BRRC

Summer 2017

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

Editor: Rob Lofthouse - 12 Sturt Street, KEDRON 4031
Ph: 3008 2473(W) and 3359 6144(H) Email: rob.lofthouse@optusnet.com.au

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

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

BRRC Website
www.brisbaneroadrunners.org
Email: run@brisbaneroadrunners.org

Pictorial, illustrative or editorial contributions sent by Email or disk are

welcome.
Please send in PC format - Microsoft Word (text only) or PDF
Please send photos/ logos as JPEG or TIFF images, in a separate file to the text.

ADVERTISING

The costs for advertising in the BRRC magazine are as follows:

Full Page: (120 x 180mm) portrait	$60.00
Half Page: (120 x 80mm) landscape	$30.00
Business Card: (89 x 54mm)	$25.00
Inserts:**	$25.00

**(must fit into A5 book or folding charges apply)

Classified Advertisements:	$15.00

Cheques made payable to: BRRC.
Address: PO Box 5959, West End, QLD 4101
Please send artwork for advertising to BRRC (as above).

CONTENTS

From the Editor **2**
Robert Lofthouse

From the President **3**
Andrew Leggett

Robin Flower 10 Mile Memorial Event **5**
Bruce Smerdon

Brisbane Road Runner Race Report **6**
Robert Lofthouse

Australian Masters Games Half Marathon **13**
Irene Davey

BRRC Club 20km Championship **14**
David Sweeney

Burnie 10k Classic Road Race **15**
John Sheer

Member Profile **15**
Catherine Turton

Member Profile **16**
Mirna Yogiaman

CONE MAN **17**

Member Profile **18**
Aaron Breed

AT THE RACES **19**
Robert Lofthouse

Member Profile **25**
Anita Breed

2017 Australian Marathon Championships **26**
Kerri Hodge

Member Profile **28**
Daniel James

THE YEAR OF THE 95 KM TOWEL **29**
Irene Davey

3 x 4.5k Relay Event **30**
Betty Menzies

Results of 2017 BRRC Championship Series **32**

79386 BRRC Quarterly Summer 2017 Text.indd 1 30/11/2017 11:22 am

From the Editor...

By Robert Lofthouse

Welcome to the Summer edition of the BRRC Magazine!

Christmas is nearly here and with it comes the usual reflections on what you've achieved during the year and you can be even better in 2018.

From a club point of view I would like to thank Andrew Leggett for his contributions as President. Andrew is stepping down from his role as he takes up a new position in Tasmania. Thanks for your tireless efforts and enjoy the cooler summers in Australia's offshore state.

This edition of the magazine includes an interesting article on the Australian Marathon Championships in Sydney penned by Kerri Hodge as well as individual reports on the Robin Flower Memorial and the BRRC 3 Person Team Relay events. Both these events are long standing features of our annual calendar so thanks to Bruce Smerdon and Betty Menzies for taking their time to write about these events.

The magazine is rounded out by the usual club member profiles as well as a good cross section of photos highlighting the enjoyment that our club members derive from Sunday mornings at West End.

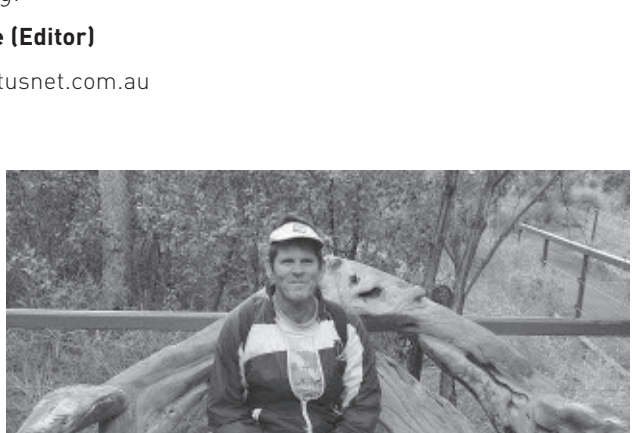
I hope you enjoy this summer edition and I look forward to your thoughts and contributions in 2018 as I strive to present a magazine that truly represents and highlights what a great club BRRC is.

Have a great Christmas and I look forward to seeing everyone at West End in 2018.

Enjoy your running!

Robert Lofthouse (Editor)

rob.lofthouse@optusnet.com.au



79386 BRRC Quarterly Summer 2017 Text.indd 2 30/11/2017 11:22 am

From the President: Summer 2017-2018

By President Andrew Leggett

With our AGM coming up, and with it, my two years as president coming to an end, I am reflecting on this year's Brisbane Road Runners Club's activities. I wish to thank all of our members for their support throughout this time. I particularly want to thank my committee: John Dempster (Vice President), Vicki Fennelly (Hon Sec), Bruce Smerdon (Treasurer), Kerri Hodge, Kerri Biggins, Deborah Davis, Susan Tessmann, Susan McGee, Tracy Baker and immediate past president Russell Wilson for their support. Betty Menzies, our registrar, has been the backbone of our club, serving conscientiously in so many roles in our operations and processes. Rob Lofthouse continues his perennial work as editor of our magazine. Mark Robinson organised this year's BRRC team for the Gold Coast Marathon events. Paula Treagle has once again done an amazing job of responding to our email enquiries. Andrei Wightman, Andrew Marrington, Derek Nixon-Smith, Carol Wilson, Phil Moy and so many other volunteers that I have not mentioned by name have also made substantial contributions.

I wish to express gratitude to the South Brisbane Sailing Club for continuing to allow us to use their hall and storage space, and for supporting us in our efforts to make peace and live harmoniously with our surrounding community. Good progress has been made in management of noise issues in response to the concerns of neighbours.

Again this year the club has received much valued support and assistance from our sponsors, intraining, The Run Inn, NRChi, P.A.T 42.2 Running and Skirt Sports.

Subject to pending confirmation of an appointment to a new job interstate, I will be leaving Queensland early next year, so I am stepping down as president, and retiring from the committee. I'll be returning to Brisbane frequently, and endeavour to join you as often as I can on Sunday mornings down at Orleigh Park (a place I miss whenever I'm away from Brisbane). I've been proud to be involved in the administration of our club and glad to have formed and developed many friendships in the process. I have received practical personal support in good times and in difficult ones throughout the years of my involvement with the club, and experienced great companionship and friendly competition on long runs with members past and present.

Immediately after our next run, the first of this summer, we have our AGM. I will introduce our guest speaker Dane Bird-Smith, bronze medallist in the 20 km walk at the Rio Olympics. I have nominated two long-standing members for your consideration for life membership. Nominations have been received for a new president and for an experienced and capable committee about to be enriched by the vitality of new members. The club is in great shape administratively and competitively. Our finances are being managed by Bruce, a man I would be glad to nominate as the best sporting club treasurer in the southern or any other hemisphere. You all continue to keep this club the friendliest, most diverse and most supportive in Queensland. The club continues in good hands, and those are your hands, the hands of its membership, all joined together.

As I've been writing, I've been thinking of runs that I have enjoyed and those I've shared them with. I think of running Sunday mornings in my late high school years with my family GP Jock Lambie, who served me valuably as a mentor at that time. I think of an old friend from medical school, David Nikles, who often ran with me in the forest near his Brookfield home, and competed with me in our first marathon when we were seventeen, as did Steve Manning, who was then only sixteen. In that 1980 University of Queensland Marathon, I was glad to finish just in front of 50 km

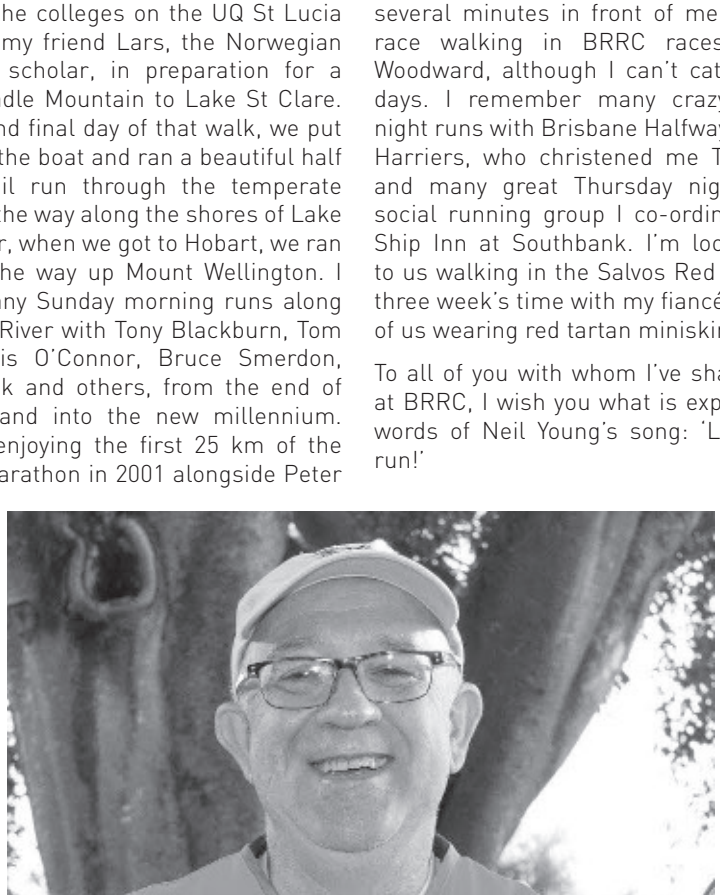
79386 BRRC Quarterly Summer 2017 Text.indd 3 30/11/2017 11:22 am

From the President cont.

