



BRRRC

Winter 2019



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: BRRC conducts fortnightly events ranging from 5km to 30km. Events are open to both members (\$50 yearly membership) and visitors (\$10 per event) and includes a light breakfast of fresh fruit and sports drink.

A program of events appears in this magazine and on our website.

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

BRRC Website: www.brisbaneroadrunners.org

BRRC Email: run@brisbaneroadrunners.org

Pictorial, illustrative or editorial contributions 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

Contributions to this magazine are welcome.

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

CONTENTS

FROM THE EDITOR...	2
<i>By Robert Lofthouse</i>	
FROM YOUR COMMITTEE	3
<i>By John Dempster</i>	
MEMBER PROFILE	4
<i>Mary Ashton</i>	
BRISBANE ROAD RUNNERS RACE REPORT	5
<i>April to August 2019 by Robert Lofthouse</i>	
MEMBER PROFILE	15
<i>Clare Mitchell</i>	
AT THE RACES	16
<i>Compiled by Robert Lofthouse</i>	
TALE OF A FIRST TIME MARATHONER	26
<i>By Peter Condylis</i>	
BRISBANE MARATHON - 2ND JUNE, 2019	28
<i>By Darren Manson</i>	
5164 STEPS INTO HISTORY	29
<i>By Irene Davey</i>	
NOTICE - ANNUAL GENERAL MEETING	31
MEMBER PROFILE	32
<i>Mark Huth</i>	
MY FIRST ROAD MARATHON	34
<i>By Yvonne Paetz</i>	
MEMBER PROFILE	36
<i>Roger Black</i>	
GOLD COAST MARATHON - 7TH JULY, 2019	37
<i>By Andrew Robinson</i>	
BRISBANE ROAD RUNNERS AT THE GOLD COAST	39
2019 BRRC CHAMPIONSHIP SERIES	50
BRISBANE ROAD RUNNERS CLUB LIFE MEMBERS	55

From the Editor...

By Robert Lofthouse

Welcome to the winter edition of the BRRC magazine!

It's been a busy couple of months for club members with events such as the Gold Coast Marathon as well as the Brisbane and Sunshine Coast Running Festivals keeping everyone focused on a goal.

Speaking of the recent Brisbane and Gold Coast events, this edition of the BRRC magazine contains two very interesting accounts on the Brisbane Marathon written by Darren Manson and Yvonne Paetz. Both went through a few 'horror stretches' before they emerged triumphant after winning the battle with their mind and aching bodies at varying stages of the gruelling 42.2km.

The Gold Coast Marathon is also covered in two excellent race reports from 'first timers' Andrew Robinson and Peter Condyllis. Thanks, guys, for your entertaining narratives on your big day out on the road!

Well-known club member and regular contributor to this magazine Irene Davey has been overseas yet again and this time she reports on her adventures at the Great Wall of China – nothing like a bit of variety and thousands of steps to keep you on your toes.

Andrei Wightman, BRRC Vice President, has done an excellent job with his monthly email newsletter to club members which has proven to be a highly effective form of communication to members, filling in the gaps between editions of this magazine.

Finally, thanks to Betty Menzies, Bruce Smerdon and Kerri Hodge who have provided great support to me, ensuring that the content and photos used in the magazine present themselves in a reader-friendly format.

I hope you enjoy this winter edition and remember we still have plenty of events at BRRC for the rest of the year including three more races in the championship series.

Sit back with your favourite beverage and enjoy the read.



Robert Lofthouse

Editor

rob.lofthouse@optusnet.com.au

From your Committee

By John Dempster

Thanks to Robbie Lofthouse, our magazine editor, and the other club members who have contributed articles to make this an entertaining and informative club magazine.

The cooler weather over the winter season has seen some excellent performances by our members at club events and other local running events. Many age group records continue to be broken at the club championship events. With only two club championship events to go many of the age groups are still being fiercely contested with the winners likely to be decided in the final event, 5K, on 17th November.

The Club was well represented at the Gold Coast Marathon again this year and I would like to thank Tim Appleton for his work in organising the BRRC Team. The club tent was a popular place to meet up with club members to discuss race tactics and celebrate completing your event, whether it was your first, a PB, or just finishing. The weather played havoc with the club tent during the set up on the Friday morning; if it wasn't for Russell Wilson's van we may have had to pick up the tent on our drive back to Brisbane. Make sure you read the article and look at the photos from the GC Marathon in this edition.

Club membership has continued to grow with over 500 members now, a 25% increase this year. The online registration for our events is proving to be very popular with many members using this facility, which has reduced the workload of volunteers and reduced the queues on race mornings.

The Club has introduced a crop top into the range of club merchandise which is available for sale on race days. Just see Gina or Elizabeth at the merchandise stand inside the hall to purchase a singlet, crop top, shirt, cap or visor and look like a champion wearing the BRRC uniform (No, Bruce, you are not allowed to wear a crop top at the club events).

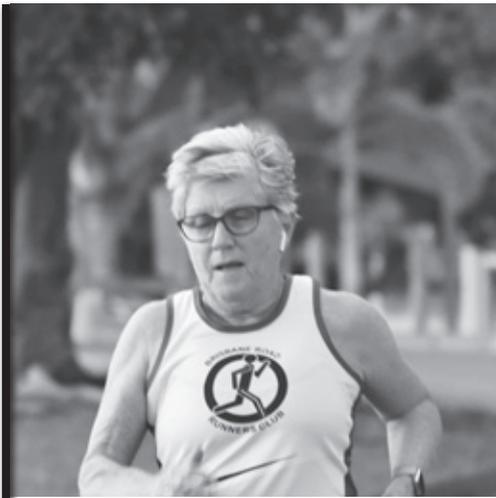
“Every morning in Africa, a gazelle wakes up, it knows it must outrun the fastest lion or it will be killed. Every morning in Africa, a lion wakes up. It knows it must run faster than the slowest gazelle, or it will starve. It doesn't matter whether you're the lion or a gazelle – when the sun comes up, you'd better be running.”

Christopher McDougall



John Dempster

President



MEMBER PROFILE

Name: Mary Ashton

Age: 66

Occupation: Retired

How and when did you start running?:

I had a goal of forty & fit so I started with intraining's beginner women's group at the beginning of 1994. Sessions were held at Jack Cook Park in Toowong and when Margot told us to run 3-4 laps of the oval to warm-up, I can distinctly remember thinking 'what planet are you from, that is so far, I'll never make it through the session'. But each week got a bit easier and with lots of encouragement & support from Steve & Margot, not to mention Peter & especially my sister Helen, I ran my first Gold Coast Half in July that year.

Most Memorable Running Moments:

Finishing that first half marathon. When the volunteer put the medal over my head, I felt like an Olympian.

Competing in the 500k Road Relay.

Running the City to Surf in Sydney.

Breaking 50mins for 10k & 1:50 for the Half.

Coming 3rd in Age Category in World Veterans

Marathon held in Brisbane in 2001.

Running the New York Marathon in 2015.

Favourite Running Distance and PB:

10k – 49:26

Running Goals:

BRR towel this year.

Run NYC Marathon again.

To be still running in my 90s.

Favourite Runs:

Running anywhere beside the water.

Favourite Running Partners/Group:

All the groups I've run with, be it intraining, BRR, PCRG or Redman Runners, I have found nothing but friendly, supportive & motivational people.

Who is your running idol?:

Glenda Banaghan and Betty Menzies

Favourite Sportsperson/s:

Kurt Fearnley, Turia Pitt, Benita Willis, Catherine Ibarquien, Mariya Lasitskene

Favourite Shoe Brand: None

Favourite Food:

Potatoes – chipped, mashed, roasted, baked, boiled, gnocchi, tortilla espanola, patatas bravos. Definitely the bog Irish in me.

Favourite Drink: Scotch & soda

Favourite Movie:

Some Like it Hot.

Just about anything with Steve McQueen

All the Marvel Avengers movies

Favourite Music:

In the words of the late Chuck Berry -

'it's got a back beat, you can't lose it,

Any old time you use it,

It's got to be rock n roll music'

Star Sign: Gemini

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

Equality & more kindness in the world.

Brisbane Road Runners Race Report

April to August 2019 by Robert Lofthouse

April 14th – 20km/15km/10km/5km (167 finishers)

20km – In this event, **Adrian Royce** led the field after the first 5km lap with a time of 18:23. He continued to build on that lead and at the 10km mark held a one-minute lead over his nearest rival Daniel James. Adrian slowed marginally in the second half of the race but still managed to win by over two minutes from Daniel with David Scroope third. Adrian's winning time was **1:14:47**. **Olivia Lennon** ran consistent 22-minute splits for each of the four laps to finish in a time of 1:29:28. Elizabeth O'Neil was second and Breeanna Mandryk rounded out the top three in the women's division.

15km – **Lucas Brown** had a convincing win in a time of **58:48** with the battle for the minor placings seesawing as Stewart Campbell, Alain Raud and Mike Wilkins battled it out. At the 10km mark it was Alain Raud holding down second place with a 30-second margin over Mike Wilkins and Stewart Campbell. Alain tired in the last lap as both Mike and Stewart passed him. Stewart came home strongly over the last few kilometres to claim second place with a 30-second gap back to Mike Wilkins. In the women's race, **Jacqueline Thistleton** and Shannon Proffit (both with strong triathlon backgrounds) were to the fore. Jacqueline increased her pace as the race wore on, crossing the finish mat in **1:03:17**. Shannon was second and Zoe Manning cruised around the three laps to be third finisher.

10km – In the men's race, former Australian Age Group Triathlon representative **Paul Dodd** showed what a top performer he still is, recording **36:45** to win by over three minutes from Emmanuel Vergara and Peter Hennings. **Susan Thornton** won the ladies' 10km in **50:44** with Anja Bion and Marija Stavric second and third respectively.

5km – **Jackson Moore** took home the trophy in the men's one-lap event with a **21:35** effort. Colin Chow was runner up with John Eggleton third. **Nicole Mulholland** made it four (4) wins in a row in the 5km ladies' event crossing the finish mat in **21:43**. Kristine Vergara and Lyn Pinkus were the other placegetters.

Thanks to **Kerri Hodge** for her efforts as Race Director on the morning and to our race day sponsor **intraining** for their continued support of BRRC.

April 28th – 25km/20km/10km /5km (164 finishers)

It was a busy day on the running calendar in Brisbane with the QUT Classic Fun Run on in the next suburb and the UQ Twilight Running Festival in the late afternoon! Despite the crowded calendar, over 150 enthusiastic runners turned up for their fortnightly run. It was noticeably darker for the 6.00am start but overall conditions for running were good with still a little humidity in the air.

25km – The first five-lap event for the year, saw **Adrian Royce's** marathon strength come to the fore in the last five kilometres as he made his fifth lap his quickest of the morning, crossing the finish mat as the winner in **1:35:33**. Christophe Manchon was a minute behind in second place with Andy Dey just a step behind Christophe in third. Andy had led at the 20km mark before opting to ease off in the final lap. **Liz Grolimund** was the standout in the ladies' section of the event, winning in **1:43:25** from a steady-paced Kerri Hodge. Liz has been training for the Noosa Marathon in four weeks' time and looks well on target to break the elusive three hour barrier. The battle for third was close all the way with Gina de la Cruz and Yvonne Paetz running together at the 20km mark before Gina was able to gain a slight ascendancy towards the end and cross with a narrow eight-second margin over Yvonne.

20km – This race attracted the most entrants on the morning and at the halfway point of the men's race, Naoki Aoyama led Peter Lavery by nine seconds with Ron Peters in third. Naoki held his lead through the third lap and at 15km looked like the winner but his pace dropped off noticeably in the final five km, allowing **Peter Lavery** to pass him and take control for the remainder of the race. Peter's winning time was **1:21:16** with a late surge by Ron Peters allowing him to pass Naoki also, to give him second place. **Nerissa O'Donnell** maintained a solid 4min/km pace for the entire race to win the ladies' division in **1:19:59**. Jacqueline Thistleton continued her good form at West End placing second with Shannon Proffitt getting in a good training run before Port Macquarie Ironman the following week.

10km – Intraining coach **John Egan** had a convincing win in this event clocking **36:52** with Emmanuel Vergara and Barinder Singh Kaila rounding out the top three. The women's 10km proved to be very competitive with Muriel McLean leading at 5km by just two seconds from Crystal Mahony with **Elizabeth O'Neil** a further 10 seconds back. Elizabeth managed to lift the tempo on the second lap and was able to pass both Muriel and Crystal to take out the winner's plate. Her time was **43:59**.

5km – **Nicole Mulholland** extended her winning streak in the 5km event to five in a row, with her **21:35** effort. Sarah Stockhausen and Betty Menzies were the other place getters. Congratulations also to **Harvey Cramb (18:50)** for taking out the men's race from Lee Horobin and Jasper Joyce who also ran the Twilight Half Marathon in the evening and won the Under 18 category. Certainly a big day for 16-year old Jasper and his 13-year old brother Toby who also cruised around the 5km with his father David before running the Twilight Half and winning the Under 16 Boys division to cap off a remarkable day for the **Joyce family** – great supporters of BRRC!

Thanks to our new Race Director **Brad Lye** (who was performing this most important role for the first time) and his enthusiastic team of volunteers.

May 12th – 20km/12km/4km 'Riverbank Run' (131 finishers)

Having originally used the 4km loop a couple of years ago because of a scheduled bike race, it was decided that the course would be used once a year with the event being known as the 'Riverbank Run'. This year's event clashed with the Mother's Day Classic which was also held in the Southbank-West End area. The 4km course started and finished at the back of the Sailing Club (next to the river bank) and headed out on the path next to the river and down to the West End ferry terminal before turning back and heading past the start line and up the grass embankment behind the Sailing Club and then on to the path next to the river for a kilometre before retracing the course back to the start.

20km – Last year's 20km winner **Aidan Hobbs**, cruised through the first three laps before increasing the pace and his last four (4) kilometre lap, timed at 13:53, was easily the fastest lap recorded by any runner on the morning. Aidan's winning time was **1:13:30** with one of Brisbane's leading runners from the last decade Scott Brittain second and James Pisasale third. **Liz Grolimund** continued her excellent BRRC form with a resounding win in the ladies' race. After her win in the 25km the previous fortnight, Liz continued her rich vein of form, recording a winning time of **1:23:42**. Her winning margin amounted to over 10 minutes with her nearest rivals being Elizabeth O'Neil and Yvonne Paetz who have both shown greatly improved form at the Club over the last 12 months.

