BRRC

Autumn 2018

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

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

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

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www.brisbaneroadrunners.org
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Pictorial, illustrative or editorial contributions sent by Email or disk are

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

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From the Editor...

By Robert Lofthouse

Welcome to the Autumn edition of the BRRC Magazine!

It feels like the summer is never going to end and how about the humidity! It seems to get worse every year. Thank goodness the worst is nearly over and we can look forward to some better training conditions in the lead up to the major events for the year.

From a club point of view I would like to congratulate our new President John Dempster on his appointment and to the newly elected committee. It's always good to have some new faces and new ideas helping to keep this club at the forefront of the Brisbane running community. One great thing about BRRC is that it's a constant on the running calendar. Runners everywhere know that every second Sunday of the year they can rely on a well organised BRRC event at the South Brisbane Sailing Club! Tell your friends about how friendly we are and how much you enjoy Sunday mornings at the club.

This edition of the magazine includes an interesting article by Brad Lye on the gruelling Gold Coast 50km which is held in December every year and has a reputation for turning on hot, humid conditions which test even the best. As well, there is a great article by Andrei Wightman on the Legacy Trail Run in North Queensland. Andrei has also shown his sense of humour by penning an article on funny questions that non-runners often ask us as they try to figure out what makes runners tick? Irene Davey is always a great contributor to this magazine and this time her travels have taken her to Dunedin in New Zealand where she competed in the Oceania Masters Championships Half Marathon. The magazine is rounded out by the usual club member profiles as well as a good cross section of photos highlighting the enjoyment that our club members derive from Sunday mornings at West End.

Finally, thanks to Betty Menzies and Kerri Hodge who have come on board and helped me to produce a magazine that now has more photos and a wider variety of stories. I hope you enjoy this edition and I look forward to your thoughts and contributions in 2018 as I strive to present a magazine that truly represents and highlights what a great club BRRC is.

Enjoy your running!

Robert Lofthouse (Editor)
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From your Committee

By John Dempster

The New Year has started in a very positive way for the club. The new club running singlet looks great and is being worn with pride by the members. There has been an increase in the number of runners at our events this year and new memberships and renewals have been keeping our registrar busy. If you haven't already renewed your membership or want to join the club, just go to our website, https://brisbaneroadrunners.org/wp/membership/ and follow the instructions.

It was great to see such a large number of our members complete the first championship event, 5 Mile, as part of the 'The Commitments Club'. Only 6 more championship events and you will be the proud owner of the coveted BRRC monogrammed towel.

If you're running at the Gold Coast Marathon this year let your club support you and go into the draw to have your entry fee reimbursed and enjoy the BRRC TEAM benefits:

- 10% discount on your entry fee
- Leave your bag at the BRRC tent, which will be positioned close to the finish line (beside the intraining tent)
- The tent is the ideal place to meet up with fellow club members for both Saturday and Sunday events
- Food and drinks will be available at the tent

Join the Brisbane Road Runners Team via our website: http://brisbaneroadrunners.org click 'BRRC Gold Coast Team' and follow the entry instructions.

Any queries contact our Team Manager, Kerri Hodge, at kerrihodge1@gmail.com or call her on 0419 660 332

CLOSING DATE TO ENTER THE BRRC TEAM IS 29th APRIL

Following an enquiry from one of our members, Birgit Rainbird, in regard to Vision Impaired (VI) runners, the club has confirmed that the guide runners for VI runners will run for free. A workshop was held following our championship event in February for members interested in being guides for VI runners. Thank you to Jane, Barbara and Birgit for sharing their knowledge and time. Members who attended thoroughly enjoyed the workshop. Hope to see more VI runners and their guides at future BRRC events.

If it doesn't challenge you,

It won't change you. – Fred Devito

John Dempster

President

MEMBER PROFILE

Name: Michelle Cassimatis

Age: 44 yrs

Occupation: Michelle's Skin & Body Solutions beauty therapist and salon business owner.

How and when did you start running?: I have always loved being active. I became particularly interested in running in 2010 when a friend suggested I should do Bridge to Brisbane fun runs and Gatorade series triathlons.

Most Memorable Running Moments:

- Great Wall of China Marathon, very uneven terrain, running through rice fields and their local villages is amazing.
- I came 1st in Resolution Run in Brisbane 2011. Very exciting.
- 3rd in the Mother's Day Fun Run 2011.
- Our triathlon team placed 1st in Gatorade Series Caloundra triathlon 2011. It's amazing being part of a team.

Favourite Running Distance and PB:

- 5km Favourite running distance.
- PB 4.05 min / km for 10 km.

Running Goals: To shave 30 or more seconds off my current time in less than 6 months in 2018.

Favourite Runs:

- Riverside Expressway Brisbane; and
- Anywhere on the beach especially Kirra Beach. The sand offers such amazing resistance and versatility.

Favourite Running Partners/Group: Brisbane Road Runners are my fave running group. Such positivity. I don't have a coach or running buddy so I try to catch up with cyclists as I run outdoors. I don't always keep up with the cyclist though.

Who is your running idol?: Speedy Gonzalez and the Road Runner.

Favourite Sportsperson/s: There are so many talented sports people. The list is endless. The Brisbane Road Runners group are amazing and very inspiring individuals.

Favourite Shoe Brand: Mizuno

Favourite Food: Chocolate (Dark/ white .... I don't discriminate) . Or anything from Max Brenner.

Favourite Drink: Sparkling burgundy.

Favourite Movie: Moulin Rouge / Groundhog day.

Favourite Music: Anything from Sting.

Star Sign: Gemini

If you had one wish in life it would be?: Always be active, happy, enthusiastic and healthy.

Brisbane Road Runners Race Report

by Robert Lofthouse

December 3rd – 10km Handicap/5km (56 finishers)

10 km Handicap Predictor

The Handicap Rules:

The 10km handicaps were calculated using the runner's prediction of their 10km time, which each runner had to nominate at the registration desk. Handicaps were then calculated by subtracting a runner's predicted race time from 72 minutes e.g. if you predicted 60 minutes as your time then that would be taken off 72 minutes, giving you a start time of 12 minutes after the timing clock was started.

First runner across the line would be declared as the winner and as well there were trophies for the male and female who finished closest to their predicted time.

After pre race instructions from Race Director Bruce Smerdon, the timing clock was started.

The Race:

37 runners set off at various times, depending on their handicap, and after the lead changed many times during the two laps, the first across the line was John Harris. John's first ever win at BRRC!

Closest to predicted time winners:

Male – Philip Teakle had predicted that he would cover the distance in 45 minutes and he actually recorded a finish time of 45:03, only three seconds outside his prediction.

Female – Kerri Biggins predicted her finish time as 1:02:00 and actually ran 1:01:58, just two seconds off her prediction.

Fastest Male and Female:

Kleber Ribeiro Cunha was fastest male of the morning recording 40:06 and **Kerri Hodge** was the fastest female in 40:24.

5km – With the main emphasis being on the 10km handicap race there was only a small field of 19 runners doing the one lap event.

Andreas Mindt (22:20) and **Anita Breed (24:09)** were the respective winners.

In summary, the 10km Handicap race is always an event which throws up plenty of twists and surprises during the morning, with the lead changing several times during the race as the faster runners with the bigger handicaps, attempt to run down as many as possible in front of them. You never know who will cross the line first, which makes it so different from the normal BRRC events where you can often predict the winner early in the race. John Harris was certainly surprised and elated to be first over the line in this year's event.

Special thanks to The Run Inn for donating the random draw prizes on the day.

John Harris

continued

December 17th – 5km DASH and SPLASH (79 runners)

Matt Cooper and Kerri Hodge win Dash and Splash

Yeronga Park Swimming Pool played host to the annual end of year Dash and Splash. The junior event is conducted over a 1.4km running course and a one lap 50 metre swim while the main race is held over a 5km run course, followed by a 100 metre swim in the pool to finish.

John Diamond was once again Race Director and was ably assisted by a multitude of volunteers who were certainly needed out on the course which consisted of several turns and a few hills!

The course itself consisted of sections run out on the footpath outside the park as well as the path inside the park and a 400 metre grass section at the end, leading back into the pool complex. It was a hot morning as normal for mid December and coupled with the hills made it a tougher challenge than the normal West End 5km loop which is largely in the shade.

1.4km Junior Dash – The junior event was won in convincing fashion by **Oliver de la Cruz** in a time of **5 mins 58 secs**, which matched the time of last year's winner Harvey Cramb. Marley Flynn was second and Cooper Flynn third.

5km Dash & Splash – In the early stages of the run Jayden Lyttle was the leader but **Matt Cooper** was strong over the last two km and was first to finish the run in **17:06** with Jayden a further 19 seconds back with Neil Bath third. The first two ladies **Kerri Hodge (18:54)** and Clare Geraghty (18:55) finished just in front of Neil, as they waged a close finish. Margot Manning finished third.

