leaders.

In the latter stages, Reuben Kosgei used every bit of his pedigree to forge a lead over Jonathan Peters and eventually crossed the finish line in 1:05.22 with Jonathan a gallant 12 seconds back in second place. Jackson Elliott also ran well in the second half of the race to finish just 17 seconds back in third place. Other Queenslanders in the men's team also ran excellent races with Ben MacCronan clocking a 1:10.04 effort and Peter Run (1:12.52) to help Queensland capture the coveted team title as Australian Half Marathon champions. Jon Peters was the first Australian home and was crowned Australian Half Marathon champion for 2015.

The women's half marathon also attracted a high quality field with Australia's leading marathoner Lisa Weightman making a comeback and Australian 10km representative Eloise Wellings going head to head.

Lisa Weightman lead the field through the 5km mark in 16.59 with Eloise Wellings a further seven seconds back in second place. Nothing changed over the next five km with Lisa clocking 33.58 through the 10km to still hold the same seven second margin. The picture became clearer by

15km with Lisa forging a significant 30 second lead over Eloise at that stage. The marathon strength of Lisa Weightman really came to the fore in the latter stages of the race as she was to increase her winning lead to over a minute and a half by the time she entered the MCG for the final 300 metres to the finish mat. Her final time of 1:11.00 showed that she is in good shape to run another top marathon in Australian colours again – maybe at the Brazil Olympics in 2016? Eloise Wellings continued her impressive year with a 1:12.39 for second place and a marathon is in the pipeline for her in the near future.

An Australian Women's Marathon team of Lisa Weightman, Jessica Trengrove, Eloise Wellings and Queensland's in form Cassie Fien thrown in for good measure could make the Marathon in Brazil at the Olympics well worth watching!

Queensland's Clare Geraghty finished 5th in 1:18.00 and the Queensland women's team made it a memorable day in Melbourne for Queensland Athletics by claiming the bronze medal in the teams section of the Australian Half Marathon Championship.

10 km

Impressive wins by Sydney's Harry Summers and Queensland's Cassie Fien highlighted this event which had nearly 6,200 participants. Harry clocked a 28.58 effort to give him a comfortable win over Run for your Life magazine editor Mitchel Brown while in the ladies division Cassie Fien took the honours in 33.23 crossing 20 seconds ahead of Canberra's Melissa Duncan.

Both Cassie Fien and Clare Geraghty are heading off to New York for a tilt at the iconic NY Marathon.

Melbourne Running Festival: Men/Women Results

Marathon

1 – Brad Milosevic (Sydney)	2:16.00 PB
1 – Jessica Trengrove (Adelaide)	2:27.45 PB
2 – Antony Mugo (Kenya)	2:18.39
2 – Lydia O'Donnell (New Zealand)	2:39.01
3 – Felix Kangogo (Kenya)	2:19.22
3 – Makda Harun-Haji (Ethiopia)	2:40.37
Has PB of 2:26.46	

Leading Queensland Results: Men

Ron Peters	2:43.57 1st 60-64 Age
Shawn Claydon	2:47.46 1st 45-49 Age
Kevin Muller	2:50.56 3rd 45-49 Age
Daniel Manning	2:59.15 2nd 18-19 Age BRRC

Leading Queensland Results: Women

Emily Donker	2:53.01
Margot Manning	3:06.22 1st 40-44 Age
Solveig Litchfield	3:10.33

Half Marathon

1 – Reuben Kosgei (Kenya)	1:05.22
Now living in Australia	
1 – Lisa Weightman (Melbourne)	1:11.00
Has PB of 1:09.00	
2 – Jonathan Peters (Brisbane)	1:05.34
2 – Eloise Wellings (Sydney)	1:12.39
Has PB of 1:10.10	
3 – Jackson Elliott (Gold Coast)	1:05.51
3 – Linda Spencer (Sydney)	1:15.21
Formerly England	

Leading Queensland Results: Men

Ben MacCronan	1:10.04
Peter Run (In Training)	1:12.52
Shane Legg (BRRC)	1:22.21
Phil Davies (BRRC)	1:23.08 1st 55-59 Age

Leading Queensland Results: Women

Clare Geraghty (BRRC)	1:18.00 5th Female
Kylie Simpson (Gold Coast)	1:21.57
Krishna Stanton	1:24.29

10km

1 – Harry Summers (Sydney)	28.58
1 – Cassie Fien (Amberley)	33.23
2 – Mitchel Brown (Melbourne)	29.39
2 – Melissa Duncan (Canberra)	33.46
3 – Jack Rayner (Melbourne)	30.26
3 – Sarah Klein (Melbourne)	35.13

NEW YORK MARATHON – 1st November 2015

More than 50,000 runners headed off on a mild, slightly breezy morning in New York.

Men's race

The men's race featured the second fastest

marathoner of all time Kenya's Wilson Kipsang as well as two of his countrymen Stanley Biwott and Geoffrey Kamworor. Biwott was the London 2014 runner up. Leading Ethiopian runners Lelisa Desisa (2015 Boston winner) and Yemane Tsegay were also expected to seriously challenge the Kenyans up front.

With 5km to go, there were four contenders at the front, Stanley Biwott, Geoffrey Kamworor, Wilson Kipsang and Lelisa Desisa. Kipsang dropped off the pace soon after and then Desisa could not go with Biwott and Kamworor when they surged at 39 km. Biwott established a seven second lead by the 40km and was able to increase that lead over Kamworor to a 14 second winning margin. Desisa was over a minute behind in third place with pre race favourite Wilson Kipsang in fourth place.