12km - The three-lap event proved to be the most popular of the morning with 64 runners completing the distance. In the men's race, **Aran Sandrasegaran (48:05)** maintained a 4min/km pace for the entire race to take home the winner's trophy with one of our club sponsors Greg Beerling (from NRCHI) being runner up, and Matt Allen a further minute back in third place. The ladies' race saw a good performance put in by **Kirsten Cowan**, winning in a time of **52:54**. Crystal Mahoney and Morgan O'Brien rounded out the top three.

4km – Tim Appleton (15:27) was the standout in this event, leading all the way, to claim the win with Lee Horobin and Ruben Ripper second and third respectively. Special congratulations to the ladies' winner **Nicole Mulholland** who won her sixth straight event at BRRC. Nicole recorded **17:25** to win by a minute from Maria Hoogstrate with young Priya Madders just a few seconds behind in third.

Thanks to **Stuart Simmons** our new Race Director and his team of volunteers for a job well done.



Tim Appleton 4km winner



Stuart Simmons and Aidan Hobbs



Stuart Simmons and Liz Grolimund

May 26th – Half Marathon Champs/10km/5km (204 finishers)

Tony Stanley and Solveig Litchfield claim Half Marathon titles

What a huge weekend it was on the South East Queensland running scene! Apart from the BRRC Half Marathon, there was also the Noosa Running Festival, The Queensland Half Marathon at Bracken Ridge and also the Queensland 10,000 metre track championship. Numbers at West End were not as big as expected but nevertheless, there were still 122 runners in BRRC's third championship race of the year.

Current Half Marathon Course Record Holders:

Jonathan Peters - 1:12:13 back on 01/03/2009

Leisa Smith (Gold Coast) - 1:19:14 back on 01/03/2009

Half Marathon Championship - The half marathon course consisted of a 1.1km loop followed by four laps of the normal BRRC 5km course. Ben Hinterreiter set the early pace and was a couple of seconds in front of Tony Stanley, Christopher Dalby and John Shaw, as the lead group crossed the timing mat at 1.1km. Tony took the lead soon after and continued to build a sizeable lead with a powerful 18:26 effort on the first of the four 5km laps. At the 6.1km mark, Tony held a minute lead over Ben with John Shaw lurking just 15 seconds back in third place. Tony continued to increase his lead, with Ben dropping his pace noticeably during the 6 to 11km section of the race, allowing John Shaw to move into second place. From then on, **Tony Stanley** was able to dictate terms up front, going on to win his first BRRC Championship in **1:20:25**. The mercurial John Shaw showed why he is one of the world's best in his age group, finishing second just over two minutes behind Tony. Third place went to Christopher Dalby, who maintained a consistent 4min/km pace for the

entire distance, which enabled him to catch Ben Hinterreiter around the 14km mark. Congratulations to Tony Stanley who trains with the BERT Squad and certainly showed the benefits of training with some of Brisbane's best runners as he led the field from virtually the 1km mark until the finish. Intraining running coach **Solveig Litchfield**, was never headed in the women's championship race, winning by over 4 minutes in a time of **1:28:22**. Olivia Lennon came second and was still in recovery mode after her win in the gruelling Warwick Pentath event the previous weekend. Also great to see Peta Dunne taking out third place. Peta has been a long-time member of BRRC and always a leading performer in her age category.

Age group records: There were three age group club records broken on the morning in the half marathon. Congratulations to **John Shaw (M65-69), John Sheer (M70-74) and Mary Ashton (F65-69)** for being record breakers and inspiring younger club members to strive to be the best they can be!

10km - The two-lap event was won by **Chris Edwards** who ran with Boaz Clark for the first 5km. Chris managed to gain a small lead over Boaz in the latter stages of the race, to win by 10 seconds in a time of **36:16**. Brenton Lockrey crossed in third place, to be the only other male to break 40 minutes. The women's division was dominated by **Shiloh Watts** who held a two-minute lead at the 5km mark before going on to win in a time of **38:48**. Regular placegetter Shannon Proffit was second and Muriel McLean third.

5km - Only a small field in the 5km with the emphasis being on the championship race. In the men's race, committee member **Adrian Royce** recorded **17:55** to claim an easy win over Lee Horobin and Jackson Moore. **Margot Manning** cruised around the course in the ladies' event winning in **28:57** from Rebecca Day and Heather Marshall.

Thanks to **Adrian Pearce** (Race Director) and his team of volunteers for a job well done. Also special mention to **intraining**, for once again being a race day sponsor.



Tony Stanley-winner



Solveig Litchfield-winner



Belinda Tomlins and Adrian Pearce

June 9th – 30km/25km/20km/ 15km/10km/5km (225 finishers)

With the Gold Coast Marathon only four weeks away it was a big turnout on the morning with over 220 runners lining up for one of the six events scheduled. Conditions were quite mild for June with the temperature hovering around the 13 degree mark.

A summary of the event winners on the morning appears below:

30km –

Benny Lindeque 2:05:22 and **Kerri Hodge 2:16:45**

25km -

Daniel Hyde 1:35:09 and **Gina de la Cruz 2:11:27**

20km –

Jayden Lyttle 1:22:32 and **Nerissa O'Donnell 1:24:08**

15km –

James Davis 59:12 and **Kylie Eastham 1:12:41**

10km –

Michael Devlin 37:16 and **Kate Watson 40:43**

5km –

Boaz Clark 17:41 and **Helen Ridley Hanna 26:29**

Thanks to debut Race Director **Rhonda Wetton** and the volunteers who did a great job on what was a long morning with the last runner coming across the timing mat in over 3 hours.



Naomi Daly



Andrew Marrington



Russell Wilson



Jayne Riethmuller



Kerri Biggins

June 23rd – 10km Champs/5km (268 finishers)

Wayne Spies and Kim Knox lead the way

On a chilly 8-degree Brisbane morning, 244 runners fronted the start line for the 10km Champs. The first 300 metres was a little tricky in the dark, with runners heading over to the relatively narrow new bike path on the right hand side before going down the hill and then rejoining the normal course on the left hand side of the road.

The men's race proved to be an exciting and close contest with Clay Dawson, **Wayne Spies** and Derrick Leahy together at the 5km mark and leading the field with a 16:31 time split. In the second half, it was Wayne Spies who was able to gain the ascendancy in the latter stages, winning by a margin of four seconds from Derrick with Clay finishing third just five seconds behind. Wayne's winning time was **33:17**. Wayne has already had an outstanding 2019, having recorded a 2:28:59 at the London Marathon and then an outstanding run at Comrades in June, clocking a 6:21:57 for the gruelling 87km event in South Africa.

Age group records: There were three age group club records broken on the morning in the 10km. Congratulations to **John Shaw (M65-69)**, **Wayne Spies (M45-49)** and **Derrick Leahy (M40-44)**. The strength of the M65-69 age group was particularly noticeable with Ron Peters also breaking the previous record and Ian Cameron recording a fast time to finish third in the highly competitive age group.

In the ladies' division, it was a battle up front between three non-club members, with **Kim Knox*** leading at the 5km mark by a narrow two-second margin over Nerissa O'Donnell with Eliza Buzacott Speer a further 50 metres back at that stage. Kim was able to draw away from Nerissa in the latter stages, to be first lady across the finisher's mat in **36:32**. Her final winning margin over Nerissa O'Donnell was 13 seconds with Eliza a further 30 seconds back in third place. From a BRRCC Championship point of view, the first three

club members to finish were Kerri Hodge, Olivia Lennon and Solveig Litchfield.

*{*Kim Knox has since joined as a BRRCC member for the remainder of 2019}.*

Age group records: Three age group club records were broken in the female division with **Solveig Litchfield (F35-39)**, **Kerri Hodge (F45-49)** and **Muriel McLean (F60-64)** being the proud holders of new records.

5km – In the men's division, **Osman Saleh** won in fine fashion, recording a **16:52** to win by a minute from Harvey Cramb and Sam Collins. In the ladies' race, it was a successful return to the Club for one of Australia's leading Masters runners **Louisa Abram** who won in a time of **20:03** from Anja Bion and Sarah Cutler.

Thanks to Race Director **Pam Goddard** and the volunteers who did a great job on the morning ensuring that everything ran smoothly. Race day sponsor **Greg Beerling** from **NRCHI** also helped out with the presentations and provided the random draw vouchers. Thank you, Greg!



Wayne Spies and Pam Goddard



Mary Ashton and Pam Goddard



John Sheer Brian McCarthy Pam Goddard Erkki Ryhanen



Di Miller at water table

July 14th – 15km/10km/5km (127 finishers)

With the temperature dropping to 8 degrees Celcius, it was a challenge moving out of the relatively warm Sailing Club and lining up on the start line. Fortunately, there was no wind, so once you got moving it proved to be near perfect conditions.

15km – The three-lap race proved to be the most popular of the morning with 60 runners entering the event. In the men's race, **Daniel James (54:25)** was the winner with Aran Sandrasegaran four minutes back in second place and Emmanuel Vergara third. Only the top three male runners broke the 60 minutes (4min/km average) on the morning. In the ladies' 15km, **Susan Thornton** claimed the honours with a **1:17:05** effort. A strong third lap by Yvonne Paetz propelled her into second place, after being a minute behind Muriel McLean at the 10km mark.

10km – A very competitive race ensued in the two-lap men's race with James Davis leading by 10 metres at the halfway point from **Paul Tierney** and Justin Lin. Paul increased his pace noticeably in the second 5km lap and was able to pass James Davis to go on and claim the winner's trophy in a time of **37:09**. James crossed the mat in second place with Justin Lin just 10 seconds back to finish third. **Sophie Butler** was the ladies' winner in **45:51** with Leela Dilkes-Hoffman just over a minute behind in second place and Kate Riethmuller deserves an honourable mention for finishing third.

5km – Seven wins from her last seven appearances, is a pretty impressive record and that's exactly what **Nicole Mulholland** achieved, after winning the ladies' 5km on the morning. Nicole recorded a time of **21:40** and so far this year has won six races over the 5km distance at Brisbane Road Runners as well as the 4km Riverbank Run held back in May. Former Sydney resident Jenna Trelease was second and Kaitlyn Stutz held off Amy Riethmuller to be third finisher. **Tim Appleton** sped around the course in **18:39** to record an easy win in the men's 5km from regular 5km placegetter Lee Horobin and Andrew Peart.

Special thanks to our Race Director **Geoff Neil** and his team of volunteers who did a great job on the morning ensuring that everything moved along smoothly.



Mark Walkey



Darren Manson



Derek Nixon-Smith



Mark Huth

July 28th – 20 km Club Champs/10km/5km (182 finishers)

Clay Dawson and Zoe Manning crowned 20km Champs

Current 20km Course Record Holders:

Patrick Nispel - 1:07:31 back on 12/06/2016

Leisa Smith (Gold Coast) – 1:17:53 back on 02/05/2010

Runners were greeted by relatively mild winter temperatures for the 6.00am start with the thermometer around 12 degrees C. It was a busy day on the SEQ running calendar with the annual Park2Park event being held in Ipswich as well as the Queensland Cross Country Championships in Maleny.

20km Championship – 109 starters in the 20km. The men's race saw **Clay Dawson** dominate from the get go and at the halfway point (reached in 34:15), his lead over Anthony Craig was nearly three minutes. A good battle for third place was developing with Shane George and current BRRC Half Marathon Champion Tony Stanley locked together after 10km. The second half of the race saw Clay hold his kilometre average, to end up winning in a time of **1:08:32**, his best over this distance at West End. Anthony Craig (one of Australia's leading Defence Force runners) was second and Derrick Leahy managed to pass both Tony Stanley and Shane George to claim third place in the championship. In the ladies' four-lap championship, **Zoe Manning** and Olivia Lennon ran together for 15km of the race before Zoe increased her speed in the last five kilometres to go on and win, crossing the mat in **1:31:42**. Olivia was second and Katy Russell turned in a strong performance to finish third. At the 15km mark, Katy was only 10 seconds behind Olivia.

Age group records: There were five age group club records broken on the morning in the 20km. Congratulations to **Clay Dawson (M35-39)**, **Tony Stanley (M50-54)** and **Jack**

Marsh (M80-84) in the men's division and **Marion Hermitage (F55-59)** and **Irene Davey (F70-74)** claimed age records in the women's division.

10km – Brad Ward from BERT Squad recorded a 10-second negative split, claiming the honours with a **36:05** effort. Emmanuel Vergara and Enrique Suana were locked together in second place at the 5km mark with Mark Walkey keeping them honest being just 40 metres behind. Enrique was the strongest in the last 5km with Emmanuel dropping off the pace as Mark moved up to claim third place. After her excellent 2:51:22 effort at the Gold Coast Marathon, **Nerissa O'Donnell** won the ladies' 10km in comfortable fashion recording **38:47**. Leela Dilkes-Hoffman and Kylie Rogers were second and third respectively.

5km – Connor Russell wore the 'fast' shoes in this race, speeding around the course in **16:51** to take home the winner's prize. Jackson Moore was second with Stephen Smith rounding out the top three. Connor is the son of former BRRC member Trish Russell who was a regular event winner at BRRC a few years ago. Ladies' winner **Nicole Mulholland**, made it eight (8) wins in a row at BRRC with her **21:46** effort. Jenna Trelease and Anja Bion were second and third respectively.

Special thanks to our Race Director **Andrei Wightman** for a role well done on what was a taxing morning for volunteers with medals being handed out in all age groups. Also a shout out to Steve Manning from **intraining** for sponsoring the morning.



Russell Wilson looks for Inspiration



Jack Marsh 20km Record Holder



Helen Banks and Mary Ashton



Steve Yang leading Tim Appleton



Zoe Manning winning 20km



Renae Brown



Clay Dawson winning 20km

August 11th – 15km/10km/5km (112 finishers)

It was a cold morning and with the strong winds on parts of the course, a testing morning in more ways than one. Again, it was a busy morning on the Brisbane running calendar with the Royal Brisbane Women's Hospital (RBWH) holding their annual Royal Run for Research at Kurilpa Point Park and the popular Kalinga Dash also being held at Kalinga Park in Brisbane's inner north.

15km – Elliot Carr made it a successful return to BRRC, winning the 15km comfortably in a time of **54:54**. Fellow BERT group members Leo Altarelli and Derrick Leahy were second and third respectively. In the women's event, **Laura Daly (1:11:04)** won by nearly a minute from Marion Hermitage and Gina de la Cruz.