A delicious cooked breakfast as well as fruit and juice awaited all in attendance as new President John Dempster and Treasurer Bruce Smerdon handed out the overall Club Championship trophies and the Age Group prizes for 2017.

BRRC Towel Winners

John Dempster and Irene Davey

January 7th – 10km /5km NO WATCHES PREDICTOR (109 finishers)

A warm morning greeted runners for the first club event of the New Year.

The 10km and 5km events were conducted differently from normal BRRC races with everyone required to predict their finish time before the event start and have it recorded at the registration desk. As well, no one was allowed to wear a watch to ensure that no cheating took place. **The winner of each race would be the person who finished closest to their predicted time.**

10km – *Closest to Predicted Time.* In this event, **Hefin Griffiths** was spot on in his pre race prediction of 43:00 mins, covering the distance in that exact time. Jason Cox was also close in his prediction, running only one (1) second outside his predicted time.

Fastest on the day – Allan Dennis was first over the finish mat in **41:01** with Stephen Walmsley second and Todd Dennis third. At the 5km mark, Allan and Todd had a 26 second lead over Stephen Walmsley but Todd began to tire and Stephen was able to reel him in with less than a kilometre to go and claim second place by a couple of seconds.

In the ladies two lap event, **Liz Grolimund** was the fastest in **44:20** with Shannon Proffit and Kerri Hodge second and third respectively.

5km – *Closest to Predicted Time.* **Sonya Graham** was only two seconds outside her predicted time of 28:24.

In the men's category, **Cale Oborne** claimed his first ever BRRC trophy winning the 5km in **19:11**. Second was Reagan Dessaix, who was having his first run back at BRRC in a couple of years. Reagan is also a very accomplished boxer at International level. Tim Appleton rounded out the top three.

In the ladies equivalent, **Nicole Mulholland (22:53)** was first across the mat with Michelle Cassimatis and Jenny Deag the other placegetters.

Special mention to **Russell Wilson** (Race Director) and his happy band of volunteers for an excellent job on the morning and to **The Run Inn** for donating the random draw prizes.

January 14th – 15km/10km/5km/2km (113 finishers)

****Leading Lacrosse player wins her first BRRC event****

A warm, humid morning greeted runners for the 6.00am start. Luckily, most of the 5km loop course was in the shade but the 27 degree temperature was testing for even the fittest of athletes.

After the usual race brief from our new Race Director Adrian Royce, runners/walkers were on their way.

15km - At the 5km point of the race, **Elliot Car**r had forged a handy lead of nearly a minute over Alex Haywood with Kleber Ribeiro Cunha holding third place just ahead of a group of six runners headed by Greg Beerling (our race day sponsor). The second 5km lap saw some big changes as the heat started to take its toll on runners who had gone out too fast! Elliot continued to build on his lead with Alex Haywood also forging a sizable break for himself over the third placed runner. Neil Bath was the big mover between the 5 and 10km mark, as several of the other runners dropped their pace, allowing Neil to pass six runners as he moved from 9th to 3rd.

Positions stayed the same during the final lap,with Elliot going on to record a winning time of **1:00:17**. Alex Haywood was second over the mat with Neil Bath third.

In the ladies 15km, **Clare Geraghty** covered the distance in **1:05:49** to win by a comfortable margin from Kerri Hodge and Caitlin Murdoch.

10km – The 10km proved to be the most popular of the morning with over 50 runners. In the men's event, Matthew Facoory had established a handy 30 second lead over the rest of the field at the 5km mark, but started to drop his pace after that, as **Allan Dennis** and newcomer Anthony Fuster made their move. Both were able to pass Matthew with Allan Dennis in particular, able to hold his race pace for the entire race, going on to win by over a minute from Anthony in **42:07**. Matthew ended up in third place.

In the ladies equivalent, race winner **Isabelle Pickett** held a three minute lead half way through the race and by the end, her winning margin extended to over six minutes. Her winning time was **42:04** with Nicole Mulholland second and Elizabeth O'Neil third.

The background of Isabelle in sport is quite amazing. Isabelle was an accompolished cross country runner and Lacrosse player

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in her school days in Adelaide, but over the last three years has been living in the USA and playing Lacrosse with San Diego State University. 2018 sees Isabelle residing in Brisbane and making her first visit to BRRC.

5km – It was good to see some new faces winning this event with young **Nathan Lewis (22:48)** winning his first BRRC event, claiming the coveted BRRC mug with Bob Baker second and Lachlan McLean third. It was the same story in the ladies division with a delighted **Michelle Cassimatis (23:10)** winning the race by a minute from Isobel Hermiston and Tracy Baker.

N.B. Michelle's profile also appears elsewhere in this magazine.

Adrian Royce, Michelle Cassimatis, Tracy Baker and Isobel Hermiston

2km – Plenty of enthusiasm shown by competitors in the Junior Dash with **Matthew Fuller (9:02)** leading the way. Oliver de la Cruz and Luka Rodins were second and third respectively.

Thanks to all the volunteers and to **Race Director Adrian Royce**, who did an admirable job on debut. **N.R.C.H.I.** was the race sponsor on the morning so a big shout out to Greg Beerling for his donation of the random draw prizes.

Robbie Lofthouse, Garry Page and Brian McCarthy

January 28th – 15km/10km/5km (146 finishers)

A good turnout on the morning with three distances on offer.

15km – Elliot Carr repeated his win from a fortnight earlier, but this time was a couple of minutes quicker, completing the course in **58:34**. At the 10km mark, Alex Hayward was in second place, holding a 30 second advantage over Derrick Leahy but Derrick pulled out a sensational last 5km! In fact, it was the fastest lap by anyone in the 15km, as Derrick managed an 18:47 effort to pass Alex and end up claiming second place by nearly two minutes.

In the ladies 15km, **Clare Geraghty** also repeated her winning effort from a fortnight earlier, taking the honours in **1:03:4**8. Yvonne Paetz was second and Julie Hill-Webber third.

10km – Long time BRRC member **Shane George**, made the early morning trip down from Gatton worthwhile, winning the event in **38:35**. Over the last 20 years, Shane has won countless races at the club so it was good to see him making a return to the winner's circle after some frustrating injuries over the last couple of years. Adrian Royce was second with Alain Raud just staving off a challenge from Greg Beerling to finish third by the barest of margins.

After finishing third in the 10km a fortnight earlier, **Elizabeth O'Neil** went two places better, by taking home the winner's mug in a time of **47:23**. Jenny Deag was second and newcomer Leela Dilkes third.

Shane George with Steve Manning

Jenny Deag, Leela Dilkes and Elizabeth O'Neil

5km – Christopher Dalby ran away from the pack early in the race to record a winning time of **17:34**. Aaron Breed was a minute behind in second with newcomer Michael Crago third. **Peta Dunne** claimed the honours in the ladies division with a time of **22:21**. Michelle Cassimatis edged out teenager Isobel Hermiston in the battle for second. Isobel is the daughter of BRRC regular Jim Hermiston.

Peta Dunne with Steve Manning

Thanks to **Bruce Smerdon** for being Race Director on the morning and to all the volunteers who showcased to everyone on the morning, just how well BRRC events are conducted.

intraining were again to the fore as event sponsor with many of their members competing on the morning in their familiar colours.

February 11th – 5 mile Club Champs/10km/5km (205 finishers)

****10 Age Group Records broken in Champs****

A tremendous turnout for the first Club Championship of the year with over 150 runners alone, opting to compete in the 5 mile (8.045km) event. Conditions on the morning were very humid and typical of February weather in Brisbane. The look on everyone at the finish told the story – it was very taxing out on the road!

5 mile Championship - The 5 mile race is conducted over a 3.045km loop followed by the normal BRRC 5km course.

In the men's event, well known Brisbane runner **Peter Bracken** (founder of the BERT running group) used his speed to advantage in the first loop and as he headed into the normal

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5km loop, his lead was 13 seconds over 2017 Club champion Clay Dawson. The battle for third was 'hotting' up in more ways than one after the first loop with Daniel James, Elliot Carr and Matt Cooper having a good tussle.

Peter Bracken was able to build on his lead during the 5km loop and crossed the finish mat as the winner in a sharp **26:12**. A good run in the humid conditions. Clay was second in 26:52 and Daniel James managed to pull away from Elliot Carr in the last km to claim third place.

Six Age Group records were broken in the men's race, with Daniel James, Aaron Breed, Clay Dawson, Christopher Dalby, Shane George and Colin Woods all in record breaking form.

In the ladies event, **Kerri Hodge** held a five second lead over Olivia Lennon after completion of the initial shorter loop with Clare Geraghty holding down third place by a similar margin over Louisa Abram who was competing in her first BRRC Championship event. Over the following 5km, Kerri really upped the tempo, as she clocked an 18:52 lap to give her the win in a time of **29:5**0. Olivia Lennon was second and Louisa Abram was third. Louisa's run was paricularly impressive for someone in the 55-59 Age Group as she managed to average sub 4 min/km pace for the race. Louisa is the mother of well known former Australian Triathlon representative Felicity Abram so expect some good performances from her as the BRRC series unfolds during the year.

