



# BRRRC

Winter 2017



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](http://www.brisbaneroadrunners.org).

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# FROM THE EDITOR...

By Robert Lofthouse



## Welcome to the Winter edition of the BRRC Magazine!

This edition contains a variety of reports covering races held over the last couple of months as well as a report from Phil and Marion Hermitage on their exploits at the World Long Distance Triathlon Championships.

The club members profiles have received a strong response for this edition with seven members profiled.

Since the last edition, we have seen the Twilight Running Festival at St Lucia, the Queensland Half Marathon at Deagon and more recently the Warwick Pentath Run, kick start a busy six months for runners in South East Queensland.

On behalf of everyone at BRRC, I would like to thank all our event sponsors for their ongoing support of the club. These include INTRAINING (Steve and Margot Manning), THE RUN INN (Phil Hungerford), NRCHI (Greg Beerling), SKIRT SPORTS and P.A.T. 42.2 (Patrick Nispel). The ongoing efforts of our Committee along with Race Directors and our fortnightly volunteers also ensures that all our races are conducted in a very professional manner.

With the Gold Coast Marathon looming on the horizon as well as Sydney and Melbourne Marathons, I wish everyone the best of luck. Hopefully the hard work you have put in will pay off on the day!

Enjoy the upcoming Winter calendar....and don't forget to send me an email if you have a story about your event experience.

See you at West End in the coming weeks or down at the Gold Coast for what promises to be yet another great event in July.

I trust that you enjoy the latest edition of this magazine.

Enjoy your running!

Robert Lofthouse (Editor)  
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# FROM THE PRESIDENT

*By President Andrew Leggett*



Robbie Lofthouse has done a great job once again of putting together our Winter 2017 edition of Brisbane Road Runners Club Magazine. Thanks again, Robbie for your tireless editorial efforts.

Speaking of tirelessness, not to be confused with the state of the wheel once it gets down to the bare rim, or to those non-pneumatic wheels on the heavy trail pram that I pushed my now 18-year-old twins around in at the turn of the millennium (the third millennium, not the second), as much as we might wish or hope, none of us is truly indefatigable, let alone immortal, not even veteran road runners. I recently noted that I had passed the 40 year mark with my running, never more than 160 km per week, rarely ever less than 20. When I took up the sport at age 15, I imagined that I'd do it forever, and somehow just keep getting faster. That youthful confidence lasted for about 3 years, until half way through first year medical school, when I realised that it was not possible to train seriously for marathons and make passing grades while competing against the smartest and most self-confident young minds in the state, and something had to give. For me, it was the running, and the race-walking. Hence the twenty year delay between my first and second marathons, and the experience of chasing but never quite reaching the times I'd run at 17 and 18, until I realised the futility, and began to run for the pleasure of moving my body through natural surroundings, and enjoying the companionship of others doing the same. Now as joints begin to creak and each pounding step becomes painful during exacerbations of my own pet autoimmune disease, I am merely grateful that I can move my body at all, whether it's pleasurable or not, and glad that there are still a few companions slow enough for me to catch. And I'm massively relieved to find that my body responds so much better to moving to race-walking, and even better to moving through water than it does to high-impact pounding on concrete, or even on tarmac (which is infinitely better), for that matter. So how much longer to run? And does there come a point where we shouldn't run at all? And when does the time come to enjoy a leisurely walk and not bother with the clock at all?

We are an aging club, and while it's great to see the dedication and enthusiasm of veteran runners pushing on, year after year (mostly to the great benefit of their health and quality of life), there comes a time for all of us when illness or injury makes it necessary to question the wisdom of this, and to change to adapt our exercise patterns to the way our bodies are aging.

Some of us move over gradually into the administration of the sport, and the vicarious pleasure of congratulating younger and sometimes older but more resilient athletes on their wonderful achievements at each club championship. Even then, fatigue can set in. There are a few veteran athletes in this club who've become veteran volunteers and veteran administrators. This club continues to function on the strength of their efforts. They are extremely dedicated, but also neither immortal not indefatigable. And there are times when they need not only acknowledgement, but also practical help. Any sign of willingness on the part of club members prepared to put in a little more time to volunteering to learn some of the administrative roles that keep this club rolling on pneumatic wheels, rather than square stone blocks, will be received with a warm welcome and much enthusiasm. There's a lot of wisdom about event organisation and club sustenance available for absorption. So please step up and approach me, Bruce, Betty or any of our committee regarding how you might help out, especially if you are feeling the need to go a little easier on your body and take an occasional race day out, in the interests of recovering fully so that you make the best of the time you have in this life for running, walking and living long and well.

To all those preparing for the major distance races, the marathons and half marathons this season, I wish you well, and will be glad to hear of your training and racing efforts and successes. I wish you the very best in this 2017 Winter road running season.

Andrew Leggett President BRRRC

## MEMBER PROFILE



**Name:** Alec and Jayden Lyttle

**Age:** 15 years old (twins)

**Occupation:** Student

**How and when did you start running:**

**Alec:** Way back in year 3, primary school I did well in school cross country and have run ever since.

**Jayden:** Alec was always the runner of the family, but after being convinced to attend a parkrun for Dad's birthday in 2015, I finally found a sport where I could beat Alec. I was hooked.

**Most memorable running moments:**

**Alec:** Pub 2 Pub (13km), 66 minutes at 12 years old on a scenic but hilly course including 1km of soft sand

- BRRC 20km championships in 2016, under 19 years record (93 minutes)
- Brisbane Half Marathon 2016 (89.30), 1st in age group.

**Jayden:** Bronze medal at Queensland Athletics State Championships in 2000m steeplechase

- Representing Queensland at the Australian Athletics championships
- BRRC Half Marathon championships in 2017, setting under 19 age record in debut half marathon (82 minutes)

**Your most memorable sporting achievement?**

**Alec:** When I was younger, I played in a soccer team and we were undefeated for 3 years. Also running under 90 minutes for my debut half marathon was pretty special as well.

**Jayden:** I have to choose another running event (as I am not that coordinated at other sports). My most memorable event was representing Met West at Qld Schools cross country and after being asked to run up in the open relays, helping the team win a gold medal.

**Favourite runs:** .

**Alec:** Sun Run (7km) from DeeWhy to Manly

- Pub 2 Pub fun run along Sydney's Northern Beaches
- Brisbane Half Marathon
- Rocks Riverside Parkrun
- BRRC
- **Jayden:** City to South
- BRRC
- Bridge to Brisbane (the new downhill course)

**Favourite Running Distance and PB:**

**Alec:** I prefer the longer distances, from 5km to half marathon.

My PB's are: 5km: 18.20, 10km: 38.30, and my favourite the half marathon where my PB is 89:30.

**Jayden:** I favour the middle distance (1500m / 2000 Steeple on track through to 10km) (although I like to dabble in the longer runs from time to time).

My PB's are 1500: 4.25, 2000 Steeple: 6.44, 3km: 9.28, 5km: 16.37, 10km: 36.20, half 82.23

**Who is your running idol?**

**Alec:** Pat Farmer and Mo Farah.

**Jayden:** Mo Farah but I am also a fan of Rob De Castella and Genevieve Lacaze

**Editors’s Note (in your words):**

Warwick Pentath Half Marathon 20 May - Jayden 1:21:04 and Alec 1:25:19 PB. Also, 5k PB’s: Alec parkrun 27 May - 18:07, and Jayden BRRC 23 April 16:01. Both Boys currently in great form with bright futures.

**Favourite Sports Persons:**

**Alec:** I don’t pay much attention to sport on TV, I just like to get out there and run.

**Jayden:** Bolt – just Bolt (Usain St Leo Bolt)

**Running Goals:**

**Alec:** I would like to get below 84 minutes (4mins / km for a half marathon) this year.

**Jayden:** Aarhus, Denmark – World Junior Cross Country Champs in 2019. (My family describes this as a somewhat lofty goal – and want to know who is going to pay for the trip).

**What is the craziest sporting event you have been involved in?**

We haven’t been involved in many crazy sporting events as most of the crazy ones have a minimum 16 years age limit.

We did run in ROC race last year which was really fun.

**Favourite Foods:**

**Alec:** Calzone

**Jayden:** HSP / Chocolate.

**Favourite Movies:** .

**Alec:** Guardians of the Galaxy

**Jayden:** I don’t really have a favourite (although Mum is saying that Barnyard was on high rotation a few years ago, and we try to watch all of the marvel movies as they come out).

**Favourite Drink:**

**Alec:** Caramel milkshake

**Jayden:** Milk

**Shoe Brand:**

**Alec:** Mizuno day to day, New Balance road shoes (although I have run in Asics for the past 10 years). Nike soccer boots.

**Jayden:** At the moment I run in Asics – track / cross country spikes, Nike road shoes and Saucony day to day.

**Favourite Running Partners/Group:**

**Alec:** Intraining Tuesday and Thursday morning UQ running group. I normally run with Jayden and good friend Ethan, but occasionally a long run with the anchor (my Dad).

**Jayden:** Intraining Thursday morning UQ running group, and when I get to run with the inTraining elite on Sunday mornings. I also enjoy running every second day with my brother Alec and good friend Ethan.

**Star sign:**

Both of us are Scorpio.

**Favourite Music:**

**Alec:** I don’t currently listen to much music, but ACDC and Guns’n’Roses are favourites.

**Jayden:** Where to start, I play lots on guitar and particularly like Foo Fighters, Nirvana, Queens of the Stone Age, Tenacious D, The Living End, Rage Against the Machine, Green Day, The Districts, Incubus, Paul Kelly, Faith No More, Queen, Muse..... (the list could go on and on and on).

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

**Alec:** I wish I had unlimited wishes.

**Jayden:** Run well, do well academically and a genie in a lamp.

# BRISBANE ROAD RUNNERS RACE REPORT

by Robert Lofthouse



## March 26th–15km/10km/5km/2km (130 finishers)

**Fine and warm conditions prevailed on the morning and with three months of the year already gone, surely the cooler mornings are just around the corner?**

**15km** – A strong last 5km (18:34) sealed the win for **Matt Cooper** in the men's event. At the 10km mark in the race, Japanese runner Rie Sugaya and her pacer, well known Brisbane runner Dennis Fitzgerald held a 40 second lead over Matt before he unleashed a fast last 5km to end up winning in a time of **58:10**. Both Rie and Dennis were treating the run as a 'tempo run' and eased off in the last lap to finish nearly a minute behind Matt.

Dennis finished up as second male across the line with Simon Black third.

In the ladies' 15km, Japanese runner **Rie Sugaya** was making her first appearance at West End and with a Gold Marathon time of 2:56:18 recorded back in 2015 it was no surprise to see her win the event in **59:04**. Kerri Hodge finished second and Noo Bowker third.

**10km** – Gold Coast runner **Paul Tierney** ran an impressive **36:29** to win by nearly two minutes from Elliot Carr with Nick Benson being the only other runner in the field to break 40 minutes.

Leading Queensland marathon runner, **Aarathi Venkatesan** made her first appearance at the club in 2017 and took out the ladies' division in a time of **40:24**. Claire Mitchell crossed the finish mat in second place with Katie Meissner just holding off Angela Allen by a second to claim third.

**5km** – The one lap event was won by **Harrison Adams (20:01)** with Nicholas Turner and Sam Wightley rounding out the top three.

In the ladies' equivalent, **Peta Dunne** recorded **23:12** to win by over a minute from Amy Riethmuller and Gina de la Cruz.