Ladies race

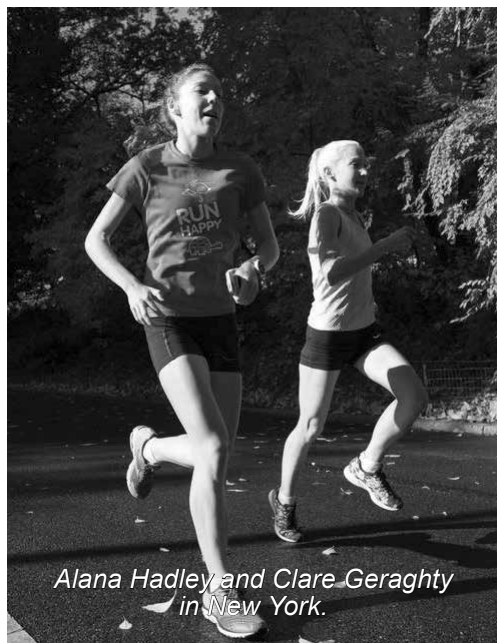
Defending champion Mary Keitany showed her class, pulling away from Ethiopia's Aselefech Mergia just after the 34km mark and proceeding to go on and win the race by just over a minute from Mergia. 2015 London Marathon winner Tigist Tufa rounded out the top three with another fine display to prove that she will be one to watch in the next year or so.

Two of Queensland's leading distance runners Cassie Fien and Clare Geraghty finished 12th and 23rd respectively in times of 2:38.53 and 2:49.19.

New York Marathon: Men/Women Results

- 1 – Stanley Biwott (Kenya) 2:10.34 PB of 2:04.55
- 1 – Mary Keitany (Kenya) 2:24.25 PB of 2:18.37
- 2 – Geoffrey Kamworor (Kenya) 2:10.48 PB of 2:06.12

- 2 – Aselefech Mergia (Ethiopia) 2:25.32 PB of 2:19.31
- 3 – Lelisa Desisa (Ethiopia) 2:12.10 PB of 2:04.45
- 3 – Tigist Tufa (Ethiopia) 2:25.50 PB of 2:21.52

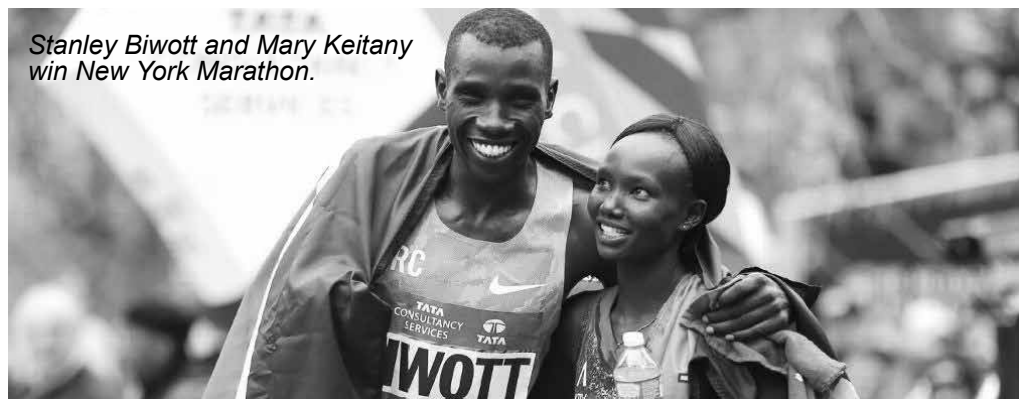


Alana Hadley and Clare Geraghty in New York.

Leading Queensland runners

- Cassie Fien 2:38.53 12th Female
- Alastair Stevenson 2:42.41
- Clare Geraghty 2:49.19 23rd Female

Clare also was privileged to meet Marathon greats Paula Radcliffe and Haile Gebrselassie during her time in New York – Memories which will last forever!



Stanley Biwott and Mary Keitany win New York Marathon.

LIVING AND RUNNING WITH MS

by Deborah Davis

Road Runners member, Heather Leeson, remembers a strange sensation of tingling, similar to pins and needles down both arms and into the hands which went away as mysteriously as it had come. At the time she simply dismissed it as a pinched nerve or some minor thing and thought no more about it. It wasn't until later, in 2004, when a much more serious complaint affected her legs, leading to clumsiness and tripping over prompted her to visit the doctor. Initially, the doctor referred her to a chiropractor, thinking again that it was possibly nerve or spine-related. Luckily, the chiropractor realised it was more than this and suggested Heather seek further medical advice. This time, hospitalisation and MRI scans revealed changes in the brain or spinal cord consistent with Multiple Sclerosis. The symptoms at that time were treated with a successful course of steroids. Luckily, the hospital put Heather in touch with an MS support group who were able to provide her with a lot of helpful information and ongoing advice.

As is the case with MS, the only way to tell what form of the illness you have is to wait and see how the symptoms develop. There are several forms recognised, of which Heather has the most common type: Relapsing-Remitting. This means she essentially recovers after any flare-ups, which in her case have not happened at all since her diagnosis and initial treatment. The disease has been well managed with regular medication, taken every second day. Apart from flare-ups, there are other things which Heather has to be careful to avoid, including heat and exhaustion. These can cause her to feel extremely tired.

So how can this person be a successful long distance runner, you may ask. If heat and exhaustion are to be avoided, what is Heather doing out 5 times a week training various speeds and distances from intense

interval training to Sunday long runs for marathon preparation? Especially when her neurologist, whom she sees twice a year, advises against running as an MS-appropriate exercise? Heather was already a casual runner, having started in her 20's and used it as her preferred exercise for years. So, when faced with a potentially debilitating auto-immune disease, it seemed like a wise idea to maximise her body's strength, balance and endurance to counteract the effects of the illness. At first, when resuming training after her recovery from the initial attack, Heather did find it exhausting, and her training was hampered by fatigue and weariness. It was then that she discovered the joys of interval training, and found that repeated short bursts of intense effort were easier to complete than long, steady runs. In this way, she has managed to build up her endurance to the point where she maintains the 5 day-a-week training, and is the happier and fitter for it. Since increasing her training over the last four or five years, she has been able to tick off a number of running milestones: a sub-50 minute 10km, a 1:52 half marathon as well as 2 full marathons.

