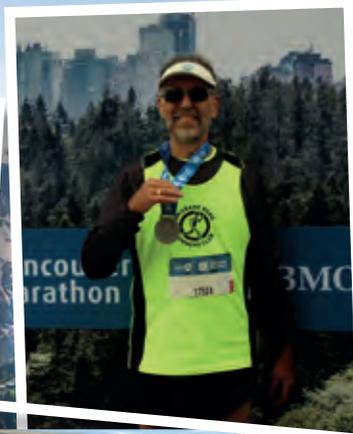




BRRC

Spring 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.

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From the Editor...

By Robert Lofthouse



Welcome to the Spring edition of the BRRC Magazine!

It's been a hectic couple of months with events such as the Gold Coast Marathon as well as the Brisbane and Sunshine Coast Running Festivals keeping everyone well and truly occupied. I hope everyone came away satisfied with their results.....and if not, well you can come back better than ever next year!

This edition of the magazine contains a variety of reports covering races held over the last couple of months but in particular, I must thank Bruce Smerdon and Betty Menzies for their efforts in putting together a great gallery of photos (complete with captions) of BRRC members in action at the Gold Coast Marathon weekend. Less emphasis on the reporting side and more on the pictorial view of members competing in their event gives this edition a very different look. Well done, guys!

Articles by Irene Davey, and one by Bob Miller on his visit to Vancouver, make for some interesting reading and Bruce Smerdon has worked hard on his BRRC 2017 Championships report to keep everyone up to date with the latest in each of the age groups.

There's still plenty of incentive for everyone to keep training for the next few months with the Twilight Bay Run at Wynnum in September as well as the Sydney and Melbourne Marathons. We still have a couple of events left in our BRRC Championship series as well so keep coming to West End and enjoying the company of like-minded members on a Sunday morning.

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



Our editor Robbie Lofthouse has put together another bumper Spring issue of our magazine, thanks to those who have offered articles for publication. We've seen some remarkable achievements by club members over the winter season, including wins in the Brisbane and Sunshine Coast Marathons by our reigning men's club champion Clay Dawson, and numerous medals in the Australian Masters Athletics Championships, including four golds, a silver and a QMA record to Kerri Hodge. Kerri also managed sub three-hour marathons at both the Gold Coast and the Sunshine Coast. A number of club members, including Michael Schultz and Robbie Lofthouse are surpassing the landmark of 200 parkruns. Some running stars rise, others fade, and others just keep on amazing us with determination and resilience, as has Betty Menzies with her comeback from a total hip replacement with a sub-30 minute 5 km at our last August run. Many of you have achieved your first half marathon or full marathon in the past winter season. Some have run PBs or age PBs and even age championship records. Congratulations to you all on your fine achievements.

I've been stewing over what to write about in this Spring issue as I prepare to fly to the UK on Thursday night for a conference and a quick trip to the Western Isles of Scotland, whence came, in 1837, my first Australian ancestors, my great-great-great-grandparents and their seven children, speaking Gaelic and no English, forced by rental increases directed towards depopulating the isle of Tiree of its poorer tenant farmers to enable expansion of the holdings of those in favour with the Duke of Argyll. On the orders of the Duke, those crofters who failed to comply with their evictions had their cottages burnt. So there was not a great deal of choice in it. My Scottish forbears were part of the first wave of the clearances, involving assisted passages to Australia or Canada. They had to sign

themselves over to the ship's captain, who auctioned them off in Sydney as labourers for a term without pay to meet the costs of their passage. So much for the notion of free settlers. Essentially they were refugees, and were sold as slaves.

What does this have to do with running? I doubt there was a great deal of running up and down the decks of the Brilliant during that four month passage out of the inner Hebrides, and certainly no electronic treadmills to enable training to continue in confinement. What was clear to the immigrants was what they were running away from, and they certainly had no idea of what it was that they were running into. That I live today and am able to choose freely to run is a consequence of their determined efforts and their resilience. I wonder if unconscious trans-generationally transmitted trauma had anything to do with the compulsion I experienced to begin running as a teenager, and especially with my adolescent dreams of running?

I was seventeen, in the process of training for my first marathon by taking runs out from my family home on the western fringe of Harristown, Toowoomba, out through Drayton and down the Warwick road for ten miles or so before turning around and running back, dodging rural youth coming over the hills at a hundred miles an hour throwing beer cans. It was then that a particular dream came to me, one that stopped the long sequence of previous dreams in which I would be running away from an unnamed threat, one that was inevitably closing on me, until I froze, could run no more, and it was about to get me. Then I would wake up, terrified, having kicked all the blankets off me. Until I dreamed one night of running through a cemetery, my sun-bleached shoulder length hair streaming out behind me in the moonlight. A creature with fangs and claws, clothed in a long brown robe covered in magical symbols, wearing my own

From the President cont.

By President Andrew Leggett



face, jumped out from behind a gravestone and began to chase me. It was my other self, and just a little fitter than I would ever be. It was going to catch me. This time though, I stopped and turned to face it, and when it sprang, I did not freeze, but screamed and kicked it fair in the solar plexus, and it went sailing off into the night sky, never to return. A few months later, I had left home for medical school in Brisbane. With the support of older medical runners—Toowoomba GP Dr Jock Lambie (a founder of Toowoomba Road Runners) and Dr Andy Semple (whose University of Queensland marathon training group later become Brisbane Marathon and Road Runners Club), I ran that marathon, and I've since never had another of those scary running dreams again.

What is this dreaming that we run? What is it for each of us that we run from and run towards? I wish you the best that can be with your running, and that for each of you, that your best dreams will come to fruition.

Andrew Leggett
BRRC President





MEMBER PROFILE

Name: Elliot Carr

Age: 30

Occupation: University Lecturer/Researcher in Mathematics

How and when did you start running?:

I did Little Athletics and Cross Country when I younger but stopped running through my late teens/early 20s during university. Ran Bridge2Brisbane 10km in 2009 off no training in 49:52. After that I was hooked and have been running ever since.

Most Memorable Running Moments:

The big breakthrough runs are always the most memorable for me:

- Breaking 40 mins for the first time at the Doomben 10km in 2010.
- Breaking 17 mins for the first time in 2013 at Sandgate parkrun.
- Breaking 16 mins for the first time this year at Sandgate parkrun.
- GCAM 10km 2017 (33:03) breaking my PB by almost a minute.

Paris Marathon in 2014 was pretty good too (even though I fell apart the last 10km!)

Favourite Running Distance and PB:

It is really hard to choose one but probably the 5km (PB - 15:56).

Running Goals:

I'd love to break 9 mins for 3km, 15:30 for 5km, 32:30 for 10km and 1:14:00 for the half marathon next year.

Favourite Runs:

My favourite races are the big events with deep fields: GCAM 10km and Bridge to Brisbane.

Favourite Running Partners/Group:

My wife Emily and the BERT Squad guys.

Who is your running idol?:

Kenenisa Bekele and Craig Mottram.

Favourite Sportsperson/s:

Running: Ryan Gregson, Patrick Tiernan, Michael Shelley and many of the other elite Australian runners.

AFL: Michael Voss and Jason Akermanis (Brisbane Lions golden era)

Favourite Shoe Brand: Nike.

Favourite Food:

Bread, cheese and chocolate.

Favourite Drink:

Coffee (Flat white, no sugar) - nothing better post run.

Favourite Movie:

Midnight in Paris and The Grand Budapest Hotel.

Favourite Music:

A little bit of everything but I don't really have any favourites as I don't listen to music often.

Star Sign: Virgo.

If you had one wish in life it would be?

To live a long happy life.

Brisbane Road Runners Race Report

By Robert Lofthouse



June 4th – 30km/25km/20km/15km/ 10km/5km (106 finishers)

Excellent weather greeted runners and with six distances on offer, the opportunity to have a decent hit out, a month before the Gold Coast Marathon, saw a decent turnout despite opposition from the annual City to South event.

The 30km featured some great performances by both male and female winners with **David Sweeney** breaking a course record, crossing the timing mat in **1:51:36** and **Kerri Hodge (2:05:37)** recording the second fastest time ever run by a female on the current course which has been used since 2008.

A special thank you to all the volunteers who helped on the morning. It was certainly appreciated by all runners, especially those who were out there for over three hours.

Russell Wilson did his usual 'no fuss' job as Race Director with The Run Inn being the event sponsor.

A summary of the winners on the morning appears below.

30km – David Sweeney and Kerri Hodge

25km – Jarred Gunn and Jenny Cawood

20km – Alain Raud and Kelly Obst

15km – Shane Johnston and Meg Henderson

10km – Will Barton and Kate Riethmuller

5km – Aaron Breed and Thwane Fouche

June 18th – 10km CLUB CHAMPS/5km (229 finishers)

*****Patrick Nispel and Brittany Zendler triumph in 10km Champs*****

Car parking was at a premium in the West End area with a major bike race also starting in the near vicinity. Perfect clear and cool

conditions greeted a field of over 200 runners who assembled outside the Boat Club for the 6.30am start.

The first lap of the 10km men's race was closely fought with **Patrick Nispel** (16:56) leading at the 5km mark by just one second from Elliot Carr with David Sweeney two seconds in arrears. Patrick was able to hold his lead throughout the second half of the race crossing the finish mat in **33:53** to give him victory by five seconds over Elliot Carr. David Sweeney claimed third place and Toowoomba visitor Matt McDonald was fourth.



Elliot Carr and Patrick Nispel

Age Group Records – Special mention to Osman Saleh (M20-24 Age), David Sweeney (M55-59) and Colin Woods (M80-84) who all broke BRRC Age Group Records on the morning.

The ladies' 10km Championship saw **Brittany Zendler** establish a handy lead early in the race and at the 5km mark Brittany (18:19) lead by nearly half a minute from Kim Knox with Olivia Lennon holding third place by a narrow margin over Kerri Hodge.

