



# BRRC

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

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

### **BRRC Website**

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

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# From the Editor...

*By Robert Lofthouse*

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

It's been a 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 well and truly occupied.

This edition of the magazine contains a variety of reports covering events such as the Comrades Marathon in South Africa, the Runaway Noosa Marathon as well as the relatively new running festival at Springfield. The usual profiles of BRRC members also add to the variety in this edition.

Special mention to Bruce Smerdon and Betty Menzies for their efforts in putting together a great gallery of photos of BRRC members in action at the Gold Coast. Instead of the usual reporting side of the Gold Coast Marathon the pictorial record gives this edition a very different look!

I would like to thank the efforts of Kerri Hodge for her proofreading of every report as well as Adrian Royce who has been a regular contributor to this magazine along with Bob Miller, Bruce Smerdon and Irene Davey. Betty Menzies has spent a lot of time ensuring that quality photos are being used and the combined efforts of everyone has made my job as editor a lot easier. Andrei Wightman has done an excellent job with his monthly email to Club members, which has proven to be an effective form of communication, filling in the gaps between the quarterly editions of this magazine.

There's still plenty of incentive for everyone to keep training over the next few months with the Wynnum Twilight Bay Run in September as well as the Sydney and Melbourne Marathons. From a BRRC point of view, we still have a couple of events left in our BRRC Championship series as well, so I hope to see everyone out at West End enjoying the warmer weather and excellent company of fellow runners.

Hope you enjoy the magazine!

**Robert Lofthouse (Editor)**

[rob.lofthouse@optusnet.com.au](mailto:rob.lofthouse@optusnet.com.au)



# From your Committee

*By John Dempster*

This being the Spring edition of our magazine means that many of our club members would have completed their target event for the year and hopefully achieved the result they were striving for, whether that was to complete their first Marathon, Half Marathon, a PB or just to be able to enjoy running and completing another event with club running friends. To those who are still preparing for their target event, I wish you well and hope that your training produces the success you are aiming for.

The Club was well represented at the Gold Coast Marathon again this year and I would like to thank Kerri Hodge for her excellent work organising the BRRC Team. There were a number of age group podium finishers and PBs achieved. See the article and photos in this edition.

The Club Championship events are being fiercely contested in each age group with many records being broken at each event. At the recent 20k Champs 8 records were broken. Details of all Age Group Distance Records can be found on the BRRC website under Championships. Have a look at the website and see what time you have to aim for at the next championship event.

To be eligible for Age Group Champion members must complete a minimum of 4 championship events during the year. Four championship events have been completed with only three to go, so make sure you complete the required number of events before the end of the year. Details of the Age Group Points Table can also be found in the Championship section of the BRRC website. The points standings in many age groups are close and it may come down to the last championship event 5k on 18th November to decide the winner.

There are 43 'The Commitments Club' members still in the hunt for the BRRC

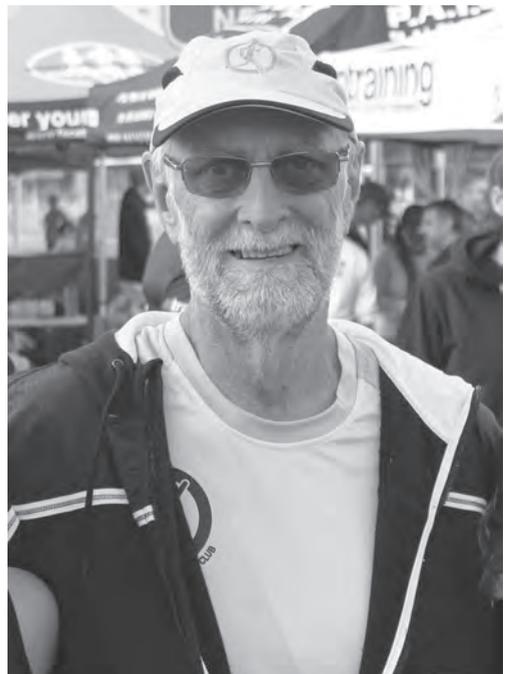
embroidered towel. It is pleasing to see that the number of members completing all of the championship events each year is increasing.