By President Andrew Leggett

national race walking representative Greg Sockhill. Although I was the fastest junior road walker in the state at that time, I never beat him in road walking competition. John Harris walked with us then, too. I think of training runs around the colleges on the UQ St Lucia campus with my friend Lars, the Norwegian geology PhD scholar, in preparation for a trek from Cradle Mountain to Lake St Clare. On the fifth and final day of that walk, we put our packs on the boat and ran a beautiful half marathon trail run through the temperate rainforest all the way along the shores of Lake St Clare. Later, when we got to Hobart, we ran together all the way up Mount Wellington. I shared so many Sunday morning runs along the Brisbane River with Tony Blackburn, Tom O'Keefe, Denis O'Connor, Bruce Smerdon, Mandy Bullock and others, from the end of the nineties and into the new millennium. I remember enjoying the first 25 km of the Gold Coast marathon in 2001 alongside Peter Mackenzie, then pulling away from him. I felt great as I ran, shouting 'Come on intraining!' at Steve Manning, as I passed him at 32 km. Soon after that, I hit the wall too, and Peter sailed past me again, looking fresh, to finish several minutes in front of me. I've enjoyed race walking in BRRC races with Erika Woodward, although I can't catch her these days. I remember many crazy Wednesday night runs with Brisbane Halfway Hash House Harriers, who christened me Theosorearse, and many great Thursday nights with the social running group I co-ordinate from the Ship Inn at Southbank. I'm looking forward to us walking in the Salvos Red Dress Run in three week's time with my fiancée Linda, both of us wearing red tartan miniskirts!

To all of you with whom I've shared the road at BRRC, I wish you what is expressed in the words of Neil Young's song: 'Long may you run!'



79386 BRRC Quarterly Summer 2017 Text.indd 4 30/11/2017 11:22 am

Robin Flower 10 Mile Memorial Event - 10th September 2017

By Bruce Smerdon

This is an important event on BRRC's running calendar and it has been run every year since 1990 in memory of Robin Flower, a strong supporter of the Club in its early days.

Many of the Club's best runners have had the honour of having their name inscribed on the Robin Flower Memorial Shield over the years, and 2017 was no exception. The female winner was Brittany Zendler, running strongly to set a new women's race record time of 1:00:35. The male winner once again was Clay Dawson, setting a blistering pace to finish in 0:54:42 and thereby extending his winning streak in this event to five consecutive years.

Clay Dawson and Brittany Zendler

YEAR	MALEWINNER	TIME	FEMALEWINNER	TIME
1990	Ian Kent	0:55:02	Donna Evans	1:03:20
1991	Tony McCall	0:58:50	Jillian Colwell	1:05:23
1992	Ian Kent	0:55:38	Nita Natt	1:03:09
1993	Mark Jackson	0:55:17	Marion Hayes	1:05:16
1994	Paul Dodd	0:54:16	Susan Mercer	1:12:33
1995	Brad Smith	0:53:58	Teressa Collins	1:12:01
1996	Shane George	0:53:39	Jane Kreis	1:07:49
1997	Mark Jackson	0:53:50	Sally Peacock	1:03:00
1998	Shane George (race record)	0:53:06	Glenda Banaghan	1:05:26
1999	Shane George	0:54:22	Glenda Banaghan	1:06:16
2000	Shane George	0:57:53	Ann Cunningham	1:16:17
2001	Keith Chaston	1:02:39	Glenda Banaghan	1:07:44
2002	Rob Deen	0:59:00	Betty Menzies	1:13:26
2003	Shane George	0:55:44	Jo Sherman	1:07:49
2004	Shane George	0:58:56	Liz Lovering	1:13:40
2005	Shane George	Unknown	Liz Lovering	Unknown
2006	Christian Cobbold	0:58:01	Claire Bellenger	1:14:52
2007	Aidan Hobbs	0:57:11	Margot Manning	1:07:58
2008	Shane George	0:57:38	Marion Herritage	1:07:11
2009	Shane George	0:56:38	Marion Herritage	1:07:07
2010	Shane George	0:57:30	Rorra Forbes	1:02:36
2011	Andrew Fuller	0:58:26	Clare Geraghty	1:01:37
2012	Shane George	0:58:32	Margot Manning	1:05:17
2013	Clay Dawson	0:53:49	Kerri Hodge	1:09:24
2014	Clay Dawson	0:56:39	Kerri Hodge	1:06:27
2015	Clay Dawson	0:55:54	Brittany Zendler	1:04:29
2016	Clay Dawson	0:55:37	Clare Geraghty	1:03:10
2017	Clay Dawson	0:54:42	Brittany Zendler (race record)	1:00:35

79386 BRRC Quarterly Summer 2017 Text.indd 5 30/11/2017 11:22 am

Brisbane Road Runners Race Report

By Robert Lofthouse

September 10th –ROBIN FLOWER MEMORIAL 10 mile CLUB CHAMPS / 5 mile (131 finishers)

10 mile (16.1km)

*****Clay Dawson and Brittany Zendler in top form*****

This event has been held annually since 1990 to honour one of BRRC's great servants Robin Flower who tragically died of cancer in the late 1980s. A perpetual shield was struck in his honour and every year the male and female winner of this race have their name engraved on the shield.

The course consists of a 1.1km lap followed by three laps of the normal 5km circuit.

On the back of some outstanding performances in August, 2016 Club Champions Clay Dawson and Brittany Zendler were the pre-race favourites. Clay had won both the Brisbane and Sunshine Coast Marathons and Brittany took out the prestigious Bridge to Bridge 10km for the first time.

In the men's race, Clay went out hard in the first 1.1 km loop and established a handy 12 second lead over David Sweeney, Daniel James and intraining's Dan Symonds with Aaron Breed and Wayne Spies just a few seconds behind. Clay continued to build on his lead during the first of the 5km loops and was able to establish a 40 second lead over Dan Symonds and Daniel James by the 6.1 km stage of the race with Wayne Spies and David Sweeney a little further back.

Heading into the last lap, Clay was over a minute ahead of Dan Symonds with Daniel James a further 20 seconds back in third place but facing a serious challenge from Wayne Spies in the last 5km, who was just six seconds in arrears.

Nothing changed up front during the last 5km with **Clay Dawson** going on to win his **fifth consecutive** Robin Flower Memorial in a time of **54:42**. Dan Symonds held strong for second place but the battle for third saw Wayne Spies pass the tiring Daniel James early in the last lap before going on to be third male across the finish mat. Wayne has really emerged as a talent to watch in the future, having finished second in the Wynnum Twilight Bay Half Marathon last year and then second behind Clay at the Brisbane Marathon back in August.

From a BRRC Championship perspective the first three club members to finish were Clay Dawson, Daniel James and David Sweeney.

Age Group Records – Special mention to Daniel James (M20-24 Age), Clay Dawson (M35-39), David Sweeney (M55-59), Ian Cameron (M60-64) and Harold Haldane (M75-79) who all broke BRRC Age Group Records on the morning.

The ladies' 10-mile Championship saw **Brittany Zendler** establish a big lead of over three minutes by the end of the first five km lap with Cath Rogers second and Isobel Chisholm third. Two of BRRC's best known distance runners Kerri Hodge and Marion Hermitage were fourth and fifth respectively at that stage. Kerri was in cruise mode with the upcoming Sydney Marathon firmly on her mind.

As expected, Brittany continued to build on her lead as the race wore on and by the end, her winning time of **1:00:35** was the **fastest ever recorded by a lady** in the 28 year history of the event! Her final winning margin was over nine(9) minutes with Cath Rogers second and Isobel Chisholm a further two minutes back in third place. Second and third BRRC members to finish in the championship on the morning were Kerri Hodge and Marion Hermitage.

79386 BRRC Quarterly Summer 2017 Text.indd 6 30/11/2017 11:22 am

Age Group Records – Brittany Zendler (F19 and under) was the only lady to break a record on the morning.

Debbie Davis, Ruth Peacock and Kerri Biggins

5 mile (8.05km) – The course consisted of a 3.05km lap followed by the normal 5km loop. In the men's race, it was good to see a new face take the honours with young Mt Gravatt High School student **Clayton Moore** completing the distance in **31:13**. Nicholas Turner claimed second place and was just 100 metres behind Clayton at the finish with Thomas Enslin rounding out the top three.

In the ladies' division of the event, intraining's **Hannah Terry** was first across the mat in **37:11**. Great to see long time club member Betty Menzies finish second after having time off with an operation. Betty loves running, so to be able to get back on the road again has been a major boost for her and certainly added to her 'quality of life'. Bronwyn Casey ended up third after being in front of Betty during the first half of the race.