Kerri's effort was also very praise worthy considering she had just competed in the Dubai Marathon in late January.

Age Group Records were broken by Clare Geraghty, Crystal Mahony, Kerri Hodge and Louisa Abram. Clare was in cruise control for the entire race and still managed to break her Age record.

10 km - In the men's race, **Scott Gittoes** turned a halfway lead of 25 seconds into a victory margin of almost 2 minutes as he recorded a winning time of **39:38**. Mark Nickels was second across the mat with Mark Walkey third.

In the ladies race, **Selina Ward** (In Training) made a good return from her enforced layoff taking home the BRRC winner's trophy in **47:16**. Selina was injured after a fall at a parkrun in Western Sydney back in January, so was pleased to be back competing again. The battle for second and third place was on in earnest at the halfway point of the race with Stacey Davis heading a group of four runners which included Elle Dilkes, Kelly Obst and Donna Bliss. Stacey proved to be the strongest over the second lap and went on to claim second place with Donna Bliss holding off the challenge from Elle to finish third.

5km – Only a small field of 16 runners in the one lap event with **Alex Coman** being the happy winner in **23:11**. Alex's winning margin amounted to over seven (7) minutes with John Eggleton second and long time BRRC member Doug Waite third.

The ladies race saw **Sinead Bates** claim the win in **26:21** with Kim Newsham second. It was a close finish in the battle for third with Sarah Pengilly staving off the challenge of Kerryn McDonald with only .3 second separating them at the end.

Overall, it was a great start to the BRRC Championship series for 2018, with strong support from the running fraternity and some great individual efforts with 10 Age Group records being broken on the morning.

Race Director **Russell Wilson** ran a 'tight ship' on the morning with everything good about the club being on show. Enthusiastic volunteers at the Registration Desk set the tone for the morning by making new runners feel welcome and also a vote of thanks to **NRChi's Greg Beerling** for being the sponsor on the morning and donating massage / acupuncture vouchers from his practice.

February 25th – 15km/10km/5km/2km (167 finishers)

An incredibly humid morning which saw 19 runners who had entered the 15km, actually elect to stop after 10km.

15km – In the men's race, **Elliot Carr** claimed his third win for the year over the distance, scooting around the course in **56:46**. Kleber Ribeiro Cunha was second with Peter Lewis third.

No surprises in the ladies results with **Kerri Hodge (1:08:25)** heading the field. The battle for second place really heated up in the last couple of kms when leading long distance Triathlon competitor Shannon Proffit came from behind with a strong last 5km to end up second after passing Elizabeth O'Neil. At the 10km mark, Elizabeth had a 20 second lead over Shannon but a strong third lap by Shannon gave a 20 second break at the end.

10km – Nicholas Kirkup ran a strong race in the high humidity to win by a comfortable two minute margin over new committee member Adrian Royce. His winning time was **38:28** with Matty Archer rounding out the top three.

After being first female over the line at Sandgate parkrun the previous day, **Clare Geraghty** kept up the winning momentum, claiming the winner's trophy in **41:54**. Peta Dunne came from behind in the latter stages of the event to pip Leela Dilkes by two seconds to take second place.

Clare Geraghty, Leela Dilkes and Andrei Wightman

5km – The men's one lap event produced an exciting and close finish with **Jean-Luc Raud** edging out Harvey Cramb by a mere .7 of a second. Jean stopped the clock at **21:26** with Thomas McNichol third.

The women's race produced a much more decisive winning margin with **Caitlin Maynard** clocking a **23:54** effort to claim the trophy from Emily Towner and Rebecca Day.

2km – In the Junior Dash, **Oliver de la Cruz** was first over the line in **9:21** with Monique Cooper crossing second.

Well done to **Andrei Wightman** who did an excellent job as Race Director (for the first time) and to **Skirt Sports** for their sponsorship of the event.

BRRC President John Dempster

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

MEMBER PROFILE

Name: Angela (Anna) Allen

Age: 41

Occupation: Library Manager

How and when did you start running?:

In 2013 as a release from stress.

Most Memorable Running Moments:

First 5km Fun Run – 2013 International Women's Day, First 10km Fun Run – 2013 Bridge to Brisbane, 10km PB – 2017 Great South Run.

Favourite Running Distance and PB:

10km 51:57

Running Goals: 2018 Great South Run Half, 2018 Gold Coast Half.

Favourite Runs: Toohey Trail Run, Port Lincoln parkrun (my home town in South Australia)

Favourite Running Partners/Group: Stones Corner parkrun Crew, Brisbane Road Runners, and Jim.

Who is your running idol?: Kathrine Switzer, not only for her running, but for her courage and strength and the social impact of her Boston Marathon participation.

Favourite Sportsperson/s: Roger Federer – the exemplary athlete; skilled, professional and humble.

Favourite Shoe Brand: Asics – best fit for my feet (right, Margot?!)

Favourite Food: Thai

Favourite Drink: South Australian reds

Favourite Movie: "I carried a watermelon!" – Dirty Dancing

Favourite Music: All the songs on my running playlist – empowering, inspiring and uplifting.

Star Sign: Aries

If you had one wish in life it would be?: To be happy in life and love

Race Report
2017 North Queensland Defence Legacy Trail Run
By Andrei Wightman

For the second year, the major fund-raising event for Legacy North Queensland was not the normal black tie dinners but joining with the ADF Lavarack Barracks Open Day to conduct the Legacy Trail Run series.

The race this year was a little different to last with the original 17km King & Queen of the Mountain being increased to half marathon distance. This run takes competitors from the dusty grounds of Lavarack Barracks up the goat tracks of Mt Stuart to the peak; an elevation of 584m. From here you are supposed to stop and quickly enjoy the view before the challenging downhill journey back to the western end of the barracks and the, once again, unique finish line of two M777 towed 155 mm artillery pieces.

I attended again as a company representative, Thales being a major sponsor of Legacy nationally, and a runner looking for a different challenge. Having previously completed the 5km, and knowing I wasn't quite feeling like the steep climb and half marathon of the King and Queen of Mt. Stuart, I decided that the new 10km course would be a great race to give a try this year.

Andrei Wightman

Arriving on the Friday I went to work at our company office and catch up with the local personnel up there but finished the day with a casual run along The Strand. If you ever get the chance to get to Townsville, the run up Castle Hill and the run along The Strand are two that I would highly recommend. Castle Hill is a little harder, and the Strand provides some wonderful views over the Coral Sea. .

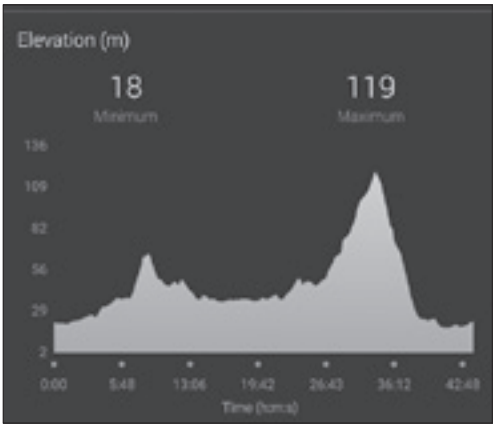
I woke to a typically warm and already humid day in Townsville and made my way out the race start which is located inside Lavarack Barracks on one of the parade grounds. The runs occur at the very start of the Open Day so there were a lot of ADF personnel getting displays of vehicles and other Defence kit ready for the crowds that were coming. The early start helps with the temperature which at that time of year rarely below 18 degrees.

The King and Queen of the Mountain runners started first and then the 10km runners were asked to move to the marshalling area. It was here that I've now seen a race director get an even better rousing applause than we get at BRRC. We were told that due to some UXO (unexploded ordinance) around and trail condition, our 10km was now being reduced to an 8 km run. This news was greeted with great applause and a more than a few high fives. We were also reminded not to pick up or disturb any shells (not the nautical sort) or any ordinance we saw off the track. Combine this warning with the same requirement from last year to carry broad bandages in case of snake bites, means this run is not for the weak hearted. That said, if you live in North Queensland, or have ever been part of 3rd Brigade, it's just business as usual both for the heat and the hazards.

After this and under the starters orders we were soon on our way. The run takes you firstly on the dirt road then via fire tracks through the back end of the base. There are plenty of hills, and the track is quite rocky in places, making normal running cadence a little tricky. The turnaround round was welcome but with the knowledge that Brigade Hill was still between

continued

us and the finish line. The climb over this, like last year, was brutal bringing many a runner to a walk or a stop. The goat track going up has a slight curve to it but coming down of the base side is almost a straight line, reminding me of how tight my Achilles was.