The Club recently affiliated with Queensland Athletics which will enable increased opportunities for the Club to grow and provide additional benefits for members. The committee has been trialling a pre-race online registration system for events through the BRRC website and hope to have the system operational for all members later this year/early next year. Online membership sign up and renewals will also be in place for next year. We are confident that these steps are a positive move for the Club and will reduce congestion and queuing prior to race starts.

Exciting times for the Club and its members.

## **John Dempster**

President





## MEMBER PROFILE

**Name:** Emily Plucknett

**Age:** 28

**Occupation:** Lawyer

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

I had always done a few fun runs here and there, just taking part on the day for the fun of it. It wasn't until 2013, when I started to enter more runs that my husband, Elliot, was entering, and then was introduced to parkrun, that I really became hooked.

**Most Memorable Running Moments:**

The 10km event at the Gold Coast Marathon this year and last year were really enjoyable runs for me; always such a great morning and atmosphere, and a PB on each occasion! Having the opportunity to run at a few parkruns in Paris and in London when I was last there is also a great running memory – the welcoming vibe from the running communities made those runs a real highlight.

**Favourite Running Distance and PB:**

5km – my current PB is 25:47.

**Running Goals:** I am working towards sub-25 for 5 km, and would love to see how quick I can go with a bit more of a concerted training effort behind me!

**Favourite Runs:** My favourite haunts for a weekend run are Sandgate, Southbank or along Kedron Brook. I love running down the Gold Coast along the water – but anywhere where I can find an excellent post-run coffee will always be a winner!

**Favourite Running Partners/Group:**

I love running with my husband and my friends – for me, one of the best and most motivating things about running is the social aspect, that's what gets me out of bed when it is raining or really chilly (that, and the promise of coffee).

**Who is your running idol?:** Genevieve LaCaze

**Favourite Sportsperson/s:** Emma Coburn, Eloise Wellings, Heidi See, Tia-Clair Toomey

**Favourite Shoe Brand:** Nike

**Favourite Food:**

Crispy-skin salmon, closely followed by all other seafood.

**Favourite Drink:**

Coffee!

**Favourite Movie:** The Sound of Music

**Favourite Music:** My two running playlists at the moment are either a mix of Broadway musical soundtracks or a mix of Sia, the Chainsmokers, Ariana Grande, David Guetta, and anything else with a solid beat.

**Star Sign:** Pisces

**If you had one wish in life it would be?:** To live a long & happy life with my loved ones.

# Brisbane Road Runners Race Report

by Robert Lofthouse

## June 3rd – 30km/ 25km/ 20km/ 15km/ 10km/ 5km (210 finishers)

With the Gold Coast Marathon only four weeks away it was a big morning at BRRC with over 200 runners lining up at the start, ready to tackle one of the six distances on offer. Conditions were ideal with the temperature hovering around 12 degrees C.

**30km - Derrick Leahy** has been in good form at BRRC events this year and showed that his current fitness level was looking good for his next assault on the marathon. From the 20km mark on, Derrick was able to increase his speed with the final 5km being his best as he recorded an 18:00 last lap to give him victory by over seven minutes from Danny McDonald. Derrick's winning time of **1:51:39** was only three (3) seconds outside David Sweeney's course record set 12 months ago in the corresponding event. In the ladies' 30km, **Kerri Hodge** ran a consistent 4 min/km average for the entire journey to record a final time of **1:59:50**. This was also the second fastest time run by a female on the current course with Aarthi Venkatesan still the record holder with her 1:59:21 time recorded back in 2014. Commendable efforts by intraining coach Solveig Litchfield and Noo Bowker who ran together for the entire six laps with Solveig claiming second place just one second ahead of Noo. Noo has a PB marathon of 2:44:28 from her younger days and has been in good form over the last two years since joining BRRC.