10km – Brad Ward made it two wins in a row at BRRC, scooting around the course in **36:09**. His time was just four seconds slower than his previous effort, a fortnight earlier. James Davis was second and in the battle for third, Jasper Joyce just pipped John White Huang and Jurgen Paetz. The ladies' 10km was won by **Leela Dilkes-Hoffman (45:00)** with BRRC regulars Yvonne Paetz and Susan Thornton continuing their good form to take out second and third.

5km – In the men's one-lap event, **Lee Horobin (21:47)** broke through for a satisfying win after a string of second-placed efforts in the previous few months. Robert Henderson and Colin Chow were the other podium finishers on the morning. A similar story unfolded in the women's 5km with **Anja Bion** winning the race in **24:54**. Anja, had also collected a string of minor placings at previous events this year so was delighted to claim a winner's trophy. Helen Ridley Hanna and Solenn Bardy rounded out the top three in the results.

Thanks to **Bruce Smerdon** for taking on the role of Race Director on the morning and doing his pre-race brief inside the clubhouse and out of the windy, cool conditions which had returned to Brisbane in time for the Exhibition.

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



MEMBER PROFILE

Name: Clare Mitchell

Age: 51

Occupation: Psychologist

How and when did you start running?:

I used to run when I was at school and also when I was in the Royal Air Force but when I did my undergraduate degree in England I took up cricket and played for my university so the running took a back seat until I completed the Dublin Marathon the year I turned 30. I then had my children and moved to Australia and didn't run for a few years. When I moved to Brisbane in 2010 I decided to run a half marathon and completed the Gold Coast Half with intraining. I then had another break while I studied again and got back into running regularly about 4 years ago.

Most Memorable Running Moments:

Completing the Gold Coast Marathon last year by pacing with two of my friends who hadn't run that distance before. I had completed the Kokoda Trek in PNG for work earlier that year and had had some time off in the UK so hadn't really got up to where I wanted to be with my running so it was great to be able to experience that with them.

Favourite Running Distance and PB:

Because I did some of my running in my 30s when I was a bit quicker than I am now I struggle to get anywhere near my PBs. Going back to previous races though it's a toss up between the achievement of the Marathon (PB: 3 hours 31 minutes) or speed of a 10k (PB: 42:42)

Running Goals:

I have run the Melbourne Marathon the last two years so I have just decided to focus on racing shorter distances for the next few months. My main goals for the rest of this year are the BRRC Championship races where I am aiming to get in the top three for my age group.

Favourite Runs:

Along the Brisbane River towards the city early in the morning on a clear, crisp winter day! Can't beat it!

Favourite Running Partners/Group:

All my running buddies at the intraining Indooroopilly training group. You couldn't ask for a more supportive bunch of people and I know that I wouldn't get up at 4.30am three times a week to run with just anyone. The folks out at Rocks Riverside parkrun are pretty special too though!

Who is your running idol?:

Eliud Kipchoge. Not only is he an incredible athlete but he is a down to earth and humble man. Excellent example for young athletes.

Favourite Sportsperson/s:

I am an England cricket fan so Jos Buttler, England batsman and wicketkeeper.

Favourite Shoe Brand: Brooks

Favourite Food: Italian

Favourite Drink: Tea

Favourite Movie: The Green Mile

Favourite Music:

Bruce Springsteen but I will listen to anything upbeat when I am running.

Star Sign: Scorpio

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

I'd like to say world peace but I think that it would actually be to get quick enough to beat my 10k PB!

AT THE RACES

News from around Australia and the World

Compiled by Robert Lofthouse

ROTTERDAM MARATHON (Netherlands) - 7th April 2019

The Rotterdam course is known as one of the fastest and flattest in Europe, so it was no surprise to see an elite men's field assembled which included six sub-2:06 runners. Australian running legend **Robert de Castella** won this event back in 1983 in a time of 2:08:37, outrunning the previously unbeaten Russian great Alberto Salazar in the latter stages. Cool, clear conditions (8 degrees C) greeted runners on the morning. This was the 39th edition of the event held on this course.

In the men's race, Kenya's **Marius Kipserem** bettered his previous personal best and also broke the course record as he broke away from his two compatriots Emanuel Saina and Vincent Rono with 10km to go. His winning time of **2:04:11** broke the course record by 16 seconds and for Kipserem, was his second win in Rotterdam having claimed the 2016 title. Second place went to former Kenyan Kaan Ozbilen (now competing for Turkey) who came home strongly in the last five kilometres to pass Rono and Saina.

The ladies' race saw Ethiopia's **Ashete Bekere** break away from the field at 26km and she was never headed from then on, crossing the finish in a time of **2:22:55**. Kenya's Stella Barsosio was second with former Kenyan Aliphine Tuliamuk-Bolton (now living in the USA) coming home in third place.

Rotterdam Marathon: Men/Women Results

1 - Marius Kipserem (Kenya)	2:04:11 PB
and Course Record	
1 - Ashete Bekere (Ethiopia)	2:22:55 Has PB of 2:21:14
2 - Kaan Ozbilen (Turkey)	2:05:27 PB
2 - Stella Barsosio (Kenya)	2:23:36 PB
3 - Emanuel Saina (Kenya)	2:05:42 Has PB of 2:05:02
3 - Aliphine Tuliamuk-Bolton (USA)	2:26:50 PB

VIENNA CITY MARATHON (Austria) - 7th April 2019

Good conditions with a temperature around 10 degrees C greeted 40,000 runners involved in either the Marathon, 10km or 5km. The marathon itself attracted 6,000 competitors.

In the ladies' division, **Nancy Kiprop** produced an outstanding performance when she broke the course record by nearly two minutes to win her third Vienna City title. She won by over three minutes in a time of **2:22:12** and it was a clean sweep on the podium with all three Kenyan ladies recording personal bests. Third placed Maurine Chepkemai (aged 20) showed she is a runner of the future with her strong showing.

Kenya's **Vincent Kipchumba** took the honours in the men's marathon recording a PB of **2:06:56**. This was Kipchumba's first marathon win and he was pleasantly surprised and happy, steadily moving away from former Eritrean runner Tadesse Abraham (now running for Switzerland) just after the 35km mark.

Vienna City Marathon: Men/Women Results

1 - Vincent Kipchumba (Kenya)	2:06:56 PB
1 - Nancy Kiprop (Kenya)	2:22:12 PB
and Course Record	
2 - Tadesse Abraham (Switzerland)	2:07:24 Has PB of 2:06:40
2 - Angela Tanui (Kenya)	2:25:37 PB
3 - Solomon Mutai (Kenya)	2:08:25 PB
3 - Maurine Chepkemai (Kenya)	2:26:16 PB

PARIS MARATHON (France) - 14th April 2019

A large field of 49,000 runners faced the starter's gun on a cool but sunny Paris morning. This was the 42nd edition of the event held on this course.

In the men's race, Ethiopia's **Abrha Milaw** bettered his previous personal best, upsetting two times defending champion Paul Lonyangata (Kenya) with a stunning burst just after the 39km mark. With three km to go, Milaw and his compatriot Asefa Mengistu were locked in battle with race favourite Lonyangata, but it was Milaw's speed in the closing stages that left his two rivals without an answer. His winning time was **2:07:05**, with Mengistu 20 seconds back in second place and defending champion Lonyangata having to settle for third place. Milaw had previously won the Cannes Marathon (2:07:25) in November 2018, so had pretty good lead-up form going into this race.

In the women's race, there were six in the lead pack at the halfway point. Shortly after that, Kenya's Sally Chepyego increased the tempo with the three Ethiopian runners Gelete Burka, Azmera Gebru and Azmera Abreha managing to stay just behind her. The four runners managed to stay together until the 40km but it was Chepyego that tired and she was passed by the three Ethiopian runners and leading French runner Clemence Calvin. In the last kilometre, **Gelete Burka** managed to forge a small lead over her compatriots going on to win by a margin of five seconds in a time of **2:22:47**. At 33 years of age, Burka has certainly built an impressive resume for herself having won the World Cross Country Championship back in 2006 and then winning medals a number of times at World Indoor Championships over various distances. She has only moved up to the marathon distance in 2018, debuting at Dubai with a 2:20:45 effort.

Both male and female winners received AUS\$78,500.00 for their efforts.

Paris Marathon: Men/Women Results

- | | |
|-------------------------------|---------------------------|
| 1 – Abrha Milaw (Ethiopia) | 2:07:05 PB |
| 1 – Gelete Burka (Ethiopia) | 2:22:47 Has PB of 2:20:45 |
| 2 – Asefa Mengistu (Ethiopia) | 2:07:25 Has PB of 2:04:06 |
| 2 – Azmera Gebru (Ethiopia) | 2:22:52 PB |
| 3 – Paul Lonyangata (Kenya) | 2:07:29 Has PB of 2:06:10 |
| 3 – Azmera Abreha (Ethiopia) | 2:23:35 Has PB of 2:21:51 |

AUSTRALIAN RUNNING FESTIVAL (Inc. Canberra Marathon) – 14th April 2019

The first of the Australian major city marathons for the year was held in Canberra on the second weekend in April. The event now is held under the name Australian Running Festival and incorporates a 10km, 5km and a 1km Kids' Dash on the Saturday, and Sunday the focus shifts to the Marathon, 50km Ultra and the Half Marathon. Competitors this year were blessed by perfect running weather with clear blue skies, no wind and temperatures in the low teens. The absence of high humidity was also a real contrast for Queensland runners coming straight out of a hot, humid summer.

Marathon:

Former English runner and now a resident of Melbourne, **Nick Earl** was the best credentialed runner in the field with a PB of 2:14:38 and he was first over the finish line in **2:20:25**, to give him a winning margin of four minutes over Sydney's Matthew Cox. Nick moved from England to Melbourne a couple of years ago to take up a position as a Climate Scientist, so you could say that he's an expert on the weather!

In the women's marathon, leading Australian Ultra runner **Stephanie Auston** was unchallenged in the marathon, recording a PB time of **2:43:33**. Her winning margin over NSW's Rachel Glasson was a sizeable 13 minutes. Stephanie and Rachel were the only two ladies in the field to break the three hour barrier. The course itself does have some undulations, particularly the rise up to Parliament House which certainly challenged many of the 1,170 strong field.

50km Ultra Marathon:

Australian Ultra representative **Ash Watson** showed his liking for the 50km distance recording a **2:59:40**, to claim the 50km title by seven minutes from his nearest rival Lachlan Oakes from NSW. Watson hails from Ballarat and often does training sessions with Ballarat's favourite son Steve Moneghetti who has been one of his mentors over the last decade.

Gold Coast runners were to the fore in the women's Ultra with **Zoe Hawkins** winning the race in **3:55:23** and Corinna Black finishing third. Sydney's Lilian Molesworth came in second, five minutes behind Zoe.

Half Marathon:

Two Australian marathon representatives headed a quality field of nearly 2,500 in the half marathon. In the men's race, Australia's No 2 ranked marathoner **Liam Adams** was made to work for his win by 22 year old Canberra runner Bryce Anderson. Liam left it until the last kilometre to gain the ascendancy over Bryce (helping him to run a PB in the process), crossing in a time of **1:06:03** with Bryce just five seconds behind. Liam Adams also holds the current Australian parkrun record with his 14:22 effort for the 5km distance. Also, congratulations to **BRRC's Ben Hinterreiter** who ran a PB in the half marathon, finishing in **1:28:01**. Ben has been performing well in the BRRC Championships in the 19 and under age group.

The women's race was won in comfortable fashion by 2016 Rio Olympian **Milly Clark** who recorded **1:15:35** to win by nearly two minutes from Melbourne's Henrietta Lawrence with Katie Gamble taking out third place. Milly also has a 2:29:07 marathon to her credit, which qualified her for the Rio Olympics Marathon where she finished in a very creditable 18th place.

Certainly an event well worth doing and as a participant in the 5km, it was a real bonus to strike relatively warm weather for the entire weekend in Canberra. This event is held annually on the second weekend in April and the low humidity makes a big difference to the comfort levels after training in the Brisbane heat for six months, prior to the event.

Canberra 50km Ultra Marathon: Men/ Women Results

1 - Ash Watson (Ballarat)	2:59:40
1 - Zoe Hawkins (Gold Coast)	3:55:23
2 - Lachlan Oakes (NSW)	3:06:39
2 - Lilian Molesworth (Sydney)	4:00:13

3 - Brendan Davies (NSW)	3:08:27
3 - Corinna Black (Gold Coast)	4:03:11

Canberra Marathon:

1 - Nick Earl (Melbourne)	2:20:25 Has PB of 2:14:38
1 - Stephanie Auston (NSW)	2:43:33 PB
2 - Matthew Cox (NSW)	2:24:41 Has PB of 2:18:42
2 - Rachel Glasson (NSW)	2:56:22 Has PB of 2:47:57
3 - Joshua Turley (NSW)	2:26:29 PB
3 - Melissa Selby (NSW)	3:01:52 Has PB of 2:58:11

Half Marathon:

1 - Liam Adams (Melbourne)	1:06:03 Has PB of 1:03:28
1 - Milly Clark (Sydney)	1:15:35 Has PB of 1:10:48
2 - Bryce Anderson (Canberra)	1:06:08 PB
2 - Henrietta Lawrence (Melbourne)	1:17:22 PB
3 - Guy Walters (Newcastle, NSW)	1:07:20 PB
3 - Katie Gamble (Melbourne)	1:18:32 PB

BRRC Result:

Ben Hinterreiter	1:28:01 PB
------------------	-------------------

BOSTON MARATHON (USA) - 15th April 2019

Fun Facts about Boston 2019:

1. 120,000 safety pins issued to runners.
2. 26,737 finishers in 2019.
3. 848 Port-Potties at the start.
4. First run in 1897. Is world's oldest annual marathon.
5. Course does not qualify for any world records run, because of its elevation drop.
6. Around 500,000 spectators lining the streets on the course.
7. One of the few marathons in the world to take place on a Monday.

Early thunderstorms hit Boston but had cleared by the 10.00am start for the elite runners but it was quite humid with the temperature around 18 degrees C.

The men's field included the Kenyan pair of Lawrence Cherono and Kenneth Kipkemoi who were the 2018 Amsterdam and Rotterdam winners respectively and Ethiopia's Lelisa

Desisa who was the 2018 New York winner. As the men's race progressed into the latter stages, it was the three above mentioned, who had cleared away from the field and they were still together at the 41km mark. With 600 metres to go it was Kipkemoi who started to fade leaving Cherono and Desisa to duel until the last 20 metres when **Lawrence Cherono** edged ahead to win by just two seconds with his finishing time being **2:07:57**.