There is also the matter of nutrition, and some studies indicate that saturated, poly-unsaturated and trans fats are undesirable for MS. It is very unclear whether there is any basis to this, but Heather is careful to eat well, in a diet she calls "cut-the-crap". Lots of fresh food, mainly fruits, vegetables and meats. Her special treats are small quantities of cheeses, dark chocolate, and - oh yes, a dram of the good whisky!

To inspire her, Heather has lots of people she admires, and looks to for guidance. These include Peter James and his athletes, with whom Heather trains twice a week, and many of the BRRC runners, especially Betty Menzies. A quick Google search also revealed many top athletes including racing car drivers, basketballers, sky divers and soccer players living and achieving at the highest level with this affliction, so there is certainly inspiration to be found.

Due to the impaired transmission of nerve signals between the brain, spinal cord and the rest of the body which may lead to spasticity or impaired muscle power, MS is one of the conditions recognised by the International Paralympic Committee as making an athlete eligible for inclusion in the Paralympics. BRRC is proud to have Heather as one of our members, and to support her in all her running endeavours. She definitely provides a lot of inspiration to others and we thank her for providing this insight into living and running with MS.



Heather Leeson

MEMBERS PROFILE



Name: Shane Legg

Age: 27

Occupation: IT support and boxing coach

How and when did you start running: I enjoyed running as a kid but never took it too seriously, it was just a form of exercise for me. When I moved to Brisbane I ran my first fun run (Bridge2Brisbane) in 2009.

Most memorable running moments: The first time breaking 40 minutes for 10k was a huge accomplishment for me, I never thought it would happen.

Your most memorable sporting achievement? I was pretty chuffed to make representative football teams as a kid so that's probably my most memorable achievement. Years of injuries stopped me from really progressing any further though.

Favourite runs: The Sunshine Coast festival as the start line is 5 minutes away from my childhood home where my parents still live, it's awesome to be able to have them come watch.

Favourite Running Distance and PB: My Favourite distance is 5k as with Parkrun it's super easy to find an event close by. 5k gives you the opportunity to run at top speed but not require the recovery you'd expect from longer distances. My PB for 5k is 17:35 at bridge to Brisbane.

Who is your running idol? Steve Monaghetti - gotta love the 'mona fartlek'

Favourite Sports Persons: Gennady Golovkin (boxing), Darren Lockyer (NRL), Steph Curry (NBA.)

Running Goals: Any PB's would be welcomed but my main long-term goal is to continue enjoying running.

What is the craziest sporting event you have been involved in? Running Twilight Festival at UQ this year was pretty interesting with the constant downpour, it was the best fun I've ever had racing because the scene was so surreal.

Favourite Foods: Unfortunately for my body I really like unhealthy stuff, donuts..lollies..cakes etc.. I love a good Indian curry but nothing can compare to mums home cooking.

Favourite Movies: Rush (the formula 1 movie), Clerks 2, American History X.

Favourite Drink: Canadian Club, OAK Ice coffee, cold water after a long hot run.

Shoe Brand: Nike, although I got some nice Mizuno shoes from Intraining and I really like them.

Favourite Running Partners/Group: Intraining running club, Brisbane Road Runners, Parkrun.

Star sign: Libra

Favourite Music: Hardcore punk

If you had one wish in life it would be? Live a long life full of great memories and never-ending Maltesers.

MEMBERS PROFILE

Name: Bruce Smerdon

Age: Heaps younger than most people I hang around with - makes me look good compared to them.

Occupation: Professional athlete.

How and when did you start running: It all started not long after I was born. My parents tried to drive away from the hospital without me but I was able run them down and jump into the car.

Most memorable running moments:

Exhaustion and Elation - finishing my first Gold Coast marathon in 1994; followed by Glee and Gluttony - scoffing lots of oranges immediately afterwards; followed by Despondency and Despair - having a big technicolour chunder a minute later; and finally Shock and Awe - where did all that diced carrot and tomato come from?

Your most memorable sporting achievement? 189th in school cross-country when I was 15.

Favourite runs: .Any run where I can see other runners suffering more than me.

Favourite Running Distance and PB:

Marathon - my goal is to keep watching other people run marathons for as long as I can.

Who is your running idol? The person I see every time I look in the mirror.

Favourite Sports Persons: Mike Tyson, Lance Armstrong, Tiger Woods & Eddie the Eagle.

What is the craziest sporting event you have been involved in? I have fond memories of



the Gold Coast marathon a few years ago when I dressed up as the Grim Reaper and waited at the 41k mark to put the wind up the marathoners. I like to think I helped a few of them finish a bit quicker that year

Favourite Foods: Lentils, mung beans & deep fried Mars bars.

Favourite Movies: Attack of the Killer Tomatoes.

Favourite Drink: Penfolds Grange 1951 but if I have run out, VB tallies.

Shoe Brand: Louis Vuitton

Favourite Running Partners/Group: Steve Moneghetti, but he is slowing down a bit these days.

Star sign: As the Grand Poo-bah of the Turnip Worshippers Society of Brisbane, I do not believe in all that star sign hocus-pocus.

Favourite Music: Anything by either Bing Crosby or Johnny Rotten.

If you had one wish in life it would be? Ten more wishes.