Thanks to **Karen Rossel** for being Race Director on the day and to the various club members who helped out on roster duty. Bruce Smerdon did an excellent job as well, sorting out all the Age Group placegetters on the morning.

The Run Inn (located at Stafford) was the event sponsor and donated the random draw prizes on the day.

Anita Jarvis

Brad Lye

September 24th – 10km/5km/2km (71 finishers)

With the Wynnum Twilight Bay Run having been held on the previous night, numbers were down on normal. It was a warm morning but with the BRRC course being largely in the shade it was still a good morning for running.

10km – In the men's event, Peter Watters and **Damien Gannon** held a narrow six second lead at the halfway mark over Simon Black, but Damien managed to quicken the pace early in the second lap as Peter tired, leaving Simon alone in second place as Damien managed to draw away and win by nearly half a minute in **39:05**. Simon was second with Peter third.

continued

79386 BRRC Quarterly Summer 2017 Text.indd 7 30/11/2017 11:22 am

The ladies' 10km was a race of changing fortunes. Kate Riethmuller led **Kerri Hodge** by over a minute at the 5km mark, but Kerri really increased her speed in the second lap passing Kate and going on to win in a time of **42:48**. In the second lap, Kerri managed to record a 19:27 lap split, which was nearly four minutes quicker than her first lap. Louise Robinson took out third place.

5km – Nicholas Turner was first home in the men's category in **19:55** with Simon Brooker second and Andrei Wightman third.

Rebecca Berglund (28:26) crossed the mat first in the ladies' division with Elyse Little second and Heather Lyons third.

2km – Steele Barry was the only starter in the Junior Dash winning in 9:49.

Special mention to **Russell Wilson** who was Race Director on the morning and to Patrick Nispel from P**.A.T. 42.2 Running** for once again being the race sponsor.

October 8th – 15km CLUB CHAMPS/10km/5km (115 finishers)

*****Clay Dawson and Brittany Zendler win 15km Champs*****

After a couple of weeks of lower humidity and a drier heat, the normal Brisbane pre-summer conditions arrived at West End, with the high humidity testing out everyone.

In the men's 15km, current Club Champion **Clay Dawson**, signalled his intentions early in the race, clocking a 17:07 for the first 5km, giving him a handy 45 second lead over nearest rival David Sweeney. At that stage, the battle for third place was the most intriguing with Neil Bath holding a slender 40 metre lead over well performed Ultra runner Kevin Muller who is certainly no slouch over the shorter distances either.

Clay continued to build on his lead over the second and third laps to take out yet another BRRC championship race in a time of **52:03**. A very meritable performance considering that he had raced a 10km Fun Run the previous evening! David Sweeney maintained his second place throughout the race though he was battling an injury which certainly affected his finish time (55:15). Kevin Muller ran even splits for each of the 5km laps and was able to catch Neil Bath around the 7km mark, before surging away to claim third place in the race.

In the ladies' 15km, much interest centred on how current points leader **Brittany Zendler**, would back up from her winning effort in a 10km race the previous night. At the 5km mark, Brittany, Kerri Hodge and new member Olivia Lennon were in the lead group, all crossing the mat for the first time in 19:52. Kerri dropped off the group half way through the second lap and at the 10km point, Brittany and Olivia were still together. Brittany managed to raise the tempo from this point on, with a 19:33 effort for the last 5km which was the quickest lap by any female club member on the morning (including the 5 and 10km events). Her winning time was 59:37 with Olivia Lennon just missing the 1:00 hour barrier by four seconds, to claim second place with Kerri Hodge rounding out the top three on the podium.

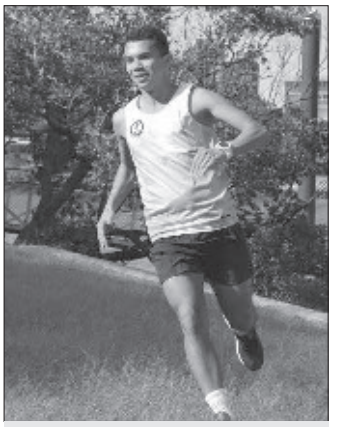
Age Group Records - Congratulations to Clay Dawson (M35-39) and David Sweeney (M55-59) who broke their respective age group records and to new club member Olivia Lennon (F40-44) who capped a memorable morning at West End by being the only lady to break an age group record in the 15km Championship.

Special mention to **David Sweeney** (M55-59) who has broken his age group record in each of the six championship races conducted so far this year.

Based on the results of this sixth race of the seven race Championship series, it looks like Clay Dawson and Brittany Zendler will retain their respective 'Club Champions' status for yet another year.

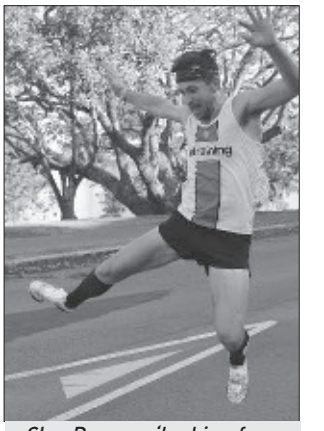
10km – Good to see some new faces winning BRRC trophies in the two-lap event with the men's race being won by **Thomas Enslin (43:51)** by just two seconds from the vastly experienced Dennis Fitzgerald, who was in cruise mode for the entire race, in one of his rare appearances at BRRC. Lourens Coetzee

79386 BRRC Quarterly Summer 2017 Text.indd 8 30/11/2017 11:22 am



Kleber Cunha

Kevin Muller



Clay Dawson 'looking for a balanced lifestyle'

BRRC Trophies and Medals

Mr NRCHI Greg Beerling

Brittany Zendler, Olivia Lennon, Kerri Hodge

Erkki Ryhanen with Andrew Leggett

continued

79386 BRRC Quarterly Summer 2017 Text.indd 9 30/11/2017 11:22 am

managed to catch Jean Raud at the 7km mark before going on to claim third place.

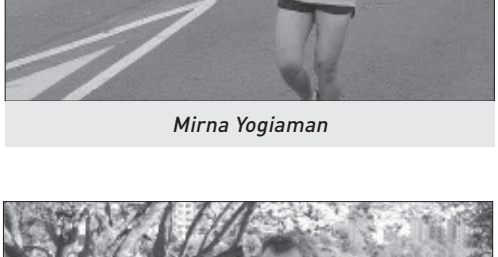
Sally Adams took out the ladies' division in **46:28** from Liz Adams and Lana Maleckas.

5km – Yes! After years of sweat and toil, **Dave Willems** finally achieved his 'Xanadu' (world of magic) by winning a BRRC trophy. After many second and third places over the years, Dave won the 5km event after a close tussle with good friend Tom Patterson. Both runners were timed at **22:25** but Dave was declared the winner by the narrowest of margins (.4 of a second). The 'Mr Everywhere' man, Bruce Smerdon came home third. The ladies' 5km saw the **Coetzee** family to the fore with **Alicha** winning in **20:52**, Shandre second and Mirna Yogiaman rounding out the top three.

Dave Willems and Tom Patterson

Defiant Bruce Smerdon

Mirna Yogiaman



Russell Wilson

Thanks to all the volunteers and to club President **Andrew Leggett** for an excellent job as Race Director, ably assisted by Bruce Smerdon in sorting out all the Age Group placings. **The Run Inn** was the race sponsor and donated the random draw prizes for the event.

October 22nd – 3 Person x 4.5km Relay

Only seven teams took part in this event with each team consisting of three runners. After a wet Saturday, Sunday morning turned out to be perfect with clear skies and little humidity.

The winning team on the morning consisted of **Andrew Ward, Bruce Smerdon** and **Colin Woods**. After the first leg, the eventual winners were in sixth place, nearly three minutes behind the leading team. A strong second leg by Bruce Smerdon piloted his team into third place going into the last 4.5km leg and Colin Woods then passed both Jenny

79386 BRRC Quarterly Summer 2017 Text.indd 10 30/11/2017 11:22 am

Downie and Andrew Leggett to elevate his team into 1st place. At the end, the winning margin was nearly a minute.

1 – Andrew Ward (20:45) Bruce Smerdon (22:27) Colin Woods (25:13) Total Team Time – 1:08:25

Fastest leg of the morning – Kleber Cunha 17:59

Fastest Female – Ruth Peacock 23:52

Thanks to **Pam Goddard** for being Race Director on the morning. Everyone in attendance thoroughly enjoyed the event and the spirited competition between the teams. Incredibly, after two of the three sections had been completed, there was only a two minute gap between 1st and 6th teams, which made for an exciting final lap as teams jockeyed for positions.

November 5th – 10km Novice Champs/5km/2km (70 finishers)

Daniel James and Abigail Reid win Novice Champs

The annual 10km Novice Championships give two BRRC members (one male and one female) a chance to win a trophy which they might not normally win. The only rule applied is that you must not have previously won a race at BRRC in 2017 and that you must be a current club member.