Also, the club welcomed back long time member Pam Goddard who has been living in Paris for the last twelve months. Pam only arrived back the previous day but couldn't wait to catch up with everyone, so decided to do the 5km to help with her jet lag!

**2km** – The Junior Dash saw both the male and female winner cross the line together with **Zion Chingwile** and **Indigo Barber** both recording a very creditable 9 mins 20 secs.



*Harrison Adams*

Thanks to club president **Andrew Leggett** for being Race Director on the day and to the various club members who helped out on roster duty. Greg Beerling from **NRCHI Bodywork** was the event sponsor and his generous donation of gift vouchers for acupuncture/massage services are always greatly appreciated by sore and tired runners! Greg's practice is based at Ashgrove so contact him if you have any injury concerns or just need the body loosened up.

### **April 9th – Half Marathon Champs/10km/5km (107 finishers)**

#### ***Clay Dawson and Kerri Hodge to the fore***

After three months of humid, steamy conditions it was a pleasure to finally encounter some cooler conditions after Cyclone Debbie drenched South East Queensland at the end of March. Attendances were slightly down on normal, possibly due to the Great South running event also being held on the same morning.

**Half Marathon** - The Half Marathon was the second Championship race of the season following on from the 5 mile Champs held back in February. Both 5 mile winners David Sweeney and Kerri Hodge were back and with Clay Dawson returning to full fitness after injury and 2016 BRRC Champion Brittany Zendler also lining up, it promised to be an interesting morning. Some of the age group categories also promised some fast times with several age group records on the line.

The course for the Half consisted of a mini 1.097km loop followed by four laps of the normal 5km route. The men's event quickly developed into a race up front between **Clay Dawson** and leading Australian Masters runner David Sweeney. After completion of the first of the 5km loops (6.1 km stage of race) Clay held a five second lead over David but over the next 5km of the race, Clay was able to establish a bigger lead and by 11km he had established a 30 second lead. From then on it was obvious that Clay had finally shaken off the injury which had plagued him for the previous six months as he extended his lead over the last 10km of the race to cross the finish mat in the excellent time of 1:13:56. David Sweeney also ran a solid race to finish in **1:15:22** to break the men's 55-59 age group

record by a considerable margin. One of the other highlights of the men's race was the performance of 15-year-old Jayden Lyttle who finished third in a time of 1:22:25 which means that Jayden broke the 4 min/km finish time by two minutes. An excellent performance by the intraining youngster and as well by his twin brother Alec who crossed in 1:32:35. Certainly, there is some talented runners emerging from the Park Road precinct at Milton!

Age group records were broken on the morning by Jayden Lyttle, Clay Dawson, David Sweeney and Harold Haldane who broke the 75-79 age record. Well done, gents!

In the ladies' event, **Kerri Hodge** took the lead early and continued to widen the margin as the race wore on. Brittany Zendler was treating the race as a solid training run and was quite content to hold second place throughout the race without ever challenging Kerri up front. Kerri's winning time was **1:24:31** which was just outside the age group record set by Glenda Banaghan. Third place went to Katy Russell who managed a consistent pace all the way. With 5km to go, Katy had a margin of nearly 90 seconds over the fourth-placed Marion Hermitage but an outstanding last lap by Marion saw her make up a lot of ground and by the finish, Katy was just four (4) seconds ahead!

Helen Banks (65-69 Age) was the only female to claim an age group record on the morning.

**10km** – It was good to see some new faces doing well in the 10km race with **Craig Wowor (41:25)** and **Sara Parkinson (40:47)** winning their respective events and both taking home their first ever BRRC trophy.

Craig was made to work hard for his win with Jeremy Hirsiger leading Craig by just a second at the halfway mark with Alain Raud just six seconds back in third place. Craig was able to quicken the pace early in the second lap and Jeremy started to fall back as Craig took control up front. Both Alain and Peter Maynard passed Jeremy to claim second and third places respectively.

Sara Parkinson was a dominant figure in the ladies' race, creating a two-minute lead by the 5km mark before recording a negative split in the second half of the race to give her a sizeable six-minute winning margin over Aicha Coetzee and Carol Russell.



*Katy Russell, Kerri Hodge  
and Brittany Zendler*



*Harold Haldane*



*Jayden Lyttle, Clay Dawson  
and David Sweeney*



*Bob Miller, Graham Robertson  
and Ian Cameron*

**5km** – With the main focus on the morning being on the Half Marathon Championships, only a small field elected to do the one-lap event.

In the men's race, **Nicholas Turner (20:00)** took the honours from Mark McDougall and Dave Willems.

**Shandre Coetzee (25:16)** was the first lady home ahead of Susan Tessmann and Mary Ashton.

A special mention and thank you to **Russell Wilson** for being Race Director on the morning and to all the volunteers who contributed to another successful staging of a BRRC Championship. With Age Group medals so keenly contested on championship days it is always a challenge, sorting out all the placings and handing out the respective medals.

**Intraining** was the race sponsor and their generous donation of random draw prizes is always greatly appreciated and as usual the intraining group was out in force.

**April 23rd – 25km/20km/10km/5km/2km  
(168 finishers)**

An excellent turnout on a near perfect morning for running. At long last, the humidity has disappeared from the early morning starts, making the long runs feel a tad more comfortable.

**25km** – The men's race proved to be a very competitive race up front with Mark Windsor and Derrick Leahy swapping the lead a few

times during the five-lap event.

Mark established a 50-metre lead after 5km but a fast second lap by Derrick gave him a 27 second lead after 10km. Mark came back into contention late in the third lap and held a narrow four second lead as they headed into the fourth lap. From then on, Mark and Derrick were never more than five seconds apart for the rest of the event with **Mark Windsor** crossing the mat in **1:37:38** just four seconds ahead of Derrick.

In the ladies' division, well performed trail runner and marathoner **Kim Knox**, ran the first 15km in just over 4 min/km pace to establish a two-minute lead over the rest of the field at that stage. Kim, who ran a 2:58:16 at the Gold Coast Marathon last year did not slacken off in the latter stages of the race either winning in a very respectable time of **1:41:13**. Kerri Hodge was second and Zoe Manning ran a longer race than normal to finish third.

**20km** – An outstanding run by professional triathlete **Jacqueline Thistleton** was one of the highlights of the morning. In her first appearance at BRRC, Jacqui clocked **1:17:59** to be just behind the male winner **Matt Cooper (1:17:50)**.

Olivia Lennon and Shannon Proffit rounded out the top three in the ladies' race while Carl Batty and Tom Batty were second and third respectively in the men's event.

**10km** – After a long absence, **Andrew Fuller** made a winning return to BRRC, taking out the two-lap event in **35:56**. Duncan Penfold and Matthew Healy were the only other two male entrants to go under 40 minutes on the morning.

2016 Club Championship series winner **Brittany Zandler** ran **37:50** to have a comfortable win in the ladies' 10km from Thwane Fouche and Liz Grolimund.

**5km** – With the main focus on the morning being on the longer races, only a small field elected to do the one-lap event but a fine performance by **Jayden Lyttle** was a highlight. 15-year-old Jayden almost broke 16 minutes, crossing the finish mat in **16:01**. It has been a good year for Jayden so far, having already recorded a 1:22:25 at the club's recent Half Marathon Championship. Nicholas Turner

finished second, bettering his time from the previous run at West End and Simon Gardner was third.

Another of the club's younger brigade **Shandre Coetzee**, made it two wins in a row taking out the female division in **24:30**. This was an improvement of nearly a minute on her effort a fortnight earlier. The mother and daughter combination of Peta Dunne and Clair Dunne, finished second and third.

**2km** – Female winner **Indigo Barber** was first across the line in the Junior Dash with a time of **8:37.8**. This time represented an improvement by nearly a minute on her time in the March event at the club. India McDougall and Scarlett Barber were also placed in this event.

**Steele Barry** took out the boys' trophy, crossing in **8:45.6** with Zion Chingwile and Samson Kirisome second and third. Both Zion and Samson are past winners of the Dash.

A special thanks to **Karen Rossel** who did an excellent job as Race Director on the day and to the various club members who helped out on roster duty. **Phil Hungerford** from **The Run Inn** was the event sponsor so if you're in need of a new pair of Asics or Saucony, or any other running accessories, then the Run Inn at Stafford is the place to go.

### **May 7th – 20km/16km/12km/8km/4km (109 finishers)**

With a major bike race being held in the vicinity, a new 4km course was used. The 4km loop started and finished at the back of the Sailing Club next to the river bank and headed out on the path next to the river, down to the West End Ferry before turning back and heading back past the start and up the grass slope and then heading onto the path next to the river for nearly a kilometre before retracing the course back to the start.

Weather conditions were good on the morning but the course was a little more challenging than normal with the change from the concrete path to the grassy incline behind the Sailing Club providing variety and forcing many to slow down as they negotiated the grassy section with a few stopping to be greeted by Derek Nixon-Smith manning the drinks table (as he always does).

## **A summary of the winners on the morning appears below.**

**20km** – Peter Bracken and Kerri Hodge

**16km** – Aaron Breed and Kaitlyn Price

**12km** – Andrew Garnsworthy and Katherine Rogers

**8km** – Keegan Jenkins and Lucy White

**4km** – Stephen Walmsley and Kate Riethmuller

It was certainly good to see some new faces at the club and several of them were successful in taking home a winner's trophy on the morning.

Thanks to Race Director **Bruce Smerdon** and his team of volunteers and to **Greg Beerling** from **NRCHI** for his donation of random prizes.

### **May 21st – 25km/20km/10km/5km (151 finishers)**

Early morning fog made conditions a little more humid than normal (for May) but there were still some outstanding performances on the morning.

**25km** – Men's winner **David Sweeney**, lead everyone through the first 5km (even the 5km winner), clocking a 17:41 first lap before going on to record a time of **1:30:46** for the five-lap journey. David's time was the second fastest ever recorded on the current course with Jonathan Peters still holding the 25km record. Second placed Michael Edmondson also ran a strong race to be five minutes behind at the end with Robert Trims third.

In the ladies' race, Kym Coogan lead for all but the last four kilometres before a strong last lap by **Olivia Lennon** saw her take the honours in **1:51:08**. Kym ended up a minute behind in second place with Kaitlyn Price third.

**20km** – An outstanding run by **Andrew Fuller** was the highlight of the men's race. Andrew was one of BRRC's leading runners a few years ago and quickly showed that he has lost little form during his absence. His winning time was **1:13:56** with well-credentialed runners Peter Run and Michael Whiting coming second and third respectively. In the women's race it was a good battle between Shannon Proffit and **Marion Hermitage**. Shannon lead Marion by

over 30 seconds at the 15km mark but a strong last lap by Marion saw her catch Shannon halfway through the last lap as she went on to take out the event in **1:35:39**. Kelly Obst claimed third place.

**10km** – The men's 10km proved to be the closest of the day with **Nathan Cook** winning in a time of **37:33**. At the halfway stage, Nathan lead by seven seconds from Raymond Shanks. Both runners were over a minute slower in the second lap but Ray could not bridge the gap and Nathan crossed the finish mat with a 14 second gap back to Stan Fetting who made up a lot of ground in the latter stages to end up only two seconds behind in third place.

**Kim Knox** managed to negative split her second lap winning the ladies' event in **38:46**. Yvonne Bayliss and Jodie Watson rounded out the top three on the finishers' list.

**5km** – The one-lap event saw **Aaron Breed (17:57)** and **Pia Ingvorsen (27:08)** take home the winner's trophy in their respective categories.