MARATHON DU MEDOC

by Katrina Crook

This run is quite often on everyone's bucket list and having now run it I can see why. Since it was such a long way to the other side of the world, and he'd be there anyway, Dave decided he would run this one with me. Then Isabel (another BRRC member and friend) decided she'd sign up as well. It was going to be a party! We were well looked after by Travelling Fit and on the morning of the marathon we met bright and early, eager to head out to the vineyards of the Medoc region. With a theme this year of 'To the Nines' there were an awful lot of very well dressed people more suited to a cocktail party (this was the first time I'd run in a dress). Unfortunately it had rained most of the night and hadn't stopped so we stood around getting wet in the rain. Not to worry though as nothing could dampen our spirits.

The start was a real party atmosphere, thousands of people all dressed 'to the nines' and ready to go (and by now the rain had stopped and the skies were clear). There was a lot of singing and dancing on the start line with all the obligatory selfies. They even had acrobats suspended high on a disco ball doing their thing. When the gun finally went we headed off on a slow crawl only to discover that the real start was about 900m down the road. My Garmin was to be out for the rest of the run!

We finally found some room and set off running down the road only to come across the first, of many, vineyards. We headed off road for a quick glass of something red but this 'aide' station was packed ten deep. Disappointed that this was to happen throughout we decided instead to push on hoping to get around the pack further up. However, 100m up the path we were offered any amount of pastries so went for those instead.

With a croissant or two in our bellies we set off again only to come across another aide station / vineyard not far up the road. This one seemed less crowded and it seemed rude not to stop and partake! This was to become the routine for the whole 42.2k. We would run a bit and drink a bit.



After the first aide station it seemed to thin out a lot although there were people everywhere on course. Getting a drink became a lot easier.

From the outset Dave and I had made the decision to run together. For anyone considering running this race I strongly suggest that you find a partner or friend willing to do it with you. It really does make it so much more fun. We got into a bit of a routine at this point; run, stop, drink, take a photo, upload to Facebook! Occasionally we'd stop a bit longer and take in the surroundings with some magnificent chateaus opening up their grounds to us.

Although I never really tired of the routine I was glad at one point when we hit some open road and we could get some solid running under our belts (that's the runner in me!). At this point Dave had decided that he needed to shuffle on a bit and when we finally made our way back through the vineyards I found him waiting for me with a drink in hand. This was to become our new routine; he would run off but wait for me at the next aide station always with a drink in hand. Something tells me that he may have snuck in a few before I got there but as long as he had my order ready I'm wasn't complaining!

I thought I'd lost him toward the end as I'd made the decision to back off the wine and food and get some running done (who am I kidding.....) but found him again about 3k out from the finish. This was when we found aide station heaven.

With a huge chateau, rolling lawns, more wine than is good for you, a band playing AC/DC hits and a young lad (the French don't seem to have underage laws!) refilling glasses the party was in full swing. At this point we ummed and ahed about our options and decided to hang around and really enjoy the party. We had about two hours up our sleeves and to end this race would be to spoil it. We stayed, we drank, we met people, we enjoyed the atmosphere. And by this stage there were a LOT of very happy people!

However, all good things must come to an end so we tore ourselves away and pushed on. Little did we know that around the next corner there was another aide station but this one had oysters. Mounds and mounds of oysters and no one cared if you took one or one hundred! They also had white wine. I thought I'd never drag Dave out of there. Many people had the same idea so, again, we stayed and ate, drank and made new friends.

But again, we knew we couldn't stay forever. We took off, a little more slowly than last time, and made for home. However, there was just time for an ice block offered roadside about 400m from the finish. Why not! Eventually we rounded the

last bend and made for the finish line with lots of support from the crowd. Dave and I finally had our joint finish, with photo, though I may never get over the clock (and record) showing him as a 1 second winner!!

However, the fun wasn't over yet. Moving through the finish line we each received a bottle of wine, a medal, a drinking cup, bag and a rose for the ladies. Deciding to take a quick detour through the recovery tent we weren't quite prepared for the fun that awaited (still). Dave has done quite a few Ironmans (and they know how to put on a recovery) but he rates this one the best ever! We discovered the cups we were given passing through the finish were actually for the beer they were serving. You could follow this up with any manner of cheeses, meats or ice cream. For many the party wasn't over yet, it just meant you didn't have to get up again after your eating and drinking! Tired, happy, tipsy, we headed out to the finish line to meet up with Travelling Fit and our travelling companions to cheer on the 6:30 finishers. Unfortunately Isabel didn't make it back in time but she tells me she is thinking about another attempt one year soon.

And if you think the fun stopped here you'd be wrong as the next day we headed out on a 'recovery walk' which is through the vineyards, naturally, of the Bordeaux countryside. This was to be 7k of walking through mud and slush (remember that rain I mentioned the day before) but no one minded. The concept of moderation isn't in the French vocabulary so we drank, refilled our glasses and drank some more. But wait, there's more.... When we got to the 'finish' we were shuttled onto buses and taken to a rather large chateau in a vineyard somewhere (more drinking) and then ushered into a huge tent with tables set for thousands. We were treated to a three course meal with, what else, limitless wine. If you ran out you simply refilled from the enormous barrels in the middle of the room!

For anyone even remotely considering this race I say; DO IT! But a few suggestions – Find at least one friend to join you, slow down and enjoy the surroundings, sign up for the next day recovery walk and practise your drinking skills beforehand!



MEMBERS PROFILE



Name: Rick Lodge

Age: 69

Occupation: Estimator

How and when did you start running:

Initially, back in 1985, doing 5,000m and 10,000m track, then gave it away for 26 years, until my wife Fiona coaxed me back into running in 2011. Joined Intraining Marathon School, and haven't lost the bug yet.