In the women's race, Ethiopia's **Worknesh Degefa** was the favourite having a PB of under 2:18 and she took control after 6km and was never headed, winning in **2:23:31**. Well known Kenyan runner Edna Kiplagat was one of the oldest in the elite field at 39 years of age but ran a strong race to finish second with crowd favourite Jordan Hasay from the USA third across the line in front of the huge crowds that lined the finish area.

Boston Marathon: Men/Women Results

1 - Lawrence Cherono (Kenya)	2:07:57
	Has PB of 2:04:06
1 - Worknesh Degefa (Ethiopia)	2:23:31
	Has PB of 2:17:41
2 - Lelisa Desisa (Ethiopia)	2:07:59
	Has PB of 2:04:45
2 - Edna Kiplagat (Kenya)	2:24:13
	Has PB of 2:19:50
3 - Kenneth Kipkemoi (Kenya)	2:08:07
	Has PB of 2:05:44
3 - Jordan Hasay (USA)	2:25:20
	Has PB of 2:20:57

BRRC Results:

Matt Archer	3:02:14
Peter Lewis	3:07:28

61 year old USA icon Joan Benoit-Samuelson ran a 3:04:00 to win her age group, 40 years after winning the 1979 Boston Marathon as a relatively unknown 21 year old. Joan went on to become one of the all-time greats and pioneered the way for women to compete in marathons and had a PB of 2:21:21

LONDON MARATHON (England) – 28th April 2019

Eliud Kipchoge delivers another master class

The current World Record holder and World

No 1 ranked marathoner, went into this race looking for his fourth London Marathon win and with a quality field assembled, all eyes would be on the finish time. How fast would they go with Kipchoge leading the way? At the halfway point, reached in 1:01:37, Kipchoge and a group of 9 runners were battling it out. One by one the lead pack reduced in size with Great Britain legend Mo Farah dropping off with 12km to go. At 39km, Kipchoge was still accompanied by two Ethiopian runners Mosinet Geremew and Mule Wasihun. Kipchoge then made his move and quickly distanced himself from his two rivals, showing just how strong he is in the latter stage of a race. He finished in a time of **2:02:37**, the second fastest official marathon time ever run! Mosinet Geremew and Mule Wasihun also ran fantastic times to finish second and third respectively. For **Eliud Kipchoge**, this was his 12th marathon victory from 13 starts. The only man who has beaten him is Wilson Kipsang who also ran in the race finishing 12th in 2:09:18. Quite a few of the runners were in agreement that the wind made it difficult in the first half of the race. Amazingly, Kipchoge ran the second half of the race in 61 minutes which was half a minute faster than the first half!

Special mention to Australian athletes Brett Robinson and Jack Rayner who ran 2:10:55 and 2:11:06 respectively. Great run by Brett after his DNF in Fukuoka last year and an outstanding debut by Jack Rayner. Both are from Melbourne and hopefully will run even faster in their next marathons.

Brigid Kosgei turns the table on rival Vivian Cheruiyot

The women's race pitted 2018 London winner Vivian Cheruiyot against the 2018 runner up **Brigid Kosgei**. Also from Kenya were Mary Keitany and Gladys Cherono as well as Ethiopia's Roza Dereje. An outstanding field of sub 2:20 marathoners. The first half of the race was run in a relatively slow 1:11:38 suggesting that the winner may not go sub 2:20. The pace increased noticeably between 25 and 30km with Kosgei making a break but Cheruiyot was able to catch her again. Kosgei

broke again just after 32km, with an amazing turn of speed which lasted for the rest of the race. Incredibly, she ended up winning in a time of **2:18:20** with her **second half of the race being the fastest ever run by a female** in marathon history – 1:06:42! At the end, Cheruiyot was nearly two minutes behind with Roza Deжере holding off Gladys Cheronu by just one second in a thrilling finish for third place on the podium.

42-year old Melbourne runner **Sinead Diver** also made it a great day for Australian runners with her 2:24:11 effort giving her seventh place. At the halfway mark, Sinead was up there with the leaders and did well to run a PB, especially as Kosgei really upped the tempo with her amazing second half performance to destroy a world class field.

London Marathon: Men/Women Results

- 1 – Eliud Kipchoge (Kenya) 2:02:37 Has PB of 2:01:39
- 1 – Brigid Kosgei (Kenya) 2:18:20 **PB**
- 2 – Mosinet Geremew (Ethiopia) 2:02:55 **PB**
- 2 – Vivian Cheruiyot (Kenya) 2:20:14 Has PB of 2:18:31
- 3 – Mule Wasihun (Ethiopia) 2:03:16 **PB**
- 3 – Roza Dereje (Ethiopia) 2:20:51 Has PB of 2:19:17

Leading Australians:

- 13 – Brett Robinson (Melbourne) 2:10:55 **PB**
- 14 – Jack Rayner (Melbourne) 2:11:06 **Debut Marathon**
- 7th Female – Sinead Diver (Melbourne) 2:24:11 **PB**

BRRC Results:

- Wayne Spies** 2:28:59
- 2nd M45-49**
- Bronwyn Spies 5:22:13

Wayne went through the first half in 1:13:56

Eliud Kipchoge to Try Again for Sub Two (2) Hour Marathon

65 years ago, England's Roger Bannister smashed the four minute mile barrier which many thought was impossible. A week after winning his fourth London Marathon and his 12th win overall, Kenyan great Eliud Kipchoge announced his intention to try and shatter Athletics' last great barrier – the sub two hour marathon. Kipchoge made his first attempt

at breaking the two hour barrier back in May 2017 at the Monza race track in Italy where he fell just short of his goal, recording a time of 2:00:25. This time, the attempt will be held in Vienna in October and will be financed by Britain's richest man Jim Ratcliffe, and his petrochemical company INEOS. Ratcliffe also has recently taken over the TEAM SKY cycling squad. Stay tuned for further announcements about the attempt which will be watched in awe by the world. How far and fast can a human push himself?

CHANNEL 7 CAIRNS MARATHON (North Qld) - 28th April 2019

The Cairns Marathon Festival includes the Marathon, Half Marathon, 10km, 5km and Junior 2km event. This year's event attracted 2,330 runners spread across the five races. Well known Ipswich runners, **Clay Dawson** and **Cassie Fien** were to the fore with Clay [2:38:09] finishing second in the marathon and Cassie Fien [1:21:21] winning the female division of the half marathon by a decisive eight minutes. In humid conditions with the minimum temperature being 23 degrees C, Japan's Hideyuki Ikegami won the men's marathon in 2:22:15 with Clay second and another Japanese runner Koji Sakimoto third.

Cairns Marathon: Men/Women Results

- 1 – Hideyuki Ikegami (Japan) 2:22:15 Has PB of 2:13:41
- 1 – Akena Goode 3:15:01
- 2 – Clay Dawson (**BRRC**) 2:38:09 Has PB of 2:26:54
- 2 – Sarah Foster 3:36:10
- 3 – Koji Sakimoto (Japan) 2:47:23 Has PB of 2:31:44
- 3 – Alena Scurrah 3:37:35

Prize money for the Cairns Marathon was offered as follows:

- 1st Male and Female - \$1,000.00
- 2nd Male and Female - \$500.00
- 3rd Male and Female - \$300.00

RUNAWAY NOOSA MARATHON

- 25th May 2019

BRRC members in fine form

It was a great day for BRRC runners with podium finishes in both the men's and women's marathon and half marathon.

Marathon:

Special congratulations to **Liz Grolimund** who won the ladies' marathon in **2:59:35**. Liz has been in great form at BRRC events this year and she took command early at Noosa to win by a huge margin of 27 minutes.

In the men's race, **Derrick Leahy** continued his great start to 2019 finishing second in **2:35:36** and in the process lowered his previous best time by four minutes. BRRC is also blessed in having two of Australia's best 65-69 age group runners, John Shaw and Ron Peters, doing great things in various events and this time it was **Ron Peters'** turn to shine. Ron has just returned to the Club this year and recorded a fine **2:54:19** on the morning.

Half Marathon:

Kieren Perkins turned in an outstanding performance in the half, finishing third in **1:09:48**. In the ladies' division, **Kerri Hodge** finished third in **1:19:39**, just 10 seconds ahead of Nerissa O'Donnell, who has also put in some top runs at West End in 2019. Great to see two local ladies breaking the 1:20 mark.

Noosa Marathon: Men/Women Results

1 - Caleb Noble (Riverina, NSW)	2:31:32
1 - Liz Grolimund (BRRC)	2:59:35 PB
2 - Derrick Leahy (BRRC)	2:35:36 PB
2 - Vanessa Kennedy	3:26:57
3 - Yun Phua	2:38:22
3 - Serena Dwyer	3:27:26

Half Marathon:

1 - Louis McAfee (Brisbane)	1:06:30
1 - Lisa Weightman (Melbourne)	1:10:04 Aust Marathon Rep
2 - David Ridley (Melbourne)	1:06:33

2 - Reegan Ellis (Sydney now Gold Coast)	1:18:45
3 - Kieren Perkins (BRRC)	1:09:48 PB
3 - Kerri Hodge (BRRC)	1:19:39 PB

10km:

1 - Nick Dewar (Brisbane)	31:28
1 - Melanie Panayiotou (Sunshine Coast)	34:44
2 - Simon Hearn	31:40
2 - Samantha Phillips	35:41
3 - Peter Bracken	33:12
3 - Kristy Rigby	36:45

BRISBANE MARATHON - 2nd June 2019

1 - Clay Dawson (BRRC)	2:33:40
1 - Sidney Andrew (USA)	2:54:07
2 - Rob Clarke	2:38:01
2 - Noo Bowker (BRRC)	2:58:57
3 - Tim Ballantine	2:45:01
3 - Lou Clifton	3:07:20

Leading BRRC Results:

Chris Dalby	2:51:22
Adrian Royce	2:55:38

Half Marathon:

1 - Isaias Beyn	1:05:27
1 - Melanie Panayiotou (Sunshine Coast)	1:17:12
2 - Aidan Hobbs (BRRC)	1:09:56
2 - Cassie Fien	1:20:04
3 - Matthew Fox	1:10:12
3 - Rebecca Bailey	1:23:30

10km:

1 - Liam Boudin	31:04
1 - Isabelle Harte	38:11
2 - John Polson	31:44
2 - Eliza Buzacott-Speer	40:05
3 - Connor Whiteley	34:13
3 - Peita Hynes	40:27

GOLD COAST MARATHON – 6-7th July 2019

Gold Coast Marathon: Men/Women Results

Yuta Shitara broke the Gold Coast **Course Record** with his effort.

1 – Yuta Shitara (Japan)	2:07:50	Has PB of 2:06:11
1 – Rodah Tanui (Kenya)	2:27:56	Has PB of 2:27:35
2 – Barnabas Kiptum (Kenya)	2:08:02	PB
2 – Milly Clark (Australia)	2:28:08	PB
3 – Zane Robertson (New Zealand)	2:08:19	

Debut Marathon

3 – Nazret Weldu Gebrehiwet (Eritrea)	2:28:57	PB
---------------------------------------	---------	-----------

Leading BRRC Results:

Aidan Hobbs	2:23:00	PB
Christopher Dalby	2:48:22	PB
Kim Knox	2:48:25	1st F40-44, PB
John Shaw	2:58:01	1st M65-69

Half Marathon:

1 – Jack Rayner (Australia)	1:02:30
1 – Sinead Diver (Australia)	1:09:46
2 – Yuki Sato (Japan)	1:02:36
2 – Ellie Pashley (Australia)	1:09:51
3 – Yuma Hattori (Japan)	1:02:39
3 – Lisa Weightman (Australia)	1:10:32

Leading BRRC Results:

Wayne Spies	1:12:20	
Derrick Leahy	1:13:50	PB
Daniel James	1:14:30	PB
Kerri Hodge	1:19:51	2nd F45-49
Olivia Lennon	1:22:57	3rd F40-44, PB
Ronnie Peters	1:23:18	1st M65-69
Phil Davies	1:25:26	1st M60-64
Murial McLean	1:35:55	1st F60-64
Jack Marsh	2:44:19	3rd M80-84

10km:

1 – Lachlan Barber (Victoria)	29:58
1 – Leanne Pompeani (ACT)	33:00
2 – Tim Vincent (Queensland)	30:03
2 – Casey Wood (South Australia)	33:10

3 – Liam Boudin (Queensland)	30:18
3 – Charlotte Wilson (Victoria)	33:54

Leading BRRC Results:

Nicholas Kirkup	36:18	
Neil Bath	37:25	2nd M55-59 . Also did the Half.
Zoe Manning	38:17	1st F15-17 . Also did the Half.
Ronnie Peters	39:07	1st M65-69
Solveig Litchfield	39:57	
Louisa Abram	42:54	1st F55-59
Cynthia Cliff	53:13	3rd F65-69
Colin Woods	59:18	1st M80-84

JETTY TO JETTY – 21st July 2019

This iconic event started out as a 10km Fun Run 33 years ago and now includes a half marathon, 10km, 5km and 3km on the program. This year's sell-out event started at Pelican Park at Clontarf (Redcliffe Peninsula) and a total of 4,800 entries were received across the four distances.

Half Marathon Course Records:

Male – Jackson Elliott (Gold Coast) 1:09:24 (2015)

Female – Cassie Fien (Amberley, Qld) 1:13:33 (2015)

Former Eritrean marathon runner Isaias Beyn has won a multitude of races since moving to Brisbane some seven years ago and was the warm favourite to win this race, given his outstanding record in half marathons around South East Queensland. Two weeks prior to this event, Isaias had run an impressive 2:14 at the Gold Coast Marathon to be first Queenslander over the line. Looking at the start list for this event, there appeared to be only one person with the speed to stay with Isaias over the first 10km and that was 20-year old **Tim Vincent** who had recorded some impressive 10km results in the previous 12 months. In 2018 Tim had finished third at Bridge to Brisbane with a time of 30:27 and at the Gold Coast 10km two weeks earlier came second in 30:03. A field of over 900 runners took off on the 21.1km journey with Isaias Beyn and Tim Vincent passing the 5km

together in 15:42. Nothing changed over the next 11km and with 5km to go, Isaias and Tim were still locked together with the third placed runner over 12 minutes behind. In the last kilometre it was the speed of Tim Vincent that prevailed and he was able to forge a narrow lead and go on to win by six seconds. His time was **1:05:41**, the fastest time ever recorded in Jetty to Jetty history. This was the first time that the new course had been used and many agreed that the new course was faster than the old Woody Point course. The dedication shown by Tim Vincent to his training certainly paid off for him in this race. Tim wakes up at 4.00am three times a week and drives down to the Gold Coast to train with Jackson Elliott's Gold Coast Run Co Group which also includes another leading 10km runner Louis McAfee.