In the second 5km lap, Brittany eased off a little but still crossed the line with a 20 second winning margin over Kim Knox and Olivia Lennon. Brittany Zendler's winning time was **37:07**.

From a Club Championship perspective, Noo Bowker and Kerri Hodge were awarded second and third place respectively, as Kim and Olivia were not current club members.

Age Group Records – Laura Daly (F20-24) and Noo Bowker (F45-49) managed to break their respective age group club records on the morning.



Katrina Crook



Vicki Fennelly

5km – The one lap event was won by Peter Run (**16:57**) with Elliot Williams and Nicholas Turner rounding out the top three.

In the ladies' equivalent, **Amy Riethmuller** crossed the mat first in **24:19**.

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. **Patrick Nispel** from **P.A.T. 42.2 Running** was the event sponsor.

July 9th – 15km/10km/5km/2km (101 finishers)

A week after all the excitement of the Gold Coast Marathon, a relatively quiet morning was expected but there were still some good performances recorded.

15km – Leading Queensland runner **Jonathan Peters** made his first appearance for the year at the club and after heading through the first 5km in 16:40, went on to **win** the race in a very comfortable time of **51:53**. The battle for second was a three way affair with Rhys Thomas, Damon Bruce and Simon Black all close together after 5km. Damon ran a strong second lap to give him a 20 second lead over Rhys Thomas at the 10km mark. Damon continued to build on that lead in the final five kilometres ensuring that he retained second place at the finish with Rhys Thomas third.

In the ladies' equivalent, **Kerri Hodge** cruised around the course in **1:15:38** to take the honours with Liz McCracken second and former Colombian runner, Astrid Gomez third. The previous week saw Kerri run a marathon PB of 2:55 at the Gold Coast.

10km – The 10km proved to be the most popular event of the morning with 47 starters. In the men's race, **Peter Bracken** established a good lead in the first 5km crossing the mat in 16:41, before going on to post a winning time of **34:03**. Second place went to a star of the future with 14 year old Jaxon Paterson-Wright clocking a very impressive 34:48 with Daniel James third. Jaxon has been the winner of the Gold Coast 4km event over the last couple of years and has plenty of talent.

In the ladies' 10km, **Nerissa O'Donnell** lead all the way, clocking a time of **40:16** to take the honours from Eliza Buzacott-Speer and Anita Breed.

5km – **Zoe Manning** led home all comers in this race winning in **18:24**. Second female was Audrey Jinks with Kelli Crawford third.

In the men's category it was good to see **Andrew Holden** back winning an event after a long-term injury. Andrew managed to finish in **20:53** with Maarten Kamp and Derek Enslin second and third respectively.

2km – George Collins recorded an impressive **8:33** on his way to winning the Junior Dash.

Special mention to **Pam Goddard** who was Race Director on the morning and to **intraining** for once again being the Race sponsor. The intraining singlets are always to the fore at all of our club events.

July 23rd – 20km CLUB CHAMPS/15km/10km/5km (157 finishers)

*****Clay Dawson and Brittany Zendler win
20km Champs*****

Conditions were cool and dry for the 20km champs with the temperature hovering around the 8 degrees mark at the start.

As expected, **Clay Dawson** took it out fast in the first 5km and by that stage had established a 30 second lead over a group of three, Elliot Carr, Daniel James and David Sweeney. At the 10km mark, Clay had extended his lead to over a minute, crossing the timing mat in 34:46 at that stage. Elliot Carr and Daniel James were still together in the second pack at that stage with David Sweeney 20 seconds in arrears.

Nothing changed in the third lap as Clay continued to build on his lead with Daniel and Elliot still together going into the final lap. Clay maintained his good form right to the very end crossing the finish in **1:09:44**. At the 19km mark Elliot Carr seemed to develop some sort of leg injury which slowed him considerably, enabling Daniel James to surge away and finish second with David Sweeney also managing to pass Elliot and take third place in the Championship.

In the ladies' 20km race, 2016 Club Champion **Brittany Zendler** led the field through the 5km mark in 19:34. Kerri Hodge was second at that stage with Deanne Wooden third and Anita

Breed fourth. The positions did not change for the rest of the race with Brittany winning in **1:21:39**. Kerri Hodge claimed second place and Deanne Wooden third. As Deanne was not a current BRRC member, third place in the Championship series was awarded to Anita Breed who was the third BRRC member to cross the finish mat.



Clay Dawson and Brittany Zendler



Graham Robertson, Ian Cameron and Bob Miller

15km – The three-lap event proved to be a good tussle up front between Damien Jeffery and **Ben Stute**. After 5km Damien had a lead of eight seconds and at the 10km point it was just five seconds. Ben found something extra in the third lap making it his quickest lap of the three as he overtook Damien and going on to claim the winner's mug in a time of **58:30**. Damien was just 12 seconds behind at the finish with Duncan Penfold third.

In the ladies' 15km, **Thwane Fouche** lead all the way to cross in a time of **1:07:57** with Zoe Manning finishing second and Jessica Dobson third.

10km – Damon Bruce lead Chris Adams by just six seconds at the halfway point of the race and despite Chris being close for most of the second half, Damon managed to hold on to his narrow lead, crossing the finish in **35:32** with Chris four seconds behind. Marty Kelly was third male to cross the finish mat.

Nerissa O'Donnell made it two wins in a row at West End with a polished performance in the ladies' race. Her winning time of **39:18** was nearly a minute quicker than her time two weeks earlier. Kate Riethmuller was second and Sally Adams won the battle for third, passing Julie Leary with less than three kilometres to go.

5km – Long time BRRC club member **Greg Coulter**, had an overdue win in this event recording a time of **19:27**. Nathan Moore and Dave Willems also deserve honourable mention for finishing second and third respectively.

Audrey Jinks won her first ever BRRC event in **26:59** with Lisa Day and Betty Menzies rounding out the top three in the ladies' division of the 5km.

Age group records were broken on the morning in the 20km Championships by Kerri Hodge (40-44 Age) and Irene Davey (65-69 Age) in the ladies' event and Daniel James (20-24 Age), Clay Dawson (35-39 Age) and David Sweeney who broke the 55-59 age record in the men's event.

Thanks to Race Director Bruce Smerdon and his volunteers for their sterling efforts on the morning and to Patrick Nispel from P.A.T. 42.2 Running Group for sponsoring the 20km Championships.

August 13th – 15km/10km/5km/2km (96 finishers)

Great conditions for running with clear skies and no wind and a temperature hovering

around 12 degrees for the 6.30am start. Attendance was down on normal with the previous week's Brisbane Marathon obviously having some effect as well as the upcoming Sunshine Coast Running Festival.

15km – The men's race was a good contest at the front with newcomer **Kai Moriyama** and BRRC regular Danny McDonald locked together at the 10km mark. The battle for third was also close at that stage with Alex Haywood just a few seconds ahead of David Melville. It wasn't until the 13km mark that Kei was able to establish a small break on Danny and then actually quickened the tempo until the end resulting in his third lap being his quickest of the race. Kai's winning time was **55:08**. Danny ran fairly even laps for the entire race to finish runner up with David Melville pipping Alex Haywood by just one second (net time) to claim third place.

In the ladies' race, **Nerissa O'Donnell (1:02:44)** made it three wins in a row at the club with a resounding victory over Shannon Proffit and Laura Daly.

10km – Well-performed Queensland Masters runner **Ian Cameron** left all his younger rivals behind, as he built up a 30 second lead at the halfway point of the run before extending that lead through the second half before recording a winning time of **37:41**. Gerry Taylor was second and Thomas Enslin third.

In the ladies' 10km, Julie Leary led **Marion Hermitage** by 30 seconds at the 5km mark but Marion managed a negative split of nearly a minute in the second half of the race to stop the clock at **45:20** and give her a winning margin of nearly 30 seconds over Julie with Joanna Morris third.

5km – Thomas Patterson (20:25) claimed the winner's trophy in the one lap event holding off the challenge of Dave Willems by just two seconds. Lee Horobin rounded out the top three.

In the ladies' equivalent, **Naomi Daly** was first over the mat in **26:43**. Great to see Betty Menzies back running and finishing in second place with Heather Lyons third.

Naomi, her husband Gerard and daughter Laura have been great supporters of BRRC over the last decade.

2km – Only two competitors in the Junior Dash with **Ethan Cook (11:18)** edging out his brother Hugo at the finish.

Special mention to **Kerri Hodge** 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!

August 27th – 10km/5km (43 finishers)

One of the smallest fields in years assembled at the start line on a cool morning with the temperature hovering around 10 degrees Celcius. With the Bridge to Brisbane in full swing in a neighbouring suburb and with many club members still in recovery from the Sunshine Coast Marathon it was certainly quieter than normal.

Race Director **Kerri Biggins** gave the usual pre-race briefing and everyone was on their way.

10km – The men's 10km saw well-performed Ultra Marathon runner **Kevin Muller** lead the field home in a time of **38:34**. One of Queensland's best performed trailrunners Shaun Mulholland held out a determined challenge to cross second just two seconds ahead of Kaila Barinder Singh.

The ladies' 10km featured yet another good performance by **Nerissa O'Donnell** who made it four wins in a row at West End taking out the event in **39:26**. Kerri Hodge was second and Emma Mair third.

5km – The one-lap event saw **Aaron Breed (17:57)** and Betty Menzies (**29:33**) take home the winner's trophy in their respective categories. Great to see Betty back running after her operation. Andrew Marrington and Lee Horobin were second and third respectively in the men's event and Betty was the only lady in the 5km.

Many thanks to Kerri Biggins for being Race Director on the day and to our event sponsor Margot Manning from **intraining**.

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.

Running with Betty and Bruce at the Gold Coast Airport Marathon 2017

By *Mathew Ditchburn*



Earlier this year my parents asked me if I'd like to come to the Gold Coast for a holiday and to meet up with Betty and Bruce. This of course meant road running, which I love but have very little time for with my studies and playing squash.