Most memorable running moments: Back in the old days, 5k Fun Run in 17.53, and a Toowoomba Runners 10k in 38.20. Would love to repeat that today.

Your most memorable sporting achievement?

Playing football at the Exhibition Ground in a Qld. Cup tie, in a prelude to the Qld. vs Manchester Utd. game. (We won 1-0 to get into the semi-final).

Favourite runs: Melbourne Half Marathon, North Lakes Park Run, and Running along the Brisbane River.

Favourite Running Distance and PB: Half Marathon, 1.44.28 - Gold Coast Half Marathon 2012

Who is your running idol? Past: Sebastian Coe; Present: Usain Bolt. Both amazing

athletes.

Favourite Sports Persons: Roger Federer, Javier Gomez, and Gwen Jorgensen.

Running Goals: Just to keep running for as long as my body will allow me too. I don't get as fixated on PB's these days, just try to keep a lid on it, stay fit and healthy, and appreciate what I can achieve on the day.

What is the craziest sporting event you have been involved in? It wasn't really a sporting event, as such. I was living in Nepal for some time, and during a climbing trip in the Everest Region, I climbed and camped at 5 Base Camps in 5 days. When I got back to civilisation, I slept for 28hrs straight. Dead to the world.

Favourite Foods: Lasagne, and most things Italian. Lamb Shanks. Sucker for a good Nachos.

Favourite Movies: Shawshank Redemption, The Usual Suspects, Cool Hand Luke, and Love Actually (corny, but I love Bill Nighy).

Favourite Drink: Peroni . A good glass of red, or Chardonnay.

Shoe Brand: Brooks and Mizuno, but primarily Brooks (love their racing shoes, and think the "Green Silence" was one of the best shoes created.

Favourite Running Partners/Group: Running with my wife, Fiona. Running with the New Farm Intraining Group, the most supportive bunch you could ever meet.

Star sign: Capricorn

Favourite Music: A bit of everything, I can listen to classical through to AC/DC. Van Morrison would be one of my favourite artists.

If you had one wish in life it would be? Like most people, that my family have healthy and happy lives, and live to a grand old age.

MEMBERS PROFILE

Name: Kay Sherlock

Age: 56

Occupation: Grants & Program Support Officer with the Australian College of Rural & Remote Medicine.

How and when did you start running: After reading an article in the local paper about Ipswich parkrun starting in February 2014. I had been a fairly sporting/active person, but had never considered running before then.

Most memorable running moments: Running and finishing my first half marathon in a good time at the Gold Coast and then backing up a month later in Brisbane for another. Pretty special as I had only been running for just over 12 months and couldn't run 5km when I started.

Your most memorable sporting achievement? Being recruited to play hockey after a lay-off of 3 years and going on to win the grand final with that team many of them 20 or more years my junior.

Favourite runs: Gold Coast Marathon & Bridge to Brisbane 10km.

Favourite Running Distance and PB: I enjoy running a few different distances from 5km to half marathons. I don't really put a lot of emphasis on PBs. I run the best I can at every run.

Who is your running idol? My partner, Denis. He started running with me in February 2014 and since then has had both knees operated on, yet he still continues to walk/run. Even with his two 'bung' knees, I can't keep up with him.

Favourite Sports Persons: No-one in particular.



Running Goals: To run consistently and injury free and improve on all of this year's times and distances in 2016. Who knows, maybe I'll have a moment of madness and aim for a full marathon.

What is the craziest sporting event you have been involved in? Springfield Colour Run in 2014 with my daughter and her teaching buddies.

Favourite Foods: Don't really have a favourite – but don't give me anything that is hot and spicy.

Favourite Movies: Enjoy a good chick flick or anything that is based on a true story.

Favourite Drink: Moscato – Pink or White.

Shoe Brand: Mizuno Inspires.

Favourite Running Partners/Group: Springfield Runners' Group, Ipswich parkrun & Brisbane Road Runners.

Star sign: Leo

Favourite Music: Whatever is playing on Nova 106.9

If you had one wish in life it would be? To have one more day with my late parents so they could meet their first great grandchild who was born recently.

CAPRICORN COAST RUNNING FESTIVAL

by Adrian Royce - 4th October 2015

A recent addition to the Queensland running scene is the Capricorn Coast Running Festival and I took the trip up north to the fifth edition held on Sunday 4th October. So where exactly is the Capricorn Coast held? It's at Yeppoon, on the coast outside of Rockhampton. With my running partner having pulled out injured, I flew up on my lonesome the afternoon before the event. It happened to be Rugby League Grand Final weekend and for the record, for every one Broncos jersey I saw, 1000 Cowboys jerseys. The footy was on everyone's lips, no one was talking about running!



Adrian Royce

It was blowing quite a gale on the Saturday as I went to collect the race pack and it wasn't lost on me that Galeforce running provided some sort of special coaching deal for participants. Thoughts inevitably turn to what tactics to employ if the same high wind was present during the actual race.

Good things:

- Personalised bibs
- Cool finisher's medal
- Age group 1st, 2nd and 3rd medals
- Well designed race t-shirts and singlets for purchase
- Early start to the half - 5:45am
- Easy race pack pickup
- Plenty of race options: Miler, 5k, 10k and Half as well as kids races. And different start times to each.

Some improvements:

- No race singlet thrown in for the price. Although personally I don't need another singlet, it would entice more entries.
- Seemed possible to have a complete out and back half marathon after checking on Google maps.

Week leading up:

- Sunday Sep 27 Briswich half marathon, no official time, 1 hr 50 min
- Monday Sep 28 Run home after work 19.4 km, 1 hr 45 min
- A couple of touch football games on the Wednesday and Thursday
- Saturday Oct 3 Warner Lakes parkrun, 5km, 18:46.