Many thanks to **Susan Tessmann** for being Race Director on the day and to our event sponsor **SKIRT SPORTS**.

Our Race Sponsor – Skirt Sports

Skirt Sports is one of the leading women's fitness apparel brands with a full collection of styles from running skirts and dresses to performance tops and bottoms for use in running, yoga, tennis, golf, hiking and everything fitness related. Check out their website!

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

## MEMBER PROFILE



**Name:** Barinder Singh Kaila

**Age:** 30

**Occupation:** IT Engineer

**How and when did you start running:**

It was never my dream to be a runner because I had always struggled to run even for a minute but I always wanted a fit and healthy body. After training at the gym for almost a year and with an overall weight loss of 30kgs, I was introduced to Parkruns by my colleague in 2016. Eventually this led me to further participate in other long distance running events.

**Most memorable running moments:**

My most memorable running moment was when I ran the distance 20km run this year in March with the Brisbane Road Runners Club. It was a tough challenge for a new runner like me to run in such hot and humid conditions.

**Your most memorable sporting achievement?**

I can never forget the joy after finishing the parkrun in 1st position during the Christmas weekend last year.

**Favourite runs:** .

Anywhere around my house in Springfield Lakes and Calamvale district park. I like training on uphill and downhill rather than flat tracks.

**Favourite Running Distance and PB:**

5km or 15km

5km: 19:39 (Calamvale Parkrun)

15km: 1:06:51 (Brisbane Road Runners Club, West End)

**Who is your running idol?**

I don't have any idols as such as I try to perform better than my previous performances.

**Favourite Sports Persons:**

Matthew Hayden, Virat Kohli, Ricky Ponting

**Running Goals:**

To complete my first half marathon within 90 minutes.

**What is the craziest sporting event you have been involved in?**

I never got the chance in life to learn swimming. But last year I started taking swimming lessons in October to learn this important life skill. Not in my imagination could I think I could swim 100 metres without taking any break but after two months of practice and dedication of 1-2 hours per day in the pool, I was able to do 8-9 laps (200 metres) without taking any break. This wasn't any sports event but this was crazy stuff for me.

**Favourite Foods:**

White chick peas and chicken and vegetable pie.

**Favourite Movies:** .

Rambo, Back to the future, The Simpsons movie and a few Indian comedy movies.

**Favourite Drink:**

Water

**Shoe Brand:**

Adidas

**Favourite Running Partners/Group:**

Brisbane Road Runners Club and Calamvale Runners

**Star sign:**

Scorpio

**Favourite Music:**

Any type of music that I can listen to again.

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

My wish would be to live a simple life along with a fit and healthy one.

# UQ TWILIGHT RUNNING FESTIVAL 2017

By Darrell Giles



This year's Twilight half marathon at St Lucia was by far the hottest and most humid conditions in the event's nine-year history. I have a fair recollection, having finished every Twilight half marathon. It added two to three minutes to everyone's times, at least.

I have been there through the storms, the hail, the lightning, blinding rain, the heat ... can't ever remember cool conditions. And, 2017, while presenting clear sky for a change, definitely proved to be a real challenge. Nothing puts me off though as I love this event and will always keep coming back for more.

Twilight, the baby of running gurus, the Mannings and intraining, has come a long way since 2009. Runners ran out of water on the course in that inaugural event, which started on the far side of the UQ running track. That first hit out, with the double climb up cemetery hill, was tough on the legs.

Fortunately, the hill has remained a feature of every subsequent half marathon. A real test just short of halfway and the final kilometre sprint to the finish line, on the track, beside the main grandstand. That is always one of the highlights with the crowded 100m straight and plenty of cheers from the crowd.

The whole night is one of celebration, from the kids' 1km, to the fast guys and girls doing 5-10km through to the after-dark finish for the half marathon suckers. Plenty of water stations now, with huge support from the schools and run clubs manning them, and a well-lit course.

My 10-year-old son did his first ever run/walk in the 1km event in 2013. He loved the occasion, even sheltering under a tent which threatened to fly off across the Brisbane River as the heavens unleashed during my half marathon race. More on 2013 later.

I look forward to signing up to Twilight every year. It has always been the first major road race of the running calendar, although that is changing rapidly with events on across Queensland and Australia almost every weekend from January until December now.

My Twilight times have remained largely unchanged over the decade: 2009 1:40, 2010 1:36, 2011 1:43, 2012 1:27, 2013 1:32, 2014 1:35, 2016 1:36, 2017 1:38.

A few outliers there: 2011 was after doing the Bribie Triathlon in the morning; 2012 after finding my fast at fifty; and 2015 omitted because the rains reduced it to a 10km event.

This year's Twilight was my 55th half marathon (counting those tacked on to 15 half ironmans). It is always a vital part of my build-up to the Gold Coast Marathon and numerous other dances on my card. I was aiming for 1:35 but the humidity was too much in the end and it was a real positive split.

By all accounts, I am the only person to have completed all eight Twilight half marathons. Only a handful of front runners got through the 13km mark before the Green Bridge was wisely closed to the majority because of that fierce storm in 2013.

I took shelter behind a UQ building at one point as lightning crashed into everything. I vividly recall running across the bridge and bright bolts bashing the railing and pylons. Not to mention the hail, and knee deep water on the other side. The few who got through ran in complete darkness and eerie silence on the other side. I have a photo from my family as I finished in a downpour.

Running took second place that night though as a fellow competitor lost his life.

Twilight has a special place in my heart as one of my great buddies, Brian



*Darrell Giles*

Donnelly, lived near the Corso and used to come out and cheer me and other members of our Regatta Run Crew on every year. It was always a good joke if some jogger in boardshorts was ahead and Donners let me have it with his wisecracks. Sadly, BD is running in the Hall of Fame upstairs these days. But his memory lives on down that Corso stretch.

There have been some humorous moments along the way, too. A literal kick in the butt from side-lined running mate Gerard Daly at the 10km mark this year was unexpected, as was the handful of police keeping competitors safe from an upset resident who threatened to disrupt the race with her gardening tools.

It is a great race as you get to see the lead runners come flying past after the turns and get to high-five family and friends at various points of the two-lap course. The best piece of advice to Twilight debutants: save something in the tank

for that second climb up cemetery hill as it can be draining.

I have every race bib and medal (they were key chains in 2009 and 10) from Twilight and they have a shelf to themselves in the cupboard. And the competitor singlets. They have gotten more colourful and more stylish each year. And perfect sizing now.

What started out as maybe a one-off from Steve and Margot Manning and intraining will celebrate its 10th event in 2018 and I can't wait. It is a permanent fixture these days, with thousands taking part across all races. Its cousin, the Twilight Bay Run at Wynnum, is becoming equally as popular.

It is such a great concept – racing at night. I highly recommend it to all runners. The weather might not be with you, but everything else about Twilight is five stars.



**Name:**

Kim Alexander

**Age:** 33

**Occupation:** Health Researcher

**How and when did you start running:**

With a group of colleagues about ten years ago, we first

started running a loop that was 2.75kms... we thought 3km was impossible at that stage.

**Most memorable running moments:**

My husband proposing to me at the end of my first marathon. He held a big sign that said 'Marry me Kimbo'...

**Your most memorable sporting achievement?**

Every day that I lace-up and head out before the sun-rises... enjoy the little things

**Favourite runs:** anything around water

**Favourite Running Distance and PB:**

10kms and Half-Marathons

**Who is your running idol?**

All my running buddies (you're all mad with the distances you run)

**Running Goals:**

I am aiming for a 1:50min half, 49min 10km and 23:20min 5km

**What is the craziest sporting event you have been involved in?**

A mud run

**Favourite Foods:**

Scrambled eggs on toast is my go-to for any meal

**Favourite Movies:** Flying High

**Favourite Drink:** Coffee, wine and a little grappa

**Shoe Brand:**

Mizuno wave sayonaras

**Favourite Running Partners/Group:**

Intraining Wilston Group

**Star sign:** Sag

**Favourite Music:**

The Offspring

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

To go on a world tour of theme parks... I'm a sucker for a rollercoaster

## MEMBER PROFILE



**Name:** Harrison Adams

**Age:** 23

**Occupation:** Electrician

**How and when did you start running:**

I have run for as long as I can remember - from my youngest years in primary school making district teams.

**Most memorable running moments:**

Being on track for a sub 1.24 half marathon at Twilight Run only for it to be called off at 10km due to the rain.

**Your most memorable sporting achievement?**

- There are a few:  
Winning my first grand final in U16's as a 14 year old.  
Completing the 48km Kokoda Challenge after tearing my calf at 15km.
- Completing my first Olympic Distance Tri at Mooloolaba last year.

**Favourite runs:** .

Early morning run around Mt Coot-tha or the Brown Snake.

**Favourite Running Distance and PB:**

Short and sharp 5km in 19.11.

**Who is your running idol?**

After recently watching Breaking2 it is hard to surpass the effort of Eulid Kipchoge.

**Favourite Sports Persons:**

Until the great revelation, Lance Armstrong. Beyond this the early 2000 efforts of the Brisbane Lions with the likes of Simon Black, Michael Voss and Luke Power.

**Running Goals:**

To continue to run for as long as I am able. It is a great mechanism for a healthy life and building friendships that last.

**What is the craziest sporting event you have been involved in?**

Kokoda Challenge through the Gold Coast Hinterland.

**Favourite Foods:**

Mum's home made lasagne.

**Favourite Movies:** .

The work of Adam Sandler in Billy Madison and Happy Gilmore is hard to top. I also have great memories watching Prefontaine on the way to Limestone Park for AIC Cross Country.

**Favourite Drink:**

Water or Ron Zacappa on the rocks with muddled lime.

**Shoe Brand:** Asics.

**Favourite Running Partners/Group:**

Enjoy a run with the boys - Dave, Tom and Jacob.

**Star sign:** Aries

**Favourite Music:**

Anything live and acoustic.

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

Good health.

# QUEENSLAND HALF MARATHON - 2ND APRIL 2017

By Robert Lofthouse



After Cyclone Debbie flooded parts of Brisbane only three days before the race, it was gratifying for race organisers The Run Inn, to be met with clear skies and low humidity on race morning – a pleasant change after three months of high temperatures and humidity.

The location of the race was Sandgate Police Citizens Youth Centre, a 'stones throw' away from the Deagon Racecourse. Many runners would remember the Queensland Half Marathon when it used to start and finish at the Doomben Racecourse.

The 2017 version had four distances on offer, the headlining Queensland Half Marathon, the Deagon 10,000 metres run, a 6km Fun Run and a 2km Juniors event to compliment the longer races.

This year's event attracted a smaller field than in previous years with around 400 runners entered in one of the four events. The event was moved from early June back to April this year to avoid clashes with other races on the calendar so it was disappointing that the running community did not embrace this change as the Sandgate/Bramble Bay Waterfront area is a picturesque and flat area to run.

The half marathon started in Racecourse Road, adjacent to the Deagon Racecourse and headed along the street near the Sandgate Railway Station and proceeding out to the back of Shorncliffe with runners first reaching the waterfront just before the 6km mark and then following the bikepath past the Shorncliffe Pier and heading all the way along the bikepath next to the water right up the start of the famous Hornibrook (Ted Smout) Bridge which was the 12km mark in the race. Rather than head over the bridge towards Redcliffe the course turned back and runners then followed the bikepath alongside the Gateway Motorway back towards Deagon before heading up and onto the pedestrian bridge (known as The

Corkscrew). The bridge takes runners over the Gateway Motorway and is a good test at the 20km mark as it winds up and over the Motorway and certainly slows runners down before they enter the final 800 metres on the road and then turn left to finish on the grass outside the Sandgate PCYC.