Mum and I entered the 10km, as well as Bruce (who mum was determined to beat). My dad and brother entered the 5.7km with Betty. Leading up to the big day, I went for a couple of trial runs and didn't do so well, having to stop both times due to sore legs – next time I'll train a little more in advance!

My race start was 6:30am, so we were all up at 4:30am to make sure we got there in time. After a long warm-up, we hit the line with the other 5000 entrants. I usually run 4-minute kilometres for 5km, so I thought I'd try to keep up with the 40-minute pacer for as long as I could. Later I found out his name was Keith Hong.

Keith started the race with a good group of about 30 people around the 2km mark. His pace was down-to-the-second precise, which helped us all get our rhythm for the run. Keith's approach was a mix of motivational and military; providing good advice throughout but also hammering home the basics about pushing through the pain. Every group of supporters we passed, he would yell "make some noise!", to which they all obliged – this motivated all of us to keep pushing on.

Keith was pounding, "if your head's down, you feel down! Chin up, eyes to the horizon" into our heads. Every incline we got to, he would tell us to "lean into the hill" – one of the best bits of advice I've got. I feared that if I didn't oblige, I'd have to drop and give him 20. We ran the first 5km in 19:53, pretty much spot on the goal time. This is when he told us that now we do the work. My body was slowly both

numbing and getting sore, but I pressed on.

Keith was giving us individual tips as we got to the waterfront. "Pump your arms, control your breathing". By 8km, we were a group of about 8-10. It was tough, but the pain was pretty much gone in favour of complete numbness. When we passed the 9km mark, he started targeting us all individually. I recall him looking over and stating "you, catch intraining" – one of the guys about 30m ahead. I was so terrified of any backlash my body just took off. I made it over the line on 39:30 with a net time of 39:18. I'd like to thank Keith for being an excellent pacer – he provided great coaching throughout and motivated me and a bunch of others to make the sub-40.

We all ran very well, especially Bruce who managed to stop for some push-ups at the Brisbane Road Runners tent during his race. Catching up with Betty and Bruce and spending time with my family in the Gold Coast was great fun and I hope to return soon for the marathon (and maybe another holiday to pair with it).



Mathew Ditchburn with his mother Linda



MEMBER PROFILE

Name: Gwen Vines

Age: 70

Occupation: Aged Carer

How and when did you start running?:

My first taste of running was in 1976 when son Geoff wanted to be in his school team for the Canberra Times fun run. I joined the ACT Vets & North Canberra athletic clubs competing in Cross Country, Track & Marathons. In 1986 when unable to run due to injury my daughter Julie Hill-Webber was being coached by Bruce & Sue Cook in race walking, I was asked to give it a go to keep warm, Bruce thought he could work on my technique, I competed in race walking at Vets nationals most years. World Vets in Melbourne 1987, Oregon 1989 & Brisbane 2001.

Most Memorable Running Moments:

Running with the Olympic torch in 2000.

Wang marathon Sydney 1985 when Ron ran with me helping me to a 23 min PB.

World Vets Melbourne 1987 came 3rd behind NZ & England in the 10k road race walk, 54.45min. Hawaiian marathon was a wonderful experience.

Favourite Running Distance and PB:

Loved long distances. 10k's & ½ marathons. Both are a challenge now. PB's 10k 42:17 on track in Hobart. Sydney marathon 3hr 22min 44sec. Have completed 10 marathons & 49 1/2 marathons

Running Goals:

Don't have any more goals now. Had intended to complete all 5 events in the Warwick Pentath this year but a Meniscus tear put a stop to that.

Favourite Runs:

Love the atmosphere at our North Lakes parkrun & breakfast after the run.

Favourite Running Partners/Group:

Mostly run on my own these days, occasionally Ron comes with me but I walk often during runs. Have a group from parkrun & love running along the foreshore at Scarborough & Redcliffe.

Who is your running idol?:

Carlos Lopes from Portugal. Won Olympic marathon 1984. Portugal's first ever gold medal.

Favourite Sportsperson

Rob de Castella. Met him in Canberra & friend of my son Geoff.

Favourite Shoe Brand:

Have tried many, mostly wear Saucony as Ron used to work for Spank Sports wear when owners imported them from the US in the mid 80's.

Favourite Food:

Love pasta, grew up on lamb, love chocolate & anything sweet.

Favourite Drink:

Hot chocolate, red wine when out for dinner.

Favourite Movie: Chic flicks, Musicals

Favourite Music: Country, Rock & Roll

Star Sign: Aquarius

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

Would love to run pain free. Have done some travel with more to do.

Brisbane Marathon Festival - August 6th 2017

By Will Towner



I would like to give you a bit of my history of this event and a debrief of my day.

I have been to four Brisbane Marathon Festivals previously, competing in two half marathons in 2012 and 2015 and two marathons in 2013 and 2014. In 2013 my marathon time was 3:49:38 and 2014 it was 3:43:51. My marathon PB is 3:37:21 from Gold Coast 2014. So leading into this 2017 event I had three goals and that was to better Brisbane time, go under the Gold Coast time and go under 3h:30m which is sitting at 5 min km's.

As I headed into my 9th marathon in total, I started my day on 6th August with my alarm waking me up at 3am. Left home at 4:00am to park at Queens Plaza, one of the suggested car parks from the Brisbane Marathon website. It was cheap with the promo code, easy to get to and close to the start line. I arrived just after 4:30am and met with Dan, one of my teammates from Brisbane Run Squad who I train with! We walked up to near the finish line area to meet our other run squad marathoners Matt, Melissa and Stephen. 5:15am came around and we decided it was time to place our backpacks into the baggage drop off area and head off for a 2km warm up and a last-minute toilet stop before we head off towards the start line. We arrived at the start line in perfect temperatures for running, cool and overcast. Within 5-10 minutes, all of a sudden we were off and racing.

As it turned out I was able to hold my 5min km's well and on target to get under my goal time of 3hrs 30mins until about the 37km mark where my calf started to cramp up after turning at one of the corners out near Brisbane Road Runners Club start line! From that stage of the run I had no idea what pace I was doing as I started to have battles with the mind and body! In the end I battled enough to get a 4 minute PB and finish in 3:33:10. Recovery area was awesome when I

got there you were able to get a soft drink and a chocolate bar to help replenish the energy levels.

Brisbane Marathon is a great event to run in for me as it covers a lot of the areas where I do a lot of my training and training runs. It was well organised from what I saw and the course in near perfect order. The only couple of negatives I have on the day is the uneven ground to run across near the bottom of the Kangaroo Point Cliffs and the little extra few hundred metres heading in a different direction out near BRRC start line at the 37km, just when you think you are on the way home.

Most of all I would like to thank the volunteers who helped out in the set up of this event and those who were at the drink stations. Without these people the event would not run as smoothly. To my support crew from Brisbane Run Squad, thanks for being out on the course to cheer the blue and white army on.

Looking forward to next year already.



Will Towner

The Crocodiles Smiled . . .

By Irene Davey



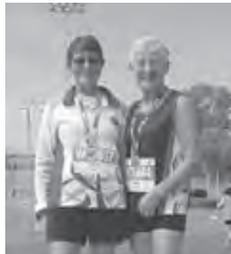
Report on BRRC members who competed at the Australian Masters Athletics National Championships in Darwin, 9 – 12 June 2017. This was the first time the Nationals have been held in Darwin and the event attracted a record number of competitors.

This could be a short report, as there were only 4 of us there, by my count: Kerri Hodge, Adrian Royce, John Sheer and Irene Davey. My apologies if I missed anyone!

Day 1. Friday.

Kerri, Adrian and John ran the 10,000 track run. Kerri scored the first of her smiling gold crocodiles and Adrian the first of his smiling silvers. John was very happy that he ran a season best.

Irene (who had a birthday and moved into the new age group the day before the champs started) ran a good 800 m for a silver smiling crocodile.



*Irene Davey and
Lavinia Petrie*

Day 2. Saturday

Irene and Kerri had great runs in the steeplechase, keeping a lookout for crocs in the water jump. With all age groups running together, Kerri (W40) was overall winner, and both received gold crocodiles. Later Irene competed in the 200 m sprint finishing 4th.

Day 3. Sunday

John, Adrian and Kerri competed in the 5000 m track run. Again, John ran a season best time, taking 42 seconds off the time he ran at the QMA Championships in April. Adrian finished a close second in his age group for a silver crocodile and Kerri



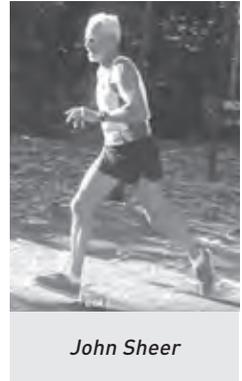
*Crocodile Smiling
Medals*

again scored another gold. Irene, obviously deciding it was easier to be a sprinter, held off a determined West Australian in the 400 m to complete her set of smiling crocodiles with a bronze one.

The official dinner and awards function was held on Sunday night. BRRC runner Dave Sweeney was short listed for the Distance Award and also Outstanding Male Athlete Award – both in competition with several other outstanding Australian Masters athletes. (Perhaps I should mention here that he received the QMA Male Athlete of the Year Award this year.)

Day 4. Monday.

This was the real croc watching day, with the 8 k Cross Country being held on a 4 k loop through the Casuarina Coastal Reserve to the north of Darwin City. The relatively flat course traversed mostly gravelly paths with a section of boardwalk over mangrove swamp at high tide, and about a kilometre on short mown grass.



John Sheer

All four of us competed. Again, Kerri led the women's field for a fourth smiling gold. Adrian scored a silver in a very close fast finish, and Irene finished a distant second behind the legendary Lavinia Petrie who holds world records in the W70 age group for half marathon and 10.000. John finished very fast, claiming he had been chased by a crocodile in the mangrove swamp. A video of him finishing shows him looking totally terrified!

Looking at the results, I realised the other 3 also ran in 4 x 400 m relays on Monday afternoon.