In the ladies' race, Sandgate's **Rebecca Bailey** won in **1:23:12** from BRRC member Noo Bowker and Jacqui Swindale. Rebecca had a 30 second lead over Noo at the 5km mark and by the halfway point had extended the gap to nearly a minute. Prior to this event, Rebecca Bailey had finished third at the Brisbane Half Marathon back in June.

10km:

Both **Liam Boudin** and **Greer Wilson** recorded commanding wins in their respective races with Liam clocking a swift **30:22** to win the men's division by over four minutes. In the ladies' event, Greer Wilson crossed the finish mat in **37:06** to win by over two minutes. Liam had previously won the 10km at the Brisbane Marathon Festival and bettered his winning Brisbane time by over 30 seconds. The 10km event proved to be hugely popular, attracting 2,020 entrants.

Jetty to Jetty Half Marathon: Men/Women Results

1 - Tim Vincent (Brisbane)	1:05:41
1 - Rebecca Bailey	1:23:12
2 - Isaias Beyn	1:05:47
2 - Noo Bowker (BRRC)	1:24:41
3 - Jason Croston	1:19:27
3 - Jacqui Swindale	1:26:33

Leading BRRC Results:

Peter Lewis	1:27:26
Adrian Pearce	1:35:21
Leela Dilkes-Hoffman	1:39:23
Yvonne Paetz	1:43:28
Karen Wiersma	1:52:03

10km:

1 - Liam Boudin (Brisbane)	30:22
1 - Greer Wilson	37:06
2 - Jeremy Briggs	34:32
2 - Kristy Stroy	39:16
3 - Tim Toner	36:46
3 - Louise Ryan	41:00

SUNSHINE COAST MARATHON - 4th August 2019

With events ranging from 2km up to the Marathon, this year's eighth edition of the race attracted nearly 6,000 entrants. Weather on the morning was perfect with clear blue skies and a temperature around 10 degrees for the 6.00am Marathon and Half Marathon start. Some fast times were expected in both races with the Half Marathon being the Australian Half Marathon Championship for 2019.

Japan and New Zealand winners in Marathon

Japan's **Saeki Makino** made his second trip to Queensland in a year another successful one, with his course record **2:16:17** effort. Saeki had previously won the Brisbane Marathon in 2018. His winning margin over Melbourne's Nick Earl was over three minutes with another Melbourne runner Dion Finocchiaro third. Nick Earl was in good form going into this race having won the Canberra Marathon back in April. Makino's winning time broke the previous men's course record by two minutes.

In the ladies' marathon, New Zealand's **Lydia O'Donnell** stamped her authority early in the race and ended up with a victory margin of eight minutes over 2018 Brisbane Marathon winner Leah Fitzgerald from Coffs Harbour.

Lydia also managed to break the course record with her **2:41:11** effort. Long-time Brisbane runner Kathryn Smyrneos, made her step up to the marathon distance a successful one claiming third place with a strong 2:55 effort.

HALF MARATHON (The Aust Half Marathon Championship):

Lisa Weightman breaks Aust. Record and Jack Rayner disqualified

Defending Australian Champion Jack Rayner broke away from Kevin Batt just after 4km, but at a roundabout 5km into the race, an official on a bike took a wrong left turn and Jack followed him for about 40 metres before the official realised his mistake. Jack was guided back on to the correct course and still crossed the finish over a minute ahead of Kevin Batt but was disqualified under the race rules for supposedly having run 40 metres short of the half marathon distance. New South Wales runner **Kevin Batt (1:04:12)** was declared the men's Australian Half Marathon Champion with Queensland's Louis McAfee only a second behind in the silver medal position. Melbourne's James Coleman crossed in third place.

\$25,000 additional prize money was on offer for anyone who could break Lisa Weightman's long-standing Australian record of 1:09:00 in the ladies' race. With Lisa, Sinead Diver and Ellie Pashley pushing each other for 20km of the race the course record was broken with **Lisa Weightman** outstanding in the last kilometre as she gained the ascendancy and a new Australian all comers record of **1:08:48**. At 40 years of age, she also managed to break Sinead Diver's age group world record for the half marathon set 12 months earlier in the same race. Both Lisa and Sinead are running some outstanding times in their 40-44 age group and look set for some good marathon performances over the next 12 months. Lisa's winning margin over Sinead was 20 seconds with Ellie Pashley only six seconds back in third place. A quality race from the three leading Australian runners over the half marathon distance.

10km:

Brisbane's **Jack Bruce** has been studying and running at Arkansas University in the USA over the last few years but his return to Queensland saw him take out the 10km in fine style with a **29:37** performance. Victoria's **Natalie Rule (33:39)** won by over a minute from Czech Republic runner Olga Firsova in the women's event. The 10km event started at 9.00am and it was quite warm and sunny out on the road by then. The 10km course did not include the hill that separates Alexandra Headland from Mooloolaba. Congratulations to all BRRC members who took part on the morning. It was certainly a beautiful day to be out doing exercise.

Sunshine Coast Marathon: Men/Women Results

1 - Saeki Makino (Japan)	2:16:17
	Course Record
1 - Lydia O'Donnell (New Zealand)	2:41:11
	Course Record
2 - Nick Earl (Melbourne)	2:19:32
2 - Leah Fitzgerald (Coffs Harbour, NSW)	2:49:39
3 - Dion Finocchiaro (Melbourne)	2:23:28
3 - Kathryn Smyrneos (Brisbane)	2:55:39

Leading BRRC Results:

Wayne Spies	2:31:16	1st M45-49
Clay Dawson	2:34:26	2nd M35-39
Daniel James	2:34:59	2nd M25-29, PB
Christopher Dalby	2:47:13	3rd M40-44, PB
Ron Peters	2:54:41	1st M65-69
Marc Nickless	2:55:02	PB
Solveig Litchfield	3:05:59	PB
Muriel McLean	3:21:37	1st F60-64
Jenna Trelease	3:56:57	

Half Marathon:

1 - Kevin Batt (Melbourne)	1:04:12
1 - Lisa Weightman (Melbourne)	1:08:48
	Australian All-Comers' Record
2 - Louis McAfee (Brisbane)	1:04:13
2 - Sinead Diver (Melbourne)	1:09:08
3 - James Coleman (Melbourne)	1:04:20
3 - Ellie Pashley (Torquay, Victoria)	1:09:14

Leading BRRC Results:

Aidan Hobbs	1:06:51 PB
Aran Sandrasegaran	1:21:43
Tim Appleton	1:24:46
Laura Daly	1:37:07
Peta Dunne	1:39:28

10km:

1 - Jack Bruce (Brisbane)	29:37
1 - Natalie Rule (Melbourne)	33:39
2 - Liam Boudin (Brisbane)	30:13
2 - Olga Firsova (Czech Republic)	34:52
3 - Nathan Pearce (Melbourne)	30:59
3 - Reegan Ellis (Sydney)	35:19

Leading BRRC Results:

Kerri Hodge	36:07 PB
Adrian Royce	36:50
Olivia Lennon	38:13
Andrei Wightman	48:18
Bruce Smerdon	50:32
Juliane Lewis	51:32

CITY2SURF 14km (Sydney) – August 11th, 2019

With 84,000 entrants an event sell-out was declared a couple of days before the race so I thought this deserved a mention as we reach the deadline for this edition of the magazine. The **race record of 40:03** by **Steve Moneghetti** was set in 1991 and there was talk that they might finally get close to breaking the record on the morning!

29-year old **Harry Summers** from Sydney gave it a 'red hot go' and only missed by two seconds, winning by nearly a minute in a great time of **40:05**. Harry has been an enigma over the last five years, experiencing the real highs and lows that life and running can bring. In 2014, he represented Australia in the 10,000 metres at the Glasgow Commonwealth Games and followed that up by winning City2Surf in 2016 and 2017. Unfortunately, Harry went through a bad patch with alcohol in late 2017 and crashed his car in Melbourne. After losing interest in running for 12 months

he's back to his best now, as evidenced by his win over another rising star Jack Rayner in the 10,000 metres at the Oceania Athletics Championships in Townsville followed up by his amazing run at City2Surf.

Special mention to Queensland athletes Louis McAfee (3rd) and Aidan Hobbs (9th) who achieved outstanding times also, on the morning. Louis is the current Queensland Cross Country Champion and of course Aidan is a regular at BRRC events and has really come of age as a runner since returning to Brisbane after years of working in Mount Isa.

2019 City2Surf: Men/Women Results

1 - Harry Summers (Sydney)	40:05
Previous Winner 2016, 2017	
1 - Tara Palm (Adelaide)	47:11
2 - Liam Adams (Melbourne)	41:02
Previous Winner 2011, 2012	
2 - Charlotte Wilson (Melbourne)	48:16
3 - Louis McAfee (Brisbane)	41:47
Qld XC Champion 2017, 2018, 2019	
3 - Marnie Ponton (Sydney)	48:59
9 - Aidan Hobbs (BRRC)	44:42
Marathon-2:23:00 at Gold Coast 2019	

Tale of a first time marathoner

By Peter Condylis

My interest in running a marathon started quite young, back in the mid-to-late 80s in the UK watching the spectacle of the London Marathon. From the incredible elite athletes running the 42.2KMs in just a tick over two hours to the thousands of amateur runners and fundraisers dressed in weird and wacky costumes running through the picturesque streets of London. To me it was always an incredible event...although in those days I didn't really appreciate the commitment, hard work and effort needed just to get to the start line.

Fast forward 30-odd years to 2018. By now, I had run a couple of half marathons and I started thinking, maybe I could do a marathon. After discussing the likely training commitment and getting approval from Mindy, my partner, my mind was made up. I was running the Gold Coast Marathon 2019!

had a mixture of comfortable paced, mid-to-long distance runs broken up with a number of various speed sessions.

I completed my training plan with no real hitches or injury problems (missing just one training run). Over the 20-week period, I clocked nearly 76 hours of running and just over 800KM. I ran on average 40KM per week and my longest training run was 32KM.

July 2019 finally arrives. Mindy and I travel to the Gold Coast on the Friday morning. We're greeted by strong, blustery wind and intermittent rain/heavy rain. The weather was similar on the Saturday. The wind was so strong it was difficult to walk into it. I was starting to get nervous. Poor weather at the event hadn't crossed my mind.

Sunday morning comes. I wake up at 5am, have a cup of tea and a light breakfast. I pack



Figure1: Graph showing weekly distance and time

My training proper started in February 2019. I downloaded a Pat Carroll 20-week marathon training plan and followed it religiously. The plan had me running four times a week most weeks (three times on recovery weeks) and

my little race day bag and set off to the race precinct. To my relief the weather seemed to have settled. The wind wasn't too bad. At the race precinct I found the BRRC marquee and chilled out there for a short while, discussing

anticipated finishing times and the weather before heading to the start line. My goal was to finish in under 4 hours – 3.45 if I could. Possibly a bit optimistic for my first marathon!

10 minutes to go. Standing at the start line. A shower came over. I'm wet and cold.

And then we are off. I'm running comfortably with the 3:50 pace runner. 10KM in, all is going well.

At the 13KM mark I needed to take a toilet break...this was not part of my race plan! After using the toilet and losing around 90 seconds, I made the rookie mistake of trying to catch the pace runners. From 13 to 18KMs I picked up the pace (sub 5 min KMs), thinking when I caught them, I could settle back to a comfortable pace for the second half of the run. Big mistake!

I caught the pace runners and was feeling OK for a while. But at 24KMs it was starting to get hard. I dropped off the pace. From somewhere I got a second wind of energy. I was tracking a little bit slower but at least fairly comfortably.

The 32KM mark came up. Now the race begins.

33KMs still feeling OK. I get a bit of a buzz knowing this is the furthest I've ever run.

34KMs, ok now this is getting hard. The crowd are awesome helping to push me along. Put 1 foot in front of the other. That's all I need to do I keep thinking to myself. I walk for a bit. Bizarrely my legs are still wanting to run (muscle memory?), but every other part of my body is saying STOP!

But, stopping is not an option!

I reach the last turning point. Only 5KM to go. Everything really hurts. And oh my god the headwind! The 4 hour pace runners overtake me. This is a little disappointing!

1KM to go. I put in a big effort for the last kilometre – it was great having a big cheer from the BRRC guys as I ran past! I manage a sprint (I use the term loosely) finish to cross the line. 4 hours, 1 minute and 25 seconds.

And now I can say I'm a marathoner!



Peter Condyllis

BRISBANE MARATHON - 2nd June, 2019

“Sometimes you need to suffer to grow”

By Darren Manson

So there I was lying in bed one Sunday night, seven days before the Brisbane Marathon. I was bitterly disappointed that I had not been well enough to run the BRRC 21km Championships that morning. It was a devastating thought that obtaining a second elusive BRRC towel in only my second year running had slipped through my grasp. Nonetheless, I was content that I had not been planning on running a full marathon or longer events this year and was happy to learn to setup the timing equipment and become part of the BRRC Committee. Early mornings helping others to enjoy their run was satisfying enough.

Then I started chatting to my mate Michael Lyttle. We talked about running an event together. He had trained so hard this year, running over twice as much as me and was smashing PBs every time we ran. I so wanted to run an event together, and in my flu-induced haze, I agreed to run the Brisbane Marathon just seven days away. This was daunting to say the least as I had only completed four long runs all year and hadn't run over 26kms. I spoke with Margot Manning at intraining and also Betty Menzies. Words like “brave” and “really?” were mentioned, but I took comfort knowing that I had run my first marathon last year so understood the mental strength needed to complete one.

I then didn't run all week and it had been eight days between my last run and standing on the start line. It was great to line up with my mate (Michael Lyttle) and we enjoyed the first part of the run. We chatted and enjoyed watching the sun rise across the Story Bridge. Truly a magnificent sight. We chatted and ran and it wasn't until I saw the 30km marker that I realised this was now within grasp. I knew I could drag myself 12kms if needs be. Michael then said he had unfinished business from Gold Coast last year and at the 32km mark he

took off, and he ended up smashing his PB. A huge shout out to him!

For me, I remember hitting the 35km marker and really hurting. From here on it was painful all the way home but I managed to knock a minute off my marathon time from Gold Coast last year. It was only one minute, but to me it was such an achievement to run a course with a lot more hills and turns than the Gold Coast and to walk away with a PB. This was definitely one of my greatest moments so far in running.