**25km** – One of BRRC's event sponsors **Greg Beerling (NRChi)** took the honours in this event with a time of **1:50:20**, which gave him a two minute margin over second placed Neil Bath. Andreas Huemer was the third placed male. The ladies' equivalent saw **Gina de la**

**Cruz** first over the mat in **2:11:33** with Zoe Manning just pipping her mum Margot by two seconds to take out second.

**20km** – In the men's 20km, it was good to see a new face heading the field with **Nash Johnston** winning his first BRRC trophy in the good time of **1:18:23**. Ben Hinterreiter was second with Lachlan Smith third. The ladies' race was won by BRRC newcomer **Isobel Chisholm** who recorded **1:31:21** to win in commanding fashion from Jane Hornsby and Julie Hill-Webber.

**15km** – Since joining the club last year, **Olivia Lennon** has quickly established herself as one of the club's leading female runners, with some good performances over a variety of distances. In this event, Olivia was first outright over the line, beating her nearest male rival by over four (4) minutes as she sped around the course in **58:24**. Second place went to Cath Rogers with Clare White crossing the finish mat in third position. The men's race was a much closer contest with **Tyler Borham** holding a 10 second margin [over Harrison Porthill] at the 10km mark. The margin stayed much the same over the final lap with Tyler stopping the clock at **1:02:36** to give him the win by 14 seconds over Harrison, who gallantly tried to bridge the margin in the final 5 km. Rodney Goodwin held third place for the whole race to ensure that the first three finishers enjoyed their first visit to the club in 2018.

**10km** – The 10km race followed a similar pattern to the 15km with female winner **Lucy Whyte** also being the first runner to cross the finish mat. Her time of **39:47** saw her winning the race by a margin of over seven minutes. The contest for second place was close with Nicola Newell staving off the challenge of Karen Figallo who managed to get within four

seconds of Nicola at the finish. The men's race proved to be one of the closest of the morning with three runners, Lars Feldman, Eamonn Bermingham and Tim Appleton together at the halfway point. **Tim Appleton (41:07)** eventually got the upper hand and was able to draw away in the closing stages to take out the event with Eamonn second and Lars just a few seconds behind in third place.

**5km – Ray Shanks** was the standout in the one lap event, winning the men's race in **18:13** with Lee Horobin and Paul Price being the other place getters. In the ladies' event, **Kaitlin Maynard (21:07)** took home her first BRRC trophy with Sharon Feldman second and Sandi Maxted third.

**Bruce Smerdon** did a thoroughly professional job as Race Director on what proved to be a very busy and long morning with so many distances being covered as runners geared up for the fast approaching Gold Coast Marathon weekend often considered by many to be the 'Holy Grail' event in South East Queensland.



*25km winner Greg Beerling*

## **June 17th – 10km Champs/5km (249 finishers).**

The 10km Champs always prove to be a big day for the club and this year was no exception with 235 runners on the start line. It was a cool morning but ideal for a fast workout one week before the Gold Coast Marathon weekend.

**10km Champs** - In the men's race, leading BRRC runners Clay Dawson, Peter Bracken and Patrick Nispel faced some formidable opposition on the morning with one of Queensland's top marathon runners Isaias Beyn and Singapore based Japanese runner Yuta Suda making an appearance. **Isaias Beyn** led the race at the halfway mark, crossing the mat in 16:13 with Yuta Suda 10 seconds behind at that stage with Clay Dawson holding down third place by a similar margin over Peter Bracken. From then on, Isaias showed his marathon strength by negative splitting the second half of the race by 14 seconds to give him an overall winning time of **32:12**. Visiting runner Yuta Suda (who has a 2:34 Prague Marathon to his credit) finished second in 32:55 with Clay Dawson claiming third place in 32:59. Clay was the first BRRC member over the line so becomes the 10km BRRC male Championship winner for 2018 with Peter Bracken and Patrick Nispel second and third respectively. Three Age Group records were broken in the male categories on the morning with **Colin Woods (80-84)**, **Derrick Leahy (40-44)** and **Clay Dawson (35-39)** claiming new Age Group records. The ladies' 10km BRRC Championship proved to be a 'battle royale' for the entire distance with Olivia Lennon and **Kerri Hodge** going through the 5km together in 18:38. Kerri managed to forge ahead in the last 100 metres to claim the Championship in a time of **37:13** with Olivia crossing the mat just three seconds later. A great performance also by third placed Louisa Abram who left her younger rivals in her wake as she broke the 55-59 Age Group record on the morning with a 39:21 effort. Congratulations to **Kerri Hodge (40-44)** and **Louisa Abram (55-59)** who set new Age Group records in the event.