References to smiling crocodiles? The medals, of course – showing the Athletics NT logo with a happy looking croc! (see picture)

Results

Kerri Hodge W 40

1500 metres	1	4.55.85	
5000 metres	1	18.23.27	
10,000 metres	1	37.39.03	
2000m Steeplechase	1	7.39.18	QR
8k Cross Country	1	31.02.00	

Irene Davey W 70

200 metres	4	40.91	
400 metres	3	1.36.14	
800 metres	2	3.53.00	
2000 m Steeplechase	1	11.29.95	QR
8k Cross Country	2	51.13.00	

Adrian Royce M45

800 metres	9	2.33.41	
5000 metres	5	18.04.33	
10,000 metres	2	37.20.03	
8k Cross Country	2	29.20.00	

John Sheer M 65

5000 Metres	6	22.10.89	
10,000 Metres	4	46.41.48	
8k Cross Country	6	38.15.00	

Full results can be found on the website:
<http://www.australianmastersathletics.org.au/wp-content/uploads/2012/03/FINAL-Results-by-event-.pdf>

The next Australian Masters Championships will be held in Perth in April 2018.

Oceania Masters Championships will be held in Dunedin (New Zealand) in January 2018.

The next World Masters championships will be held in Malaga (Spain) in September 2018.

Vancouver Half Marathon – 7th May

By Bob Miller



On a recent holidaying vacation to Vancouver Canada with some running friends, (Russell, Carol, Colin and Jenny) there was an opportunity for us to compete in a major running event comprising of the marathon, half marathon and 8km runs.

The BMO Vancouver Marathon is an annual race held on the first Sunday of May each year in Vancouver, British Columbia, Canada. As the second largest international marathon event in Canada, it has a certified running course. In 2016, over 14,000 people participated with over 3700 completing the marathon distance. For this year (2017) over 13,000 people were registered to complete one of the three events (M=3500, 1/2=7000 and 8= 2500).

The BMO Vancouver Marathon race weekend features races for everyone with Vancouver's only marathon, a fast Half Marathon and an 8KM race. The event is renowned for its unique scenic views including snow-capped mountain ranges, cherry blossom trees, and 70% shoreline views. The event began with 32 finishers in 1972, and now welcomes over 10,000 runners from over 60 countries annually.

The event kicks off with a three-day expo on anything to do with running, fitness, sports

products and the latest in health care products with over 120 exhibitors displaying all sorts of goodies.

The expo runs in the local exposition centre built in part for the 2010 Winter Olympics administration committee. At the expo, along with some other 9,999 (+/-) competitors, one picks up their race bibs, train / bus passes and many other freebies along the way. It took us nearly a whole day to get our race bibs, peruse all the stalls, talk to this and that person, review any new display toy and so on.

Finally headed back to our hotel to rest up for the big race day tomorrow. Have to be up early to catch the train out to the start. Oh yeah, this is the only hassle to this event. All events have a different starting point hence the free train/bus passes, so that in our corner, my starting point (21kms) was approx 5kms south of the city (Queen Elizabeth Park), whilst Colin's event (8kms) started approximately 3kms north of the city in Stanley Park. All races would eventually finish near West Hasting Street parklands waterfront near the Expo Centre in town.

As the last of the spring sun sets around 9pm and rises again around 5.00am, we trundled down to catch the local sky train to the outer suburbs along

with many, many more fellow runners for the half (start time 7.00am). Di leaves me cold and alone at the station so she can make her way back to a warm sunny cheering spot and to meet up with Russel and Carol to sip on hot chocolates whilst waiting for me to go fleet footed past at some point.

Meanwhile Colin and Jenny are making their way to the 8km start point in Stanley Park.

After quickly making some new-found friends at the train station, we board the train and after a short journey, hop off and have to walk about another 2-3kms to the start line. Lucky for me these new-found friends are also heading in the same direction.

At the starting grounds, there are lots and lots of porta-loos to go around – plenty for all. Pick-up vans for drop-off clothing are well organised via your colour coded bib, i.e. Green, Pink, Blue, Red, Black and Yellow etc. Your starting time is determined by your bib colour. (which is time nominated) Your starting time is delayed by a couple of minutes until after the last runner from the previous starting colour has crossed the actual start line. A staggered start is provided to ensure runners' safety in the huge numbers of runners in each block and given that the start is basically a downhill run, chaos is being avoided.

After shedding and dropping off my nice warm cosy clothing to acclimatise to the cold and slightly windy morning (around 5.0 degrees – what with summer just around the corner it was supposed to be "WARM" – yeah right) and thanking the stars above for no earlier morning showers and so after a brief warm up waiting for my turn to cross the start line, we are given the signal to confront the stopwatch and begin the run to make our way to the finish line.

As previously mentioned the first few kms are downhill which I liked and enjoyed as it was easy running and got me into a good steady rhythm. It's easy to see why the staggered starts are important as the horde of runners pound the immediate bitumen, at first all bunched up tight together trying to find that elusive clearance spot, running at a fast and furious pace given this downhill decline, before the sprinters and pacemakers start spreading themselves out along the barricaded main thoroughfare.

Running straight down the road, one sees the aqua blue sky above, the majestic snow-capped peaks in the distance, feeling the crisp clean cool (nah - still bloody cold) air, steam firing from the mouth with every breathe being exhaled – runners everywhere, people on the sidelines cheering,

clapping– even for a lonely Brisbane Road Runner - just so awesome – just so unforgettable!! – A magic moment in time.



Colin Woods and Di Miller

The run proceeds down the main street into the city before heading downtown via Chinatown, then up through the city centre itself. Di, Carol and Russell are at various cheering points along the way because the run loops close by itself so it is relatively easy to get from one spot to another.

After leaving the city centre, the run makes it way along the foreshores before heading into Vancouver's national parkland. Musical band, singers are playing all along the course from start to finish. Water stops are plentiful, with bars, gels, fruit etc. and the volunteers really get into the swing of the event.

The course is well designed to give spectators a lot of freedom to move about and cheer on their favourite runner/s at the numerous vantage points throughout the parklands. Di, Carol and Russell did just that – moving from one spot to another. From an overseas runner's point of view, this is fantastic as one feels like an elite athlete who has a big supportive cheering squad behind them, not just in one spot but throughout most of the bottom half of the course. Some of the locals actually thought you were a somebody!!!

Only in the parkland, one has some slight inclines, a few ups and just a few teasing downs before a flat and fast run to the finish line.

After finishing, one is encouraged to "keep moving" to the huge recovery area where one is given their well-deserved medal, before being overloaded with mountains of water, sports drinks, fruit, bars, bakery items, photos, results, collection of baggage (temperature is now around a "WARM" 12.0 degrees max – (with summer the following week– this is the warm summer - yeah right!!), my warm cosy shirt and jumper and a hot cup of coffee is most welcomed.

Colin (at 82 years young) was running in the 8km event starting in the same parklands that I had

just run through so I joined the cheering squad in supporting him along his run. (We had caught up with Jenny by this time so we were able to produce a lot of encouragement). Colin would also encounter some of those slight inclines and those very slight downhill declines before he too would run down the straight through to the finish line and enjoy the finisher's hospitality arena.

The event is terrific for all runners and spectators. It is a very scenic, fast, mostly flat, cool (but we had cold, cold and cold!!) and is very enjoyable if running on a "WARM" sunny day. The courses are easy and manageable for all types of runners – getting lost is not an option.

The event is extremely well organised and well run. It is very easy to see why it is one of Canada's premier events and on a must-do basis if ever in Vancouver.

For the records:

Bob's enjoyable time 21km = 1hr 54 mins

Colin's enjoyable time 8km = 49 mins



Bob Miller



MEMBER PROFILE

Name: Neil Bath

Age: 55

Occupation: Self Employed

How and when did you start running?: I ran a bit in my 20's & 30's because I enjoyed it, but hurt my back so didn't run for about 8 years. I got back into it after moving to Brisbane in 2009 and haven't stopped!

Most Memorable Running Moments: Beating Puffing Billy a long time ago.

Favourite Running Distance and PB: I like 5k (17:24) & 10k (Last year's B2B 35:50. It's not an accurate 10 but I'll take it) but don't mind the odd Half (79:15)

Running Goals: To actually run the whole distance in a marathon without falling in a heap due to cramps

Favourite Runs: City2South. Gold Coast Half

Favourite Running Partners/Group: intraining.

Who is your running idol?: Steve Moneghetti

Favourite Sportsperson/s: Love watching Dustin Martin at the moment

Favourite Shoe Brand: No real favourite. I swap around a bit which is a nightmare for my sponsors!

Favourite Food: Lasagna, Pizza

Favourite Drink: Icy cold Cottees Coola Lime Cordial

Favourite Movie: Pulp Fiction

Favourite Music: Old stuff mainly. Sunny Boys, Aus Crawl, Dead Kennedys

Star Sign: Pisces

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

Legends of the Gold Coast – Who are they?

By Bob Miller



The Big Question?

At the recent Gold Coast marathon events one may have noticed a few runners sporting a running singlet noting them as being a **“Gold Coast Marathon Legend”** and wondered what the heck was this all about?

Well one need not lose sleep anymore over this dilemma - worry no more – the answer is on the tip of my tongue.

The Big Answer:

The officials of the Gold Coast event wanted to emulate what the **Melbourne “Spartans”** has done for its events by way of acknowledging its long-term committed marathon runners and thus formed a special qualifying member’s club.

The main criterion is for any marathoner who has completed a minimum of 10 full Gold Coast marathons since 1979 would become eligible to be recognized as a **“Legend”**.

The marathons need not be run in consecutive years but can be completed in any year during the past 39 years as long as it is a minimum of 10 full marathons.

In recognition of having completed either 10, 20 or 30 events associated with the Gold Coast Marathon you become eligible to be inducted into the 10, 20 or 30 year club for that event. You also are awarded a certificate of recognition and commemorative polo shirt, which has an embroidered logo specific to your achievement. In addition you then earn the right to be called and to wear the **“Legends”** singlet.