What I had learnt from training and my mental strength served me well. I then backed up to complete the Gold Coast five weeks later and have signed up for the Sunny Coast Marathon. That will give me three marathons in a nine-week period. Yes, you need to be fit with a deep base of strength but you need a strong mindset. To push when the body says no, to expect the pain and embrace it when it hits.

Sometimes you need to suffer to grow.

I look forward to writing a report on my Gold Coast Marathon and hopefully a successful Sunny Coast. Will tell you about my scary encounter with Bruce Smerdon at the Gold Coast, just after I hit the wall at around 34kms..??



Finish times: Darren Manson – 4:44:50 and Michael Lyttle – 4:26:49

5164 STEPS INTO HISTORY

**The History of Genghis Khan, many Chinese Emperors and Chairman Mao
Report on the Great Wall Marathon, Half Marathon and Fun Run - 18 May 2019**

By Irene Davey

I somehow ended up on the e-mailing list for Travelling Fit, who send out regular bulletins about the marathons around the world that they are doing trips to. London? No. New York? Na. Great Wall? Hey! That sounds like a great one! I watched their video from a previous year, and that decided it – I'm going! And it didn't take much to convince my daughter (a non-runner) to come with me.

We left Brisbane on May 11, with two days seeing the sights of Singapore on the way, arriving in Beijing on Tuesday May 14. We were picked up promptly from the airport, and on the bus trip to the city, we got our first taste (smell?) of the much publicised Beijing air pollution. Visibility very low, temperature high.

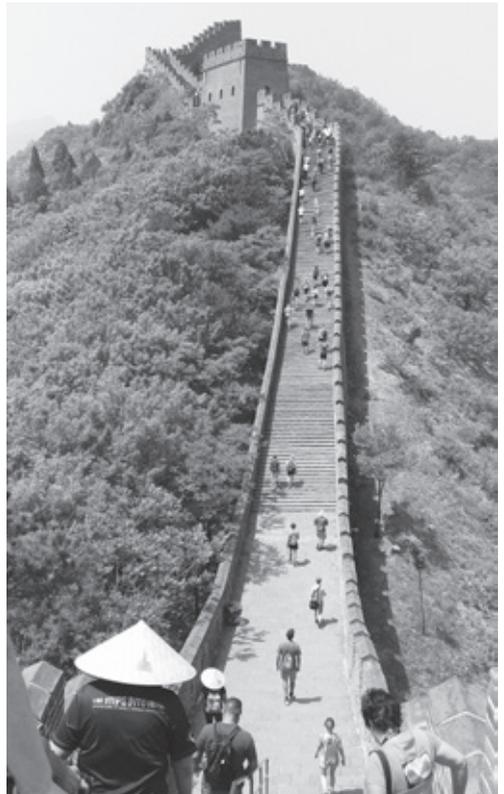
Our hotel was almost palatial, with an extensive buffet breakfast every morning (well not quite, but I will get to that!) We were a group of 84 Australians, two busloads with two English-speaking guides. On Wednesday, we were taken on what seemed to be an obligatory visit to Tiananmen Square and the Forbidden Palace, with a well-scripted commentary of recent Chinese history – the last few emperors and Chairman Mao, whose imposing portrait is hung prominently on the front of the Palace.

On Thursday, we were on the buses at 6.30 am for the three-hour trip to Race Headquarters in Yin Yang Square (Huangyaguan province) for a compulsory race briefing and orientation to the section of the Wall we would be running along. The briefing was conducted by Australian Dave Cundy. In attendance was a team of 17 Danish doctors and we were assured that whatever happened, we were unlikely to end up in a Chinese hospital as they had a fully equipped field hospital on site. Now that was comforting!

Back on to the buses to drive up the very steep winding first five kilometres of the course (for all events) to the start of the Wall section.

And there we were faced with the first of the 2582 steps (the marathoners do them twice). And very confronting to find at least six of the Danish doctors waiting at the top of the first flight of steps just checking us out! This orientation was also a photo opportunity so we didn't need to carry devices on Race Day.

Safely back in Yin Yang Square, we were provided with a lovely lunch and the opportunity to change our entry. We could opt up, or opt down, or opt out if we decided it was all too hard. I should mention here that it was still hot with high air pollution levels in Beijing, and not much better up here.



Section of The Wall

Now on Friday, we were all a bit stiff and sore, and thinking about having to do it all again the next day, so we went off sightseeing and did quite a bit of walking. But the best thing about Friday was that a stormy change came through overnight, clearing the pollution and dropping the temperature considerably.

Saturday. Race Day! Now the first wave of runners was due to start at 8 am. Need to be there by 7 am. And it is a three-hour bus trip. Yes – we left our hotel at 3.30 am, clutching our 'breakfast bags'. These contained a boiled egg, a banana, a bread roll, a pastry and a carton of yoghurt. Catering for all tastes!

As we walked into the Square, a very smart brass band greeted us with a rousing rendition of 'Jingle Bells'. We found our space in the grandstand and made our final preparations. Energy gels in race belts, sun visors, check shoelaces. Oh yes, and go stand in the loo queue. Now the permanent ones are all 'squatty potties'. Maybe the portaloos will be normal? No! 'Squatty potty' portaloos!



Jane coming up the stairs

Runners started in five waves timed ten minutes apart. Elite and faster runners in the first wave, I was in the second wave, and the 8.5 km fun runners including my daughter were allocated to the last wave. The band was still playing stirring music as we headed out the gate and down the main road for a kilometre, then onto that steep winding road up to The Wall. Most of us were very quickly reduced to walking and running alternately.

Then we are on the Wall! Up the steps. Down the steps. Need to stay very focussed. Up some more steps. Thank the volunteers handing out bottles of water. Grin at the Danish doctors as you pass and assure them you are doing fine! Down a long flight of steps and actually manage to run about 20 metres before the next lot. I should mention that the steps are all different heights and widths: some wide and shallow, some almost regular, and some at least 40 cm high. It's certainly challenging!

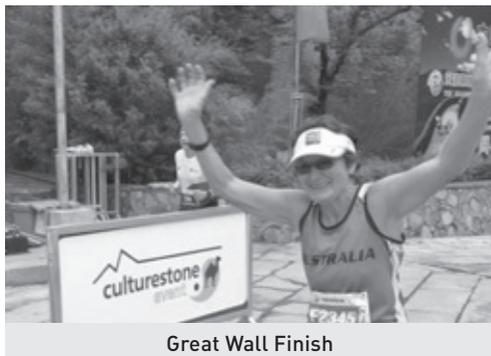
It was a beautiful clear day, quite cool with just a bit of a breeze. The views were as spectacular as they appeared on the video. Now we are onto the last set of steps going a long, long way down. On the 'Elevation Profile' it looks like we are falling down a cliff! And these are the roughest steps – just rocks concreted together in some places. We are all very thankful for the handrail, clutching it tightly in some sections! Very tantalising to be able to see the Square from here, but it is still a long way down.

Ok – survived the Wall. Through the Square and out onto the road again, passing the hundreds of locals cheering us on and hi-fiving us, then into the little village where we run up and down laneways directed by many flag-waving volunteers. Remember I said it rained overnight? Well the laneways are not paved so were very muddy and slippery in places. Now back onto the road with about two kilometres to go.

And now I am almost at the Square, with a marshal telling me just 50 metres to go. I have made it! Remember to smile for the photographer. And check out the impressive finisher's medal.

Here are my times through the checkpoints:

Checkpoint	Time	Section time	Average
5 km	42 minutes	42 minutes	8:24
10 km	2 hours	1hour 18 min	15:36
15 km	2 hrs 37 min	37 min	7:24
21.1 km	3 hr 30 min	53 min	Just under 9 min



Great Wall Finish



NOTICE - ANNUAL GENERAL MEETING

The Club's annual general meeting (AGM) will be held on Sunday 1st December 2019 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 2020 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 10th November 2019.

Nomination forms can be obtained through the Secretary. If you or someone you know is interested in being on the 2020 committee, please contact any member of the current committee or

email: secretary@brisbaneroadrunners.org



MEMBER PROFILE

Name: Mark Huth

Age: 48

Occupation: Software Engineer

How and when did you start running?:

I've always enjoyed running, even back in primary school. Long distance running came somewhat naturally and I enjoyed participating in the distance races on school sports days, not that I would win them mind you. Even from when I was about 12 I remember getting up before dawn and enjoying going for a run in the early morning air. I kept a diary of my runs and times back then and my parents held onto it over the years. When they moved house a couple of years ago they found the diary and gave it to me. Funnily (or sadly), when I was only 12 I was running faster than I am nowadays! Of course I was as skinny as a rake and weighed half of what I do now, but still...

Unfortunately, over the years I have never been very consistent with my running. I'd run for a period of time (months or years), then get injured or burnt out or simply lose interest, take a period of time off (usually years), then start back up again. If only I'd stayed consistent and kept training...[a bit of advice for the younger readers]. Recently though, Parkrun has renewed my interest in running and I've been able to remain pretty consistent with it for the last 6 years, only taking time off when injured.

Most Memorable Running Moments:

I remember my first fun run, participating in the 12km 4RO fun run in Rockhampton when I was about 12. I loved the atmosphere and placed well beyond my expectations and remember being amazed to be able to run faster than many of the adults.

Beating 20 minutes at parkrun is an achievement for me these days and I've only managed to do it a couple of times out of 200 parkruns. So those occasions are instantly memorable! It's a perpetual goal of mine and a little out of reach these days but when the conditions are right and the planets are aligned I sometimes manage to achieve it....And when I've trained my guts out for it too.

Not really a running moment, but it's certainly related to running - I started Chermside parkrun in 2015. I love my parkrun and at that time there were only 4 parkruns on the Northside. I thought we needed more and Kidspace at Chermside seemed like a great place for one, so I took the leap and went about starting one and learned along the way. It's still going well and I'm proud to have been involved in the establishment of that parkrun.

Since it says '*Memorable* running moments'...I'll never forget bleeding nipples in my first half marathon. Not having run that far before, not even in a training run in preparation, I wasn't aware of this phenomenon. Oh the pain though, during and after! I have never made that mistake again! Made plenty of new mistakes, but not that one.

Favourite Running Distance and PB:

Half marathon. It's a good challenge of your fitness and endurance and you don't have to go on epic long runs to train for it. My PB is 1:34:30 at Noosa in 2004. I was training with the Pat Carroll running group back then. I'm flat out coming within cooe of that time these days. I came within 7 1/2 minutes at the Sunny Coast Half Marathon this year and was stoked!

Love my 5k parkruns too. I think I might have mentioned that already...

Running Goals:

To be able to run until I'm a very old man and not need new hips or knees.

To do a marathon someday, even if just once, so I can say I've done one. However, the amount of training required and increased chance of injury from all that training keeps putting me off. Next year...

I'd love to do the City2Surf in Sydney one day too, just to be part of such a massive running event.

Otherwise, sub 20 minute parkruns and sub 100 minute half marathons are perpetual goals.

Favourite Runs:

Any run where I PB instantly becomes a favourite! The Bridge to Brisbane has always been a favourite. I love the atmosphere in these big events and think it's great that it brings out so many non-runners to have a go.

Parkruns are a favourite too because they get people out and active who otherwise might not be. Otherwise, just going for a run at dawn, especially on cool mornings when there is a bit of mist about, is one of the simple pleasures of life. Love doing so whilst on holidays too, to further explore somewhere new.

Favourite Running Partners/Group:

I was in Pat Carroll's running group for a couple of seasons in the early 2000s. It was a great group and where I met Robbie. I really pushed myself being around such good runners and set many of my PBs whilst training with them. That was over 15 years ago and don't have a chance of getting near those PBs nowadays. I only stopped going because we moved to the outer northern suburbs.

I trained with the South Pine Striders for a couple of seasons from 2014 after I started doing parkruns. I set my parkrun PBs whilst training with them. That was only a couple years ago now and already those PBs are starting to look out of reach too. Getting older sucks sometimes.

Who is your running idol?:

Forrest Gump - running at that pace every day for 3 years, 2 months and 14 days without any apparent injury? I'm in awe! I can't seem to go a few months without getting some sort of injury from trying to do too much / overtraining and I only train a couple of days a week!

Otherwise, as a kid I remember being fascinated with the rivalry between Sebastian Coe and Steve Ovett, with the 800m being my favourite race on school sports day (it's interesting that they only raced against each other 7 times in 17 years). And of course watching Deek breaking records and getting gold at the Brisbane Commonwealth Games was very inspiring.

Favourite Sportsperson/s:

Bruce Doull, defender for Carlton Football Club in

the 70s and 80s. Loved his quiet, calm demeanour and that he did his job well without any fanfare or theatrics. But also for his individual style with the half-bald, messy long locks and headband. I watched some YouTube clips whilst reminiscing about this and boy, those short shorts they played in back then! They look uncomfortable to try to fit everything in.

Favourite Shoe Brand:

Brooks Beasts. I used to get shin splints from overpronation but have never had that problem since using the Beasts. I'm not game to try any other running shoe - if it ain't broken don't fix it.

Favourite Food:

Gosh, hard to pick a favourite but roast pork and crackling and roast vegies would be the last meal I'd ask for...if I ever found myself in that sort of situation. And it's the meal Mum almost always cooks when we go visit - so Mum knows best.

Favourite Drink:

My wife makes these delicious banana and berry smoothies that I just can't get enough of. And they are very healthy too apparently. Win!

Favourite Movie:

Oh man, just one?? I'd have to go with Kung Fu Panda. No wait, Groundhog Day. Hmm, but what about Aliens or Pulp Fiction? Or Back to the Future? Jaws? Jurassic Park? Billy Elliot? Saving Private Ryan? The Blues Brothers??

Pass. Next question...

Favourite Music:

This one's easier...80s heavy metal. Long live loud guitars and long hair \m/

Star Sign:

Aquarius, but TBH I couldn't tell you one feature of an Aquarian. Something like Aquaman??

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

To live to 1000. As I get older I'm realizing that there's just too much to do and learn and experience and see in this measly 80 or so year lifetime. Too bad it takes you half a lifetime to start to realize this. Anyway, the other benefit of such a long life is that I might live long enough to cruise around in a flying car one day. Thank you for reading this far.

My First Road Marathon - Brisbane Marathon Survival Report

By Yvonne Paetz



Being born and raised in Europe I battle running on hot and humid days so typical of the summer days in Brisbane. Despite this fact, I had a great running season last summer achieving numerous PBs (mostly at BRRC). I met Gina de la Cruz at BRRC and we became friends as well as running partners. I felt inspired and we set new running goals together; one of them being to complete our first road marathon: The Brisbane Marathon!