At the bottom of the hill, you are thankfully back on concrete paths. These feel like cotton wool after the dusty, stony, uneven trail and pace and strides can once again feel like a normal road runner's pace.

There are lots of exhausted and dehydrated runners at the end as the staggered start means runners in all three races (21, 10 and 5) finish around the same time. The 21km King and Queen of the Mountain racers tend to be experiences trail runners with all the associated kit. The open day is also coming into full swing with both static and dynamic displays of various military hardware. With lots to see and do, the walk around the base open day is a good warm down and being Townsville, everyone's a bit sweaty!

The timing system is a little more sophisticated than ours

Less likely to get noise complaints from the neighbours with one of these

When they clear the course, they really clear the course

A finish line like no other

The gentle slopes of brigade hill – the run goes straight up and over

MEMBER PROFILE

Name: James Hermiston

Age: 49

Occupation: Personal Travel Manager

How and when did you start running?:

Always enjoyed it at school but soccer took priority until I didn't want to train at night 3 nights a week as it interfered with my social life!!...so started tackling some races around my early 20s and never looked back.

Most Memorable Running Moments: My 2hr 39min marathon and running Boston and London Marathons.

Favourite Running Distance and PB: Started out loving 5k and had a 16:05 to my name which I am quite proud of.....but I do love a marathon, haven't done one for a few years but this year I am back on it!!

Running Goals: Have New York Marathon in November for my 50th birthday which will be fabbo!

Favourite Runs: Any run at all these days, it's a blessing! Do love bike paths around the city and anything around Noosa.

Favourite Running Partners/Group: Love a bit of New Farm parkrun with my daughter Isobel, my son Ben and best mate Rossy....and enjoy still sticking my 6-year old in the pram for that every now and again as well.

Who is your running idol?: Monna's

Favourite Sportsperson/s: Alan Shearer and my old man Jimmy, what a footballer he was!

Favourite Shoe Brand: Nike

Favourite Food: Any pasta marinara and black pudding.

Favourite Drink: Champagne and Coffee

Favourite Movie: Any movie where I can sit with the kids and have a slushee and popcorn.

Favourite Music: Rick Astley...ssshhhh. {EDITOR'S NOTE: Rick Astley???!!!}

Star Sign: Gemini

If you had one wish in life it would be?: To enjoy every minute of every day, as time gets away so fast.....and winning the New York Marathon in November would be pretty cool for my 50th.

Funny Questions non-runners ask runners

by Andrei Wightman

Do you ever have any of your non-running friends ask you questions where you just want to burst out laughing but you hold it in. Maybe they are really serious and interested in running and learning more about the sport. Your answer might help them get started so you try to stay positive. Here are a few questions I've been asked or seen asked by non-runners. How many of these have you been asked?

1. You pay how much for your running shoes? You know you could get the same shoes at K-Mart for $10 and use the money you saved on race entry fees.
2. So, how long was your marathon this weekend? Did you win it?
3. How far is a 5K marathon? Is it 5,000 miles or something?
4. Why are you wearing band aids on your nipples? Did you cut yourself?
5. That watch you have looks like a computer. Can you get on facebook with that thing? Is that how you put your run on facebook, right from that watch?
6. I heard you are running the Boston Marathon. Will that be your first marathon?
7. Isn't running on the road bad for your knees?
8. What do you do when you have a heart attack during a race? Do you keep going? I heard running causes those.
9. I thought runners are toothpicks. You still look like you could lose some weight.
10. You pay all that money for running shoes and they only last 4 months? The ones I get at K-Mart last for over a year.
11. Why do you only paint some of your toenails black?
12. I heard running is bad for your knees. How are you still able to walk when you run so much?
13. Do you get chased a lot? That's the only way I would run is if a bear was chasing me.
14. You mean you get a medal "just for finishing?" That sounds too easy.
15. Why pay so much to run a race?
16. You "only" ran a half marathon? Why did you quit half way through the race?
17. You look like you have lost a lot of weight. Have you been sick?
18. Isn't running boring? Wouldn't you like to do something fun?
19. You ran in this weather? So you mean to tell me you run when it rains, snows, is hot out, is cold?
20. Your socks cost how much?
21. Isn't it unhealthy to run so much?
22. It's raining. Will they cancel that race?
23. Wouldn't you rather sleep in?
24. Isn't it too hot / cold / windy / humid to run?
25. Do you really need another pair of running shoes? Already?

DUBAI MARATHON – 26th January 2018

Course Records broken after close finishes!

The 19th edition of this race produced a host of world-class performances. With a first prize of US $200,000.00 on offer, a quality field of runners faced the starter's gun in almost perfect weather conditions.

After a half marathon split time of 1:01:36, the world record of 2:02:57 was still within reach but after the last pacemaker dropped out around 32km the pace slowed. Five runners were still in contention with 400 metres to go and amazingly all were from one country, Ethiopia. Defending champion Tamirat Tola, was facing stern challenges from **Mosinet Geremew**, debutant Leul Gebresilase and other experienced Ethiopian marathoners Asefa Mengstu and Sisay Lemma. The final sprint to the finish was won by Mosinet Geremew who clocked a winning time of **2:04:00**. His winning margin over Gebresilase was just two seconds with defending champion Tola having to settle for third, a further four seconds back.

Geremew broke Tola's 2017 course record by 11 seconds. A truly great finish to a remarkable race with seven runners crossing the finish in sub 2:05:00!

The women's race also featured some record-breaking results as Ethiopia's **Roza Dereje** broke the Dubai ladies' course record winning in **2:19:17**. Dereje broke away from the leading group of four in the final kilometre of the race and for the first time in marathon history four women broke sub 2:20:00. Again, like the men's event, Ethiopian runners dominated the elite category with Feyse Tadese second and Yebrgual Melese third. Defending champion Worknesh Degefa ran a PB by two minutes and yet could only finish fourth!

Wheelchair category: It was a Swiss double with the great Marcel Hug winning the men's race in 1:25:14 and Sandra Graf the ladies' marathon in 1:45:13.

BRRC in Dubai – Congratulations to our own **Kerri Hodge** who finished second in the ladies 45-49 Age group in a nett time of 3:06:26. Kerri was a little disappointed with her result but still a great experience to compete in one of the world's best known and richest marathons. A record field of more than 30,000 runners entered the events which included 10km and 4km races.

Dubai Marathon: Men/Women Results

1 – Mosinet Geremew (Ethiopia)	2:04:00 **PB Course Record**
1 – Roza Dereje (Ethiopia)	2:19:17 **PB**. **Course Record.**
2- Leul Gebresilase (Ethiopia)	2:04:02 **PB Marathon Debut**
2 - Feyse Tadese (Ethiopia)	2:19:30 **PB**
3 – Tamirat Tola (Ethiopia)	2:04:06 **PB**
3 – Yebrgual Melese (Ethiopia)	2:19:36 **PB**

RAK HALF MARATHON (United Arab Emirates) – 9th February 2018

With this section emphasising major overseas marathons in the last couple of years I thought it time to update readers on times being run in some of the major Half Marathons around the world.

Men's World Record: Zersenay Tadese (Eritrea) – 58:23

Women's World Record: Joyciline Jepkosgei (Kenya) – 1:04:51

A sea mist blanketed the United Emirates capital and with the temperature in the low teens and little wind, a fast race was on the cards.

continued

In the men's race, eleven sub-60 minute performers faced the starter with another 3,500 runners also competing. A large pack of 12 runners went through the 10km in 27:48. Excellent pacing contributed to this fast time split but the third quarter of the race sorted out the best of the elite with the 15km mark being reached first by a pack of four. It was a war of attrition up front. Reigning RAK title holder **Bedan Karoki (Kenya)** began to impose himself and at 19km he edged to the front and started to surge. He was running at 2:48m/km pace and he started to build a handy 10 second lead over Ethiopia's Jemal Yimer and Kenya's Alex Kibet. Karoki passed through 20km in 55:55 and went on to win in **58:42**. His time was 19 seconds outside the World Record but still the fifth fastest half marathon of all time! The depth of the men's field was highlighted by the fact that the first seven runners all went under 60 minutes!

Editor's note: I have included Bedan Karoki's individual kilometre time splits below, just to highlight how fast our top half marathoners are going every kilometre of a major race.

The **women's half marathon** promised to be a blockbuster with Half Marathon World Record holder Joyciline Jepkosgei pitted against the world's best marathon runner, 36 year old Mary Keitany. As well, the lady that finished second to Jepkosgei in her world record run **Fancy Chemutai** was back and determined to reverse the result from their previous battle in September 2017 (held in Valencia). The big three (mentioned above) plus Kenya's Caroline Kipkirui went through the 10km mark in 30:34 and it wasn't until the 13km mark of the race that World Record holder Jepkosgei became the first to falter (suffering the effects of the flu). There was still three in contention at 15km and it wasn't until 17km that Kipkurui dropped off the pace leaving the contrasting figures of tiny marathon legend Mary Keitany and the tall, rangy long striding Fancy Chemutai to battle out the last four kilometres. The two raced together right up to the last 100 metres when Chemutai (13 years younger than Keitany) used her longer leg stride to forge ahead and split the tape three (3) seconds ahead of Keitany.