Different coloured shirts represent different periods attained i.e.:

10 year Full Marathoner = Blue running **“Legend”** singlet – (Over 300 x Legends)

20 year Full Marathoner = Red running **“Legend”** singlet – (Over 30 x Legends)

30 year Full Marathoner = Green running **“Legend”** singlet – (4 x Legends)

Trivial point:

As at this year’s marathon results, there are only 4 members listed as having completed 30 or more years in the Full Marathon – 3 x men and 1 x lady.

Two of the above members have had some association with BRRC. The first member of this elite group to reach this goal was John Wishart back in 2009. John is a BRRC Life Member who has now retired and resides up the North Coast. A former BRRC member who now lives down the coast and is currently a member of the Southport Runners and Walkers Club is Peter McKenzie who achieved this feat in 2016.

BRISBANE ROAD RUNNERS AT THE GOLD COAST



Russell Wilson
Distance: 5.7k Time: 38:27

Race Splits

Time spent running: 25:30.
 Time spent doing three push-ups: 5:30. Time spent staggering to medical tent after doing push-ups: 7:27



Ben Phillips
Distance: 10k Time: 1:08:19

Overprotective parent Mark elbows an unlucky woman into the kerb to give his son clear air to the finish



Colin Woods
Distance: 10k Time: 55:46
(First in Age Group M80-84)

Colin leads a pack of runners whose total combined ages still add up to less than his

BRISBANE ROAD RUNNERS AT THE GOLD COAST

**Chris Lewis****Distance: 10k****Time: 46:44**

Airborne, Chris floats past a couple of older runners who he had previously nailed to the road

**David Sweeney****Distance: Half Marathon****Time: 1:13:14*****(First in Age Group M55-59)***

David probably would have croaked in the last kilometer had Kermit not lent him his gloves

**John Dempster****Distance: Half Marathon****Time: 2:19:49**

On the positive side, John was very proud of the beard he grew while running the half marathon

BRISBANE ROAD RUNNERS AT THE GOLD COAST



Mark Morton
Distance: Half Marathon
Time: 1:30:17

Jim Morton
Distance: Half Marathon
Time: 1:31:29

Siamese twins Mark and Jim decided to get individual times this year by undergoing separation surgery 10 minutes before the start



Mark Sawatzki
Distance: Half Marathon
Time: 1:39:53

Unrealistically, Mark believed that his new BRRC singlet and visor would guarantee him a podium finish in the half marathon



Mark Phillips
Distance: Half Marathon
Time: 1:45:47

Running at the Gold Coast for the 23rd consecutive year, Mark finally works out how to look good for the paparazzi

BRISBANE ROAD RUNNERS AT THE GOLD COAST



Penny Byrne
Distance: Half Marathon
Time: 2:02:21

Penny was relieved when the officials failed to detect the two spare legs she had tucked into her shorts



James Winters
Distance: Half Marathon
Time: 1:54:13

James kindly offers some food to a homeless old man who took up residence in the BRRC tent overnight



Garry Page
Distance: Half Marathon
Time: 2:05:03

After running out of petrol, Garry has no option other than to hitch-hike

BRISBANE ROAD RUNNERS AT THE GOLD COAST



Emma Scott
Distance: Half Marathon
Time: 1:49:39

To be taken seriously as an athlete, Emma knows that she should hide the doughnuts behind her back when photos are being taken



Renae Sawatzki
Distance: Marathon
(late withdrawal)

After a particularly large breakfast, Renae was forced to withdraw from the marathon when she discovered her race singlet no longer fitted



Mark Moller
Distance: Marathon
Time: 3:56:32

Perhaps a tad over-confident, Mark taunts the marathon gods by doing his warm-up exercises in a body bag

BRISBANE ROAD RUNNERS AT THE GOLD COAST



Kerri Hodge
Distance: Marathon
Time 2:55:17

Kerri messes with the head of a fellow competitor by suggesting they do a few push-ups to get rid of excess energy



Brad Lye
Distance: Marathon
Time: 3:18:56

After years of training, Brad finally realises his dream of running away from home to join the circus and work as a clown



Rene Croisier
Distance: Marathon
Time: 4:18:12

Emilie Croisier
Distance: Marathon
Time: 4:53:50

Ever the hard task-master, Rene the Flying Frenchman tells his daughter Emilie that if she can still sing "La Marseillaise" in the last 10k of the marathon, she isn't trying hard enough

BRISBANE ROAD RUNNERS AT THE GOLD COAST



Kleber Cunha
Distance: Marathon
Time: 3:33:02

Kleber makes running a marathon look easy, much to the annoyance of his running companion



Kieren Thomas
Distance: Marathon
Time: 4:14:28

Unfortunately Kieren forgot to bring his mobile I.V. stand and had to improvise during the last 10k of the marathon



Michael Diamond
Distance: Marathon
Time: 5:11:41

Still confident that his race plan will work, Micky orders 10 beers at the 32k drink station to prevent dehydration

BRISBANE ROAD RUNNERS AT THE GOLD COAST



Matt Archer
Distance: Marathon
Time: 2:59:21

Even though the event organisers give Matt a shirt with "Marathon END" printed on it, he is still hopeful of being allowed to compete again next year



Bernard Shyne
Distance: Marathon
Time: 4:44:25

Sadly, Bernard fails in his bid to run a sub-2:15 marathon after puncturing a lung while attaching his race bib



Russell and Bruce help Bernard complete the last 400 metres of his marathon by showing him how to do one-lung push-ups



MEMBER PROFILE

Name: Natalie Petersen

Age: 30

Occupation: Teacher (Health and Physical Education)

How and when did you start running?: I saw an ad on the TV for Bridge to Brisbane in 2011 and decided that I wanted to try and do it. It was my third run to prepare for the Bridge to Brisbane when I was hit by a car as a pedestrian. I sustained a compound fracture of the tibia and fibula only a few cm above my right ankle. I had 3 operations within the week where a rod was inserted in the middle of my tibia and I had 3 pins inserted at the knee and 3 at the ankle. I was in a moon boot for the next 5 months before beginning rehab and learning to walk again. I then began parkrun in 2013 and have completed over 150 runs, taking over 10 minutes off my time over the years. I have also gone on to complete three half marathons over the past two years

Most Memorable Running Moments: Ticking off three PB's, three weeks in a row last year – 5km, 10km and half marathon.

Favourite Running Distance and PB: 5km in 27:40

Running Goals: I actually don't have any running goals...surprisingly I don't "love" running, but enjoy meeting new people, watching others succeed and cheering people on!

Favourite Runs: I haven't run in too many races, but I do enjoy my home parkrun at Stones Corner.

Favourite Running Partners/Group: I generally don't enjoy running with others because I am much slower and constantly feel like I am pulling them back, but I enjoyed training for GC half marathon last year with my friend Cass and of course, BRRC!

Who is your running idol?: Mo Farah is high on my list, but I love seeing people I know running well and achieving their goals!

Favourite Sportsperson/s: It's hard to narrow it to only one person with being such a sport fanatic – Andrew Ettingshausen, Andrew Johns, Liz Ellis...

Favourite Shoe Brand: Mizuno

Favourite Food: Chocolate/cake/sweets

Favourite Drink: Pepsi Max/Cappuccino

Favourite Movie: Dumb & Dumber

Favourite Music: Eminem, Lady Gaga, Beyonce

Star Sign: Taurus

If you had one wish in life it would be?: More wishes...which would then include not having injury issues, travelling more and being able to make an impact on all the students I teach!

In search of the lost “10000 metres”

By Paul Circosta



(Paul is a member of the BRRC and the club's Stalwarts group)

On a Sunday afternoon in the distant year of 1976 some twenty odd of the best distance runners in Queensland lined up for the state 10,000 metre championship. The “10,000” is the longest of the Olympic track distance and involves running 25 laps of the 400 metre track.

The event was at the end of the state championship weekend and apart from the competitors there were of course the officials and a handful of spectators. As the runners readied themselves on the infield near the start line there was another small group who were not the usual track and field officiating type. This group busied themselves with their cameras and sound recording equipment.

They were a group of young film makers headed up by director and producer Nik Kospartov. Nik had come to the track to put in place his idea of blending the repetitiveness of the constant strides of a running event with a musical score that also had a repetitive theme throughout it. Up to this time not many sporting events had been specifically set to music and this was the first to be undertaken in Australia. Nik and his team were operating on a “pair of running shoe laces budget”. They undertook the filming with a minimal number of cameras and with limited funds for the post-filming work.

Running barefooted, Gerard Barrett, a future Olympian battled the hot and windy conditions on his way to comprehensively winning the championship while the film crew captured the 30 minutes of the race.

Nik edited down the race into a 12-minute film simply titled “10,000”. The race was set to the music of composer Maurice Ravel's *Bolero* better remembered as background music to the Bo Derek and Dudley Moore film *Ten*. If you know the movie you will recall the

“physical” scene where the music was played. If not - you can google it!

“10,000” was shown at the 1977 Brisbane Film Festival and in the same year at the Sydney Short Film Festival.

Unfortunately, since its original showings “10,000” has been unsighted. A search of the usual film archives such as the National Film and Sound Archives has not turned up a copy. Sure -it is not as significant a film as the missing segments of Australia's first feature film *The Story of the Kelly Gang* but it is a piece of Australian sporting cinematic history.

So the search to locate a copy goes on. The author would be happy to hear from anyone with any information about - or a copy of the lost “10,000”.



Editor's note: Paul can be contacted at pmcirstosta@optusnet.com.au

AT THE RACES (News from around Australia and the World)*Compiled by Robert Lofthouse***CITY TO SOUTH: 14km and 5km - 4th June 2017 (5178 entrants)**

The fifth annual City to South was staged in near-perfect conditions with the temperature hovering around 12 degrees Celsius for the start in George Street, Brisbane City. The participation rate was similar to last year with a field of just over 3,900 facing the starter's gun in the 14km feature event.