In the men's race, **Daniel James** was first across the line in **36:42** with Lachie Smith second and Ben Stute third. Daniel was also announced as the novice men's trophy winner, as this was his first BRRC win in 2017.

In the ladies' race, Anna Mayr held a 90 second lead over Abigail Reid at the halfway mark with **Zoe Manning** another 20 seconds behind in third place. In the second half, positions changed with Zoe Manning really putting the foot down, passing Abigail Reid and Anna Mayr on her way to a winning time of **44:42**. Zoe's second lap was over three minutes quicker than her first! The Novice Trophy was awarded to **Abigail Reid** who was third across the line, but the first female club member to finish (without a previous win in 2017 at West End).

5km – Leo Altarelli (18:34), had a convincing win in the one-lap event with Nick Horn second and Nicholas Turner third. Nick was one of the club's best performed runners in 2016 and this was his first run back at BRRC in 2017. Also good to see Andreas Mindt back in Brisbane after many years living overseas.

Selina Ward (from intraining) took the honours in the ladies' division with a time of **21:12** with Cynthia Cliff and Kim Alexander being the other placegetters.

2km – In the Junior Dash, **Rafael Ferraz** won the boy's race in 10:11 while **Mackenzie Hall** was first girl to cross the finish mat in 12:32.

Thanks to Race Director, **Kerri Hodge** and her team of volunteers who did a great job on the morning and to **intraining** for their event sponsorship.

Daniel James & Abigail Reid

Rafael Ferraz & Mackenzie Hall

continued

79386 BRRC Quarterly Summer 2017 Text.indd 11 30/11/2017 11:22 am

November 19th – 5km CLUB CHAMPS/10km (122 finishers)

*****Clay Dawson and Kerri Hodge win 5km Champs*****

The last race of the BRRC Championship series was held over the one-lap 5km course. Conditions on the morning were remarkably mild for Brisbane in November and it was quite cool standing in the shade, but once you got moving, the humidity in the air was noticeable.

The men's race was won as expected by **Clay Dawson** who sizzled around the course in **16:14** to give him the win by a minute from Kevin Muller with Neil Bath pipping Lucas Brown in the battle for third.

In the ladies' race, **Kerri Hodge (18:25)** broke her age group record for the distance on route to winning the 5km. Zoe Manning claimed second, finishing a few seconds ahead of Kate Riethmuller. Brittany Zendler, who had already won the title of 2017 Club Champion (courtesy of her performances in the previous six events in the series) elected to run with her mother Leanne and together they finished only a couple of seconds behind the third placed Kate.

10km – Adrian Royce capped off a good year for him, winning the men's event in 37:15. Adrian is on track for the Singapore Marathon in the near future. Mark Nickels was a further two minutes back in second place with Peter Watters third.

Kathryn Smyrneos was the clear winner in the ladies' 10km, creating a lead of just over a minute in the first 5km, before going on to claim the honours in a time of **42:13**. Anna Mayr was second home with endurance triathlete Shannon Proffit rounding out the top three.

Special mention to club President **Andrew Leggett** who did a great job as Race Director, ably assisted by all the volunteers. Greg Beerling from **NRChi** (who specialise in Acupuncture and Massage treatments) was the event day sponsor. Thank you Greg for your continued support of the club!

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

79386 BRRC Quarterly Summer 2017 Text.indd 12 30/11/2017 11:22 am

Australian Masters Games Half Marathon, Tasmania, 28 October 2017

By Irene Davey

The various Masters Games sports were held in towns along the north of Tasmania from Wynyard to Launceston with the Track and Field athletics in Penguin. The Burnie 10 Road Race was included in the athletics program. The half marathon course went from Ulverstone east to Turners Beach and back. Most of the course was on the gently undulating coastal bike and walking paths (some concrete, some bitumen) with a few short sections on minor roads. It was well marked with green arrows, but lacked kilometre marks. There were several level crossings, and the start time had to be adjusted to 8.30am so runners wouldn't find their path blocked by the morning freight train!

The weather was ideal, with cool and overcast conditions at the start and temperature around 16*. The clouds broke up about an hour into the run, and there was a bit of a headwind on the return leg. Temperature at 10.30 was 18 *

Three BRRC members competed: Olivia Lennon, John Sheer and Irene Davey. Olivia (W 40) won her age group and was the first female finisher in a time of 1:24:17. John had an unfortunate mishap with an uneven concrete path with about 2 km to go. He picked himself up and finished in 1:50:46, for the silver medal in M 70. He then spent the next hour and a half in the local medical clinic's emergency room getting thoroughly checked over while hooked up to a drip. Irene was the only competitor in W 70

After an embarrassingly slow BRRC half marathon Championship earlier in the year, I had actually trained for this one, using the Club Championships as my longer training runs. I set myself the target time of 2:15 and was pleasantly surprised (given the lack of kilometre marks) to find myself at the halfway turn-around in 1:02, well ahead of schedule, and still feeling great. The last five or so kilometres were challenging, with the headwind and some up-hill sections, and I admit to walking here and there, but still finished in 2:13:19. Very happy! Especially as this time set a new QMA Age Group 'Best Performance' (ie record) by around 17 minutes!

John Sheer and Peter Sandery

79386 BRRC Quarterly Summer 2017 Text.indd 13 30/11/2017 11:22 am

BRRC Club 20km Championship

By David Sweeney

David Sweeney

I had been staying up real late through July watching as much Tour de France as is humanly possible. This resulted in me changing the routine from early morning runs to late afternoon runs. It's nice to run later during the Winter as it's warmer and the body is also warmed up and much more capable of performing. I only run my basic 10.6km Roo+Lake (North Lakes) route but was able to pick the pace up from my early morning longer runs.

The BRRC 20km fell the night of the Tour final Time Trial. The final decisive stage, could Froome possibly lose the crown? I decided that getting up at 4:30am meant I couldn't watch the stage live (as racing on 2 hours sleep would have been crazy).

Heading to the race, I had hoped to run sub 72 or two x 36 minutes 10K's. I had gone through 20km at the Gold Coast in 69:04 but didn't expect to get close to that on the tough West End course. For comparisons sake, at the Gold Coast I had run through 10km in 33:48 on the way to 21.1kms but two weeks prior, had raced a 10km at West End in 34:33.

Sunday morning for the 20km Champs was chilly. I hate running in cold weather and sub 10 degrees C is freezing to me. I wore gloves, beanie, singlet and long sleeve turtle neck. I intended to maybe strip off layers if I felt uncomfortable but in the end kept all the gear on the whole race.

Clay Dawson, 'fresh' from his breakthrough sub 2:30 performance at Gold Coast (2:26:54) was able to pull away from the get go. A couple of others including Saucony's Chris Adams and Damon Bruce were only racing 10km, unbeknownst to me (thought they were running 20km). Elliot Carr and Daniel James were actually racing the 20km. Of the 20km runners, Clay was 'out of sight' gone, running 1:09:44.

The next group comprised Elliot, Daniel and me. I think I led them for the first lap (5km) but then dropped away from them on the second lap. My hammies were really tight, painfully tight and I had nothing more to give. It was all I could do, to just hang in there. Unfortunately, Elliot caught a stomach cramp and had to stop for a spell (he had started to pull away from Dan). This allowed Dan and I to fortuitously overtake him. Daniel ended up second in 1:12 and I ended up third in 1:13:57.

Editor's Note: David Sweeney's PBs for 5km, 10km and Half Marathon are worth noting.

5000 metres Track – 14:31:4

10,000 metres Track – 31:09:4

10km Road – 30:45

Half Marathon – 1:11:17

79386 BRRC Quarterly Summer 2017 Text.indd 14 30/11/2017 11:22 am

Burnie 10k Classic Road Race, 22 Oct 2017

Interview with John Sheer

Reporter: John, did you enjoy the Burnie 10?

John: Yes. As one of the premier road races in Australia, it's been on my bucket list of events for years. North West Tasmania is a long way to travel for a race, but being part of the Australian Masters Games made it worth the trip.

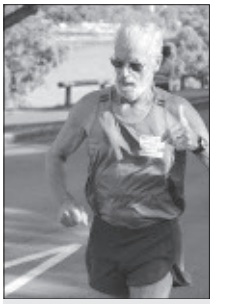
Reporter: How was the day and the course?

John: The day dawned clear and cool with light breezes off Bass Straight. The start in the main street was great with a big enthusiastic crowd to cheer us on our way. With the first 500 metres downhill, we all got off to a flying start. Heading onto the main highway, you discover the deceptive rises that you don't even notice in the car starting to take effect on your legs. I was running at my target pace until the turnaround, when the gentle breeze became a noticeable headwind and the little hills became a lot hillier. And the last 500 metres back up to the finish became a real challenge.

Reporter: Are you happy with your time?

John: I finished in 46:58 and was quite pleased with that, and beating long-time coach Peter Sandery over the line by 2 seconds was a bonus!

Note: John won his AMG Men 70-74 age group, and in the Burnie 10 Men 61-70 age group he was 5th of 78 finishers.