Would you believe that Chemutai missed the world record by one (1) second! Her time was **1:04:52**.

12th RAK Half Marathon: Men/Women Results

1 – Bedan Karoki (Kenya)	58:42 **PB**
1 – Fancy Chemutai (Kenya)	1:04:52 **PB**
2- Jemal Yimer (Ethiopia)	59:00 **Debut Half**
2 - Mary Keitany (Kenya)	1:04:55 **PB**
3 – Alex Kibet (Kenya)	59:06 **PB**
3 – Caroline Kipkirui (Kenya)	1:05:07 **PB**

Bedan Karoki's Half Marathon (Kilometre splits):

1km – 2:46	2km – 2:48	3km – 2:46	4km – 2:46
5km – 2:47	6km – 2:46	7km – 2:46	8km – 2:46
9km – 2:46	10km – 2:49	11km – 2:48	12km – 2:46
13km – 2:46	14km – 2:48	15km – 2:46	16km – 2:47
17km – 2:50	18km – 2:46	19km – 2:48	20km – 2:47
21km – 2:46	**Overall race time – 58 mins 42 secs**		

Karoki went through the 5km in 13:53 and the 10km in 27:48.

TOKYO MARATHON (Japan) – 25th February 2018

Both **Dickson Chumba** (male) and **Berhane Dibaba** (female) became the first winners to score their second Tokyo Marathon titles.

In the men's race, the leaders passed the 5km in 14:47, 10km in 29:38 and 15km in 44:36. Soon after that, pre-race favourite and 2017 winner Wilson Kipsang dropped out with stomach problems. Halfway was reached in 1:02:44 and at 30km the pacemakers dropped out. Dickson Chumba and fellow Kenyans, Amos Kipruto and Gideon Kipketer then ran a 14:51 for the next 5km. From 35km on, Chumba increased the tempo and built up a lead break of 30 seconds over the rest of the field at the 40km mark. Dicksdon Chumba went on to win in **2:05:30**. Behind him there was a big change in the chasing pack with Japanese runner Yuta Shitara storming home from 7th place at the 35km mark to end up second, ahead of Amos Kipruto and Gideon Kipketer. Shitara ended up breaking the Japanese National Record by five seconds in his inspired finish! A great day for Japan's elite male runners with six of them finishing in under 2:10.

In the ladies' event, Ethiopia's Berhane Dibaba missed the 2017 course record by just four seconds. At the 20km mark, the lead pack was down to four with Dibaba and her compatriots Ruti Aga and Shure Demise being accompanied by the USA's Amy Cragg who was running the race of her life. Demise started to drop back and then Amy Cragg also fell behind as Dibaba ran a 16:26 between the 30-35km marks on the course. She then ran even quicker for the next 5km (16:22) and held a lead of over a minute at the 40km mark as Ruti Aga could not match her.

Dibaba ended up crossing the finish in **2:19:51** with Aga second and USA surprise Amy Cragg third. Amy managed to slice more than five minutes off her previous best with a real breakthrough race for her.

Tokyo Marathon: Men/Women Results

1 – Dickson Chumba (Kenya)	2:05:30 Has PB of 2:04:32
1 – Birhane Dibaba (Ethiopia)	2:19:51 **PB**.
2- Yuta Shitara (Japan)	2:06:11 **PB**. **National Record**
2 - Ruti Aga (Ethiopia)	2:21:19 Has PB of 2:20:41
3 – Amos Kipruto (Kenya)	2:06:33 Has PB of 2:05:43
3 – Amy Cragg (USA)	2:21:42 **PB**
	Leading Australian
David Criniti (Sydney)	2:20:52 Has PB of 2:17:57 (Berlin)

MEMBER PROFILE

Name: Vicki Fennelly

Occupation: Research Nurse

How and when did you start running: I had rowed for many years and was looking for a change of scenery. I started running in 2014 after having a conversation with a passenger on a flight, she was a runner and by the end of the flight I was a convert. I got off the plane, bought Runner's World Magazine and decided to run a marathon.

Most Memorable Running Moments: Running the New York Marathon November 2014

Favourite Running Distance and PB: 5km 28 mins.

Running Goals: To travel and run in as many countries as I can.

Favourite Runs: Noosa National Park / Mt Coot-tha / around the Brisbane River.

Favourite Running Partners/Group: Intraining, BRRC, parkrun, Coffee Runners Group. Each running group has a common thread of friendship and fun, which makes getting out of bed easy.

Who is your running idol? Bruce Smerdon thinks that it is him, but ... I have such a strong memory of Robert de Castella winning the Commonwealth Games Marathon that he just edges Bruce out.

Favourite Sportsperson/s: Roger Federer / Anna Meares / Cathy Freeman

Favourite Shoe Brand: Nike

Favourite Food: Italian

Favourite Drink: Champagne

Favourite Movie: Love Actually

Favourite Music: Van Morrison / Filipa Giordano / Walk off the Earth

Star Sign: Sagittarius

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

Running In The Edinburgh Of The South

Oceania Masters Athletics Championship Half Marathon, Dunedin, 27/1/2018

By Irene Davey

There's that perennial question: "What does a Scotsman wear under his kilt?"

Well I dunno, because he didn't turn up to run the half marathon. And besides, it wasn't windy enough to reveal the answer!

The said somewhat crazy Scotsman did turn up at the official Championship dinner as Master of Ceremonies for the Piping in of the Haggis, and having recruited three athletes as his henchpeople, gave us a very 'in-your-face' welcome to Dunedin (the 'Edinburgh of the South'), and recited Robbie Burn's 'Address to the Haggis' in Gaelic. The haggis, having been duly stabbed with the ceremonial sword carried by one of the henchpeople, was then served up to the assembled guests as entree for the dinner, followed by a most excellent roast beef.

But I digress! The half marathon course was two out and back laps along the harbourside bike/walking track. Many of us were confused as it was described in the program as '4 laps of 5.25 km' but they count differently in Kiwi land! Essentially flat smooth bitumen, with wonderful views across the harbour – it should have been an easy run. Oh yes – and there was one level crossing, and a goods train did go through while we were running, but no-one had to stop for the train. However it was much warmer, around 16 or 17 degrees when we started at 8 am, there was no shade, and only a light breeze.

I was the only BRRC member running in the Australian colours, with two others in my age group, the legendary Lavinia Petrie who holds the W70 world record (1:41), and a Kiwi. The first lap was OK, then it started to warm up and my legs were feeling the effects of the previous week of competing on the track. About halfway out to the turnaround on the second lap, the Kiwi passed me on the way back and let me know that I was now running for silver as Lavinia had pulled out. In spite of lightweight racers, stripey socks and several lots of energy gel, the last 5 or 6 km were a struggle, with calves cramping and threatening to give way and land me in the harbour.

But I finished! I am trying to think of it as a long training run for the BRRC half marathon Championship in March!

In the cross country and track events of the previous week, BRRC member Lou Abram was one of the stars, with gold medals in the 8 km Cross Country, 5000 m (QMA and Oceania record of 18:54.52), 1500 m (AMA and Oceania record of 4:50.36) and 800 m (Oceania record of 2:31.44), and silver in 400 m. The 400 m was a real learning experience for Louisa as she hadn't run one on the track before. Photo shows her with about 50 m to go, about where she 'hit the wall'!

The track, by the way, was on the Caledonian Ground, and we had another piper for the athlete parade at the opening ceremony, followed by a school group performing a welcome Haka, thus reflecting the different strands of Dunedin's history.

The next Oceania Masters Championships will be held in Mackay, Queensland, in August 2019.

For further information, watch the QMA website www.qldmastersathletics.org.au .

Irene Davey
February 2018

Irene rehydrating after the run

Louisa running the 400m

MEMBER PROFILE

Name: Jason Cox

Age: 47

Occupation: Telecommunications Solution Architect

How and when did you start running?:
I started out doing cross-country and Harriers at school, then discovered duathlons and mountain running which led to running as an official for the Coast to Coast multisport race from 1990 till 2000. Training would take 9 months of the year for the two-day event. I moved to Singapore in 2001 and joined Hash House Harriers with my wife but gave it up when we moved to Melbourne. We moved to Brisbane in 2012 and a colleague introduced me to Mitchelton parkrun, which had just started, as I was looking to get my fitness back. I haven't stopped running since.

Most Memorable Running Moments:
That's hard, either Robin Judkins welcoming me into Klondyke Corner the end of the Coast to Coast Mountain Stage (running both the Two-day and Longest Day events in the same weekend), or finishing my first sub two hour half marathon at Gold Coast (I was on a high for a week).