**5km** – With the emphasis being on the 10km, only a small field in the one lap event with **Ray Shanks (17:52)** winning his second race over the distance in a fortnight by a comfortable margin over Oliver de la Cruz and Craig Johnstone. **Emily Gilmore** led the field home in the ladies' 5km recording **20:28**. Keiran Gilmore was second and Genna Hawkins third.

A hugely successful morning for the club with special thanks to **Race Director Andrei Wightman** and the friendly volunteers and of course our race sponsor Patrick Nispel from **P.A.T. 42.2 Running**.



*Anja Bion*



*Irene Davey and Betty Menzies*



*Pat Nispel, Clay Dawson and Peter Bracken*

## July 8th – 15km/ 10km /5km /2km (110 finishers)

A cool morning greeted runners for the first club event post Gold Coast Marathon. As expected numbers were down compared to the May-June events but enthusiasm was high as runners shared their memories of the Gold Coast weekend.

**15km** – The first 5km of the race saw Ben Hinterreiter holding a 30 second lead over **Wayne Spies** with Emmanuel Bergara third. Wayne picked up the pace noticeably in the second lap and at 10km had a lead of nearly a minute over Ben. Ben narrowed Wayne's lead in the final 5km but Wayne still took the honours in a time of **59:55**. Ben and Emmanuel were second and third respectively. This was Wayne's first appearance at West End this year having recently returned from the gruelling Comrades race in South Africa. In the ladies' race, **Shannon Proffit** held a two minute lead over Nicole Mulholland at the 10km mark before easing off in the final lap. At the end, Nicole was only 16 seconds behind Shannon with Elizabeth O'Neil third. Shannon's winning time was **1:09:30**.

**10km** – In this event, BRRC newcomer **Jono Hooper** established a 30 second lead over Elliot Carr and Tony Stanley at the halfway point before going on to win the race in **34:50**. Elliot was second and Tony third. Fresh from winning her age group at the Gold Coast Half Marathon, **Louisa Abram** started the 10km conservatively and after the first lap, was tucked into second place just behind Crystal Mahony. From then on, Louisa started to increase the tempo and courtesy of a 19:55 effort in the second lap, crossed the mat in a winning time of **41:35**. Crystal Mahony was second and Lee Thompson rounded out the top three.

**5km** – **Adrian Royce** showed that he had recovered well from his Gold Coast Marathon effort the previous week by scooting around the course in **18:13** to win by nearly three minutes from Jason Hall and Patrick Elgey. There was only one female competitor in the event with **Maddy Thornton** taking the honours in **29:43**.

Thanks to Race Director **Kerri Hodge** and the team of volunteers. **Intraining** was the race sponsor on the day.



*Brian McCarthy*



*Jenny Downie & Anita Jarvis*



*15km Ladies winner Shannon Proffit*

## **July 22nd – 20km Champs/ 15km/ 10km/ 5km (121 finishers)**

It was more like a winter's morning with the temperature around 7 degrees C for the start of the race. Numbers were down a little with the hugely popular Jetty to Jetty event also on at the same time.

**20km Champs** – Race favourite and 2017 Club Champion **Clay Dawson** stamped his intentions from the get go, establishing a handy lead by the end of the first 5km lap before increasing the gap considerably to end up with a winning time of **1:09:20**. In the process, Clay also managed to break his Age Group record for the distance set in 2017. Strong performances also by the second and third placegetters Christopher Dalby and Adrian Royce, who also broke their respective age records. The ladies' championship was taken out in resounding fashion by **Kerri Hodge** who made it four wins from the four championship events conducted so far this year by BRRC. Kerri's winning time of **1:19:15** was also an age group record, breaking her 2017 record by a couple of minutes. It was also great to see Anna Mayr and Peta Dunne finishing second and third – their best ever performance in a BRRC Championship event.