Total weekly km's: 51.5

The only notable lead up event for me was the Twilight Bay Run, although not a personal goal race and on the return legs in the headwind I didn't push myself and to be expected finished with a disappointing 1:24:44.

Pre-race parkrun of choice was Warner Lakes, enroute to Brisbane airport. Discussion with some of the starters beforehand centred around “taking it easy cos there’s a race the next day”. However once the parkrun started the pace was slowish and this runner couldn’t help himself and without going all out, ended as first finisher. This was a great confidence booster but then some doubts lingered about whether I could recover for the half the next morning. I have learnt to take the foam roller whenever I travel to races and it came in handy straight after parkrun. I might have looked like a goose using it on the lawn though! But it did the trick.

The Race

0 – 5km

Starting off on the esplanade path with great views of the Keppels, and right on the beach, I said hello to Clare Geraghty and there looked like quite a few fast guys lined up. Conditions were good, not very humid. After about 100m the course moved to the bitumen road. Another few hundred metres and you lose sight of the beach. A few runners went out hard and by the 4k mark they had burnt out and just Clare and 3 guys were ahead of me at the turnaround. My split was a very comfortable 19 mins spot on. As a comparison Clare’s split was 18:47 As my pre race tactics were based on the high winds that were present the day before, I started taking my honey sachets early for extra energy, I’d have to say this was a very useful tactic I will employ in the future in any conditions!

5 – 10km

Oh what a headwind! That was tough on the return leg and conditions very similar to the Twilight Bay run just weeks previously (well I’m going to say harder!). Sun was out and temperature was on the way up. By this time only Clare and two men were ahead of me but a couple of guys were still biting at my heels, keeping me honest. I would have to keep up my pace to shake them off. Split time: 19:42. Drink stations--positioned every 2.5 kms--were well stocked.

10 - 15km

With the tailwind, this split was 19:24 and at the 15k mark, duration was 58:05. By this time I had shaken off a few challengers for 3rd place male, ahead of me was Clare, another young runner and last year’s outright winner Michael McGrath. There were lots of friendly “keep going” etc from other runners which kept motivating me.

15 – finish

Well this was different! The 10k race had started and a huge pack was bearing down on me. Obviously the race director had not explained that the half marathoners were still out there. I had to wave a few runners out of my way – I was not changing my line at all! Although at some points I closed the gap between myself and the 2nd place getter, my resolve was failing in the strong headwind and I finished 37 seconds behind him but with a new half PB at 1:22:46. With Clare finishing first outright at 1:21:34, I concluded it was a good day out for myself at a well organised and fun event.



Clare Geraghty wins Capricorn Coast Half Marathon.

LIKE THE ROMANS: WE CAME, WE RAN, WE CONQUERED

by Irene Davey

Lyon is a historic city in the south of France which still retains evidence of Roman occupation. There are two amphitheatres and remains of associated buildings, sections of the old city walls and much more. It was the setting for the 2015 World Masters Athletics Championships which included a full track and field program, cross country, marathon and half marathon and road walks.

We did not compete in the Roman amphitheatres, but at four venues spread across the city, with easy access by Metro trains and buses. Around 8000 athletes from around the world competed. The Australian team numbered 200, and in this team we had four BRR members: Anne and Sean Ryan, John Sheer and Irene Davey who came to run.

The first event on the program is always the 8 km Cross Country. This time it was held in an extensive park area adjacent to one of the stadiums. It was a pretty good course, mostly shady, with many twists and turns and a few little ups and downs. All four of us ran it. Anne finished with an individual Silver medal and a team Bronze. There was a bit of a race going on between Sean and John (who are in the same age group) with Sean finishing less than a minute ahead. Irene's team placed 4th (of 5 teams) and Sean's team was 5th out of 9.

Anne contributed further to Australia's medal tally with Silver in the 1500m, Bronze in the half marathon and Silver in the 4 x 400 relay (after running the half marathon in the morning!) Sean competed in the track trio of 400m, 800m and 1500m.

In addition to the cross country, John ran the 5000m and 10,000m on the track. The 5000 was run in extremely hot conditions and officials set up hoses to spray water on runners at two points around the track. John missed running the half marathon due to minor illness.

After running the cross country on Day 1, Irene had to fill in the time till the last day when her main event was programmed. So, like Sean, she competed in the 400m, 800m and 1500m events, making the final of the latter two. On the last day

she lined up for her favourite event, the 2000m steeplechase, as the defending champion from the previous Championships in Brazil in 2013. Her main rival was fellow Australian and champion walker, Heather Carr from Victoria. In a closely contested race, Irene was successful, finishing 5 seconds ahead of Heather. She followed up by running the anchor leg of the 4 x 400 relay for a Silver medal.

The 200 strong Australian team placed 5th on the final medal tally, finishing with 141 medals (Gold 51, Silver 44 and Bronze 46) of which the BRR members scored 1 Gold, 4 Silver and 2 Bronze. Indeed the Aussies came, ran and conquered!

The next World Masters Championships will be held in Perth from 26 October to 6 November 2016.

For details: www.Perth2016.com Quite a few BRR members are already planning to compete.