**Half Marathon** – The Half Marathon started at 7:00am in pleasant cool conditions with a breeze to keep runners from overheating. An interesting competitor in the Half Marathon was Cronulla lifesaver 21 year old **Ali Najem**, who happens to be one of Australia's best soft sand distance runners and in recent times won a 10km sand dune race over well-known Australian triathlete Courtney Atkinson. Ali was competing in the Australian Life Saving



*Ali Najem*

Championships on the Gold Coast and decided to try a road race for something different from sand running. Not knowing what the quality of the field was like, Ali went out hard and by 5km had established a handy 40 second lead over Nicholas Hull, a former Jetty to Jetty Half winner and Wayne Spies who had finished runner up at Wynnum Twilight and St Lucia Twilight half marathons. As the race wore on, Ali continued to build on his lead and eventually crossed the finish line in **1:12:31**.

Wayne Spies finished strongly to claim second place in 1:14:52 with Nicholas Hull third and Andrew Dey fourth.

Certainly the win by Ali Najem proved just what a versatile athlete he is. As a 10 year old boy growing up in the Sutherland Shire in Sydney back in 2005, Ali was deeply affected by the infamous Cronulla riots where a few of his Surf Life Saving friends were injured. As a lifesaver and competitive runner, Ali has made the most of his teenage years achieving wins in both sports.

In the ladies' Queensland Half, Kilcoy's **Trish Webster** was first across the line in **1:33:09** giving her victory by over three minutes from Kyoko Miura and well-known Ironman Triathlon performer Shannon Proffit. A special thanks also to the pacers who offered their services on the morning.

**Deagon 10,000 metres** – This event attracted a field of around 100 runners with comfortable wins being recorded by **David Russell (34:25)** in the men's division and **Briarna Silk** in the ladies' race. Briarna is the 2015 World Duathlon champion and crossed the finish in a creditable time of **40:05**.

A special mention to Phil Hungerford and all the Run Inn crew who did such a good job on the morning. The course received a big thumbs up from everyone that I spoke to and hopefully with increased pre-event advertising next year, this event will grow in stature and achieve the same popularity as its predecessor which was held at the Doomben Racecourse.

### Queensland Half Marathon - Men/Women

#### Results:

1 – Ali Najem (Bexley, Sydney)	1:12:31
1 – Trish Webster	1:33:09
2 - Wayne Spies	1:14:52
2 – Kyoko Miura	1:36:26
3 – Nicholas Hull	1:15:15
3 – Shannon Proffit	1:37:44

### Deagon 10,000 Metres – Men/Women Results:

1 – David Russell	34:25
1 – Briarna Silk	40:05
2 - Casey Stuart	38:42
2 – Nadine Roulston	42:24
3 – Nathan Cook I	40:01
3 – Naoko Beer	43:08

## MEMBER PROFILE



**Name:** Noo Bowker (was born Nicola but after 6 months of 'Nicky-Noo' I was called 'Noo')

**Age:** 47

**Occupation:**

Stay at home mum

**How and when did you start running:**

I started running at primary school. I quite simply loved the feeling of running and still do. From age 18 I trained more seriously and I ran 60-120km most weeks until age 32 when I fell pregnant with our first child. I struggled to juggle motherhood and running so put aside all things running for pretty much 11 years and

started running again in 2013 at North Lakes Parkrun, initially because my son wanted to run it. From being a sub 18 min 5km runner (2002) I had become a 27 minute Parkrunner.

**Most memorable running moments:**

So many. London marathon 1999 standing on the start line with the elite ladies. The start line at Tarawera 50km ultra trail last year which I did with 6 incredible girl friends - the atmosphere was incredibly emotionally and culturally charged - highly recommended.

**Your most memorable sporting achievement?**

London marathon in 1999 where I had a dream run finishing in 2 hours 44:28

**Favourite runs:**

Kysna forest Half and full marathon (South Africa), The Foot of Africa ladies Half marathon, London marathon, Tarawera Ultra Trail (NZ), The Sunshine Coast running festival, but my all out fave event is Parkrun - I'm on 138 and counting.

**Favourite Running Distance and PB:**

The runner back then....The marathon, have done 5 and DNF 1. PB: 2hrs 44:28.

The runner now.....Half marathon PB - 84:30

**Who is your running idol?**

A tough one. I've never really had a running idol but there are many runners (some slower, some faster than me) who inspire me. More specifically I'm inspired by our elite Australian women runners, especially those who performed in the marathon and on the track (especially Genevieve LaCaze and Eloise Wellings) at Rio. More locally I'm inspired by Cassie Fein and Jodie Osborne.

**Favourite Sports Persons:**

I can't think of a favourite.

**Running Goals:**

My most immediate goal is a sub 38:45 10km at GCAM 2017 aiming for the age group record. My most ambitious goal is a sub 3 hour marathon within the next few years.

**What is the craziest sporting event you have been involved in?**

I don't know if Tarawera would be classed as 'crazy' but certainly my most adventurous. Park runs with dress up themes are a 'fun-crazy' – I ran my 100th in a full apron as I love baking!

**Favourite Foods:**

Ice cream! Allens Jelly beans! Mars bars!  
Cake! A BBQ cooked by my husband – honey mustard chicken kebabs and tender rib eye steak with salad. Zooper doopers after summer runs.

**Favourite Movies:**

The Castle, The Dish, Cliffie, Journey of 100 feet, Australia, Hunt for the Wilderpeople

**Favourite Drink:**

Coffee especailly when it's a post run coffee with running buddies, Pepsi Max with everyday dinner, Lemon Lime and Bitters when dining out, and Tailwind for long runs.

**Shoe Brand:**

At present I'm still trying to find the shoe that suits me best for everyday training but I'm on my 4th pair of New Balance 1500's which I use for racing and interval sessions.

**Favourite Running Partners/Group:**

I do most of my training on my own but as a running group North Lakes Parkrun (it really is SO much more than a weekly event – it is an AMAZING community). This is where I met the very friendly inspiring and encouraging Ron Vines, his lovely wife Gwen and daughter Julie who together encouraged me to 'try out' BRR – which I'm so glad they did! Also a local running group of women called Girls Run This Town – Moreton Bay, whom I ran with on a Monday.

**Star sign:**

Taurus, but it's not something I've ever been interested in.

**Favourite Music:**

Hillsong , Chris Tomlin, Planetshakers. When doing a tempo run its whatever 'gets me going', which is a range of current upbeat chart topping pop songs.

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

That my two children be as happily married as myself in the future.

# ITU LONG DISTANCE TRIATHLON WORLD CHAMPIONSHIPS IN OKLAHOMA CITY 24TH SEPTEMBER 2016

By Phil Hermitage



It has been full on since September with racing. Three long-distance races, two of which were World Championship events and the Asia Pacific Championships in Hefei, China - the first ever Ironman 70.3 to be held in China. Report on this coming soon. And the Cross Triathlon World Championships in the Snowy Mountains. And a State Championships race plus one other.

Both Marion and I qualified, albeit accidentally, for the Ironman 70.3 World Championships on the Sunshine Coast, which was 3 weeks before the ITU Long Distance Triathlon World Championships so it was a good hit out. We raced hard; Marion was 5th and I was 19th and our focus was still ITU Long Distance Worlds.

The race we focused on in 2016 was the ITU Long Distance Triathlon in Oklahoma City. We planned to go to Oklahoma City via Los Angeles and Dallas. We had to clear immigration at LA - interesting. Marion got hauled into an interview room at immigration in Los Angeles as her fingerprints didn't match those on record. After a lengthy interview process and our connection departure getting closer, Marion was finally cleared and we made our way to the domestic terminal. We got our connecting flight to Dallas. It was exceptionally warm for the time of year 104F, 40C and a thunderstorm cooled things down momentarily. We stayed overnight in Dallas and went to dinner for a real Texan steak. Well, the steaks were excellent, just so tender. Next day was a 3-hour drive to Oklahoma City. The drive was uneventful; the road system is very good. It was just as warm and there was a very strong hot southerly wind blowing.

We arrived at Oklahoma City and we checked in to our hotel. Weather unseasonably hot for this time of year. We assembled our bikes and went for a ride around Lake Hefner where the swim was being held. Lake Hefner is a man-made lake and supplies Oklahoma City

their water supply. The ride around the lake was 14 km. It was a privilege to be allowed to swim in Lake Hefner. Normally, you would get prosecuted if found swimming in it. Wednesday, we ran the run course around the lake, very flat, not much shade, very hot and quite a lot of turns on the run course. We drove to the boathouse area on the other side of town to register for the World Championships. The Boathouse is the brand new National Rowing Centre of Excellence in USA for rowing, white water canoeing and kayaking.

We then headed back to Lake Hefner for an orientation ride of the bike course. This was organised by the race committee with a police escort to ensure our safety. There were quite a few athletes that started the cycle but dwindled to seven, as the pace was quite robust. It was absolutely brilliant, the police escort with sirens and flashing lights went ahead and stopped all the traffic at the intersections and we just kept going. A bit nervous to start with, but unlike Queensland, all traffic obeyed police directions. Even traffic coming towards



*Marion and Phil Hermitage*

you, (by law in this part of the USA), have to pull off the road. Must admit, we all felt quite important, like riding a stage on a “tour”. Some of the intersections were very large and there was a lot of traffic.

We planned on doing 60k but ended up 80k and consequently ran out of water and food with some 20-30 mins back to where we started. It was also a very hot and fast ride. After the ride we went to do a cool down swim and get some water and Gatorade which went down like a treat. We did our swim in another amazing place, a 25 m pool with 12 lanes and free admission. We did start cramping up at the pool which was not a good sign. Whilst at the pool we found there was a “Squeeze and Freeze” treatment centre. For the triathlon there were special prices for triathletes at \$20. With a half hour of squeeze on the legs and freeze (cryotherapy) in the ice chamber on offer, we thought we would give it a try. We have not done this before and we were a bit sceptical about it, but we felt good after the session. (Still have not found anyone in Brisbane who can give us that same service, if anyone knows of any such service, let us know). Best \$20 spent.

Thursday was a practice swim in Lake Hefner. The lake was a bit rough with the wind blowing and still hot. Wetsuits for the race was doubtful as the weather was so hot. Marion wore a wetsuit and I didn't. In the afternoon was the opening ceremony, march and opening banquet at the boathouse district. The boathouse district is a state of the art rowing and canoeing centre for the USA Olympic teams. Friday was rest day and bike check in.

Saturday - Race day is here and there is still a hot southerly wind blowing at 50 kms all day. It was going to be a tough day and the aim of the day was to finish. Of all the starters 167 competitors didn't finish and over 70 didn't even finish the swim. We've done some tough sea swims over the years but this would rate amongst the hardest and it was only a lake! There were some serious waves as the wind blew. The 4k swim was more like 4.5k and

our swims were considerably slower than planned. The cut off was originally 2hours 15 minutes; this was extended to 3 hours due to the conditions.

120k bike was going to be a challenge. Heading out 40k north, 40k loop (20k back and 20k out) then 40k home. Going out we were flying with a tailwind, not looking forward to the return. We both managed to break 4 hours. The bike was very challenging in places on the bike course. Triathletes were blown all over the road, some came off their bikes. Marion even got blown off the road and fortunately it was a grass verge and managed to stay upright.

It was an uneventful 30k run (3 x 10k loops). 5k into a headwind and then 5k home with a tailwind finished off the day.