John Sheer

MEMBER PROFILE

Name: Catherine Turton

Age: 42

Occupation: Health Care

How and when did you start running?: Sporadic parkruns from 2013 on...a beginner's running group at the gym in 2016...then intraining from the end of 2016.

Most Memorable Running Moments: Doing my first race as an adult (City to Surf in my 20s), running my first marathon, and lots of glorious sunrises.

Favourite Running Distance and PB: Still working out a fave...

Running Goals: Sub 23 min parkrun, sub 50 min 10k, sub 1:50 half-marathon and sub 4:15 marathon.

Favourite Runs: 20-25k by the water - Brisbane River, Sandgate or Sunny Coast.

Favourite Running Partners/Group: intraining - Wilston group.

Who is your running idol?: Everyone who makes it look easy.

Favourite Shoe Brand: Anything comfy & big enough!

Favourite Food: Good chocolate and great brownies.

Favourite Drink: Coffee...or a vodka, lime & soda on a really hot day.

79386 BRRC Quarterly Summer 2017 Text.indd 15 30/11/2017 11:22 am

MEMBER PROFILE

Name: Mirna Yogiaman

Age: 30

Occupation: Registered Nurse/ Nutrition and Dietetics student

How and when did you start running?:

Was battling Bulimia when I was a teenager. Running has helped me to appreciate my body. It is a machine I need to fuel properly.

Most Memorable Running Moments:

Finishing New York marathon in 2015. Spectators were amazing, never seen anything like it before!

Favourite Running Distance and PB:

Half Marathons

21.1 km- PB 1:44

Running Goals:

PB for half marathon

London or Berlin marathon (hopefully soon!)

Favourite Runs:

Running around Ferny Grove- Camp Mountain with PJ Express crew. Stunning views and wildlife!

Favourite Running Partners/Group:

PJ Express running group. Amazing bunch!

Who is your running idol?:

John Shaw- incredible runner with positive attitudes and is so humble!

Favourite Sportsperson/s:

Mo Farah and Kevin Sanjaya (badminton)

Favourite Shoe Brand: Brooks

Favourite Food:

Acai bowl, pizza and poke bowl

Favourite Drink:

Matcha Latte, iced chocolate

Favourite Movie:

Harry Potter, Alice in Wonderland

Favourite Music:

Hillsong, Planetshakers and anything pop.

Star Sign: Libra

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

To be a light and to make an impact on the people around me.

79386 BRRC Quarterly Summer 2017 Text.indd 16 30/11/2017 11:22 am

CONE MAN

Phil Moy

Meet our elusive Cone Man, Phil Moy, who slinks in before the sun to set the cones and markers on the course each event. Then disappears before you get a chance to catch a glimpse of him.

If you keep an eye out you may even see him snapping a photo or two of you running. You can then admire yourself and your beautiful fluid technique on the "Brisbane Road Runners Club" Facebook page on Sunday afternoon or Monday morning. Do have a look. He's now learnt which end of the camera takes the photos.

You can take a look at some of his recent photos below;

Russell Wilson

Victory leap by Clay Dawson

BRRC Committee Members, Deborah Davis, Ruth Peacock and Kerri Biggins

79386 BRRC Quarterly Summer 2017 Text.indd 17 30/11/2017 11:22 am

MEMBER PROFILE

Name: Aaron Breed

Age: 25

Occupation: Financial Advisor

How and when did you start running?

I was running on and off for a number of years for fun during school until I started Orienteering at the end of grade 10 and started training properly with a coach.

Most memorable running moments?

2nd Australian orienteering champs 2013 and 53rd world orienteering championships 2013.

Favourite running distance and PB?

Both 5k 17:22 and 10k 36:28.

Running Goals?

Focus on my 5 & 10k times. Break 17min 5k and break 36min 10k.

Favourite Runs?

Noosa RUN and Gold Coast Airport Marathon.

Favourite running partners/ group?

I love running with my wife Anita and also PAT42.2 team. I have just joined a new club Fortius Running Club and we have started running a social Saturday group session.

Who is your running idol?

Eliud Kipchoge.

Favourite sportsperson?

Mo Farah and Dustin Johnson.

Favourite shoe brand?

On Running and Nike.

Favourite food?

My wife's banoffee pie.

Favourite drink?

Vanilla Coke.

Favourite Movie?

Step Brothers and The Big Short.

Favourite music?

Classical acoustic guitar - Tommy Emmanuel is my favourite guitarist.

Star sign? Scorpio.

If you have one wish in life it would be?

I'm not sure, maybe beat Mo Farah?

79386 BRRC Quarterly Summer 2017 Text.indd 18 30/11/2017 11:22 am

AT THE RACES (News from around Australia and the World)

Compiled by Robert Lofthouse

TWILIGHT BAY RUN, WYNNUM - 23rd September 2017

The sixth annual staging of this event was yet another great success for the intraining running crew. The late afternoon/early evening event by the Bay attracted nearly 4,000 entries with races over the Half Marathon, 10km, 5km and 1km distances. The enthusiasm shown by the volunteers and spectators made this highly enjoyable for all the runners out there pounding the pavement. There was a little wind out there as normal for the bayside in the late afternoon, but overall conditions were pretty good for runners.

Overall, the experience of doing an evening run is considerably different from the usual morning events that populate the running calendar.

Half Marathon:

Isaias Beyn breaks course record

BRRC members Brittany Zendler and Zoe Manning taste success

The men's race featured a great front running performance by **Isaias Beyn** who scooted around the course in **1:07:09** to break Jonathan Peters 2015 time by 20 seconds. Clay Dawson was second and Nathan Dortmann (originally from France) third.

In the ladies' race, BRRC's **Zoe Manning** became the youngest ever Twilight Half Marathon winner completing the course in **1:28:14**. Liz Grolimund crossed in second place with Jane Christinson a minute behind, to round out the top three.

A field of around 750 started in the Half.

10km:

The most popular event of the evening with 1400 entries. The 10km race started with the Half Marathon and it was quite congested on the road until the first turnaround at the most southerly point of the course, but from then on, as the field spread out, slower runners were able to settle down and get into their normal rhythm.

The men's event was won by one of Queensland's best triathletes **Dan Wilson (32:39)**, who crossed the finish mat in the park with nearly 30 seconds to spare over his nearest rival Nick Free. Brendan Press was third.

Having won Bridge to Brisbane back in August, **Brittany Zendler (36:20)** was in control for the whole 10km journey, winning the ladies' division by over two minutes from Clare Geraghty with new BRRC member Olivia Lennon also performing well to take out third place.

The 5km and 1km events were also well supported with nearly 1,000 entries in total over the two shorter distances.

After the post-race interviews and presentations (conducted in a very professional manner) by Margot Manning and Joel Murray, a spectacular fireworks display ended a very enjoyable evening by the bay.

Twilight Bay Run Half Marathon: Men/ Women Results

1 – Isaias Beyn	1:07:09 **(Course Record)**
1 – Zoe Manning (BRRC)	1:28:14
2 - Clay Dawson (BRRC)	1:14:35
2 - Liz Grolimund	1:28:57
3 – Nathan Dortmann	1:17:14
3 – Jane Christinson	1:30:00

Other leading BRRC Results:

Atul Arora	1:26:12
Kleber Cunha	1:28:57
Gerard Daly	1:35:17

continued

79386 BRRC Quarterly Summer 2017 Text.indd 19 30/11/2017 11:22 am

10km:

1 – Dan Wilson	32:39
1 – Brittany Zendler (BRRC)	36:20
2 - Nicholas Free	33:03
2 - Clare Geraghty	38:35
3 – Brendan Press	33:13
3 – Olivia Lennon (BRRC)	39:48
Other leading BRRC Results:	
Adrian Royce	37:16
Peter Lewis	41:26
Laura Daly	42:30
Alex Coman	48:12

BERLIN MARATHON – 24th September 2017

Rain and Humidity thwarts World Record Challenge

Prior to the race, Olympic champion Eliud Kipchoge, fellow Kenyan Wilson Kipsang and Ethiopian 5000 and 10,000 metre world record holder Kenenisa Bekele had all set their sights on breaking the world record of 2:02:57 held by Kenyan Dennis Kimetto. All three runners had run a low 2:03 Marathon over the last two years and 2016 Olympic champion Kipchoge had recorded an incredible 2:00:25 earlier in the year at the **NIKE SUB 2 HOUR PROJECT MARATHON** held on the Monza race track in Italy.

As expected, the star-studded trio went out at a blistering pace but the rainy, humid conditions took their toll on the leaders and by 12km they had drifted outside world record pace. Reaching halfway in 1:01:29, Bekele was the first of the big names to drop out, leaving Kipchoge, Kipsang and an unheralded Ethiopian runner Guye Adola, to try and quicken the pace. Just after the 30km mark, Wilson Kipsang dropped off the lead group and walked to the side of the road shortly after. His race was over!