From George Street, the course heads over the Victoria Bridge before turning on to the Go Between Bridge and then left on to Coronation Drive. The section on 'Coro' Drive is flat and gives runners the chance to settle into a good race pace after all the earlier turns in the first couple of kilometres.

After passing Toowong Shopping Village, the course turns left and follows the main road out to the University of Queensland. The 10km mark of the race appears on the Green Bridge but the 11-12km section of the race is tough as you climb the hill on Gladstone Road through Dutton Park. The downhill sprint to the finish compensates for the hilly section but the overall distance of the course is around 13.7km rather than the advertised 14km.

The men's event was won by **Daryl Crook** in **44:21** and the ladies' race was won by **Cassie Fien** in **47:20**.

There was also a five kilometre race conducted on the morning as part of the program.

City to South 14km - Men/Women Results:

1 - Daryl Crook	44:21
1 - Cassie Fien	47:20
2 - Brendan Press	44:39
2 - Brittany Zender	50:32 BRRC
3 - Nicholas Free	44:48
3 - Clare Geraghty	52:06

Leading BRRC Results:

Jayden Lyttle	50:25
Kevin Muller	51:53
Daniel James	53:04
Zoe Manning	55:09
Margot Manning	56:06

SOMERSET RAIL TRAIL RUN: 8km and 3km - 9th July 2017

This race was the 15th edition of the event which is held annually in mid July on a 8km dirt trail which winds its way through part of the Brisbane Valley. The event starts in Lowood (about 70km west of Brisbane) and finishes in Fernvale. The course is a disused rail corridor and does have some hills but the footing underneath is quite smooth.

This year's event attracted 405 runners in the 8km and 110 in the 3km run/walk.

The weather was clear, cool and dry - ideal conditions for competitors.

In the men's race, **Max Neumann** was a stand out winning by a margin of a minute in a swift time of **24:40**. Brendan Press was second and BRRC's Clay Dawson finished third, only a week after his PB Marathon at Gold Coast.

Tamara Carvolth won the women's crown yet again in a time of **28:41**. Tamara is originally from Esk, a nearby town in the Brisbane Valley and has represented Australia in Cross Country. Clare Geraghty was second and BRRC's Kate Riethmuller put in a good performance to finish third.

Somerset Rail Trail 8km - Men/Women Results:

1 - Max Neumann	24:40
1 - Tamara Carvolth	28:41
2 - Brendan Press	25:39
2 - Clare Geraghty	29:37 BRRC
3 - Clay Dawson	26:06 BRRC
3 - Kate Riethmuller	32:13 BRRC

Leading BRRC Results:

Alicha Coetzee	34:53
Michael Schultz	1:21:49
Walked the course	

JETTY TO JETTY (Woody Point) 16th July 2017

The event starts and finishes outside the Belvedere Hotel at Woody Point (5km south of Redcliffe) and with four distances on offer – Half Marathon, 10km, 5km and 3km, over 4,000 entries were received.

The **event started 31 years ago** as a 10km race but in recent years a Half Marathon has been added to the program and despite a few hills, a field of 750 faced the starter's gun in the half.

The day dawned with rain and wind but luckily the rain stopped just in time for the Half Marathon start. The event has a reputation of being one of South East Queensland's most scenic runs with beautiful views of the water on many parts of the course.

Half Marathon – Race favourite **Jonathan Peters** led the field through the first 5km in a time of 16:23 with Brendan Press and intraining's Shaun Lee running side by side in the chasing group, 19 seconds in arrears. The first kilometre of the race features a solid hill which tests out all runners, particularly those who are used to easy flat starts to their races (like Gold Coast).

At the halfway mark, Jonathan had increased his lead to 40 seconds with Brendan and Shaun still together in second place. Little changed in the second half of the race with Jonathan steadily increasing his lead to eventually cross the mat as the winner in a very creditable time of **1:10:31**. In the battle for second, Brendan Press was able to shake off the challenge from Shaun Lee in the latter stages to claim second place with a 20 second margin over Shaun.

Queensland's leading female distance runner **Cassie Fien** claimed her third straight victory in this event winning in a time of **1:15:51**.

Cassie has a marathon PB of 2:33:36 but at this stage has a battle on her hands to win a place in Australia's Commonwealth Games marathon team with Lisa Weightman, Jessica Trengove and Milly Clark all having sub 2:30 Marathons to their credit.

Clare Geraghty was second in the half with BRRC's **Noo Bowker** running a strong race to end up third. Noo has put in some good performances at BRRC events this year and at the Gold Coast where she won her age group.

10km – The 10km had nearly 1,800 entries and by the 8.00am start time the sun was out but luckily there was little wind which was quite unusual for Redcliffe on race day.

The 10km course heads 5km north to the Redcliffe markets before turning back and following the path next to the water at Sutton's Beach and then negotiating a hill just after the 8km mark before the downhill 600 metre sprint to the finish.

I found the section on the path next to the water quite warm, as the sun gathered strength for the day.

The men's race featured an outstanding performance by 20 year old **Louis McAfee** who sped around the course in **31:04** to claim the prize money. Louis has spent time at Boise State University in the USA and has returned to Queensland armed with a wealth of knowledge and running 'smarts'. In the recent Gold Coast 10km, Louis lead with only 200 metres to go and ended up third after a sprint finish. On that morning, all three placegetters went under 30 minutes. The Jetty to Jetty 10km is certainly a harder course than the Gold Coast with a hill in the first kilometre and one again at the 8km mark.

Max Neumann and David Lean round out the top three on the podium.

Leading Northern NSW triathlete **Courtney Gilfillan** recorded **36:37** to be the female winner with Tamara Carvolth and Olivia Lennon both putting in good performances to claim second and third respectively.

It was pleasing to see a good turnout by BRRC members and also to hear the familiar voice of Phil Hungerford on the microphone and at the post-race presentations.

Jetty to Jetty Half Marathon - Men/ Women Results:

1 - Jonathan Peters	1:10:31
1 - Cassie Fien	1:15:31
2 - Brendan Press	1:11:32
2 - Clare Geraghty	1:22:28 BRRC
3 - Shaun Lee	1:11:52
3 - Noo Bowker	1:23:50 BRRC

Leading BRRC Results:

Mark Phillips	1:44.17
Jenny Cawood	1:56.05
Julie Hill-Webber	1:58.11
John Diamond	2:02.43

10km:

1 - Louis McAfee	31:04
1 - Courtney Gilfillan (Northern NSW)	36:37
2 - Max Neumann	31:47
2 - Tamara Carvolth	37:10
3 - David Lean	32:18
3 - Olivia Lennon	38:48 BRRC

Leading BRRC Results:

Peter Lewis	40:09
James Bell	46:19
Nicole Adams	52:23
Leanne Waretini	55:09
Lisa Murphy	56:16
Jack Marsh	57:04

PARK 2 PARK (Ipswich) 30th July 2017 (1900 entrants)

Events on the morning included the Half Marathon, 10km, 5km run and walk and a Half Marathon Team Relay with each team consisting of four runners.

This was the 13th staging of the event which is held in Ipswich's Limestone Park.

Half Marathon

The course has plenty of hills through both Limestone Park and the neighbouring Queens Park. The Half Marathon course consists of four loops (each 5km) and a 1.1km loop.

In the men's race, **Jonathan Peters** won his second half marathon in a fortnight with a **1:14:13** effort, to back up his victory at Jetty to Jetty. Wayne Spies ran a good race on a tough course to finish second and BRRC regular Peter Bracken was third.

No surprises in the ladies' race with **Clare Geraghty (1:28:26)** winning by a margin of over 12 minutes from Louise Sagggers and Anna Green.

10km

Up and coming Toowoomba runner **Jack Anstey** (aged 20) showed his class on the hilly course clocking a **33:48** effort to win by a margin of over 30 seconds from BRRC's Clay Dawson with Tim Toner third. Jack is hoping for a scholarship in the USA to further enhance his running goals and is inspired by the recent performances of fellow Toowoomba runner Patrick Tiernan who attended Villanova University (Pennsylvania) in the USA and has now gone on to become Australia's No 1 ranked runner over the 10,000 metres distance on the track.

In the ladies' race, **Kym Coogan (41:51)** won by a similar margin over intraining coach Solveig Litchfield with Sheridan Fuller rounding out the top three.

5km

Both **Mark Kenny** and Ipswich teenager **Montanna McAvoy** repeated their 2016 victories in the 5km with Mark just staving off the challenge of Grant Williams to win by just two seconds. Clay Dawson backed up from the 10km to finish third (Good training for his Brisbane Marathon win the following week).

Mark's winning time was **16:43** and Montanna won by over two minutes in **17:49**. Kate Riethmuller also ran well in the 5km, finishing in third place.

Park to Park Half Marathon - Men/ Women Results:

1 - Jonathan Peters	1:14:13
1 - Clare Geraghty	1:28:26
2 - Wayne Spies	1:17:22
2 - Louise Saggars	1:41:10
3 - Peter Bracken	1:18:46
3 - Anna Green	1:43:15

10km

1 - Jack Anstey	33:48
1 - Kym Coogan	41:51
2 - Clay Dawson	34:25 BRRC
2 - Solveig Litchfield	42:28
3 - Tim Toner	36:39
3 - Sheridan Fuller	44:41

5km

1 - Mark Kenny	16:43
1 - Montanna McAvoy	17:49
2 - Grant Williams	16:45
2 - Amelia Partridge	19:58
3 - Clay Dawson	16:56 BRRC
3 - Kate Riethmuller	20:04 BRRC

IAAF WORLD CHAMPIONSHIPS MARATHON (London) – 6th August 2017

Australia did not send its strongest men's marathon team to the World Championships with Michael Shelley and Liam Adams electing not to go. The women's team was missing Lisa Weightman but still had Australia's second and third-ranked runners Jessica Trengove and Milly Clark to fly the flag as well as 40 year old Sinead Diver who has had a remarkable rise in the ranks since moving to Melbourne from Ireland.