The finish line came eventually and both of us were seriously dehydrated. However, we both fulfilled our aim that was to finish. And then came for us the biggest surprise we both finished 2nd and got silver medals for our effort, both beaten by Brits! Last year's world champion congratulated me, as he was one who didn't finish the swim.

Post race was a get together with team USA. Lots of rehydration, food in Bricktown, the old historical part of Oklahoma City.

Post race return via Dallas, Los Angeles, San Francisco, Alcatraz, return to LA via the coast road, stopping in Monterey, Santa Barbara and Santa Monica.

## MEMBER PROFILE



**Name:** Richard Knevvitt

**Age:** 57

**Occupation:** Veterinary surgeon

**How and when did you start running:**

Initially at school but then not a lot until 2008 (31 years later) when I couldn't lose weight at the gym so I got back into it. I think I joined BRRC at the end of that year.

**Most memorable running moments:**

My first marathon, GCM 2009, getting under 4 hrs.

**Your most memorable sporting achievement?**

Aged 7 years, my first year of Rugby. I was an inside centre and ran across the try line with the ball. My dad yelling at me to place it. As I had never scored a try before, I wasn't sure what to do.

**Favourite runs:** I love my local park runs, all 4 of them. But you can't go past the Gold Coast marathon. Every time I hear the start (from way back in the pack) I feel so proud that I am a marathoner!

**Favourite Running Distance and PB:**

Probably the half marathon. I can still run that distance rather than just hanging in there as I do with the marathon. PB 1:39:51. I do like the City to South as well PB 64:17. Parkrun is fun too PB 21:49

**Who is your running idol?**

Everyone who just gets out there and does it.

**Favourite Sports Persons:**

Running Goals: Sub 3:30 at GCM. I got close at 3:33:50 in 2013

**What is the craziest sporting event you have been involved in?**

At vet school, we had an annual event at the farm at Pinjarra Hills. Since we had an egg producing chookery, we had lots of eggs. Teams would split into 2 with throwers on top of the hill and "catchers" at the bottom. Some were not very good at catching particularly when aided by alcoholic beverages. Very funny to watch.

**Favourite Foods:**

Anything vegetarian and spicy.

**Favourite Movies:**

Top Gun, I'm a pilot.

**Favourite Drink:**

Love a Scotch and dry.

**Shoe Brand:**

Asics

**Favourite Running Partners/Group:**

BRRC, who else!

**Star sign:**

Taurus the bull

**Favourite Music:**

Anything from the '70s and '80s

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

That the world would wake up to itself and see what environmental destruction is going on. We only have one planet, but not for long.

# AT THE RACES

(NEWS FROM AROUND AUSTRALIA AND THE WORLD)

Compiled by Robert Lofthouse



## GREAT SOUTH RUN (Alger, Brisbane) 9th April 2017

This event began in 2016 and this year's edition attracted 1,300 entrants across the four races – nearly double the amount of the inaugural event.

The event is held at the Col Bennett Park in the Brisbane suburb of Alger, 18km south west of the Brisbane CBD. Four distances are on offer: Half Marathon, 10km, 5km and a 2.6km race. Prizemoney is also on offer for the elite and there is also age group prizes.

The course is flat and fast and traces its way through a bushland setting alongside Oxley Creek.

**Half Marathon** - The Half Marathon was won in fine style by **Isaias Beyn (1:08:29)** with BRRC sponsor Patrick Nispel just over three minutes behind in second place. This was the second win in a month for Isaias who was the Twilight Half winner at St Lucia back in March. Brad Ward finished third and was one of only six runners who broke the 1:20 barrier, including BRRC's Derrick Leahy in 1:19:53.

BRRC members performed admirably in the men's division with Adrian Royce and John Shaw finishing in the top ten. John Shaw won the men's 60-69 age group in a highly commendable time of 1:21:50 and Phil Davies won the 50-59 age group in 1:25:36. The ladies' division was won by **Kathryn Smyrneos in 1:25:43** with Kate Juhasz and Olivia Lennon rounding out the top three.

**10km** – The 10km had over 500 entries which was over 100 more than the Half Marathon. The men's race was won by **Glen Yarham** in a swift **31:11** with Ben MacCronan second and Max Neumann third.

The ladies' race featured an exciting finish with Gold Coast's **Tennille Ellis (36:08)** pipping Rie Sugaya by one second. Clare Geraghty finished third.



*Isaias Beyn*

From a BRRC perspective, Elliott Carr, Jee Ming Leung, Neil Bath and Aaron Breed were prominent in the men's event and Noo Bowker and Anita Breed performed well in the ladies' 10km.

This event has only been going for two years but looks like becoming a permanent fixture on the running calendar given its growth in popularity since the inaugural event in 2016.

### Great South Half Marathon - Men/Women Results:

1 – Isaias Beyn	1:08:29
1 – Kathryn Smyrneos	1:25:43
2 - Patrick Nispel	1:11:44 <b>BRRC</b>
2 – Kate Juhasz	1:27:07
3 – Brad Ward	1:19:24
3 – Olivia Lennon	1:32:00

### 10km:

1 – Glen Yarham (Ipswich)	31:11
1 – Tennille Ellis (Gold Coast)	36:08
2 - Ben MacCronan	31:40
2 – Rie Sugaya	36:09
3 – Max Neumann	32:19
3 – Clare Geraghty	38:11 <b>BRRC</b>

## **CANBERRA MARATHON (Australian Running Festival) – 9th April 2017**

The two-day Canberra Times Running Festival incorporates a 10 and 5km race on the Saturday afternoon and a 50km Ultra, Marathon and Half Marathon on the Sunday morning.

The conditions on the Sunday were quite challenging with drizzling rain and a 7-degree Celsius temperature at the start line. There were 6,800 entries received for the two-day event with the Marathon attracting a field of 1,181.

The Canberra Marathon was established in 1976 and is Australia's oldest city marathon.

### **Canberra Marathon - Men/Women Results:**

1 – Matthew Cox (Sydney) 2:21:38

**Has PB of 2:20:41**

1 – Leah Fitzgerald (Coffs Harbour) 2:58:41

**Has PB of 2:52:33**

2 - Samuel Gebremichael (Ethiopia) 2:23:31

**Has PB of 2:08:45**

2 - Pippa Featherstone (Canberra) 2:59:14

3 – Brad Croker (Canberra) 2:24:09

3 – Lindsay Barwick (Wellington, NZ) 3:06:51

### **BRRC Result:**

**John Diamond 4:54:55**

John's 24th Canberra!

### **Half Marathon**

1 – Joshua Turley (Canberra) 1:10:14 **Age 18**

1 – Milly Clark (Sydney) 1:16:08

2 - Kyle MacDonald (Sydney) 1:10:39

**Has PB of 2:08:45**

2 - Anna Kelly (Melbourne) 1:16:10

3 – Michael Daly (Canberra) 1:10:49

3 – Erchana Murray-Bartlett (Melbourne) 1:21:56

**Milly Clark represented Aust in the Marathon at the Rio Olympics in 2016**

## **PARIS MARATHON (France) – 9th April 2017**

Nearly 44,000 runners started the race in temperatures which rose from 5 degrees Celsius to an almost summer like 25 degrees by the middle of the day. BRRC's **Peter**

**Lewis** made the trip to Paris and ran a very respectable marathon time of **3:04:54**.

History was created when the Kenyan husband and wife team of Paul Lonyangata and Purity Rionoripo won their respective races and Purity collected a bonus for breaking the female course record.

In the men's race, a lead group of 15 went through the halfway point in 1:02:56. At 30km, the fastest man in the field Kenya's Stephen Chebogut, moved to the front but only one (1km) later, **Paul Lonyangata** joined him at the front along with fellow Kenyan Solomon Yego and Ethiopia's Yitayal Atmafu. It wasn't until 38km that Lonyangata made his telling move which opened up a handy lead over the chasing group of three. Lonyangata crossed the finish line in **2:06:10** with Chebogut second and Solomon Yego third.

At the 40km mark in the ladies' marathon, **Purity Rionoripo** was leading by just 10 seconds from fellow Kenyan runners Agnes Barsosio and Visiline Jepkesho. In the next km, Barsosio managed to draw level with Rionoripo but this only prompted Rionoripo to surge again and despite a valiant attempt by Barsosio to catch her rival in the finishing chute Rionoripo did not falter and won the race in **2:20:55**, just two seconds ahead of the tenacious Agnes Barsosio.

### **Paris Marathon - Men/Women Results:**

1 – Paul Lonyangata (Kenya) 2:06:10 **PB**

1 – Purity Rionoripo (Kenya) 2:20:55

**PB and Course Record**

2 - Stephen Chebogut (Kenya) 2:06:58

**Has PB of 2:05:52**

2 - Agnes Barsosio (Kenya) 2:20:57 **PB**

3 – Solomon Yego (Kenya) 2:07:13 **PB**

3 – Flomena Cheyech (Kenya) 2:21:22 **PB**

### **BRRC Result:**

Peter Lewis 3:04:54

## **ROTTERDAM MARATHON (Netherlands) – 9th April 2017**

The temperature stood at 12 degrees as nearly 16,000 runners rolled across the start line but continued to rise quickly as runners battled a merciless sun as the temperature rocketed to 27

degrees Celsius. It had been cold the previous day but the sudden summer-like conditions took their toll on many runners. After breaking away from his Kenyan compatriots Lawrence Cherono and Laban Korir at the 36km mark, **Marius Kimutai** held his lead for the rest of the race to cross the finish in **2:06:04**. He was a happy man after the victory saying, "It's fantastic to win such an important marathon and improve my world ranking".

In the ladies' race, Ethiopia's Meskerem Assefa was the strongest in the final kilometres winning in a new PB for her of 2:24:18. Eunice Chumba (Bahrain) was only nine seconds behind. Considering the heat, there was some outstanding performances in both male and female events. Dutch athlete Abdi Nageeye recorded the fastest time ever by a local athlete in the Rotterdam Marathon with his 2:09:34 effort!

#### **Rotterdam Marathon - Men/Women Results:**

1 – Marius Kimutai (Kenya)	2:06:04
Has PB of 2:05:47	
1 – Meskerem Assefa (Ethiopia)	2:24:18 <b>PB</b>
2 - Lawrence Cherono (Kenya)	2:06:21 <b>PB</b>
2 - Eunice Chumba (Bahrain)	2:24:27 <b>PB</b>
3 – Laban Korir (Kenya)	2:06:25
Has PB of 2:05:54	
3 – Lucy Karimi (Kenya)	2:25:17
Has PB of 2:24:46	

#### **BOSTON MARATHON (USA) – 17th April 2017**

35,000 runners were greeted by warm, dry weather for the start of the 121st Boston Marathon.

In the men's race, the warm temperatures which hit 27 degrees Celsius by the 20km mark slowed down even the elite. Kenya's **Geoffrey Kirui** and three-time USA Olympian Galen Rupp were having a good battle up front and with three km to go the possibility of a USA runner winning a major marathon on home soil seemed a real possibility. However, Kirui pulled away at the 40km mark and though Rupp nearly caught him again 500 metres later, Kirui surged again and the American could not respond. Kirui crossed the line in **2:09:37** to be crowned the winner with a gallant Rupp recording 2:09:58 to be second. Rupp's time was a PB for him and the third placed Suguru Osako (Japan) also recorded a PB.