Amazingly, the 26 year old debutant Guye Adola was matching Eliud Kipchoge stride for stride and at the 37km mark forged to a narrow lead and for a while it looked like Kipchoge was tiring. Four minutes later,Kipchoge managed to catch Adola but couldn't shake him off until the 41km mark. Kipchoge crossed the line in 2:03:32, a clear 14 seconds ahead of the gritty Adola who had the consolation of having recorded **the fastest ever debut marathon in history**. Third place went to Ethiopia's Mosinet Geremew who was over two minutes behind at the end, but still managed a PB for himself as he staged a big finish to shake off Kenyan rivals Kandie and Kipruto to claim a podium finish on a wet Berlin day.

In the ladies' race, Kenya's **Gladys Cherono** used all her previous knowledge of the Berlin course to keep her main two challengers at bay during the race. Gladys had won the race in 2015 when she ran her PB of 2:19:25 and even though she was a little slower in this race she still recorded a winning time of **2:20:23**. Both second and third finishers Ruti Aga (Ethiopia) and Kenya's Valary Aiyabei were delighted with their PBs and the fact that they both recorded sub 2:21 times.

So, the World Record set back in Berlin three years ago still stands!

It was good to see Australia's No 2 ranked marathoner Liam Adams (Melbourne) record a PB of 2:12:52 to earn a top ten finish.

Berlin Marathon: Men/Women Results

1 – Eliud Kipchoge (Kenya)	2:03:32
Has PB of 2:03:05	
1 – Gladys Cherono (Kenya)	2:20:23
Has PB of 2:19:25	
2- Guye Adola (Ethiopia)	2:03:46 **PB**.
	Fastest debut ever!
2 - Ruti Aga (Ethiopia)	2:20:41 **PB**
3 – Mosinet Geremew (Ethiopia)	2:06:09 **PB**
3 – Valary Aiyabei (Kenya)	2:20:53 **PB**
Leading Australians:	
9 – Liam Adams (Melbourne)	2:12:52 **PB**
28 – David Criniti (Sydney)	2:17:57 **PB**
Female	
13 – Ellie O'Kane (Melbourne)	2:35:55 **PB**

continued

79386 BRRC Quarterly Summer 2017 Text.indd 20 30/11/2017 11:22 am

CHICAGO MARATHON – 8th October 2017

USA star Galen Rupp wins on home soil
Tirunesh Dibaba breaks ladies' course record

The 40th edition of this race attracted 43,000 runners, including leading Australian runners Michael Shelley and Lisa Weightman.

The men's field experienced some significant changes just after the 25km mark when World record holder Dennis Kimetto (2:02:57) and fellow Kenyan star Stanley Biwott dropped out. At the 30km mark, eight men remained in contention and it wasn't until 34km that defending champion Abel Kirui (Kenya) surged on the lead group and only USA's **Galen Rupp** and Ethiopia's Sisay Lemma were able to stay in touch. With 5km to go Rupp picked up the speed and no one could match his move over the next two kilometres as he continued to increase his speed. The pro-American crowd spurred him on over the final kilometres and he crossed the line in **2:09:20**, a clear 28 seconds ahead of the defending Chicago champion Kirui.

Galen Rupp won the Bronze Medal at the 2016 Rio Olympic Games in the Marathon and was second in this year's Boston Marathon so he was delighted to finally win a major marathon title.

The ladies' race included two time Chicago winner Florence Kiplagat (Kenya) and 2017 London Marathon runner up Tirunesh Dibaba (Ethiopia) who had run an outstanding time of 2:17:56 in finishing behind Mary Keitany in the famous London event. As expected, Dibaba took the field out at 2 hours 16 marathon pace for the first 10km and at that stage there was still five runners in the lead pack. Just after the halfway mark, the lead group split up as Dibaba made a power move that only Kenya's Brigid Kosgei could match. Florence Kiplagat dropped out at 25km as Dibaba and Kosgei battled each other at the front until 32km when Dibaba made a critical move which Kosgei couldn't match. Dibaba surged away in the final 10km and claimed the course record with an outstanding finish time of 2:18:31. Special mention also to runner up Brigid Kosgei and third placed USA runner Jordan Hasay who were making their marathon debuts in Chicago. Podium finishes for both was a fitting reward for their outstanding runs in a highly experienced field.

Wheelchair: Marcel Hug (Switzerland) showed why he is the No 1 ranked in the world winning in 1:29:23 from Australia's Kurt Fearnley who was a minute behind. USA's **Tatyana McFadden** claimed yet another victory in the women's division, crossing in 1:39:15. Since 2013, Tatyana has won virtually every major wheelchair marathon around the world including London, Boston, New York and Chicago. In fact, she won all four of the previous mentioned Marathons in 2013.

Both Michael Shelley and Lisa Weightman ran well in the lead up to the 2018 Gold Coast Commonwealth Games with Shelley finishing 10th in 2:12:52 and Weightman sixth in 2:28:45.

Around 1.7 million spectators lined the streets of Chicago once ruled by the infamous underworld figure Al Capone.

40th Chicago Marathon: Men/Women Results

1 – Galen Rupp (USA)	2:09:20 PB
1 – Tirunesh Dibaba (Ethiopia)	2:18:31
	Course Record
2- Abel Kirui (Kenya)	2:09:58
Has PB of 2:05:04	
2 - Brigid Kosgei (Kenya)	2:20:22
	Debut Marathon
3 – Bernard Kipyego (Kenya)	2:10:23
Has PB of 2:06:19	
3 – Jordan Hasay (USA)	2:20:57
	Debut Marathon

Leading Australians:

10 – Michael Shelley	2:12.52
6 – Lisa Weightman	2:28:45

continued

79386 BRRC Quarterly Summer 2017 Text.indd 21 30/11/2017 11:22 am

MELBOURNE MARATHON – 15th October 2017

On a near perfect day in Melbourne, over 32,000 runners took part with the Marathon recording nearly 7,000 finishers.

In the men's race, Kenyan duo, 38 year old **Isaac Birir** and 20 year old John Langat broke away from the rest of the field after a couple of kms, passing through the 5km mark in 15 mins 20 secs.

It wasn't until the 36km mark that Langat pulled ahead but around 40km, hamstring cramps saw him tire and Isaac Birir was able to catch and pass him at the 41km point. Birir went on to win in **2:14:08** with Langat crossing the finish 19 seconds behind in second place.

The first Australian home was Sydney's Matthew Cox who took out third place, running a six-minute PB as he stopped the clock in a very respectable 2:18:42. Queensland's Isaias Beyn came fourth in 2:19:51.

In the ladies' marathon, **Celia Sullohern** from Yamba in NSW, continued her meteoric rise in the distance running ranks, winning in **2:29:27.** Celia has a strong triathlon background but after winning Sydney's City to Surf race in August seems destined for a career in distance running. Ethiopia's Belayesh Yigezu came second, but was over nine(9) minutes behind the rapidly improving Sullohern.

Celia Sullohern

Half Marathon:

Australian Olympic representative **Brett Robinson** (5,000 metres track) won the half for the second year in a row with a **1:04:01** effort. Japan's Yuki Yagi finished second ahead of leading Australian marathoner Liam Adams who had recorded a 2:12 Marathon at Berlin only three weeks earler.

In the ladies' half, former Ethiopian runner **Makda Haji**, outlasted her main two Australian rivals Jessica Trengove and Eloise Wellings to win in a time of **1:10.29**.

Melbourne Marathon: Men/Women Results

1 – Isaac Birir (Kenya)	2:14:08
1 – Celia Sullohern (NSW)	2:29:27 **PB**
2- John Langat (Kenya)	2:14:27
2 - Belaynesh Yigezu (Ethiopia)	2:38:47
3 – Matthew Cox (NSW)	2:18:42 **PB**
3 – Rochelle Rodgers (Perth, WA)	2:43:50

Leading Queenslanders:

Isaias Beyn	2:19:51
Peter Bracken	2:33:10
Adrian Royce (BRRC)	2:47:49
Neil Wood (BRRC)	2:56:18
Jane Christinson	3:06:02
Solveig Litchfield (intraining)	3:07:57
Simon Black (BRRC)	3:12:10
Kleber Cunha (BRRC)	3:13:26

Half Marathon:

1 – Brett Robinson	1:04:01
1 – Makdi Haji	1:10:29
2- Yuki Yagi (Japan)	1:04:51
2 - Jessica Trengove	1:11:48
3 – Liam Adams (Victoria)	1:05:09
3 – Eloise Wellings (NSW)	1:12:23

continued

79386 BRRC Quarterly Summer 2017 Text.indd 22 30/11/2017 11:22 am

AMSTERDAM MARATHON – 15th October 2017

The temperature at the start was 14C, going up to 20C as the top runners entered into Amsterdam's Olympic Stadium at the finish.

At 30km, three-time race winner Wilson Chebet dropped off the lead pack and with five kms to go it was down to three, with Kenyan runners Lawrence Cherono, Nobert Kigen and Abraham Kiptum battling it out up front. At 40km, Kiptum dropped off, as Cherono and Kigen increased the pace. The race came down to the last 100 metres when Cherono kicked hard and was able to gain a vital 10 metres break over Kigen to break the finish banner as the winner. His time was 2:05:09 with a four second break to the second placed Nobert Kigen. After passing 25km, Ethiopia's Tadelech Bekele broke away from the lead group and was never challenged through the remainder of the event, taking the honours in a time of 2:21:54. Gladys Chesir and Azmera Abreha finished second and third respectively in their marathon debuts.