Men:

Kenya's **Geoffrey Kirui** may not have been the fastest man going into the race but he does know how to win a major marathon having won the Boston Marathon only four months earlier. Kirui trailed Ethiopia's Tamirat Tola until the 35km mark but took the lead when

the highly fancied Tola started to fade. Kirui said that "I feared Tola because he has such a fast PB (2:04:11), so I just followed him and luckily at around 35km I sensed that he was really tiring". From that point on, Kirui controlled the race and ended up with nearly a 90 second break over Tola by the end. Kirui's gold medal winning time was **2:08:27**.

The Australian men's team was a little disappointing with Jack Colreavy finishing 45th in 2:21:44 and Brad Milosevic 60th in 2:25:14. Tasmania's Josh Harris failed to finish the race.

Women:

Kenyan born **Rose Chelimo** (who now runs for Bahrain), edged veteran Edna Kiplagat in the last two kilometres to win the IAAF World Title by seven seconds.

At the 35km mark, there was still a large group of 14 runners in the lead group and Australia's Jessica Trengove was amongst them. Soon after that, the two-time World Champion (2011 and 2013) Edna Kiplagat, quickened the pace and at 40km Kiplagat was a second ahead of Chelimo with USA's Amy Cragg a few seconds behind.

Chelimo established a break on the uphill section and the 37 year old Kiplagat could not respond. At the end, Chelimo crossed the mat first in **2:27:11** with Kiplagat just staving off a fast finishing Amy Cragg from the USA. A brave performance by Australia's Jessica Trengove who stayed with the lead pack for 35km and at the end finished 9th in a very respectable 2:28:59.

IAAF World Championships Marathon - Men/Women Results:

1 - Geoffrey Kirui (Kenya)	2:08:27 Has PB of 2:06:27
1 - Rose Chelimo (Bahrain)	2:27:11 Has PB of 2:24:14
2 - Tamirat Tola (Ethiopia)	2:09:49 Has PB of 2:04:11
2 - Edna Kiplagat (Kenya)	2:27:18 Has PB of 2:19:50

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3 – Alphonse Simbu (Tanzania)	2:09:51	Has PB of 2:09:10
3 – Amy Cragg (USA)	2:27:18	Has PB of 2:27:03

Australian Performances

Women:

9 – Jessica Trengove (Adelaide)	2:28:59	Has PB of 2:27:01
20 – Sinead Diver (Melbourne)	2:33:26	Has PB of 2:31:37
24 – Milly Clark (Sydney)	2:35:27	Has PB of 2:29:07

Men:

45- Jack Colreavy (Sydney)	2:21:44	Has PB of 2:18:32
60 – Brad Milosevic (Sydney)	2:25:14	Has PB of 2:16:00
Joshua Harris (Tasmania)	DNF	Has PB of 2:17:08

BRISBANE MARATHON FESTIVAL - 6th August 2017

Events on the day included a Marathon, Half Marathon, 10km, 5km and a 1km Junior Dash. The total number of entrants reached 4,500 with 700 entered in the Marathon.

Brisbane Marathon - Men/Women Results:

1 – Clay Dawson	2:28:15	BRRC
1 – Roxie Fraser (Sunshine Coast)	2:55:52	
2 – Wayne Spies	2:34:08	
2 – Sally Matsubara	3:01:50	
3 – Lukas Lance	2:40:12	
3 – Nicole Rudan	3:07:12	
Leading BRRC times		
Derrick Leahy	2:43:44	
Leo Altarelli	2:57:41	
Chris Voisey	2:58:00	
Nick Kirkup	3:00:00	

Half Marathon

1 – Jonathan Peters	1:11:36
1 – Clare Geraghty	1:23:12
2 – Brendan Press	1:16:36

2 – Abigail Marsh	1:25:40
3 – Troy Page	1:16:36
3 – Shiloh Watts	1:27:20

Leading BRRC times

Elliot Carr	1:16:57
Alec Lyttle	1:23:31
John Shaw	1:24:45
Tracy Baker	1:48:38
Theresa Fabian	1:49:19

10km

1 – Isaias Beyn	31:12
1 – Brie Thomas	36:22
2 – Matthew Lambert	32:33
2 – Brittany Zendler	36:38
3 – Adam Gordon	33:12
3 – Stephanie Kondogonis	38:09

CITY TO SURF (Sydney) - 13th August 2017 (80,732 entrants)

A crowd of over 80,000 set out from Hyde Park in Central Sydney on the iconic 14km run/walk to the finish line at Bondi Beach. The tough part of the course starts at 7km with a 2km ascent starting with 'Heartbreak Hill' and finally flattening out at 10km as runners move through the suburb of Vacluse.

Conditions on the morning were a little cool as runners waited for the start, but as the sun beamed through on a cloudless day the first view of the water at Bondi was a real treat for all finishers.

The race itself was a triumph for 27 year old Sydney runner **Harry Summers** who won for the second year in a row crossing the finish in **42:09**. Another leading Sydney runner Thomas Do Canto finished only five seconds behind to match his second placed effort of the previous year.

In the ladies' division, **Celia Sullohearn** announced her arrival on the running scene with a strong performance, stopping the clock at 47:03. Celia lives in the Central NSW Coast town of Yamba and at the recent Gold

Coast Marathon recorded a time of 2:34:38. The real winners on the day were the 80,000 people who took part and supported over 800 different charity organisations while enjoying a morning's exercise.

City to Surf 14km - Men/Women

Results:

1 - Harry Summers (Sydney)	42:09
1 - Celia Sullohern (Yamba, NSW)	47:03
2 - Thomas Do Canto (Sydney)	42:14
2 - Marnie Ponton	48:49
3 - Kevin Batt	43:21
3 - Lauren Reid	49:30

Leading BRRC Results:

Aidan Hobbs	46:59
Brittany Zendler	50:41 5th Female
Neil Bath	52:17

SUNSHINE COAST RUNNING FESTIVAL - 20th August 2017

Overall, there was over 6,000 entries received for all the races.

It was quite cool for the 6.00am Marathon and Half Marathon start with clear skies and little wind, making it ideal for the competitors. The Half Marathon also doubled as the Australian Championship for the distance with 2,071 entries received, making it the most popular event of the morning.

Marathon: 666 entrants and BRRC's **Clay Dawson** was competing in his third marathon in eight weeks and after his PB of 2:26:54 at the Gold Coast followed by a 2:28:15 victory at the Brisbane Marathon it was going to be interesting to see how he backed up, only two weeks after his Brisbane victory!

The two main rivals for Clay proved to be the Victorian pair of Dion Finocchiaro who had previously finished second in 2015 and third in 2016 and Klarie Mc Intyre who had won the Brisbane Marathon in 2016.

The end result proved just how mentally

strong Clay is, as he collected the winner's trophy with a **2:27:30**. Dion was just over a minute behind in second place with Klarie ending up third in 2:37:06.

In the ladies' event, 25 year old **Elkie Belcher** from Maryborough (Victorian Country) smashed Roxie Fraser's course record by over seven minutes as she crossed the finish in **2:42:33**. Elkie was delighted with her run, having taken 14 minutes off her 2016 time at the Sunshine Coast. Coffs Harbour runner Leah Fitzgerald was second and Gold Coast's Sally Matsubara was third.

Half Marathon: A quality field faced the starter's gun and with the race doubling as the Australian Championship there was a strong contingent of runners from the Southern States. One of Australia's best performed runners over 5 and 10km, **Collis Birmingham**, had stepped up to the longer distances in recent times and having run a couple of Half Marathons overseas was the favourite. Collis (who now resides in Ballarat) went out hard as he wanted to challenge the 1:01 Australian record set by Pat Carroll in Sydney many years ago. As the race reached the last 5km, it became apparent that Collis wouldn't get close to that record but still he crossed the finish in a very respectable **1:03:15**. Canberra's Chris Hamer was second and Melbourne's Mitchel Brown rounded out the top three.

In the ladies' race, Perth's **Linda Spencer** took out the Australian title, winning in **1:15:40** from NSW runner Stephanie Auston and Gold Coast's Tennille Ellis.

10km: Leading Sydney runner **Harry Summers** showed his class, winning the 10km in a fast **29:51**. Harry is the current City to Surf champion having won the iconic Sydney to Bondi race in 2016 and 2017.

Brisbane's Kathryn Smyrneos (37:56) took out the ladies' division in what was probably the highlight of her running career so far. Kathryn has been on the Brisbane running scene for well over a decade now and is an occasional visitor to BRRC.

5km: Luke Fainges took the honours in the men's race with a **16:10** performance and in the ladies' equivalent, BRRC's **Zoe Manning** sped around the course in **18:35** to take home the winner's prize ahead of another BRRC regular Alisha Coetzee.

The Sunshine Coast Running Festival is growing every year and with an ideal location at Alexandra Headland near the water, organisers are planning for a turnout of 12,000 within the next five years.

Sunshine Coast Marathon - Men/ Women Results:

1 - Clay Dawson	2:27:30	BRRC
1 - Elkie Belcher (Victoria)	2:42:33	
2 - Dion Finocchiaro (Victoria)	2:28:33	
2 - Leah Fitzgerald (Coffs Harbour)	2:54:11	
3 - Klarie McIntyre (Victoria)	2:37:06	
3 - Sally Matsubara (Gold Coast)	2:58:05	

Leading BRRC times

Kerri Hodge	2:58:59	4th Female
Kleber Ribeiro Cunha	3:04:33	
Greg Beerling	3:12:50	Club Sponsor
Damien Gannon	3:23:16	Debut Marathon

Half Marathon

1 - Collis Birmingham (Ballarat)	1:03:15
1 - Linda Spencer (West Aust)	1:15:40
2 - Chris Hamer (Canberra)	1:04:08
2 - Stephanie Auston (NSW)	1:05:39
3 - Mitchel Brown (Melbourne)	1:16:36
3 - Tennille Ellis (Gold Coast)	1:19:44

Leading BRRC times

David Sweeney	1:16:06
Daniel James	1:16:33
Jee Ming Leung	1:17:47

10km

1 - Harry Summers (Sydney)	29:51
2016 & 2017 City 2 Surf winner	
1 - Kathryn Smyrneos (Brisbane)	37:56
2 - Nicholas Free	32:53
2 - Annelise Jefferies	38:02
3 - Ali Najem (Sydney)	33:09
2017 Qld Half Marathon winner	
3 - Julie Norney	38:05

5km

1 - Luke Fainges	16:10
1 - Zoe Manning	18:35 BRRC
2 - Patrick Hagan	17:03
2 - Alisha Coetzee	19:28 BRRC
3 - Patrick Leahy	17:38
3 - Annique Stringer	19:33



*Andrei Wightman, Betty Menzies
and Bruce Smerdon*

2017 BRRC Championship Series

By Bruce Smerdon

Male and Female Age Group Champions

The 2017 BRRC running calendar includes seven age group championship events i.e.