In the ladies' race, Kenyan policewoman **Edna Kiplagat** added to her impressive list of major marathon titles by surging away from Bahrain's Rose Chelimo and rising USA star 25-year-old Jordan Hasay, just after the 32km mark. At 37 years of age Kiplagat complemented her wins in London, New York and Los Angeles by claiming the Boston title in **2:21:52**. Chelimo finished a minute behind with early race leader Jordan Hasay recording an impressive debut time of 2:23:00 to finish third and be first USA lady to finish.

#### **World Best times recorded in Wheelchair Marathon Event**

In the men's race, Swiss champion **Marcel Hug** had a great battle with South Africa's Ernst Van Dyk. Hug crossed the line first, just pipping Van Dyk by the barest of margins. Both were given an official time of **1:18:04**, the fastest Wheelchair Marathon time ever. It does not qualify as a world record though as the Boston Marathon course has been judged by the International Committee as having too high a percentage of downhill grade in the course! Australia's Kurt Fearnley finished fourth in 1:20:28!

The female Marathon winner Manuela Schar (Switzerland) dominated her race to also record a world best time of 1:28:17.

#### **Boston Marathon - Men/Women Results:**

1 – Geoffrey Kirui (Kenya)	2:09:37
Has PB of 2:06:27	
1 – Edna Kiplagat (Kenya)	2:21:52
Has PB of 2:19:50	
2 - Galen Rupp (USA)	2:09:58 <b>PB</b>
2 - Rose Chelimo (Bahrain)	2:22:51 <b>PB</b>
3 – Suguru Osako (Japan)	2:10:28 <b>PB</b>
3 – Jordan Hasay (USA)	2:23:00

#### **Her debut marathon!**

## **LONDON MARATHON (UK) – 23rd April 2017**

**Men's World Record – Dennis Kimetto (Kenya) 2:02:57 Berlin 2014**

**Women's World Record – Paula Radcliffe (England) 2:15:25 London 2003**

### **Mary Keitany creates history with scorching run**

The pre-race publicity centred around the possibility of Kene Bekele and Mary Keitany breaking the male and female world records but in the wash up it was the performance and race tactics of Mary Keitany in the women's marathon that will be remembered by many for a long time.

The elite women's race started at 9.15am London time and with an outstanding field that included 35-year-old Mary Keitany (three-times New York and two-times London champion), Tirunesh Dibaba (who has won eight track World Champs and five World Cross Country titles), Chicago winner Florence Kiplagat, and former London winners Aselefech Mergia (2010) and Tigist Tufa (2015), a fast time was expected.

The race started at breakneck speed with a couple of pacers taking out the lead group at well below world record pace. From about 3km onwards Kenyan star Mary Keitany and one pacer broke away from the field and passed the 5km point in 15:31. At 10km, Keitany and her pacer clocked 31:17 and then continued on at world record pace to go through the Half in 1:06:54, over a minute quicker than Paula Radcliffe's Half split when she ran her world record time of 2:15:25. At this stage, Mary Keitany and her pacer held a one minute lead over a group of three, Tirunesh Dibaba, Aselefech Mergia and 2016 Olympic 5000 metre champion Vivian Cheruiyot who was competing in her first marathon. Keitany's pacer dropped out around 23km leaving her alone in the lead and trying to maintain her incredible speed. Though Keitany's pace did slow as expected, the second group were not gaining on her. By 30km, Cheruiyot and Mergia dropped off and it was only Dibaba that could keep going at Keitany's pace but the lead of around a minute was not dwindling.

Nothing changed over the last 10km with

both Keitany and Dibaba getting slower each kilometre but still looking at recording two of the fastest marathon times in the history of women's marathon running.

After **2:17:01** of pounding the London streets, **Mary Keitany** crossed the finish line to become the second fastest female marathoner of all time. Radcliffe's world record time was recorded back in the era when men and women started together in the race.

Keitany's time was actually the fastest time ever recorded in a marathon where men and women started at separate times! Second place went to Tirunesh Dibaba who recorded a fantastic time also of 2:17:56. The early pace in the first half of the race destroyed the field and third place ended up over five minutes behind Dibaba.

For her efforts on the day, Mary Keitany collected \$305,000 in total.

From an Australian point of view the clever race tactics of Lisa Weightman and Jessica Trengrove ensured that they finished strongly when others were tiring from the frightening early pace. Weightman finished 5th in 2:25:15 and Trengrove 10th in 2:27:01. Both times were PBs.



*Mary Keitany*

### **Men's Marathon**

The men's race also proved to be a thriller but in a different way from the ladies' event. Pre-race favourite, 34-year-old Kenenisa Bekele, had indicated to organisers that he was chasing the world record. He had recorded a 2:03:03 in Berlin back in 2016, when he missed the record by just six seconds!

Like the women's race which had started 45 minutes earlier on an overcast London morning, the men went out at an amazing pace, going through the first five kms in 14:11.

At the halfway point (reached in 1:01:42) there was a group of eleven runners which included five pacers and six of the elite men headed by Bekele. At that stage they were just 10 seconds over world record pace but the next few kilometres saw the pace slowing and it was becoming obvious that the men's world record was pretty safe for the present. At 30km, Bekele dropped off the lead group and was in 11th place suffering from blisters and a troublesome hamstring. His race looked over. 24-year-old **Daniel Wanjiru**, the 2016 Amsterdam Marathon winner was out in front and with Abel Kirui, Bedan Karoki and Ghirmay Ghebreslassie close behind, the winner seemed likely to come from this group. At 35km Wanjiru surged and his next couple of kms saw him gain a handy 20 second lead over the tiring pair of Karoki and Kirui. The next couple of kilometres saw an amazing comeback from the great man Bekele who passed three runners in a minute and suddenly found himself in second place. He then put in a valiant attempt to catch the breakaway leader Wanjiru and at 40km was only eight seconds behind. Wanjiru glanced over his shoulder and then quickened the pace but Bekele slowly gained on him and at 41km was only three seconds behind. What a finish this was shaping to be. Wanjiru put in another surge and it worked. Bekele could not respond this time and young Daniel Wanjiru had won the race of a lifetime holding off the challenge of the man regarded as possibly the greatest distance runner of all time, Kene Bekele who has won 11 World Cross Country Championships, four 10,000 metre World Championships and a couple of Olympic Games titles in 5000 and 10,000 metres for good measure.

Daniel Wanjiru's winning time was **2:05:48** with Bekele a further nine seconds behind.

Also, a special **mention to** Queensland's Michael Shelley who finished strongly to claim 10th place in a very respectable **2:11:38**, just 23 seconds shy of his personal best. Michael looks set for a good performance at the 2018 Commonwealth Games on the Gold Coast.

A field of 40,382 lined up on the morning determined to finish this historic race.

### London Marathon - Men/Women Results:

1 – Daniel Wanjiru (Kenya)	2:05:48
Has PB of 2:05:21	
1 – Mary Keitany (Kenya)	2:17:01 <b>PB</b>
Second fastest of all time	
2 - Kenenisa Bekele (Ethiopia)	2:05:57
Has PB of 2:03:03	
2 - Tirumesh Dibaba (Ethiopia)	2:17:56 <b>PB</b>
3 – Bedan Karoki (Kenya)	2:07:41
Marathon debut!	
3 – Aselefech Mergia (Ethiopia)	2:23:08
Has PB of 2:19:31	

### Leading Australian Results

10 – Michael Shelley (Qld)	2:11:38
Has PB of 2:11:15	
5 – Lisa Weightman (Victoria)	2:25:15 <b>PB</b>
10 – Jessica Trengrove (South Aust)	2:27:01 <b>PB</b>
19 – Melanie Panayiotou (Qld)	2:35:25
23 – Casey Wood (South Aust)	2:39:27

In the Wheelchair events David Weir from England pipped Marcel Hug on the line to win in 1:31:06. Kurt Fearnley from Australia was third, just one second behind. Manuela Schar (Switzerland) won in 1:39:57, only six days after winning Boston.

### **HAMBURG MARATHON (Germany) - 23rd April 2017**

This race was held on the same day as London and started in rain and a temperature of 6 degrees Celsius. Not ideal for fast times! The men's race featured 2012 London Olympic Marathon winner Stephen Kiprotich from Kenya. 21-year-old Ethiopian **Tsegaye Mekonnen** had the fastest Marathon time leading into the race and led at the halfway mark but Kiprotich caught him at 30km but could not pass him. They were together for the next 10km but a late surge by Mekonnen (2:07:26) gave him the win by a narrow margin of five seconds over Kiprotich.

In the ladies' race, it was good to see a winner from one of the European countries with Portugal's **Jessica Augusto** stamping her authority on the race between the 30 and 35km marks by establishing a 90 second lead, which she stretched out to over four minutes

by the end. Her winning time of 2:25:30 in the wet conditions wasn't a PB, but her Kenyan and Ethiopian rivals could not match her over the last 10km.

The marathon attracts a field of around 15,000 which is not as big as the London and Paris Marathons also held in April.

### Hamburg Marathon - Men/Women Results:

1 – Tsegaye Mekonnen (Ethiopia)	2:07:26
Has PB of 2:04:32	
1 – Jessica Augusto (Portugal)	2:25:30
Has PB of 2:24:25	
2 - Stephen Kiprotich (Kenya)	2:07:31
Has PB of 2:06:33	
2 - Megertu Ifa (Ethiopia)	2:29:47
Has PB of 2:29:45	
3 – Jacob Kendagor (Kenya)	2:08:50
Has PB of 2:07:33	
3 – Viola Kibiwot (Kenya)	2:30:33 <b>PB</b>

### Leading Australian Results

9 – Brad Milosevic (NSW)	2:16:24
Has PB of 2:16:00	

## **NIKE 'BREAKING 2' - THE SUB 2-HOUR MARATHON ATTEMPT**

### **Saturday 6th May (Milan, Italy)**

The 'Breaking 2 project was an ambitious event sponsored by Nike with the aim that one of the elite runners would run a sub 2-hour marathon. The race was held on the famous Monza F1 race track in Milan and involved runners completing 17 and a half laps of the 2.4km loop circuit.

The Monza track was chosen for its wide, sweeping curves, lack of undulations and cool, low-wind environment.

The three elite runners, a pace car and some world-class pacemakers started at a brutal pace in the pre-dawn Milan gloom.

### **Elite Runners:**

#### **Eliud Kipchoge (Kenya) – Has PB of 2:03:05**

Has won Chicago Marathon 2014, Berlin in 2015, London in 2015 and 2016.

Also won the 2016 Olympic Marathon in Rio.

#### **Lelisa Desisa (Ethiopia) - Has PB of 2:04:45**

Has won Boston Marathon three times and Berlin once.

#### **Zersenay Tadese (Eritrea) – Has PB of 2:10:41**

Holds the Half Marathon world record of 58 mins 23 secs.

Has a 10km PB of 26 mins 37 secs.

The three athletes were hoping to break the 2-hour barrier exactly 63 years after Roger Bannister became the first person to run a sub 4-minute mile.

Kipchoge went through the halfway mark in 59 mins 54 seconds and was still on track for two hours at 25km but both Desisa and then Tadese dropped off, leaving Kipchoge to try and maintain his km average for the rest of the race. It was only in the last two laps that Kipchoge started to fall off the pace car and the required pace. His second last lap saw him lose 10 seconds and in the final lap he was 13 seconds slower than the required pace needed to break two hours.

Finally, he crossed the line in **2hrs and 24 seconds**, the fastest time ever recorded over the marathon distance and in the process, showing that a sub 2-hour marathon is a real possibility in the near future. To their credit, both Tadese (2:06:51) and Desisa (2:14:10) finished the race even though they dropped off the pace in the last 10km.