Favourite Running Distance and PB:
For a training run I love to do a 10K (PB 47:45), but my favourite race distance is a half marathon with a PB last year at Sunshine Coast of 1:46:15

Running Goals:
Last year I met my goal of a Sub 4:00 Marathon at Gold Coast. This year I would like to better that, but not sure by how much yet. Hopefully a low three hours fifty something – but that will require not instagramming during the race.

Favourite Runs:
Any run with my T@T running group is a good run. For my weekday morning runs I have a 10K loop along Kedron Brook but for long runs I like to run from Ashgrove to Roma St or Sandgate to Scarborough.

Favourite Running Partners/Group:
I have an amazing group of friends that I train with on Tuesdays (and sometimes other days) at Teralba Park in Mitchelton. We all push each other very hard but I have to thank Elizabeth O'Neil for both my 10K and half marathon PBs.

Who is your running idol?:
Rod Dixon – 1500m (3:33.9), 5000m (13:17.27) and 1983 New York Marathon winner (2:08:59)

Favourite Sportsperson/s:
Steve Gurney (Multi-Sport and triathlete) was pretty influential for me. I met him the first year I did Coast to Coast (and the first of nine times he won the event) and spent a few hours with him prior to his near fatal race in Malaysia in 1994. He was very motivational and continuously came back to winning form from set back after set back.

Favourite Shoe Brand:
A friend put me on to ASICS in the late 1990s. I've tried Adidas, Brooks and Saucony but seem to always come back to ASICS.

Favourite Food: My wife's nachos.

Favourite Drink:
Having lived in Melbourne before moving to Brisbane, I drink way too much coffee.

Favourite Movie:
Anything by Taika Waititi – Boy and Hunt for the Wilderpeople especially.

Favourite Music:
My current running playlist has songs on high rotation from The Cure, Faithless, PANU, Macklemore, Sia and Split Enz.

Star Sign: Gemini

If you had one wish in life it would be?:
I spent a few years working in remote villages in Fiji after they had been smashed by a cyclone in 1992. I wish that there was technology that can deliver a cheap way to provide power and clean water for remote villages.

The Heat Is On. Gold Coast 50.

By Brad Lye.

The Gold Coast 50 on the 10th December was to be my last race of the year. I had trained well and felt I was in fairly good form. Being on the wrong side of 50, good form for me means I have no significant injuries. So, with a good block of training and a few weeks of over 100k logged I was as ready for a 50k as I could be. I have run a few races 50k or longer before and this was to be my second attempt at the GC50 or formerly the Kurrawa to Duranbah. This first attempt in 2012 ended in an epic heat-induced death march in the last 10k. I finished but it was ugly. My wife, Leann, banned me from doing the 50k event ever again.

Well, no one would ever accuse me of being very smart with my choice of races, so 5 years on and with some strange Brad logic I decided that being 5 years older, with the hope of some quirky cooler weather pattern, I would be able to cope with the heat better this time...or it would be unseasonably cold. I need to accept that my 80kg body just doesn't dissipate heat like some 55kg elite East African marathoner. Speaking of elite runners, I met up with my two good mates Kerri Hodge and Derrick Leahy on the morning of the race and we all walked to the start confident our plans for the race would work out. They had plans; I needed a freak weather event or new parents.

We lined up for the start and off we went. Kerri and Derrick were out of sight within a few hundred metres and I settled into my race. The plan (now that I woke with the same genetics I went to bed with and no unseasonal cold front suddenly appearing) was to run 4:45s the whole way with my P,P,P Pace, Posture, Patience being the motto of the day. It was feeling easy like a light training run. I was using my Garmin to slow me down and stay on pace. Nearing the southern 25k turnaround I was on pace and feeling good. The faster runners were now on their return and it was great to see some familiar faces including Derrick and Kerri.

The buzz at the turnaround was a boost and it was fairly smooth sailing from here. Trouble was I wasn't on a boat and was soon starting to get some tight quads and calves. I drank at every water station and was taking on calories but you never know how much fluid you take in from those paper cups. Another mate Dave who was running the 25k relay caught me at about 29k and said he would run with me. I was starting to hurt and he tells me I suffer from

endurance-induced Tourette Syndrome, and I apparently gave him a mouthful and told him to run ahead as I was slowing.

Now the heat was on but it didn't feel as hot as last time. The humidity was lower and this helped dry the sweat but it also sucked the fluid out of me. At 34k and still on pace I pulled over to work the start of a cramp from my right calf, and in doing so this caused a cramp in my left hamstring. Now at this very point I have to put on my best running-ambassador hat and subdue the syndrome. Some random guy started to ask me if this is a club run and he wanted me to explain how far it was; what the website was, and on and on while I was clearly in some discomfort. (I was friendly and he will definitely run it next year…"idiot").

The 34k mark was the hottest part of the run and the cramping was relentless. I could run 2 or 3 hundred metres, walk off the cramp and do it again. How quickly it can change when to think 30 minutes earlier 4:45s felt easy. I was now struggling to do 7min/km so it was a long 15k home. But I got there and was greeted with some friendly familiar faces. I was disappointed with my run but my running buddies all congratulated me and offered drinks and a chair. My plan had not quite worked out (bloody genetics and global warming. Why can't we have global cooling?), but to go back to my two elite mates. Kerri Hodge finished 1st lady and 4th overall and Derrick 3rd overall and the highlight was a picture with the legend Steve Moneghetti and my two champion mates.

I told all my mates and wife, "that's it I'm not doing a 50k race in 30deg heat ever again", but as I said at the start I'm not very smart at choosing races.

SINGAPORE MARATHON (The world's most humid race?)

By Adrian Royce

Singapore was my 12th marathon and one to end the 2017 marathon season off in style. I had a hotel room in Orchard Rd which turned out to be 50m from the start line so in the preceding days, as I enjoyed the shopping, I was able to visualise what it would be like at the start line. One thing to know is that Singaporeans love their marathon and at the race pack collection expo located at Marina Bay, it was very busy, although very easy to navigate. The expo rivals those at the Australian big marathons and also includes vendors from Australia and NZ. The latest superfood to get you a PB seemed to be seaweed, although I passed on it. The goodie bags are superb at the large Asian marathons. At Singapore you even get a T-shirt just for collecting your goodie bag – no need to run a $^&#* marathon to get a T shirt!!

On D-Day it was a 2:30am rise for the flag-off 2 hours later. The predicted showers did not eventuate so the low cloud cover meant a 90%+ humidity and 27 feels like 33 start. Waiting in the Orchard Rd priority zone everyone was already sweaty! Someone led a Zumba-like warm-up - no one dared move! The Singapore national anthem played but no one sang (well I didn't know the words anyway). And we were off on-time!

About 1km in, I caught up to my Singapore marathon friend, we exchanged pleasantries but he hadn't been feeling the best and was already in cruise mode. The course route deliberately goes past a host of attractions and I was soon admiring the National Museum and a Sultan's palace! By about 9km, I seemed to have passed heaps of runners but then almost made a dreadful mistake. The guy in front of me turned off

continued

course and I blindly followed him - not helped by an inattentive marshal waving an LED wand the wrong way. In fact, he collapsed in a heap and I accidentally went over the 11k timing mat - often a mistake punishable by DQ in Asian marathons (too many people cheating). Anyway, not to worry.

By about 11km whilst deep into S'pore's equivalent of Wall St, I realised the humidity was just too much and this wasn't my morning (and not a goal marathon like Gold Coast or Melbourne) so why not enjoy the sights a bit. I stopped at a lot of the drink stations, some of which had ice spray for the legs which was great! Soon I was passing the Marina Bay golf course and heading into East Coast Park - home of EC parkrun. At the 16km marker there was a Kenyan with jelly legs asking the marshal for water (race over, mate).

At halfway I was on 1:29, not very impressive but as the course loops around EC Park, I could easily spot the leaders and 2 leading packs (both male and female) then I started counting to the turnaround - almost inexplicably I realised that I wasn't doing too badly and everyone was suffering from the humidity! Because your national flag is on the bib, I did get quite a few "go Aussie" chants during the event.

At 32k I overtook two Kenyans who had given up the ghost it seemed. As the top 10 receive a pretty good pay packet, if you're outside of that you might as well save your legs for next week on the Asian circuit. Another one was a Norwegian woman who looked like she hit the wall as I spotted her in the leading pack previously (amongst mostly Kenyans, she stood out!).

The course meandered around the famous Gardens on the Bay but here it got tricky as the ½ marathoners on 3hr pace met up with us marathoners at 35km (yes, the halfers and full races started at the same time). So now it was like running through a Boxing Day sale - almost impossible - and my splits dropped a notch. The sun was up and cooking us too. There was no way of going around as at the sides were plenty of ½ mara humidity victims being treated by the ambos!