No doubt the cool conditions contributed to so many age records being broken in the race. In the ladies' event, **Kerri Hodge (40-44)** and **Peta Dunne (45-49)** claimed records whilst in the men, **Ben Hinterreiter (19 and under)**, **Clay Dawson (35-39)**, **Christopher Dalby (40-44)**, **Adrian Royce (45-49)**, **Harold Haldane (75-79)** and **Colin Woods (80-84)** re-wrote the record books with outstanding efforts. Tracksuits were the order of the day at the post-race presentations as the temperature seemed to drop as the morning wore on.

**15km** - Good to see some new names winning BRRC trophies in this event. **Stuart Capel** took out the men's race in **59:25** with David Paterson and Rodney Goodwin second and third. **Naomi Batch (1:12:47)** was first across the mat in the ladies' division with

Sharon Millhouse second. Third place was awarded to Rebecca Berglund who ran with Lia Drew for the entire journey, with both crossing the finish together.

**10km – David O'Malley (42:17)** triumphed in the two lap event, recording a two minute victory over Ant Hutchison. At the 5km mark, Ant and Brendan Burns were waging a close battle for second, but a negative split of over 30 seconds by Ant in the second lap propelled him to cross the finish mat with a handy 100 metres margin over Brendan. In the ladies' race, **Lauren Harris (40:34)** dominated from start to finish, winning by a margin of over eight minutes. Sinead Bates and Marlana Feige finished second and third respectively with both ladies breaking the 50 minute barrier.

**5km** – The highlight of the one lap event was the respective victories by club stalwarts **Brian McCarthy** and Irene Davey. Brian managed a **28:32** effort beating Tony Davis and Lionel Poustie whilst in the ladies' division, **Irene Davey (28:56)** took the honours ahead of Betty Menzies and Karen Rossel.

Thanks to **Pam Goddard** our Race Director and her team of volunteers for a job well done on a morning where the temperature seemed to go down rather than up as the sun rose. Greg Beerling from **NRChi** was the event sponsor.

## **August 12th – 15km/ 10km/ 5km/ 2km (82 finishers)**

It was a big day on Brisbane's running calendar with three other fun runs being held – Kalinga Dash, The Brook Run and a new one on the calendar, Redlands Coast Run at Cleveland. As expected, numbers were a little down on normal with some club members

saving themselves for the upcoming Sunshine Coast Running Festival a week later. For the 80 odd runners that ventured to West End it was perfect conditions for the 6.30am start.

**15km – Damien McMahon** claimed his first BRRC win, recording a **57:19** effort with Derrick Leahy cruising around the course to finish second and Peter Lewis passing Rodney Goodwin around the 13km mark to round out the top three. **Kerri Hodge** ran her quickest time split on the third lap to cross the mat in **1:00:09** to take out the ladies' division. Shannon Proffit and Elizabeth O'Neil were second and third respectively.

**10km** – Good to see a new face heading the men's field in the two lap event with **Cooper Redhead (38:51)** taking home the winner's trophy. In the race for second, long time BRRC member Matt Archer held a narrow five [5] second lead over Marc Nickels at the halfway point but Mark really pressed the foot down in the second half to forge a 30 second gap over Matt to cross in second place. **Niamh O'Dwyer** won the ladies' 10km in **41:50** from BRRC regular Peta Dunne with Maeve McGovern third.

**5km** – Committee member and parkrun fanatic **Adrian Royce** continued his great 2018 form, outlasting another well performed BRRC regular Aaron Breed in the battle of the speedsters in the one lap event. After his recent trip to the Doomadgee parkrun in the Gulf of Carpentaria, Adrian scooted around the course in **17:57**. Lee Horobin claimed third place. **Romy Deane (27:47)** took the honours in the ladies' 5km with Ginny Barbour holding out Misa Grant in the final stages to cross second over the finish mat.