Eliud Kipchoge commented after the race, "This journey has been good. It's been a long journey and has taken seven good months of preparation. I will try again".

**NB\*** Yes, as expected, all runners who were part of the Nike project ran in Nike shoes and clothing on the morning!



*Eliud Kipchoge*

## MEMBER PROFILE



**Name:** Youwang Shi

**Age:** 53

**Occupation:** Retired Engineer

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

When I was living in Sydney, my wife and I would usually go for a walk after dinner in a nearby park. There were many people walking there and some others running. One day I thought I will give it a go so I ran about 200 meters and I couldn't breathe. That was the moment I realized how bad my health was.

About that time, I did a health check and the doctor said my Cholesterol level was quite high and she suggested to me that I do some exercise and meantime watch out for diet. So, I started to join the people running in the park, a little bit longer each day. After a few weeks, I could run two laps without stop and I felt good.

In 2009, we moved to Brisbane and for the first time I ran 5 k in the Bridge to Brisbane event. It was pretty tough to finish the race but I started to run regularly after the event. The following year, I ran 10 k, then half marathon and full marathon. Now I am addicted to running.

### **Most memorable running moments:**

In 2015, we travelled to US and Canada. We managed to run along Vancouver shore, in Calgary city, along San Francisco Piers and Hollywood boulevard. These are all memorable moments. Unfortunately, we did not run in Alaska due to the weather conditions.

### **Your most memorable sporting achievement?**

I was pretty hopeless when it comes to sport. During my school days, I never won any sporting event. My most memorable sporting achievement has to be finishing the Gold Coast Marathon in 2014. I have come a long way and am very proud of the achievement.

### **Favourite runs:**

I have to say that the half marathon is my favourite run at the moment. The full marathon is too punishing but I feel comfortable with the half distance.

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

Half marathon. In 2016, I ran Gold Coast half marathon and finished in 1h 46min, which is a new PB.

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

I don't have a professional runner as my idol, but there are lot of ordinary people who inspire me to run. I look up to anyone who is in their 70s and 80s and still active and has an optimistic outlook for life.

Among them are Ron Vines from BRRC and Alan Woodhouse, just to name a few.

**Favourite Sports Persons:** None.

**Running Goals:**

Keep running for as long as possible. I will be very happy if I can see myself running when I am in my 70s and 80s.

**What is the craziest sporting event you have been involved in?**

When I was working, I joined a team to participate in the tough mudder event. On the day, the weather was freezing cold and we had to swim through ice pool, crawl through muddy trenches and get electrified a couple times.

**Favourite Foods:**

I like all good foods, but my favourite has to be Indian food. I love curries.

**Favourite Movies:**

I hardly go to the Cinema, but if I sit in front of TV, I enjoy watching action movies.

**Favourite Drink:**

All types of tea.

**Shoe Brand:**

Asics. As my foot is over pronated and a bit flat, I purchase Asics GT 1000 or GT 2000 most of the time.

**Favourite Running Partners/Group:**

North Lakes Parkrun is my favourite run. Since I started parkrun 4 years ago, it has become part of my weekend routine. Parkrun is such a great way to start the weekend. It is also a great way to meet people.

I also enjoy the weekly Thursday morning run with a group of friends along the Redcliffe shore. We run along the Redcliffe water front and witness the sunrises in most days, it is such a beautiful way to start a day. I very much enjoy the company and the friendship of this tightly knitted running group.

**Star sign:**

Virgo

**Favourite Music:**

Definitely classical music.

When my daughter was young I used to drive her to flute lessons on weekend. As she played lot of classical music, over time I became a huge fan of classic music.

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

I will like to travel all over the world to see the world and experience the cultural diversity in the earth we live in.

# WEST END RACE RECORDS

(compiled by Rob Lofthouse)

(AS AT 5th JUNE 2017)



## History –

The Brisbane Road Runners Club (formerly Q.M.R.R.C.) moved to its current site at West End on January 8, 1989.

The first race on that day was conducted over a 5.5km loop.

After a few events were conducted on this loop it was decided to change to the more accepted 5km course.

March 19, 1989 was the club's 30km Championship – the first race held on the now famous 5km West End loop.

Since then, many fast times have been run on this course over a variety of distances.

After careful examination of all race results since then, I have compiled a list of the three (3) best times over each distance.

As of **August 27, 2006**, new 5km & 7km loops were used. Safety of the runners was the main criteria for the revised loops.

On **June 29th, 2008**, a new 5km course was trialled starting at the South Brisbane Sailing Club. The course proved popular with club members so the decision was made to move there officially on **September 21st, 2008**.

**\*\*A new set of records is now included to cover the new course\*\***

## 5KM

Shane George	14.53 (24/07/94)
Shane George	15.09 (14/07/96)
Shane George	15.11 (26/07/98)
Felicity Abram	17.12 (28/11/04)
Alison Lapinski	17.41 (05/01/97)
Vivien Pott	17.46 (28/11/04)

## \*NEW COURSE – From 27/08/2006\*

Christian Cobbold	15.27 (22/10/06)
Aidan Hobbs	16.04 (22/10/06)
Aidan Hobbs	16.12 (03/02/08)

## 5KM (cont.) – NEW COURSE

Sarah Bouchard	17.11 (15/04/07)
Sarah Bouchard	17.20 (20/05/07)
Clare Geraghty	17.31 (22/10/06)

## \*NEW COURSE – From 21/09/2008\*

Liam Woollett	15.33 (13/10/13)
Matthew Hawke	15.38 (19/06/11)
Jayden Lyttle	16.01 (23/04/17)
Brittany Zandler	17.01 (27/11/16)
Clare Geraghty	17.02 (28/11/10)
Brittany Zandler	17.21 (14/02/16)

## 7KM(Held on 7km loop)

Shane George	21.58 (24/03/02)
Shane George	22.14 (19/09/99)
Shane George	22.17 (25/07/04)
Clare Geraghty	25.49 (21/05/06)
Marion Hermitage	26.43 (21/05/06)
Marion Hermitage	26.45 (01/05/05)

## \*NEW COURSE – From 27/08/2006\*

Dan Wilson	22.53 (08/07/07)
Ricardo Barbosa	23.14 (08/07/07)
Shane George	24.01 (11/05/08)
Melanie Kaasinen	26.25 (13/07/08)
Leesa White	26.51 (08/07/07)
Karen Seymour	27.53 (27/08/06)

**\*NEW COURSE – From 21/09/2008\***

Shane George	23.02 (15/05/11)
Shane George	23.30 (10/05/09)
Andrew Fuller	23.44 (15/05/11)
Melanie Kaasinen	25.03 (10/05/09)
Melanie Kaasinen	27.35 (16/05/10)
Melissa Watson	28.02 (05/05/13)

**5 MILE**

Shane George	25.43 (20/01/02)
Shane George	25.48 (21/01/01)
Paul Dodd	25.56 (16/01/00)
Jackie Gallagher	28.01 (20/01/02)
Margot Manning	29.54 (17/01/99)
Anna Kostilek	30.00 (30/01/94)

**\*NEW COURSE – From 27/08/2006\***

Alun Williams	28.21 (18/02/07)
Grant Coleman	29.38 (24/08/08)
Michael Bray	31.17 (18/02/07)
Trineane Patch	34.23 (24/08/08)
Leigh Coleman	36.17 (24/08/08)
Perri Newman	37.00 (17/02/08)

**\*NEW COURSE – From 21/09/2008\***

Clay Dawson	26.13 (17/02/13)
Clay Dawson	27.15 (02/03/14)
Gerard Balnaves	27.20 (17/02/13)
Clare Geraghty	28.33 (13/02/11)
Clare Geraghty	28.57 (28/02/16)
Brittany Zendler	29.16 (28/02/16)

**10KM**

Ian Kent	30.50 (12/06/94)
Craig Mead	31.18 (05/01/97)
Craig Mead	31.23 (29/03/98)
Felicity Abram	34.27 (26/06/05)
Krishna Stanton	36.22 (07/04/03)
Kerry Schreiber	36.25 (10/07/94)

**\*NEW COURSE – From 27/08/2006\***

Christopher Reeves	31.46 (30/09/07)
Ian Hornabrook	32.22 (30/09/07)
Christian Cobbold	32.46 (24/09/06)
Sarah Fien	38.37 (30/12/07)
Marion Hermitage	39.31 (04/02/07)
Sarah Fien	39.36 (18/11/07)

**\*NEW COURSE – From 21/09/2008\***

Jonathan Peters	31.59 (15/02/15)
Isaias Beyn	32.17 (29/11/15)
Patrick Nispel	32.37 (22/05/16)
Clare Geraghty	35.28 (02/01/11)
Roxie Schmidt	35.53 (29/06/08)
Clare Geraghty	36.13 (29/01/12)

**14KM(Held on 7km loop)**

Brad Smith	44.15 (15/07/01)
Salim Rane	45.49 (30/06/91)
Ian Kent	45.52 (30/06/91)
Clare Geraghty	53.53 (15/01/06)
Bethany Van Loenen	55.43 (26/03/06)
Robyn Meadows	55.48 (19/09/99)

**\*NEW COURSE – From 27/08/2006\***

Shane George	48.56 (21/01/07)
Paul Dodd	49.48 (11/05/08)
Ron Peters	49.50 (11/05/08)
Clare Geraghty	50.37 (01/04/07)
Bethany Van Loenen	55.08 (21/01/07)
Marion Hermitage	57.25 (20/01/08)

**14KM(cont.)****\*NEW COURSE – From 21/09/2008\***

Johnathon Peters	49.08 (18/01/09)
Stephen Courtney	49.19 (13/05/12)
Cameron Munro	50.29 (15/05/11)
Melanie Kaasinen	53.54 (17/01/10)
Jacqui Kelly	56.06 (16/05/10)
Marion Hermitage	56.46 (18/01/09)
Clare Williams	56.46 (16/10/11)

**15KM**

Michael Inwood	46.59 (20/05/90)
Bruce Jones	47.06 (20/05/90)
Ian Eckersley	47.12 (20/05/90)
Carole Connolly	53.02 (20/05/90)
Carole Connolly	53.48 (19/05/91)
Rina Hill	55.31 (19/05/91)

**\*NEW COURSE – From 27/08/2006\***

Ricky Swindale	52.30 (15/06/08)
Brendan Whelan	53.06 (03/02/08)
Andrew Clowes	54.02 (04/02/07)
Clare Geraghty	58.42 (04/02/07)
Bethany Van Loenen	1:00.03 (22/07/07)
Sarah Fien	1:00.06 (21/10/07)

**\*NEW COURSE – From 21/09/2008\***

Joe More (USA)	48.07 (08/08/10)
Ben Macronan	49.20 (11/08/13)
Liam Woollett	49.47 (27/10/13)
Mel Panayiotou	54.53 (16/02/14)
Leisa Smith	56.31 (08/08/10)
Aarthi Venkatesan	57.36 (17/03/13)

**10MILE**

Shane George	53.06 (09/08/98)
James Ottaway	53.21 (17/06/90)
James Ottaway	53.23 (16/06/91)
Liz Hepple	1:01.05 (17/06/90)
Clare Geraghty	1:01.09 (12/02/06)
Jodie Willett	1:01.48 (13/02/05)