Anne Ryan W60

Cross country	33:44	Silver and Team Bronze
1500	5:37.18	Silver
Half marathon	1:34:21	Bronze
4 x 400 relay		Silver

Irene Davey W65

Cross country	47:17	
400m	94.76	
800m	3:39.16	
1500m	7:26.56	
2000m Steeplechase	10:54.83	Gold
4 x 400 Relay		Silver

Sean Ryan M65

Cross Country	36:22
400m	70.98
800m	2:38.19
1500m	5:42.26

John Sheer M65

Cross Country	37.04
5000m	23:31.99
10000m	47:18.50

MEMBERS PROFILE

Name: John Shaw

Age: 62

Occupation: Entertainer – Kids Parties (Crazy Party) Corporate / Charity Golf Days (Speed Cop)

How and when did you start running: After walking off 20kg in 3 months I needed a new challenge. In Sept 2012 I began a 6 week Couch to 5km program. On the first day I ran 5km non stop (34.13). On the second day I was upgraded to the 10km program.

Most memorable running moments: I was born in Hobart and lived there till 1975. As a kid I enjoyed running but stopped in 1969 on finishing high school. 46 years later in Jan 2015 I returned for the Cadbury Half Marathon and set a Tasmanian record for the 60-64 age group (1.25.38). Even though I also won the Australian Masters Half Marathon Championship for my age group that state record was far more important to me personally. Another magic moment is completing a marathon without walk breaks on my 3rd attempt. The first time I ran injured (3.45); the next time I went out too fast (3.09). The third time was not luck. I simply adhered to the instructions from my coach, Peter James.

Your most memorable sporting achievement? My 3rd marathon; the 2015 Gold Coast Marathon (2.48.36). I finished only 1.40 behind a legend – Ron Peters. That result ranks him World #1 for 60-64yo's. I am currently #4 but am working hard on closing that 100 second gap

Favourite runs: 5am – or earlier- long runs along the Brisbane River. I also enjoy the local Boronia Bushland Reserve tracks but tend to get lost – a lot. I could ask for directions but being a male a 16km run usually becomes 20km's



Anne Ryan Cross Country.



John Sheer running strongly in the 5000m.



Irene Davey at the first water jump in the 2000m Steeplechase.

Favourite Running Distance and PB: If it's a race definitely the Marathon (2.48.36). For "fun" I like to occasionally push the pace with a sub 1-30 half marathon or a sub 40 minute 10km. Both hurt but in a good way.

Who is your running idol? Meb Keflezighi (we're both Skecher and UCAN fans), Ron Peters and Aussie Masters Athletics Hall of Famer - John Gilmour.

Favourite Sports Persons: Need to be tough as nails e.g. Allan Border; Steve Waugh; Leigh Matthews; Joel Selwood; Glenn Archer; Ron Barassi and Brad Thorn;

Running Goals: All sub – 2-45 Marathon; 1-20 Half Marathon; 37 min 10km; 18 min 5km

What is the craziest sporting event you have been involved in? Only in Aussie could this be a sport. A country hall beer race. You sprint 20 metres to the end of the hall and back then skulk a jug of beer. The final was a close finish with all runners sprinting full pelt towards the jugs. Shame someone turned off the lights when they were only a few metres away.

Favourite Foods: Roast lamb and baked veggies – stuff Tom Cruise!

Favourite Movies: Sound of Music (my apologies); Blazing Saddles; Something about Mary, Shawshank Redemption, The Great Escape

Favourite Drink: Bundy till I started running. Now it's a bottle or 3 of Moscato wine

Shoe Brand: Skechers's Go Run Ultra (training / long runs) Nike Lunaracer (over 10km) Nike Flyknit Racer (10km or less)

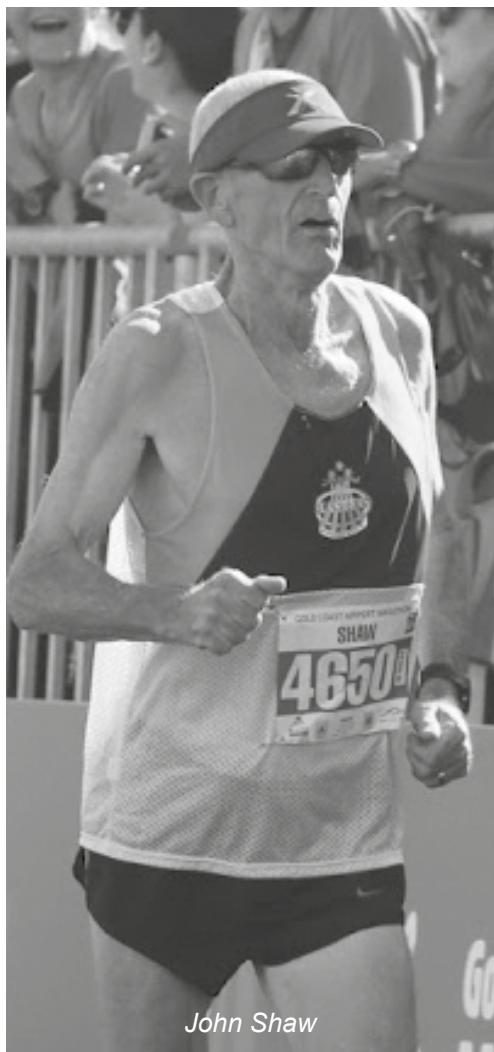
Favourite Running Partners/Group: Peter James's running group. It's not big but has so many inspirational runners. I especially enjoy long and short runs with members Phil Davies and Steve Nicholls. We are all similar in pace and determination. This of course tests Peter's patience as at times we lose the plot and push

the pace plus each other a bit too hard.

Star sign: Gemini through and through!

Favourite Music: George Harrison; Bob Seger; Russell Morris; Rolling Stones; AC/DC, Tom Jones, Ann Murray – told you I was a true Gemini!

If you had one wish in life it would be? For North Melbourne to win the AFL premiership in 2016, 2017, 2018 etcetera. Probably a wasted wish as it will happen anyway!