We passed Marina Bay Sands and up a Gateway Bris-like bridge. At this point, the thousands of halfers got to me and I walked for a couple of minutes. At 40kms I cramped up approaching a drink station but they had the ice spray so all good. Finally finished with 3:10 on the scoreboard which I was happy with all things considered but I was utterly beside myself when the results came out: 41st out of 12,500 marathoners and 3rd in 40-49 Age Group. Singapore is a very scenic mara and drink stations are tops. There is fruit, 100Plus isotonic drink and high-quality finishers T-shirts at the end. No doubt you will need to lower pace expectations (until next time)!

Adrian Royce

MEMBER PROFILE

Name: Shane George

Age: 52

Occupation: Retired now. Investor/Runner living out at Gatton.

How and when did you start running?:

I started back in primary school aged around 12. Did mostly sprints then. Have been training since 1979 and have not stopped or had a break until recently, so if you like to talk running come and have a chat next time at West End.

Most Memorable Running Moments: Too many race moments to recall over the last 39 years!

Favourite Running Distances and PBs: 5kms and 3kms on the track otherwise 15km on the road.

Personal Bests:
3000 metres – 8 mins 18 secs
3000 metres Steeplechase – 8 mins 49 secs
5000 metres – 14 mins 29 secs
10 kms – 31 mins 8 secs
15 kms – 48 mins 48 secs
Half Marathon – 1 hr 9mins 57 secs

Running Goals: To run fast again one day!

Favourite Runs: Toohey Forest for 28 years when I was living in Brisbane.
Gold Coast – Love running on the waterfront when down there on holidays.

Favourite Running Partners/Group:

BRRC have been in operation at West End since 1989 and I always enjoy catching up with friends when in Brisbane.

Gatton parkrunners – More recently, I have enjoyed the company of the Gatton parkrunners on a Saturday morning.

Who are your running idols?:

Said Aouita – Great Moroccan runner from the 1980s who dominated distances from 800 metres to 10,000 metres (10km) back then. Aouita had a 5km PB of 12:58.39 and a 10km PB of 27:26.11. Not bad, considering that was nearly 30 years ago!

Robert de Castella – Everyone loves Deek! His marathon win at the Brisbane Commonwealth Games in 1982 created huge interest in distance running in this country.

Favourite Sportsperson/s: As above

Favourite Shoe Brand: Nike Air Pegasus

Favourite Food: Licorice Ice Cream/ Chocolate/Pasta (But not all at the same time)

Favourite Drink: Iced Coffee

Favourite Movies: Blade Runner, Kelly's Heroes and The Lord of the Rings.

Favourite Music: Mostly 1980s and Pink. Pink always delivers a high-energy show with lots of good music combined with acrobatics and rope climbing and swinging above her audience. A truly great visual live show.

Star Sign: Libra

What is your craziest sporting moment?:

Back in 2001, I did a double marathon from Surfers Paradise to South Bank in Brisbane. With no prior Ultra training, I paid the price. I ended up in 3rd place in 7 hrs 7 mins and 7 secs. What a journey – For the next month I could only walk.

2018 BRRC Championship Series

By Bruce Smerdon

Male and Female Age Group Champions

The 2018 BRRC running calendar includes seven age group championship events i.e.

11 February	5 mile
25 March	21.1 km
17 June	10 km
22 July	20 km
9 September	10 mile
7 October	15 km
18 November	5 km

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

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

and so on for each participant in your age group category

Points Table for Leading Male and Female Age Group Champions (after first event held 11th February)

Age Categories	5 mile	21.1 km	10 km	20 km	10 mile	15 km	5km	Points
Male								
A (Male 0-19)								
Alec Lyttle	1							1
Nathan Lewis	2							2
Chris Lewis	3							3
C (Male 20-24)								
Daniel James	1							1
Alex Hayward	2							2
Lachlan Pascoe	3							3
E (Male 25-29)								
Aaron Breed	1							1
Kleber Ribeiro Cunha	2							2
Thomas Enslin	3							3
G (Male 30-34)								
Elliot Carr	1							1
Leo Hua	2							2
Kaila Barinder Singh	3							3
I (Male 35-39)								
Clay Dawson	1							1
Reece Anderson	2							2
Marty Kelly	3							3
K (Male 40-44)								
Christopher Dalby	1							1
Chris Voisey	2							2
Simon Black	3							3

M (Male 45-49)								
David Melville	1							1
Adrian Royce	2							2
Peter Maynard	3							3
O (Male 50-54)								
Shane George	1							1
Peter Lewis	2							2
David Smitheram	3							3
Q (Male 55-59)								
Neil Bath	1							1
Greg Coulter	2							2
Jean-Luc Raud	3							3
S (Male 60-64)								
John Shaw	1							1
Graham Robertson	2							2
Bruce Smerdon	3							3
U (Male 65-69)								
John Harris	1							1
W (Male 70-74)								
John Sheer	1							1
Ron Vines	2							2
Brian McCarthy	3							3
Y (Male 75-79)								
YX (Male 80-84)								
Colin Woods	1							1
Female								
B (Female 0-19)								
Zoe Manning	1							1
Axelle VerHolen	2							2
Emily Towner	3							3
D (Female 20-24)								
Katherine Massey	1							1
F (Female 25-29)								
Emily Plucknett	1							1
H (Female 30-34)								
Clare Geraghty	1							1
Anita Breed	2							2
Brianne Mayne	3							3
J (Female 35-39)								
Crystal Mahony	1							1
Elizabeth O'Neil	2							2
Sarah Stockhausen	3							3
L (Female 40-44)								
Kerri Hodge	1							1
Olivia Lennon	2							2
Michelle Cassimatis	3							3

continued

N (Female 45-49)								
Margot Manning	1							1
Peta Dunne	2							2
Julie Hill-Webber	3							3
P (Female 50-54)								
Marion Hermitage	1							1
Jenny Cawood	2							2
Janette Campbell	3							3
R (Female 55-59)								
Louisa Abram	1							1
Ruth Peacock	2							2
Louise Gruhl	3							3
T (Female 60-64)								
Mary Ashton	1							1
Jenny Downie	2							2
Deirdre Westerdale	3							3
V (Female 65-69)								
Helen Banks	1							1
X (Female 70-74)								
Irene Davey	1							1

Overall Male and Female Club Champions

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

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

1st place overall 1 point

2nd place overall 2 points

3rd place overall 3 points

4th place overall 4 points
and so on for each participant in the event

After the final championship event on 18 November, the best four scores achieved by male and female participants in each of the seven championship events are used to determine the overall male and female club champions. The best possible winning points total is 4, which is achieved by being the first male or the first female across the line in four events.

Points Table for Leading Male and Female Club Champions (after first event held 11th February)

	5 mile	21.1 km	10 km	20 km	10 mile	15 km	5km	Points
Male								
Clay Dawson	1							1
Daniel James	2							2
Elliot Carr	3							3
Female								
Kerri Hodge	1							1
Olivia Lennon	2							2
Louisa Abram	3							3

Consistency Champions – "The Commitments"

To recognise their support for the Club, members who compete in all seven championship events during 2018 will be awarded a specially embroidered BRRC towel at the end of the year. Let's crunch the numbers to see how many towels might be required this year. In 2016 a grand total of 16 towels were handed out to the brave souls who completed all seven championship events. In 2017 the number of towel recipients grew by two to 18. By the look of the following list of members who completed the first championship event of 2018, we may have to order more than 20 towels this year.....

The Commitments - Class of 2018 (after first event held 11th February)

MALE	
Name	**Surname**
Reece	Anderson
Tim	Appleton
Kaila	Barinder Singh
Kevin	Barratt
Neil	Bath
Matthew	Battams
Steve	Beck
Greg	Beerling
James	Bell
Simon	Black
David	Bond
Aaron	Breed
Greg	Bryson
Jim	Buchanan
Greg	Campbell
Marty	Carne
Elliot	Carr
Greg	Coulter
Jason	Cox
Alan	Crawford
Christopher	Dalby
Tony	Davis
Clay	Dawson
Adam	Degen
John	Dempster
John	Diamond
Ian	Donald
Tony	Donegan
Thomas	Enslin
Shane	George
Darrell	Giles
Osmond	Gongera
John	Harris
Alex	Hayward
Richard	Heinz

FEMALE	
Name	**Surname**
Louisa	Abram
Angela	Allen
Mary	Ashton
Tina	Bacon
Helen	Banks
Ginny	Barbour
Rebecca	Berglund
Kerri	Biggins
Anja	Bion
Anita	Breed
Janette	Campbell
Michelle	Cassimatis
Jenny	Cawood
Kelli	Crawford
Wendy	Crompton
Katrina	Crook
Irene	Davey
Deborah	Davis
Gina	de la Cruz
Jenny	Deag
Belinda-Jane	Dolan
Jenny	Downie
Peta	Dunne
Vicki	Fennelly
Melanie	Foote
Robyn	Garrett
Louise	Gruhl
Clare	Geraghty
Marion	Hermitage
Julie	Hill-Webber
Kerri	Hodge
Carolyn	Hughson
Anita	Jarvis
Olivia	Lennon
Juliane	Lewis