12 February	5 mile
9 April	21.1 km
18 June	10 km
23 July	20 km
10 September	10 mile
8 October	15 km
19 November	5 km

You must compete in at least four of the seven events to be eligible. Depending on where you finish in your age group in each of the above events, points are awarded as follows:

1st place (in your age category)	1 point
2nd place (in your age category)	2 points
3rd place (in your age category)	3 points
4th place (in your age category)	4 points

and so on for each participant in your age group category

The fourth championship event (20 km) was run on the 23rd of July, and at that date the leading contenders to be named as age group champions were:

Age Categories	5 mile	21.1 km	10 km	20 km	10 mile	15 km	5km	Points
Male								
A (Male 0-19)								
Jayden Lyttle	1	1	1					3
Alec Lyttle		2	2					4
C (Male 20-24)								
Thomas Enslin	1	2		3				6
Harrison Adams	2							2
Daniel James		1		1				2
Osman Salah			1					1
Aaron Breed			2	2				4
E (Male 25-29)								
Kleber Ribeiro Cunha		1	2	1				4
Franki Chan			1	2				3
G (Male 30-34)								
Thomas Patterson	1							1
Mark Moller	2	1	3					6
Leo Hua			1	1				2
Kaila Barinder Singh			2					2
I (Male 35-39)								
Christopher Dalby	1							1
Clay Dawson	2	1		1				4
Mark Morton	3							3
Lucas Brown		2	3					5
Reece Anderson		3						3
Patrick Nispel			1					1
Derrick Leahy			2	3				5
Danny McDonald				2				2

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Age Categories	5 mile	21.1 km	10 km	20 km	10 mile	15 km	5km	Points
K (Male 40-44)								
Simon Black	1	1	3	1				6
Jim Morton	2							2
Luca Asmonti	3							3
Lourens Coetzee		2						2
Andrew Marrington		3		3				6
Damien Jeffery			1					1
Chris Voisey			2	2				4
M (Male 45-49)								
Kevin Muller	1		1					2
Raymond Shanks	2		2					4
David Melville	3							3
Matt Archer		1						1
David Smitheram		2	3					5
Stephen Walmsley		3		2				5
Shaun Mulholland				1				1
Alan Crawford				3				3
O (Male 50-54)								
Neil Bath	1		1	1				3
Peter Lewis	2							2
Neil Wood	3	1	2					6
Brad Lye		2		3				5
Trent Stark		3						3
Darrell Giles			3	2				5
Q (Male 55-59)								
David Sweeney	1	1	1	1				4
Derek Enslin	2							2
Garry Page	3							3
Ian Caudwell		2						2
Richard Knevitt		3						3
Phil Davies			2					2
Maarten Kamp			3	3				6
Gerard Daly				2				2
S (Male 60-64)								
Ian Cameron	1	1		1				3
Bruce Smerdon	2							2
John Dempster	3							3
Graham Robertson		2	1	2				5
Bob Miller		3		3				6
John Whelan			2					2
Gerry Danby			3					3
U (Male 65-69)								
John Sheer	1	1	1	1				4
James Winters	2							2
John Diamond	3		3					6
John Harris		2		2				4
Sean Ryan			2					2

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Age Categories	5 mile	21.1 km	10 km	20 km	10 mile	15 km	5km	Points
W (Male 70-74)								
Erkki Ryhanen	1	1	1	2				5
Ron Vines	2	2	2	1				7
Y (Male 75+79)								
Jack Marsh	1	2	1	2				6
Brian Williams	2							2
Harold Haldane		1		1				2
YX (Male 80+84)								
Colin Woods			1					1
Female								
B (Female 0-19)								
Zoe Manning	1		3					4
Kate Riethmuller	2		2					4
Amy Riethmuller	3							3
Brittany Zendler		1	1	1				3
D (Female 20-24)								
Laura Daly	1		1					2
Hannah Terry		1						1
Selina Ward			2					2
F (Female 25-29)								
Morgan O'Brien	1		1					2
Lisa Downie	2	2						4
Natalie Petersen	3		3					6
Sasha Klass		1						1
Mirna Yogiaman			2					2
H (Female 30-34)								
Kim Alexander		1						1
Nicole Gunthorpe			1					1
Anita Breed			2	1				3
Laura Speed			3					3
Mel Gazelle				2				2
J (Female 35-39)								
Alison Sun	1							1
Wei Yin Han		1	2					3
Louise Lydiard		2		1				3
Romy Deane		3						3
Solveig Litchfield			1					1
Astrid Gomez			3	2				5
L (Female 40-44)								
Kerri Hodge	1	1	1	1				4
Jenny Deag	2	2	2	2				8
Emma Scott	3	3	3					9
Catherine Turton				3				3

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Age Categories	5 mile	21.1 km	10 km	20 km	10 mile	15 km	5km	Points
N (Female 45-49)								
Noo Bowker	1		1					2
Margot Manning	2		2					4
Anja Bion	3							3
Katy Russell		1						1
Louise Moore		2		1				3
Sharon Feldman			3					3
P (Female 50-54)								
Marion Hermitage	1	1	1	1				4
Deborah Davis	2	3		3				8
Li Jun Zhang	3	2		2				7
Jenny Cawood			2					2
Leann Lye			3					3
R (Female 55-59)								
Susan Tessmann	1		1					2
Ruth Peacock	2		2					4
Vicki Fennelly	3		3					6
Esther Alexander		1						1
Virginia Neil		2						2
T (Female 60-64)								
Jenny Downie	1	1	2	1				5
Deirdre Westerdale	2	2						4
Cynthia Cliff			1					
V (Female 65-69)								
Irene Davey	1	2	1	1				5
Helen Banks	2	1	2					5
Gwen Vines	3							3
X (Female 70-74)								

Age Categories

Congratulations to those members who have already secured the necessary points to win their respective age groups: Kerri Hodge (Female 40-44), Marion Hermitage (Female 50-54), David Sweeney (Male 55-59) and John Sheer (Male 65-69). Not only has David Sweeney won his age category in each of the four championship events conducted so far, but he has also placed either first, second or third outright in each race. If that isn't impressive enough, he has also set new age group records for each of the four distances. AWESOME!

Overall Male and Female Club Champions

The overall male and female club champions are determined by their finish order placing in each of the seven championship events.

You must compete in at least four of the seven events to be eligible. Depending on your finish placing in each event, points are awarded as follows:

1st place overall	1 point
2nd place overall	2 points
3rd place overall	3 points
4th place overall	4 points

and so on for each participant in the event.

After the final championship event on the 19th of November, the best four scores achieved by male and female participants in each of the seven championship events are used to determine the overall male and female club champions. The best possible winning points total is 4, which is achieved by being the first male or the first female across the line in four events.

After the first four championship events, last year's overall female and male club champions Brittany Zandler and Clay Dawson look like they have one thing on their mind – to get their photos taken holding the 2017 trophies. If that happens, it will be the third year in a row for Brittany and the fifth year in a row for Clay. IMPRESSIVE!

Consistency Champions

To recognise their support for the Club, members who compete in and complete all seven championship events during 2017 will be awarded a specially embroidered BRRC towel at the end of the year. With only three championship events remaining, we are now down to the true believers. At the end of 2016, sixteen members were awarded their hard-won towels. Looking at the following list of this year's aspirants, it looks like BRRC is going to need a bigger towel factory.

FEMALE			
Biggins	Kerri	Jarvis	Anita
Davey	Irene	Li Jun	Zhang
Davis	Deborah	Turton	Catherine
Deag	Jenny		
Downie	Jenny		
Hermitage	Marion		
Hodge	Kerri		

MALE			
Asmonti	Luca	Morton	Mark
Black	Simon	Ryhanen	Erkki
Broad	Paul	Sheer	John
Brown	Lucas	Sweeney	David
Harris	John	Vines	Ron
Lye	Brad	Walmsley	Stephen
Marsh	Jack		

NOTICE

Annual General Meeting



The Club's annual general meeting (AGM) will be held on Sunday 3rd December 2017 at the South Brisbane Sailing Club directly after the 5k and 10k handicap events. We anticipate the AGM will commence as close as possible to 8am.

Under the terms of the Club constitution, the annual general meeting must conduct the following business:

1. Receive apologies;
2. Confirm the minutes of the previous annual general meeting and any intervening general meeting;
3. Receive the President's report;
4. Receive the Treasurer's statements, duly audited;
5. Elect members of the committee;
6. Transact any business of which at least twenty one (21) days' notice in writing has been given to the Secretary;
7. Transact any other business of which notice has been given in the notice convening the meeting.

The 2018 committee will be elected at the AGM. Nominations are called for all positions:

- President
- Vice President
- Secretary
- Treasurer
- Committee members (up to but not exceeding 8)

Nominations must be on an approved form and must be signed by the proposer, a seconder and the nominee. The completed form must be received by the Secretary by Sunday 12th November 2017.

Nomination forms can be obtained through the Secretary. If you or someone you know is interested in being on the 2018 committee, please contact any member of the current committee or email: secretary@brisbanerodrunners.org