Lawrence Cherono

Tadelech Bekele

Amsterdam Marathon: Men/Women Results

1 – Lawrence Cherono (Kenya)	2:05:09 **PB**
& Course Record	
1 – Tadelech Bekele (Ethiopia)	2:21:54 **PB**
2- Nobert Kigen (Kenya)	2:05:13 **PB**
2 - Gladys Chesir (Kenya)	2:24:51
Debut Marathon	
3 – Abraham Kiptum (Kenya)	2:05:26 **PB**
3 – Azmera Abreha (Ethiopia)	2:25:23
Debut Marathon	

NEW YORK MARATHON – 5th November 2017

Pre-race favourites upset

Under overcast, cool conditions 50,000 people set off from Staten Island with the aim of crossing the finish line on West Drive in Central Park.

In the men's race, Kenya's Wilson Kipsang was the big favourite having run a PB of 2:03:13 at Berlin in 2016. The challenging course saw defending champion Ghirmay Ghebreslassie drop out before the end and around the 40km mark, 24 year old Kenyan **Geoffrey Kamworor** made a break on Kipsang and managed to create a six second gap which he held until the last 500 metres. Kipsang closed at the end but Kamworor held firm to cross the line just three seconds ahead of the flying Kipsang. The winning time was **2:10.53** and was Kamworor's first win over the marathon distance. Prior to this, Kamworor had won two World Cross Country Championships and two World Half Marathon titles so certainly had good credentials over the shorter distances.

continued

79386 BRRC Quarterly Summer 2017 Text.indd 23 30/11/2017 11:22 am

Three-time New York winner Mary Keitany (Kenya) was the women's race favourite having won London earlier in the year, when she posted a blistering time of 2:17:01.

In this race, Keitany did not blow away the field in the first 10km like she normally does. The course demanded a more cautious approach and at 25km there was still a pack of nine runners jostling with Keitany for the lead. By 35km, the lead pack had been whittled down to three with Keitany, Ethiopian Mamitu Daska and 36 year old USA runner **Shalane Flanagan** in the mix.

Surprisingly, with 5km to go, Flanagan started to break away and she could see nothing but history in front of her. Keitany had dropped to 40 seconds behind and had drifted toward the east side of the road before zigzagging back onto the customary route. At that point, though, it was too late to catch Flanagan who was running free and easily.

The motivated Flanagan crossed the finish line **(2:26:53)** with tears in her eyes. She had become the **first USA Female in 40 years to win** and in the process had dethroned one of the giants of the sport. Flanagan had previously finished second in New York back in 2010 and had placed 6th at the Rio Olympics Marathon in 2016.

Wheelchair: In the men's division, the Swiss speedster Marcel Hug continued his dominance of the marathon winning the New York title to add to his other wins this year in the USA at Boston and Chicago.

In the ladies' race, fellow Swiss racer Manuela Schar upstaged five times New York winner Tatyana McFadden. Schar is on course to become the new No 1 female wheelchair racer in the world and has now beaten McFadden twice this year.

New York Marathon: Men/Women Results

1 – Geoffrey Kamworor (Kenya)	2:10:53
Has PB of 2:06:12	
1 – Shalane Flanagan (USA)	2:26:53
Has PB of 2:21:14	
2- Wilson Kipsang (Kenya)	2:10.56
Has PB of 2:03:13	
2 - Mary Keitany (Kenya)	2:27:54
Has PB of 2:17:01	
3 – Lelisa Desisa (Ethiopia)	2:11:32
Has PB of 2:04:45	
3 – Mamitu Daska (Ethiopia)	2:28:08
Has PB of 2:21:59	

Nam

Age:

Occu
Scie

How

I sta
year
Whe
runn
was
runn
with

Mos

Gold
2017
mas

Favo

I enj
the r

79386 BRRC Quarterly Summer 2017 Text.indd 24 30/11/2017 11:22 am

MEMBER PROFILE

Name: Anita Breed

Age: 33

Occupation: Biochemistry Supervising Scientist and Fitness Instructor

How and when did you start running?

I started running casually through my school years then it became more of a social thing. When I moved to Brisbane in 2012 I kept running casually but still had no idea what I was doing training wise or what consistent running really meant until I started running with PAT42.2 in 2014!

Most memorable running moments?

Gold Coast half marathon 2017. Completing 2017 Kokoda challenge in 23hrs30mins was a massive challenge and very memorable.

Favourite running distance and PB?

I enjoy all distances up to half marathon but at the moment 10K 44:40.

Running Goals?

I have been injured for the last 2 months and haven't been able to run so hopefully I can get back to where I was pre-injury and keep improving on my times injury free.

Favourite Runs?

Noosa RUN – it's a nice excuse to get away!

Favourite running partners/ group?

I guess I have to say running with Aaron then! But I do enjoy running with PAT42.2, Fortius and BRRC.

Who is your running idol?

Mo Farah & Jessica Trengove

Favourite sportsperson?

Sally Pearson, because she has had a few detours with injuries etc. and has managed to come back stronger every time.

Favourite shoe brand?

On Running and Asics

Favourite food?

Lollies (Is that a food?!)

Favourite drink?

Chocolate milk

Favourite Movie?

I haven't had time to watch many movies but I love The Hangover.

Favourite music?

I like RnB and anything else with a good beat!

Star sign?

Aries

If you have one wish in life it would be?

I would love to be able to keep running injury free.

79386 BRRC Quarterly Summer 2017 Text.indd 25 30/11/2017 11:22 am

2017 Australian Marathon Championships

by Kerri Hodge

On 17 September the Blackmores Sydney Running Festival hosted this year's Australian Marathon Championships. Fellow BRRC member Derrick Leahy and I were selected as Qld representatives. For both of us it would mean the completion of 3 marathons in 11 weeks. Neither of us had run the Sydney Marathon before and knew little of the course except to say it wasn't as flat as the Gold Coast. Being several years since we both last visited the famous city, coupled with the opportunity to run for our state in the maroon colours, we locked it in without hesitation.

Arriving Saturday morning, that first up-close glimpse of the Sydney Opera House didn't disappoint. We wandered the city streets before collecting race packs and attending the elite athlete briefing where we caught up with our Qld teammates. Sunday morning saw the group catch the train across the harbour to Milson's Point. Olympians Eloise Wellings and Dane Bird-Smith were on the same carriage as us. I noticed Eloise and Derrick were wearing the same shoes and I decided this was a lucky sign. Standing underneath the Harbour Bridge with the Opera House in the background & Luna Park staring down on us, it couldn't feel any more Australian as the excitement and nerves grew.

The race got underway in perfect cool temperatures as the course traversed all the iconic landmarks of the Harbour Bridge, Hyde Park, Darling Harbour, The Rocks and Circular Quay. Despite the sometimes-unrelenting undulations of the course it was a welcome change to the familiar straight line of the Gold Coast Marathon. Perhaps my favourite memory of the race (apart from the finish) was running a downhill section through the closed-off streets of the CBD to

Kerri Hodge (2nd from left) and Derek Leahy (2nd from right)

the church bells of St Mary's Cathedral as the majestic Opera House revealed herself behind the city skyscrapers.

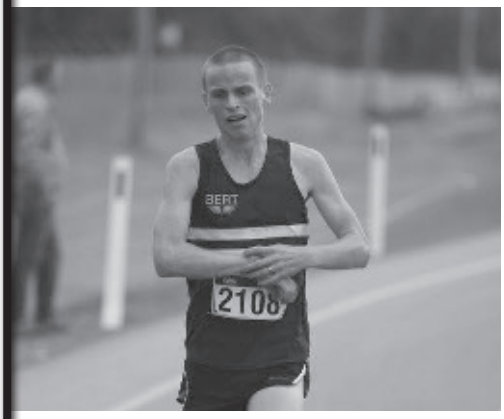
This was marathon number 23 for me. I love the challenge of this distance and its call to never stop improving. I have learnt to tolerate the pain that comes in the last 10km...perhaps even enjoy it. Usually a song on my iPod will resonate with me at a particular point during the race and I tap into that feeling and play the song repeatedly. This happened at about 28km with Queen's Don't Stop Me Now. I'm having such a good time, I'm having a ball. It's these moments that I truly embrace. Despite the pain, there is nowhere I would rather be than right there in that moment visualising the accomplishment of the finish. As fatigue creeps in, the usual battle between the mind and body begins. I constantly think of my goal and my burning desire to achieve it. I think about everything and everyone who got me to this point. Having the ability to maintain your focus in the face of desperately wanting to stop distinguishes a well-executed performance from a disappointing result. The finish line was all I had imagined it to be as I ran those last few hundred metres around Circular Quay between spectator-lined barriers to finally be met with the familiar welcome of my friend Pat Carroll on the microphone. I know a lot of people love the Melbourne Marathon's MCG finish, but personally I think the atmosphere and excitement of Sydney wins hands down.