Andrew	Holden
Leo	Hua
Andrew	Hynd
Daniel	James
Marty	Kelly
Richard	Knevitt
David	Lacey
Andrew	Leggett
Nathan	Lewis
Chris	Lewis
Peter	Lewis
Neil	Lorrigan
Brad	Lye
Alec	Lyttle
Michael	Lyttle
Steve	Manning
Darren Graham	Manson
Andrew	Marrington
Peter	Maynard
Brian	McCarthy
Thomas	McNicol
David	Melville
Mark	Moller
Jim	Morton
Duncan	Munnings
Garry	Page
Lachlan	Pascoe
John	Pepper
Alain	Raud
Jean-Luc	Raud
Matt	Redwood
Kleber	Ribeiro Cunha
Graham	Robertson
Karl	Rodins
Adrian	Royce
Michael	Seymour
John	Shaw
John	Sheer
Bruce	Smerdon
David	Smitheram
Erhart	Stockhausen
Philip	Teakle
William	Towner
Ron	Vines
Chris	Voisey
Stephen	Walmsley
Colin	Woods
Hanchul	Yoon

Crystal	Mahony
Zoe	Manning
Margot	Manning
Katherine	Massey
Brianne	Mayne
Virginia	Neil
Nicola	O'Brien
Elizabeth	O'Neil
Ruth	Peacock
Emily	Plucknett
Michelle	Ring
Natalie	Russell
Sarah	Stockhausen
Susan	Tessmann
Belinda	Todd
Emily	Towner
Leandra	Towner
Catherine	Turton
Axelle	VerHolen
Deirdre	Westerdale
Rhondda	Wetton

P.A.T.42.2 RUNNING

Founded in 2013 by former international marathon runner Pat Nispel, P.A.T.42.2 RUNNING offers personal running coaching in Brisbane and online.

Our inclusive and diverse coaching services take a holistic approach for the health and wellbeing of our athletes through our team of accredited coaches and health care professionals. We are enthusiastic about supporting you to achieve your personal goals in running and will connect you to like-minded athletes in our running club.

Suited for any level, experience or time commitments, our services include: personal training plans, online coaching, 1-on-1 coaching, running form analysis and weekly group sessions.

Personal Training Plans for the 2018 winter road and trail running season are available now and come in 3 or 6 month subscriptions.

We have also got our next

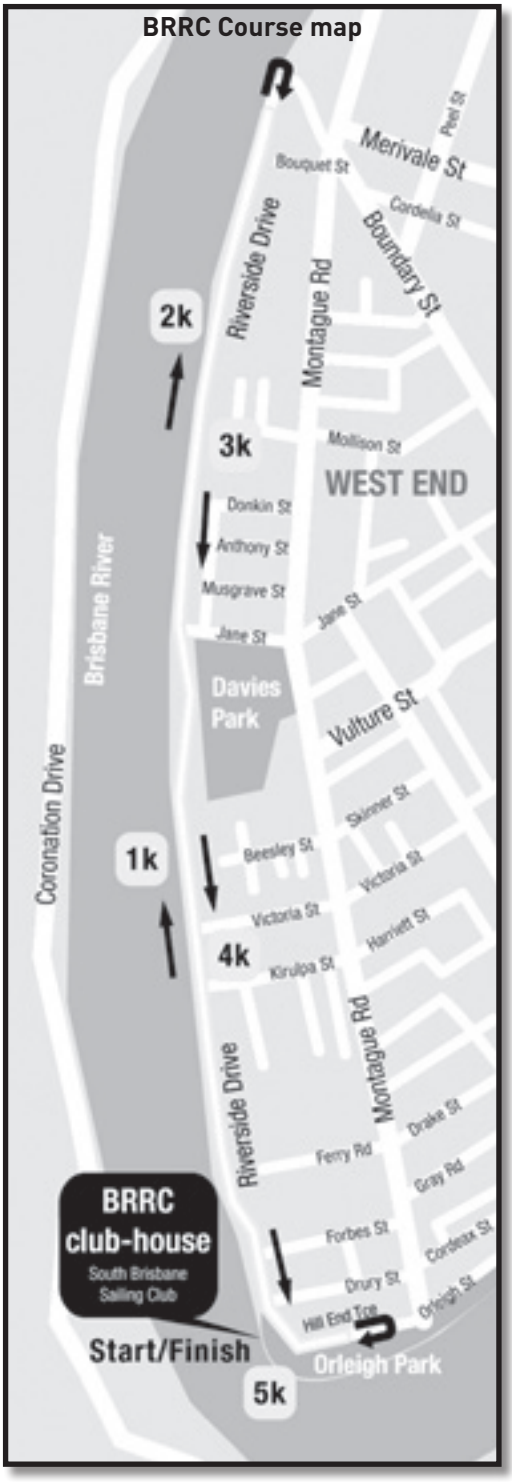
Running Technique Clinic coming up on

Saturday March 17th.

More information at ***www.pat422running.com.au***

or contact head coach: ***pat@pat422running.com.au***

P.A.T.42.2 RUNNING



Thank you to our Sponsors and Supporters for your continued support during 2018

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

P.A.T.42.2 RUNNING

Coaching and Personal Training.
Email us: pat@pat422running.com.au
www.pat422running.com.au

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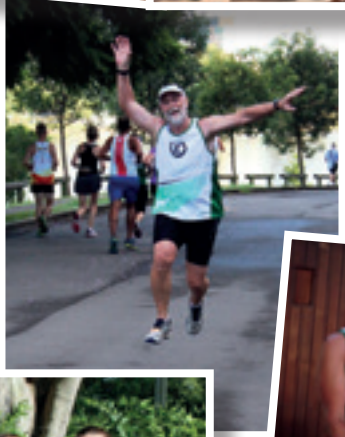
Date	Club Events	Start	Sponsor
07-Jan-18	5k Predictor & 10k Predictor "No Watches"	6:00am	The Run Inn
14-Jan-18	2k, 5k, 10k & 15k	6:00am	NRChi
21-Jan-18			
28-Jan-18	5k, 10k & 15k "Bring A Friend"	6:00am	Intraining
04-Feb-18			
11-Feb-18	5 Mile Club Championship & 10k, 5k	6:00am	NRChi
18-Feb-18			
25-Feb-18	2k, 5k, 10k & 15k	6:00am	Skirt Sports
04-Mar-18			
11-Mar-18	5k, 10k, 20k & 25k	6:00am	P.A.T.42.2 Running
18-Mar-18			
25-Mar-18	21.1k Club Championship & 5k, 10k	6:00am	Intraining
01-Apr-18			
08-Apr-18	2k, 5k, 10k & 15k	6:00am	The Run Inn
15-Apr-18			
22-Apr-18	2k, 5k, 10k, 20k & 25k	6:00am	Skirt Sports
29-Apr-18			
06-May-18	4k, 12k & 20k "Riverbank Run"	6:30am	Intraining
13-May-18			
20-May-18	2k, 5k, 10k, 20k & 25k	6:30am	NRChi
27-May-18			
03-Jun-18	5k, 10k, 15k, 20k, 25k & 30k	6:30am	The Run Inn
10-Jun-18			
17-Jun-18	10k Club Championship, 5k & QMA 10k Championship	6:30am	P.A.T.42.2 Running
24-Jun-18			
01-Jul-18			
08-Jul-18	2k, 5k, 10k & 15k	6:30am	Intraining
15-Jul-18			
22-Jul-18	20k Club Championship, 5k, 10k & 15k	6:30am	NRChi
29-Jul-18			
05-Aug-18			
12-Aug-18	2k, 5k, 10k & 15k	6:30am	P.A.T.42.2 Running
19-Aug-18			
26-Aug-18	5k & 10k	6:30am	Intraining
02-Sep-18			
09-Sep-18	10 Mile Club Championship (Robin Flower Memorial) & 5k, 10k	6:30am	The Run Inn
16-Sep-18			
23-Sep-18	2k, 5k & 10k	6:30am	NRChi
30-Sep-18			
07-Oct-18	15k Club Championship & 5k, 10k	6:30am	The Run Inn
14-Oct-18			
21-Oct-18	3 Person X 4.5k Relay	6:30am	NRChi
28-Oct-18			
04-Nov-18	2k, 5k & 10k Novice	6:30am	P.A.T.42.2 Running
11-Nov-18			
18-Nov-18	5k Club Championship & 10k	6:30am	Intraining
25-Nov-18			
02-Dec-18	5k & 10k Handicap "No Watches" & AGM	6:30am	The Run Inn
09-Dec-18			
16-Dec-18	Dash & Splash, Yeronga Pool	7:00am	BRRC
23-Dec-18			
30-Dec-18			
06-Jan-19	5k Predictor & 10k Predictor "No Watches"	6:00am