I had previously completed a trail marathon back in 2013. This marathon was the third day of the '3 Marathons in 3 Days (3M3D) Ultra Marathon' commencing in the rainforest town of Kuranda and ending in suburban Cairns (Northern Queensland). Consequently, I was well aware of the training load and challenges that training for a marathon presents.

From the day I signed up for the Brisbane Marathon I was confronted with a myriad of obstacles (or was the Universe trying to send me a sign I chose to ignore!). I know what you are thinking: "She signed up a week before the start". Say it isn't so! I signed up in March so that's at least 12 weeks prior to Marathon Day. Anyhow, my woes started with an Achilles tendon issue which resulted in two weeks' downtime. That was closely followed by a mystery virus (never did find out its origin & true identity) which involved a couple of days' downtime with the usual post-viral reduction in energy. 'Back on track', I rolled an ankle on a completely flat part of the BRRC course missing out on a further two weeks of training. The smart thing would have been to withdraw from the marathon at this point. Easier said than done though! I never said I was smart and not least of all I had a running partner to consider as well as my own nagging determination, which does not allow me to quit even when it may seem to others the logical and smart route to pursue.

I felt increasingly nervous about my prospects of a successful finish. I tried to focus on the positive aspects, such as, the two encouragingly decent 30+km training runs that we had survived at that stage of our training. Furthermore, we still had six weeks left! What else could go wrong? With that in mind and a 37km training run planned I tried to convince myself all will work out absolutely fine and it is all still doable. Well, it was for a week and then my knee started giving signs of trouble. Marathon Day was only a week away!

Understandably, when I stood on the marathon start line I was still more anxious than excited! After all, I was under prepared and my nutritional plan was based more on conjecture than solid knowledge. My stomach never tolerated energy gels, blocks or even

Tailwind nutrition well, but I knew I needed something for the last 12km. I could not decide what TO TAKE or what NOT TO TAKE! Consequently, I ran with my new hydration vest packed with a smorgasbord of energy-providing supplements. By the 18th kilometre I hated the vest: It was too heavy! Too hot! The water tasted awful! I drank the water from the water stations and I only took my first gel in km 28 - I was too scared how my stomach would respond to it. In hindsight the 28km mark was way too late for my first gel and I paid the price; I felt a little bit shaky and weak.

Now Gina was ahead of me and had been for a while. Eventually I lost sight of her altogether. My knee started getting very stiff and I tried to ignore the influx of negative thoughts bombarding me. I knew I needed to keep my mind otherwise occupied or it's game over! I focused on the other runners, keeping a look out for anyone I might know. This helped and I spotted Will Towner running towards me. He was West End bound and I still had a million miles to run to the opposite river bank before I could start my last West End-bound lap. He looked focused and strong. I envied him. My brain must have been a little fuzzy too since I recall not being able to compute how many light years he actually was ahead of me at that moment.

At the 37km mark, I saw Jenny Deag floating past me effortlessly. I was not able to hold my target pace anymore! I tried digging deep but my legs would not respond in a good way. I even considered a short walk (and maybe a

quick snooze cruise) but I was too worried that Gina de la Cruz or anyone else would see me cruising. I was disappointed and annoyed with myself.

Finally I made it to West End! "Not far anymore," I told myself. Tim Appleton was a marshal at the last turning point and he shouted out, "looking strong, Yvonne". That was nice and although I knew it was the biggest 'white lie' I had heard this year, the good energy he relayed helped me a lot. It kept me going and I decided to quit looking at my Garmin. I dug in and did the best I could under my given circumstances.

Ultimately, I crossed the finish line in just over 4 hours! Glancing at my Garmin for the first time since West End I noticed I was short the marathon distance by almost 200m. I knew it would be wrong to stop so I continued running deliriously through the finish precinct into the Botanical Gardens passing both Jurgen and Gina and other running friends whom were all waiting, cheering and happy to see me cross the finish line.

I completed that last 200m and my anger was gone...my energy gone...my mind even (not quite). I had completed my first road marathon! It was certainly not a successful marathon. I made a lot of beginner mistakes but learnt a few things about myself and a few things what not to do. I know this experience will stand me in good stead allowing me to improve my performance for my lifelong running journey, which I have so come to enjoy and love!



MEMBER PROFILE

Name: Roger Black

Age: Not quite sure – older than I look and much older than I feel (except on race days – when I feel much older).

Occupation: Executive and Career Coach (and occasional stand-up comedian).

(Why) How and when did you start running?:

I started running to help quit my 40 cigarettes a day smoking habit – switching one addiction for another. Also running was an opportunity to spend time with an attractive housemate who was a runner.

I ran my first 10k race 10 days after quitting, my first marathon a month after that and my first Comrades Marathon four months after that first marathon. At the end of that Comrades (and over most of the final 25k, I swore, vowed and promised that I would never do it again, and neither would I ever run again). That was more than 25 years ago.

Most Memorable Running Moments:

Very hard to single out a few from a long list of memorable moments (I am fortunate to have a long list). Some are memorable for the toughness of the challenge rather than for the result or the performance so I would include running a 100 miler outside Johannesburg (i.e. at altitude) in mid-winter (below zero

with heavy frost overnight). The race was an “out and back” – 80km out, say hello to a race marshal and then turn around and run 80km back. Oh, and the road was unlit. The race started at 7pm and I think we got to the turnaround about 4am. I say “we” because I was fortunate enough to have a great group of “seconds” who supported me and kept me going during the bitterly cold hours and stayed with me right through to the finish sometime the following day.

Another memorable race would be completing my 10th Comrades which is a very big thing amongst Comrades runners. One more would be doing an unexpected sub 3 hour marathon. Other great memorable moments include racing moments shared with many of the fabulous friends I have made over the years.

Favourite Running Distance and PB:

Without being too “up myself”, my favourite distance would have to be either the marathon or Comrades because they are both tough and appeal to the masochist in me. My PBs for each of these were achieved a long time ago and no longer count.

Running Goals:

I am on a mission to complete 100 standard marathons. (Currently on 90 standard marathons and a further 40 ultras). With some luck I will get the 100th around August 2020.

My other running goal is to be able to continue running and training (and keeping fit) without serious injury for many more years, and to continue to enjoy it.

What about the Barkley Marathons?

Favourite Runs:

The Mt Coot-tha ring road at dawn on a spring morning.

Favourite Running Partners/Group:

My favourite running partner is Leanne (Brown), my partner (yes, we are Black and Brown).

Favourite running group:

My favourite running group is W.A.R.T. – we are a group of friends who train together and enjoy running together and have fun while doing so – so much so that the more serious runners who see us tend to look down on us

because we are clearly not serious enough. So, we call ourselves W.A.R.T. – We Are Runners Too. (We can sometimes be seen in our singlets at BRRC on a Sunday).

Who is your running idol?:

I am not really into idolatry but the closest might be Bruce Ninedice who has 30 Comrades medals. (He was Fordyce before he won Comrades nine times).

Favourite Sportsperson/s:

I am embarrassed to admit that I don't have a favourite sportsperson. I am not very good at watching others do stuff – I prefer to be doing stuff myself.

Favourite Shoe Brand:

Asics and recently, Hoka One One

Favourite Food:

Rib fillet steak done rare and consumed after a marathon. (After a decent cool down period of course – I mean me cooling down, not the steak).

Favourite Drink:

Full bodied Shiraz to go with the steak.

Favourite Movie:

Too hard to single out a single one. The Usual Suspects, The Godfather, Apocalypse Now, Out of Africa, All Monty Python movies, Snatch, Blade Runner, The Matrix, Heat, Invictus. (Yes, rather an eclectic list, I know).

Favourite Music:

Anything performed by Jim Morrison (Yes – sad, I know, but those of us of a certain vintage will understand), Leonard Cohen, Pink Floyd, Juluka, some operas and musicals.

And yes. Chariots of Fire. (But only when played at 5:26am, after "Shosholozza" at the start of Comrades. It should never be played at any other time).

Star Sign:

Aquarius (I think that's the one, but it depends on which birthday I am using at the time).

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

To continue to enjoy good health and happy running for many more years.

Gold Coast Marathon - 7th July, 2019

By Andrew Robinson

This was my first attempt at running a marathon and my goal was to run it in under four hours. As it turned out, it was fortunate I also had a back-up goal which was to finish, whatever the time. My training had gone well until I picked up a knee injury eight weeks out from the race. After this I had to back off the kms and allow some degree of recovery without compromising my training too much, an uneasy balancing game. The lesson learnt from this was to always allow a day's rest after long training runs because not following this rule had precipitated the injury.

The weekend before the race I picked up my Gold Coast Marathon race kit at Somerville House. Outside the main reception room was a long spiralling queue in a confined space with no one seemingly in charge. It took 20 minutes to clear and I was surprised this wasn't better regulated. Maybe I was just unlucky to come along in the peak time.

On race day morning I drove from Brisbane down to the Gold Coast after suffering a bad sinus infection which peaked the day before. The adrenaline on the day offset this to some degree. I parked in a side street two tram

stops away and caught a tram to the race precinct. After checking in at the BRRC tent and being generously given a shirt in the club colours I jogged a km to check my shoes felt right before heading to the race start area.

Just after I joined the other runners in my start zone a very localised torrential downpour landed on us, in spite of the blue sky visible nearby. It lasted just a few minutes but it was enough to saturate the road surface and all the waiting athletes.

The race started on time at 7:20am and I crossed the start line just over three minutes later. There was a bit of congestion in the first km, but nothing compared to what I experienced in the ASICS Half Marathon here last year. For the first half of the race I kept to a steady pace, reaching halfway in just over two hours. I started to pass quite a few walkers from this point on (which felt good) and my run was going to plan at this stage. The sun came out around halfway, but at no stage did I feel the weather affected how my run went.

Then after 24km my pace gradually slowed as the knee injury reared itself, and with a few slow km splits I knew sub-four hours was no longer possible. For the next 9kms I ran at a reduced pace which included the push up the rise going through Southport where there was good support from the crowds. At 34km I allowed myself to walk for the first time when going through the water stops and kept up this reduced pace to the turnaround at Runaway Bay. After 3 hours 50 minutes on the course, I walked for five minutes, then decided to run again and couldn't re-start due to enormous cramping. A few stretches by the side of the road sorted this out and I was able to continue on to the finish.

My net finishing time of 4:25:55 failed to reach my time goal, but I did finish and will have a time to better at my next marathon. Fellow BRRC runner Nui (Boonwadee Seesaeng) finished not long after me and it was great to see her excitement at finishing the distance and posting a good time.

After the race I took the bananas and oranges on offer (oranges have never tasted so good) then met up with my daughter Tamara who had run the Half Marathon earlier in the morning and seemed fresh as a daisy. We had our photo taken at the BRRC tent before heading off to the Nerang Street Mall to an excellent Korean tofu restaurant for lunch.

I was reduced to hobbling for two days after the run and my physiotherapist advised me to take a few weeks off running to fix the knee (fortunately no permanent damage). None of this has dissuaded me from wanting to run another marathon next year, because despite the tribulations, I enjoyed the experience immensely.



Andrew Robinson with his daughter Tamara

Brisbane Road Runners at the Gold Coast



Russell the Horse Whisperer is worried that the 'supplements' that he used to give to his horses may have been a bit strong for Lucas

Lucas Brown

Distance: Half Marathon
Time: 1:23:45



Adrian loses valuable seconds when a mad woman jumps out and gives him a coat hanger

Adrian Royce

Distance: Marathon
Time: 2:59:12



Marcelle Marceau makes a surprise appearance at the Gold Coast and thrills the crowd with his "walking against the wind" routine

Christopher Dalby

Distance: Marathon
Time: 2:48:22



Andrew wears a cap with "GREAT" embroidered on it to save him the bother of answering people who ask him how he is feeling

Andrew Robinson

Distance Marathon
Time 4:25:55



Neele unhappily forces herself to eat a piece of double chocolate mud cake, wishing that she was running the marathon with Andreas

Andreas Meyer

Distance Marathon
Time 3:17:44



The irony of having to run past a sign reading "Good Times" at the end of a marathon is lost on James

James Zaghini

Distance Marathon
Time 3:48:55



A couple of Gold Coast undertakers lick their lips and rub their hands together with glee when John passes

John Gallagher

Distance Marathon
Time 3:17:34



All her supporters cheer wildly and give Jenny their undivided attention as she sprints towards the finish line

Jenny Downie

Distance Half Marathon
Time 2:22:34



Tom does a very passable impression of a teapot at the end of his 10k run, indicating that he is ready for a nice cup of tea, a Bex and a lie down

Tom McNicol

Distance 10k
Time 47:14



The Gold Coast marathon was Roger's 90th, and he was pleased that he was able to combine his run with the lesser known event "The Running of the Labrador Bulls"

Roger Black

Distance Marathon
Time 5:02:47



Bleeding profusely, Peter is comforted in the knowledge that the stick figure on his BRRRC singlet is running towards the scene of the accident

Peter Condylis

Distance Marathon
Time 4:01:25



At the 33k point of the marathon, John simultaneously commits two traffic offences – parking against an unbroken yellow line and being in control of an un-roadworthy vehicle

John White Hwang

Distance Marathon
Time 3:34:57



Before the race, Marija stabs Stefan in the chest with a pin



She follows this up by poking him in the eye with a sharpened water bottle



PB's are recorded by Stefan and everyone around him, because they are all running scared of Marija and her sharp implements

Stefan Tesic Djuric

Distance Half Marathon
Time 1:41:49

Marija Stavric

Distance Half Marathon
Time 2:08:05



Alberto doesn't mind being passed by girls during the marathon, but he draws the line at blokes dressed up in silly costumes



Step on it you guys, there's Alberto up ahead



I've got a knuckle sandwich for each of you guys if you get one inch closer to me

Alberto Nilsson

Distance Marathon
Time 3:53:17



There's nobody behind me!



There's nobody in front of me!



I must be winning!!!!!!!