After the finish we took advantage of some hospitality in the recovery zone before the presentations, courtesy of Athletics Australia. Derrick and the Qld boys won team GOLD in the Aus Marathon Champs and I placed 10th female overall. The proud and rowdy Queenslanders were definitely noticed for our great team spirit. With a 1pm checkout we then had time to enjoy a hot spa on the rooftop of our hotel before heading to the airport for a relaxing afternoon of coffee and beers (in that order) to reflect on what was the perfect weekend getaway.

RESULTS: 3 MARATHONS IN 3 MONTHS

KERRI HODGE		DERRICK LEAHY		
Gold Coast	2:55:13 PB	JULY	Gold Coast	2:45:53
Sunshine Coast	2:58:59	AUGUST	Brisbane	2:43:44 PB
Sydney	2:56:41	SEPTEMBER	Sydney	2:45:47

Gold – Qld Men's TEam. Derrick Leahy (far right)



MEMBER PROFILE

Name: Daniel James

Age: 23

Occupation: Superannuation

How and when did you start running?

Little Athletics- maybe when I was 6 or 7 my parents got me into it. Money was tight and it was probably a big financial commitment for them looking back on it.

Most Memorable Running Moments:

Gold Coast Half Marathon 2016 - 1:15 pb almost out of nowhere off minimal training.

Melbourne Marathon 2016 - 2:45 debut in rubbish conditions.

Favourite Running Distance and PB:

Half marathon - 1:15

Running Goals:

Sub 2:40 marathon at Queenstown this year.
2018 - 5km - sub 16 mins
10km - sub 33:30
Half - 1:12
Full - 2:35

Favourite Runs: Gold Coast Marathon weekend and also Kurrawa to Duranbah for the great relaxed, no-pressure atmosphere at that time of the year where it's so hot and everybody is just out for a good time.

Favourite Running Partners/Group:

BERT squad - my main man Peter Bracken, also a few of the other BERT boys, Jee Ming Leung for joining in on my tough Thursday sessions, and Simon Black and Dave Melville always up for a run somewhere with "quality" banter.

Who is your running idol?

Anyone who has continued running long term throughout their life. People that come to mind are the likes of Ian Cameron, David Sweeney and Peter Reeves. So much respect for these gentlemen. I guess I would classify them as running immortals.

Favourite Shoe Brand: Nike

Favourite Food: 2 minute noodles - much to my partner's dismay.

Favourite Drink: A nice crisp apple cider on tap.

Favourite Movie: I don't get too attached to movies but I'm a fan of series such as Narcos and war movies.

Favourite Music:

Anything up beat that gets me going. Not too fussy about tunes.

Star Sign: Sagittarius (I think)

If I had one wish in life what would it be:

To always be satisfied and grateful with what I have and what I've achieved.

79386 BRRC Quarterly Summer 2017 Text.indd 28 30/11/2017 11:22 am

THE YEAR OF THE 95 KM TOWEL

By Irene Davey

I went to Dash and Splash 2016
And I dashed and I splashed.
Then I ate the yummy breakfast
And waited for the presentations.
People were getting towels.
Lovely green towels.
I wanted one.
I didn't get one!
'What do I have to do to get one?' I asked.
The lovely Bruce explained:
'Irene, you have to run ALL the championship races.'

Oh. OK. My challenge for 2017:
Run all the championship races.
All seven of them.
How hard can that be?

February fun. Five Mile Championship.
This will be easy!
One down, six to go. 8 km.

April apprehension. The Half Marathon Championship?
I haven't run a half marathon for three years.
I haven't done any long runs for months.
But I want the towel! I will finish!
Two down, five to go. 29 km.

June joy! 10 km Championship.
Double joy really – BRRC and QMA together.
Three down, four to go. 39 km.
That green towel is looking more achievable.

July jeopardy. Another long one. 20 km.
Put on the stripey Injinjis and the light weight racers.
Put the mind into racing gear and think cadence.
Four down, three to go. 59 km.

September celebration in memory of Robin Flower.
10 miles is a funny distance.
To the Injinjis and the racers and the mind games
I add a good dash of energy gel. Super fuel!
Five down, two to go. 75 km.

I feel that green towel almost in my hands.

October opportunity - 15 km Championship
To further my claim to the green towel,
And do another long run before the AMG half marathon
In beautiful Tasmania.
Road carpet of Jacaranda blossoms
And air scent of jasmine.
A jacaranda towel would be pretty!
Six down. One to go. 90 km!

November number seven. 5 km Championship.
They saved the easiest till last.
Only one lap between me and that green towel!
And the sun shone and the showers waited.
Done. Finished. Achieved.
Seven Championship races. 95 km.

Now I know there are some of you out there
Who run 95 km in a single week!
But does it earn you a green towel?

So here we are at Dash and Splash 2017!
I have dashed and splashed
And enjoyed the tasty breakfast
Then presentation time at last.
I am presented with my towel!
My aqua towel. My 95 km towel!

But I don't think I will do it again any more years.
And Thank You to BRRC Committee and volunteers.

Irene Davey

79386 BRRC Quarterly Summer 2017 Text.indd 29 30/11/2017 11:22 am

3 x 4.5k Relay Event. 22nd October, 2017

by Betty Menzies

This race is undoubtedly BRRC's most enjoyable event of the year, according to most of the entrants in this year's event. If you didn't make it along this year, put it on your running calendar in 2018 for a chance to have as much fun as they did, AND win some great prizes! At this event last year, a Club record was set - the smallest number of participants making the greatest amount of noise - the only problem being that it was the kind of noise the slumbering West End neighbourhood failed to appreciate early on a Sunday morning. This year we delayed the start time from 6am to 6.30am and conducted the entire race on the footpaths and grassy areas of Orleigh Park. The start/finish area was situated behind the South Brisbane Sailing Club and the early-morning rowers on the Brisbane River became part of the cheer squad as the noise from our team supporters drifted over the water and away from our sleeping neighbours.

Once again this year teams were made up of one faster runner, one medium runner, and one slower runner, the aim being for the final runners of each team to all finish within a few minutes of each other. The method of putting together the teams of three contains a certain element of "randomness", which means that every runner who comes to this event has the same "random" chance of being on the winning team. It could be regarded as supicious that the winning team this year included the person who organised the final makeup of the teams of three (but I didn't say that!).

Ruth, Virginia, Susan, Cassie, Jenny, Kerri and Anita put up their hands to run with the fastest runners

79386 BRRC Quarterly Summer 2017 Text.indd 30 30/11/2017 11:22 am

Winners: Bruce, Andrew and Colin

Anita and Kleber nail a speedy handover

Facebook comment from Willie Towner: "It was a great team effort!! I enjoy the 3 person relay and 1x1.5km loop is good fun"

79386 BRRC Quarterly Summer 2017 Text.indd 31 30/11/2017 11:22 am

Results of 2017 BRRC Championship Series

Overall Club Champions

Overall Female Club Champion
Brittany Zendler (third year in a row)

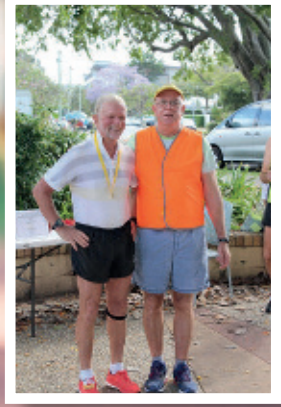
Overall Male Club Champion
Clay Dawson (fifth year in a row)

79386 BRRC Quarterly Summer 2017 Text.indd 32 30/11/2017 11:22 am

Age Group Champions

FEMALE		MALE	
Age Category	**Name**	**Age Category**	**Name**
0 - 19	Brittany Zendler	0 - 19	Jayden Lyttle
25 - 29	Morgan O'Brien	20 - 24	Daniel James
35 - 39	Astrid Gomez	25 - 29	Kleber Ribeiro Cunha
40 - 44	Kerri Hodge	30 - 34	Leo Hua
45 - 49	Louise Moore	35 - 39	Clay Dawson
50 - 54	Marion Hermitage	40 - 44	Simon Black
55 - 59	Susan Tessmann	45 - 49	Kevin Muller
60 - 64	Jenny Downie	50 - 54	Neil Bath
65 - 69	Irene Davey	55 - 59	David Sweeney
		60 - 64	Ian Cameron
		65 - 69	John Sheer
		70 - 74	Erkki Ryhanen
		75 - 79	Harold Haldane

Consistency Champions

Congratulations to those members who completed all seven championship events in 2017 and earned a specially embroidered Brisbane Road Runners Club towel - Kerri Biggins, Irene Davey, Deborah Davis, Jenny Deag, Jenny Downie, Marion Hermitage, Kerri Hodge, Anita Jarvis, Li Jun Zhang, Catherine Turton, Luca Asmonti, Paul Broad, Lucas Brown, John Harris, Jack Marsh, Erkki Ryhanen, John Sheer & Stephen Walmsley

XVI
AUSTRALIAN
MASTERS
GAMES
XVI
5103