John Shaw

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continued support during
2015**

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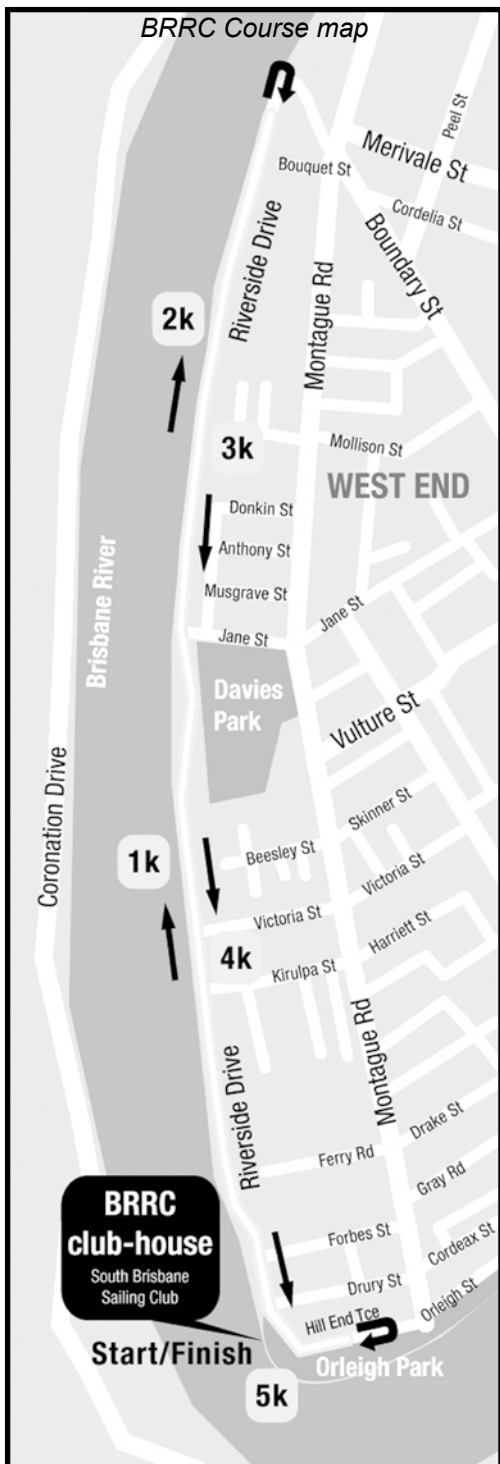
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BRISBANE ROAD RUNNERS CLUB STALWARTS

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Brisbane Road Runners Club CALENDAR of EVENTS 2016

DATE	EVENT	START	SPONSOR
03-Jan-16	5k Predictor & 10k Predictor - No Watches	6.00am	Intraining
17-Jan-16	2k, 5k, 10k & 15k	6.00am	The Run Inn
31-Jan-16	5k, 10k & 15k "Bring a Friend"	6.00am	Intraining
14-Feb-16	2k, 5k, 10k & 15k	6.00am	NRChi
28-Feb-16	5 mile Club Championship & 10 miles	6.00am	Skirt Sports
06-Mar-16	INTERNATIONAL WOMENS' DAY FUN RUN - NON BRRC EVENT		
13-Mar-16	2k, 5k, 10k, 20k & 25k	6.00am	P.A.T. 42.2 Running
20-Mar-16	TWILIGHT RUNNING FESTIVAL - NON BRRC EVENT		
03-Apr-16	5k, 10k & 15k	6.00am	The Run Inn
17-Apr-16	2k, 5k, 10k, 20k & 25k	6.00am	NRChi
01-May-16	21.1k Club Championship & 5k, 10k	6.30am	Intraining
08-May-16	MOTHERS DAY CLASSIC - NON BRRC EVENT		
22-May-16	2k, 5k, 10k, 20k & 25k	6.30am	NRChi
29-May-16	5k, 10k, 15k & 20k	6.30am	Skirt Sports
05-Jun-16	QLD HALF MARATHON & CITY 2 SOUTH - NON BRRC EVENT		
12-Jun-16	2k, 5k, 10k, 15k, 20k & 35k	6.30am	P.A.T. 42.2 Running
26-Jun-16	10k Club Championship, 5k & QMA 10k Championship	6.30am	The Run Inn
03-Jul-16	GOLD COAST MARATHON - NON BRRC EVENT		
10-Jul-16	3 Person Criterion Relay	6.30am	Intraining
24-Jul-16	20k Club Championship & 2k, 5k, 10k, 15k	6.30am	P.A.T. 42.2 Running
07-Aug-16	BRISBANE MARATHON FESTIVAL - NON BRRC EVENT		
14-Aug-16	2k, 5k, 10k & 15k	6.30am	Intraining
21-Aug-16	SUNSHINE COAST MARATHON - NON BRRC EVENT		
28-Aug-16	BRIDGE TO BRISBANE - NON BRRC EVENT		
04-Sep-16	10 mile Club Championship (Robin Flower Memorial) & 5 miles	6.30am	The Run Inn
18-Sep-16	2k, 5k, 10k Age-Graded	6.30am	NRChi
24-Sep-16	TWILIGHT BAY RUN - NON BRRC EVENT		
02-Oct-16	15k Club Championship & 5k, 10k	6.00am	The Run Inn
16-Oct-16	3 Person x 4.5k Relay	6.00am	NRChi
30-Oct-16	2k, 5k, 10k Novice & AGM	6.00am	Intraining
13-Nov-16	5k, 10k Handicap	6.00am	The Run Inn
27-Nov-16	5k Club Championship & 2k, 10k	6.00am	NRChi
11-Dec-16	Dash & Splash, Yeronga Pool	7.00am	BRRC
01-Jan-17	5k Predictor & 10k Predictor - No Watches	6.00am	TBA