**\*NEW COURSE – From 27/08/2006\***

Aidan Hobbs	57.11 (26/08/07)
Christian Cobbold	57.26 (18/02/07)
Aidan Hobbs	57.34 (17/02/08)
Glenda Banaghan	1:01.23 (17/02/08)
Clare Geraghty	1:02.44 (18/02/07)
Marion Hermitage	1:07.11 (24/08/08)

**\*NEW COURSE – From 21/09/2008\***

Clay Dawson	53.49 (25/08/13)
Liam Woollett	54.26 (25/08/13)
Patrick Nispel	55.19 (17/02/13)
Nerissa Campbell	59.59 (02/03/14)
Glenda Banaghan	1:00.24(15/02/09)
Clare Geraghty	1:01.37(28/08/11)

**20KM**

Ian Kent	1:05.49 (02/02/92)
Laurie Adams	1:05.57 (02/02/92)
Michael Inwood	1:06.10 (03/10/99)
Clare Geraghty	1:15.04 (09/04/06)
Christine Ware	1:18.00 (22/10/95)
Bethany Van Loenen	1:18.56(09/04/06)

**\*NEW COURSE – From 27/08/2006\***

Nori Ueda	1:12.51 (07/10/07)
Christian Cobbold	1:15.19 (08/10/06)
Tim Molesworth	1:15.50 (08/10/06)
Sarah Fien	1:27.27 (07/10/07)
Sharee Andersen	1:28.13 (08/10/06)
Felicity Ward	1:33.49 (16/03/08)

**\*NEW COURSE – From 21/09/2008\***

Patrick Nispel	1:07.31(12/06/16)
Patrick Nispel	1:08.51 (03/03/13)
Jonathan Peters	1:09.58 (24/07/16)
Leisa Smith	1:17.53 (02/05/10)
Brittany Zandler	1:17.56 (24/07/16)
Jacqui Thistleton	1:17.59 (23/04/17)

**21KM(Held on 7km loop)**

Rob Crosato	1:09.52 (18/02/90)
Ian Kent	1:10.00 (18/02/90)
Tony Kleiner	1:10.36 (18/02/90)
Robyn Meadows	1:25.06 (18/02/90)
Leanda Cave	1:26.44 (03/05/97)
Vivian Pott	1:27.37 (24/04/94)

**\*NEW COURSE – From 27/08/2006\***

Steve Turner	1:33.21 (01/04/07)
James Fitzsimon	1:36.29 (01/04/07)
Alan Raud	1:36.56 (01/04/07)
Linda Watson	1:42.53 (01/04/07)
Tania Shipton	1:44.23 (01/04/07)
Monique Werda	1:47.08 (01/04/07)

**HALF MARATHON**

Michael Inwood	1:09.13 (06/04/97)
Brad Smith	1:09.50 (06/04/97)
Steve Manning	1:09.58 (21/03/93)
Samantha Hughes	1:17.32 (12/03/00)
Clare Geraghty	1:18.10 (12/03/06)
Linda Fox	1:21.50 (26/04/98)

**\*NEW COURSE – From 27/08/2006\***

Aidan Hobbs	1:12.26 (02/03/08)
Shane George	1:17.38 (02/03/08)
James Bayliss	1:18.02 (02/03/08)
Clare Geraghty	1:16.29 (18/03/07)
Glenda Banaghan	1:19.27 (02/03/08)
Muriel Cummins	1:23.38 (02/03/08)

**\*NEW COURSE – From 21/09/2008\***

Jonathan Peters	1:12.13 (01/03/09)
Clay Dawson	1:12.34 (21/04/13)
Clay Dawson	1:13.56 (09/04/17)
Leisa Smith	1:19.14(01/03/09)
Clare Geraghty	1:22.10(26/02/12)
Kerri Hodge	1:24.31 (09/04/17)

**25KM**

Rob Crosato	1:23.19 (03/06/90)
Paul Ashford	1:24.01 (03/06/90)
Brad Smith	1:24.19 (04/04/93)
Margot Manning	1:36.23 (10/04/94)
Liz Hepple	1:36.47 (03/06/90)
Margot Manning	1:39.25(04/04/93)

**\*NEW COURSE – From 27/08/2006\***

Ron Peters	1:31.41 (10/09/06)
Nick Schilling	1:34.45 (10/09/06)
Tim Molesworth	1:34.51 (10/09/06)
Clare Geraghty	1:42.51 (10/09/06)
Karen Seymour	1:48.28 (10/09/06)
Theresa Fabian	1:58.23 (10/09/06)

**\*NEW COURSE – From 21/09/2008\***

Jonathan Peters	1:26.44 (13/03/16)
David Sweeney	1:30.46 (21/05/17)
Peter Run	1:32.27 (15/03/15)
Kim Knox	1:41.13 (23/04/17)
Clare Geraghty	1:43.15 (12/04/15)
Kerri Hodge	1:43.40 (23/04/17)

**28KM(Held on 7km loop)**

Brad Smith	1:37.32 (01/04/01)
Graeme Orange	1:39.51 (30/06/91)
Steve Armstrong	1:41.32 (30/06/91)
Clare Geraghty	1:52.44 (26/03/06)
Lisa Barton-Polizzi	1:58.02 (24/03/02)
Sue Pearson	2:02.02 (25/04/93)

**\*NEW COURSE – From 27/08/2006\***

Stuart Morrison	1:56.51 (01/04/07)
Conrad Yoong	2:02.44 (01/04/07)
Malcolm Anson	2:05.17 (01/04/07)
Theresa Fabian	2:20.32 (01/04/07)
Michelle Williams	2:43.51 (01/04/07)
Anne Crawford-Nutt	3:22.47 (01/04/07)

**30KM**

Tony Kleiner	1:46.19 (18/03/90)
Ian Kent	1:48.00 (07/04/91)
Paul Houston	1:48.36 (29/03/92)
Cathy Grattan	2:00.40 (19/03/89)
Liz Hepple	2:02.31 (09/04/89)
Robyn Meadows	2:04.22 (18/03/90)

**\*NEW COURSE – From 27/08/2006\***

David Warren	2:06.11(30/03/08)
Stuart Morrison	2:09.42(30/03/08)
Atul Arora	2:22.09(15/06/08)
Cathy Grattan	2:34.40(30/03/08)
Karen Wiersma	2:35.51 (30/03/08)
Skye Howie	2:36.11 (15/06/08)

**\*NEW COURSE – From 21/09/2008\***

David Sweeney	1:51.36 (04/06/17)
Derrick Leahy	1:56.36 (04/06/17)
Craig Pascoe	1:58.07 (11/04/10)
Aarthi Venkatesan	1:59.21(08/06/14)
Kerri Hodge	2:05.37 (04/06/17)
Natalie Boddington	2:16.21 (08/06/14)

**20MILE**

Tony Kleiner	1:53.44 (20/06/93)
Paul Houston	1:55.20 (16/06/91)
Paul Dodd	1:55.55 (14/06/92)
Jo Sherman	2:14.21 (30/05/04)
Linda Fox	2:15.16 (20/06/99)
Marianne Kramer	2:19.53 (30/06/96)

**\*NEW COURSE – From 27/08/2006\***

Scott Brittain	2:05.48 (10/06/07)
Christopher Reeves	2:05.49 (10/06/07)
Ross Nicholls	2:13.03 (10/06/07)
Parmy Atcheson	2:37.46 (10/06/07)
Sandra Cormack	3:05.57 (10/06/07)

**35KM**

Brad Smith	2:03.06 (24/04/94)
Paul Dodd	2:03.30 (25/04/93)
Brad Smith	2:04.15 (24/03/02)
Margot Manning	2:23.08 (24/04/94)
Linda Fox	2:25.44 (09/04/00)
Verity Tolhurst	2:29.53 (09/04/00)

**\*NEW COURSE – From 27/08/2006\***

Ron Eglinton	2:19.57 (15/06/08)
Ron Peters	2:20.42 (01/04/07)
Steve Gurr	2:22.03 (01/04/07)
Carley Ekert	2:43.14 (01/04/07)
Parmy Atcheson	2:51.43 (15/06/08)
Linda Watson	2:58.17 (15/06/08)
Karen Wiersma	2:58.17 (15/06/08)

**\*NEW COURSE – From 21/09/2008\***

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

**THE MARATHON (run on a 6km loop)**

IAN KENT	2:28.16 (23/04/89)
TONY KLEINER	2:37.17 (22/04/90)
DEREK NIXON SMITH	2:37.46 (22/04/90)
ALISON COLEMAN	3:10.23 (22/04/90)
ALISON COLEMAN	3:13.05 (21/04/91)
WENDY CHRISP	3:28.08 (23/04/89)

\*The last Q.M.R.R.C. Marathon at West End was conducted on 21/04/91.

From then on, it became known as the Brisbane Marathon\*



*Girls just want to have fun*



*Bruce Smerdon loves BRR*



*Jenny Deag in action*



*David Sweeney*



*Julie Hill-Webber and Ron Vines*



*Rob Miller and James Winters*



*Margot Manning*



*Michael Schultz*

# Brisbane Road Runners Club CALENDAR of EVENTS 2017

DATE	EVENT	START	SPONSOR
01-Jan-17	5k Predictor & 10k Predictor "No Watches"	6am	Intraining
15-Jan-17	2k, 5k, 10k & 15k	6am	The Run Inn
29-Jan-17	5k, 10k & 15k "Bring A Friend"	6am	Intraining
12-Feb-17	<b>5 mile Club Championship &amp; 10 miles</b>	6am	NRChi
26-Feb-17	2k, 5k, 10k & 15k	6am	Skirt Sports
12-Mar-17	5k, 10k, 20k & 25k	6am	P.A.T.42.2 Running
26-Mar-17	2k, 5k, 10k & 15k	6am	NRChi
09-Apr-17	<b>21.1k Club Championship &amp; 5k, 10k</b>	6am	Intraining
23-Apr-17	2k, 5k, 10k, 20k & 25k	6am	The Run Inn
07-May-17	4k, 8k, 12k, 16k & 20k "Riverbank Run"	6:30am	NRChi
21-May-17	2k, 5k, 10k, 20k & 25k	6:30am	Skirt Sports
04-Jun-17	5k, 10k, 15k, 20k, 25k & 30k	6:30am	The Run Inn
18-Jun-17	<b>10k Club Championship, 5k &amp; QMA 10k Championship</b>	6:30am	P.A.T.42.2 Running
09-Jul-17	2k, 5k, 10k & 15k	6:30am	Intraining
23-Jul-17	<b>20k Club Championship, 5k, 10k &amp; 15k</b>	6:30am	P.A.T.42.2 Running
13-Aug-17	2k, 5k, 10k & 15k	6:30am	NRChi
27-Aug-17	5k & 10k	6:30am	Intraining
10-Sep-17	<b>10 mile Club Championship (Robin Flower Memorial) &amp; 5 miles</b>	6:30am	The Run Inn
24-Sep-17	2k, 5k & 10k	6:30am	P.A.T. 42.2 Running
08-Oct-17	<b>15k Club Championship &amp; 5k, 10k</b>	6:30am	The Run Inn
22-Oct-17	3 Person X 4.5k Relay	6:30am	NRChi
05-Nov-17	2k, 5k & 10k Novice	6:30am	Intraining
19-Nov-17	<b>5k Club Championship &amp; 10k</b>	6:30am	NRChi
03-Dec-17	5k & 10k Handicap "No Watches" & AGM	6:30am	The Run Inn
17-Dec-17	Dash & Splash, Yeronga Pool	7:00am	BRRC
07-Jan-18	5k Predictor & 10k Predictor "No Watches"	6:00am	TBA