Katrina Crook

Distance Marathon
Time 5:22:55



Cory Parker tries to spook Pam with his hard-man death stare and multiple tattoos



Pam responds with the killer line “nice pyjama shorts, mate”



Cory Parker steps to one side and puts a safe distance between himself and Pam

Pam Peldan

Distance Half Marathon
Time 2:07:09



Adrian tells Karen that today he is going to run a 2:15 marathon, but she has heard this before and just rolls her eyes



Adrian is shocked when Karen tells him he will never run a 2:15 marathon, because even bovines have a longer attention span than him



Later that morning Adrian checks for himself and is forced to admit that bovines do have a longer attention span than him

Adrian Pearce

Distance Marathon
Time 3:50:54

Karen Wiersma

Distance Marathon
Time 4:25:21



Time lapse cameras capture Brad Lye between 10:00am and 10:30am at the end of the marathon

10:00am - 250 metres to go



10:15am - 240metres to go



10:30am - 230metres to go

Brad Lye

Distance Marathon

Time 3:23:57



How to add an hour to your marathon time by Tim Appleton

Tip 1

Take time out during your run to make new friends



Tip 2

Run on the footpath whenever you can, even though it may add a few kilometres to your overall distance



Tip 3

Crawl the last 10k on your hands and knees

Tim Appleton

Distance	Marathon
Time	4:09:21

2019 BRRC Championship Series

(see BRRC website for further details)

Overall Male and Female Club Champions (after first five championship events)

Points Table for Leading Male and Female Club Champions

	5 mile	15 km	21.1 km	10 km	20 km	10 mile	5km	Points
Male								
Clay Dawson	1	2		3	1			7
Derrick Leahy	2			2	2			6
Daniel James	3							3
Kieren Perkins		1						1
Wayne Spies		3		1				4
Tony Stanley			1		3			4
John Shaw			2					2
Christopher Dalby			3					3
Female								
Kerri Hodge	1	1		1				3
Olivia Lennon	2		2	2	2			8
Solveig Litchfield	3	3	1	3				10
Liz Grolimund		2						2
Peta Dunne			3					3
Zoe Manning					1			1
Katy Russell					3			3

Male and Female Age Group Champions (after first five championship events)

Points Table for Leading Male and Female Age Group Champions

Age Categories	5 mile	15 km	21.1 km	10 km	20 km	10 mile	5km	Points
MALE								
A (Male 0-19)								
Jayden Lyttle	1							1
Ben Hinterreiter	2	1	1	1	1			6
Jasper Joyce	3	3	2	2	2			12
James Davis		2						2
Toby Joyce			3		3			6
Ruben Ripper				3				3
C (Male 20-24)								
Aran Sandrasegaran	1		1		1			3

Harrison Adams	2		2				4
E (Male 25-29)							
Daniel James	1			1	1		3
Mark Walkey	2	3		2			7
Kieren Perkins		1					1
Boaz Clark		2					2
Stefan Tesic Djuric				3			3
G (Male 30-34)							
Rowan Johnson	1	1	1	2			5
Barinder Singh Kaila				1			1
I (Male 35-39)							
Clay Dawson	1	1		1	1		4
Timothy Appleton	2		3		2		7
Marty Kelly	3	2		2			7
Lucas Brown		3		3	3		9
George Schinard			1				1
Matt Allen			2				2
K (Male 40-44)							
Derrick Leahy	1	1		1	1		4
Christopher Dalby	2	2	1	3			8
Matthew Faccoory	3						3
Damien Gannon		3			2		5
John White Hwang			2		3		5
Andy Marrington			3				3
Paul Tierney				2			2
M (Male 45-49)							
Peter Maynard	1						1
Steven Yang	2	3		2	1		8
Nicholas Murphy	3						3
Wayne Spies		1		1			2
Matt Archer		2					2
John Gallagher			1	3			4
Andrew Kruck			2				2
Jason Cox			3				3
William Towner					2		2
Mike Wilkins					3		3
O (Male 50-54)							
Adrian Royce	1	2		2	3		8
Tony Stanley	2	1	1		1		5
Shane George	3			1	2		6
David Smitheram		3					3
Steve Barraclough			2	3			5
Brad Lye			3				3
Q (Male 55-59)							
Neil Bath	1	1		1	1		4
Steve Pager	2						2
Jean Luc Raud	3	2	1	3			9
Gerard Daly		3		2			5

Richard Knevitt			2		2			4
Allen Bromley			3		3			6
S (Male 60-64)								
Greg Coulter	1	1	1	1				4
David Barker	2	2			1			5
John Whelan	3			2				5
Graham Robertson		3	2					5
Bob Miller			3					3
Alain Raud				3				3
Paul Hewish					2			2
Bruce Smerdon					3			3
U (Male 65-69)								
John Shaw	1	1	1	1				4
Ron Peters	2	2		2				6
David Joyce	3	3	2	3	2			13
John Dempster			3					3
John Harris					1			1
W (Male 70-74)								
John Sheer	1	1	1	1	1			5
Erkki Ryhanen	2	2	2	2	2			10
James Winters	3		3					6
Brian McCarthy		3		3				6
Y (Male 75+79)								
Ron Vines	1		1	1				3
Jim Buchanan	2		2	2	1			7
YX (Male 80+84)								
Jack Marsh	1			2	1			4
Colin Woods				1				1
FEMALE								
B (Female 0-19)								
Kate Riethmuller	1	2		1				4
Zoe Manning		1	1		1			3
Alyssa Kennedy		3						3
Emily Chen				2				2
D (Female 20-24)								
Laura Daly	1			1				2
Rebecca Day	2							2
Emilie Croisier		1						1
Hannah Terry				2				2
F (Female 25-29)								
Anna Mayr	1	1						2
Alice Lane	2							2
Emma Robertson	3	3	1		1			8
Camille Croisier		2						2
Leela Dilkes-Hoffman				1				1
Elyse Little				2				2
Marija Stavric				3				3
H (Female 30-34)								

Jessica Tomlins	1	1	1	3	1			7
Boonwadee Seesaeng	2	2						4
Yvette Farry	3							3
Cassandra Richardson				1				1
Cecily Brasch				2				2
J (Female 35-39)								
Solveig Litchfield	1	2	1	1				5
Crystal Mahony	2			3				5
Elizabeth O'Neil	3	3						6
Liz Grolimund		1		2				3
Carolyn Hughson			2					2
Renae Brown			3		1			4
Edwina Neyland					2			2
Belinda Tomlins					3			3
L (Female 40-44)								
Olivia Lennon	1		1	1	1			4
Nicole Mulholland	2							2
Yvonne Paetz	3	1		2	3			9
Jenny Deag		2	3					5
Gina de la Cruz		3		3				6
Belinda Bradberry			2		2			4
N (Female 45-49)								
Kerri Hodge	1	1		1				3
Peta Dunne	2		1	2	1			6
Karen Figallo	3	3						6
Noo Bowker		2						2
Felicia Elgey			2	3	2			7
Ness Allen			3					3
Juliane Lewis					3			3
P (Female 50-54)								
Clare Mitchell	1	2	3	1	2			9
Lesleigh Hinterreiter	2							2
Anja Bion	3							3
Katy Russell		1	1		1			3
Stacy Gardner		3	2	2	3			10
Pam Peldan				3				3
R (Female 55-59)								
Marion Hermitage	1		1	1	1			4
Susan Thornton	2	1		2	2			7
Tegwen Howell	3	2						5
Lee Thompson		3	3					6
Kerri Biggins			2					2
Ruth Peacock				3	3			6
T (Female 60-64)								
Helen Ridley Hanna	1	1		2				4
Vicki Fennelly	2							2
Anne White	3							3
Esther Alexander		2		3	2			7

Jenny Downie		3			3			6
Deirdre Westerdale			1					1
Muriel McLean				1	1			2
V (Female 65-69)								
Cynthia Cliff	1							1
Mary Ashton	2	1	1	1	1			6
Helen Banks		2			2			4
X (Female 70-74)								
Irene Davey	1	1		1	1			4
Betty Menzies	2	2						4

Consistency Champions (after first five championship events)

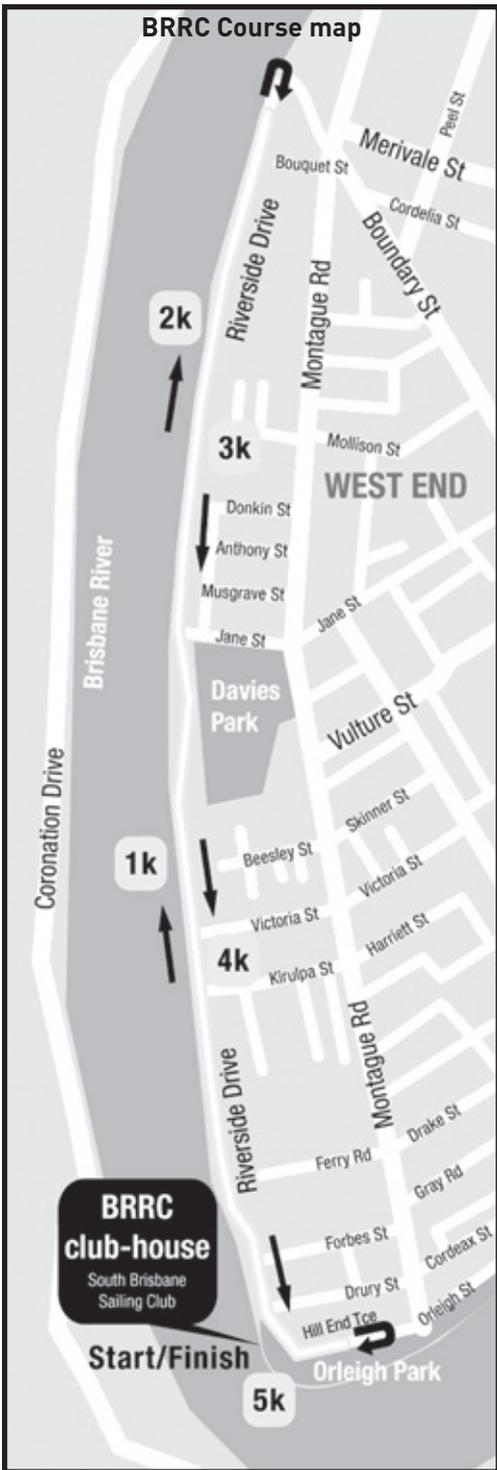
The Commitments - Class of 2019

2019 CONSISTENCY CHAMPIONS CONTENDERS					
FEMALE			MALE		
Name	Surname		Name	Surname	
Ness	Allen		Matt	Allen	
Mary	Ashton		David	Barker	
Virginia	Barbour		Roger	Black	
Julia	Briskey		Greg	Bryson	
Leanne	Brown		Greg	Campbell	
Renae	Brown		Michael	Casey	
Katrina	Crook		Christopher	Dalby	
Jenny	Deag		John	Harris	
Peta	Dunne		Simon	Hegarty	
Felicia	Elgey		Paul	Hewish	
Stacy	Gardner		Ben	Hinterreiter	
Megan	Goodley		Toby	Joyce	
Jessica	Hewish		Jasper	Joyce	
Carolyn	Hughson		David	Joyce	
Nat	Konners		Marty	Kelly	
Clare	Mitchell		Richard	Knevelt	
Virginia	Neil		Brad	Lye	
Yvonne	Paetz		Michael	Lyttle	
Jayne	Riethmuller		Andy	Marrington	
Emma	Robertson		Bob	Miller	
Belinda	Tomlins		Geoff	Neil	
Jessica	Tomlins		Stephen	Peach	
			Peter	Riethmuller	
			Erkki	Ryhanen	
			John	Sheer	
			Stuart	Simmons	
			Bruce	Smerdon	
			Anthony	Smith	
			William	Towner	
			Stephen	Walmsley	

BRISBANE ROAD RUNNERS CLUB

LIFE MEMBERS

YEAR OF APPOINTMENT	NAME
1983	Ron Grant
1986	Andy Semple
1993	Norm Walker
1996	Chris Mead
1996	David Heap
1996	Bruce Annabel
2004	Ian Javes
2004	Jenny Chaston
2006	Bob Miller
2006	Di Miller
2007	John Wishart
2010	Peter Holles
2011	Robert Lofthouse
2011	Debra McBride
2012	Diana Southern
2012	Brian McCarthy
2014	Betty Menzies
2015	Pam Goddard
2015	Derek Nixon-Smith
2016	David Holleran
2017	Steve Manning
2017	Margot Manning



Thank you to our Sponsors and Supporters for your continued support during 2019

To all of our members and visitors please support the businesses that support the Club.



NRCHI
bodywork

NRCHI BODYWORK -
SHOP 7, LEVEL 1
214-21a8 Waterworks Rd,
ASHGROVE
PHONE: 07 3366 8595
EMAIL US: INFO@NRCHI.COM.AU
WWW.NRCHI.COM.AU

intraining

the running store run by runners

33 Park Road, MILTON
Phone: 07 3367 3088

Email us: sales@intraining.com.au
www.intraining.com.au



**WOMEN'S ACTIVE WEAR, RUNNING, CYCLING,
TRIATHLON, FITNESS, GOLF, TENNIS AND
WORKOUT CLOTHES.**

Phone: 1800 047 494
Email us: info@skirtsports.com.au
www.skirtsports.com.au

CALENDAR of EVENTS 2019

Date	EVENT	Start
6 Jan	5k Predictor & 10k Predictor "No Watches"	6am
20 Jan	5k, 10k & 15k	6am
3 Feb	5k, 10k & 15k "Bring A Friend"	6am
17 Feb	5 mile Club Championship & 5k, 10k	6am
3 Mar	4k, 12k & 20k "Riverbank Run"	6am
17 Mar	5k, 10k, 20k & 25k	6am
31 Mar	15k Club Championship 5k, 10k & 20k	6am
14 Apr	5k, 10k, 15k & 20k	6am
28 Apr	5k, 10k, 20k & 25k	6am
12 May	4k, 12k & 20k "Riverbank Run"	6am
26 May	21.1k Club Championship & 5k, 10k	6am
9 Jun	5k, 10k, 15k, 20k, 25k & 30k	6am
23 Jun	10k Club Championship, 5k & QMA 10k Championship	6am
14 Jul	5k, 10k & 15k	6am
28 Jul	20k Club Championship & 5k, 10k	6am
11 Aug	5k, 10k & 15k	6am
25 Aug	5k, 10k & 15k	6am
8 Sep	5k, 10k, 15k & 20k	6am
22 Sep	10 mile Club Championship (Robin Flower Memorial) & 5k, 10k	6am
6 Oct	3 Person X 4.5k Relay	6am
20 Oct	5k, 10k & 15k	6am
3 Nov	5k & 10k Novice	6am
17 Nov	5k Club Championship & 10k	6am
1 Dec	5k & 10k Handicap "No Watches" & AGM	6am
15 Dec	Dash & Splash, Yeronga Pool	7am
5 Jan	5k Predictor & 10k Predictor "No Watches"	6am