**2km** – Congratulations to **Colby Heins (11:57)** who took out the Junior Dash.

Thanks to **Bruce Smerdon** (Race Director) and his team of volunteers for a job well done.

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



## MEMBER PROFILE

**Name:** Janette Campbell

**Age:** 52

**Occupation:** Mortgage Processor

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

I started running as a dare! One of my colleagues was always talking about parkrun, and she dared all of us to run one Saturday. I told her there wouldn't be one near me, so she checked and it turned out not only was there one near me, but it was in the next street. I dragged my family along on the coldest day on record in Brisbane back in 2014 and have been running ever since.

### **Most Memorable Running Moments:**

I absolutely loved running the Warwick Pentathrun with my running buddies. It's such a great weekend. To run 5 separate races wrapped up in one big event is a fabulous experience, and I got to do it on my birthday!

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

I guess it's the half marathon. Even though I have done a few now, and am no longer as daunted by the distance, it always feels like a big achievement to cross that finish line.

### **Running Goals:**

To still be running when I'm a really old lady! I don't really mind how fast I am, it is the finishing that is most important to me.

### **Favourite Runs:**

Any run with my running buddies is a good run in my book. I'm equally as happy running on roads as running the trails.

### **Favourite Running Partners/Group:**

My T@T family. We have a lovely bunch of runners who get together for training on Tuesday mornings, and lovely long runs on the weekends.

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

I don't really have a running idol. I get inspired by anyone who is out there running, no matter what their age, ability or pb is.

### **Favourite Sportsperson/s:**

I don't really have a favourite sportsperson.

### **Favourite Shoe Brand:** Asics

### **Favourite Food:**

My mum's meatloaf is the best!

### **Favourite Drink:**

I'm quite partial to white wine.

### **Favourite Movie:**

Pretty much anything with Ben Stiller in it.

### **Favourite Music:**

Anything that pops up on the radio.

### **Star Sign:** Taurus

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

I have a very firm belief that if everyone in the world ran, there would be world peace. You can't be blowing things up when you are flooded with happy endorphins.

# AT THE RACES

## (News from around Australia and the World)

*Compiled by Robert Lofthouse*

### QUEENSLAND HALF MARATHON (Bracken Ridge) – 3rd June 2018

In 2018, the Queensland Half Marathon moved from Deagon Racecourse to its new home at Taraubul Park, Bracken Ridge. Originally this race started at Doomben Racecourse before moving to Deagon in 2016.

The half marathon course started at the park and headed to the waterfront next to the Redcliffe bridge. At this stage, runners were at the 4km mark and from there they followed the waterfront path from Brighton all the way past the Shorncliffe Pier before reaching the one hill in the race just after the 10km mark. The turnaround point appeared at the 11km mark and competitors then followed the same waterfront path back to the Redcliffe bridge (17km mark) before making a left turn and completing the last 4km back to the finish in the park. The half marathon winners were Andy Dey (1:12:58) in the men and leading Port Macquarie and Australian Triathlon representative Madi Roberts (1:24:09) in the women.

Clear skies, little wind on the waterfront and mild temperatures created near perfect conditions for the event. With nearly 11km of the run on the waterfront path this is one of the most scenic runs on offer in South East Queensland. Events on the morning also included a 10km and 6km as well as a 2km for the younger brigade. The only disappointment on the morning was the poor support from the Brisbane running community. This is a great lead-up race for the Gold Coast especially with the course hugging the waterfront similar to sections of the Gold Coast Marathon. I would recommend this course to anyone who likes flat, fast courses next to the water. The Run Inn events team did an excellent job on the morning and deserve all the kudos for

providing a new course which takes in the highly popular Sandgate waterfront.

#### Queensland Half Marathon: Men/Women Results

1 – Andy Dey	1:12:58
1 – Madi Roberts	1:24:09
2 – Nicholas Lee	1:13:35
2 – Kirra Seidel	1:26:56
3 – Tim Toner	1:18:40
3 – Deanne Wooden	1:31:39

#### 10km

1 – Brendan Press	37:03
1 – Eliza Buzacott-Speer	38:23
2 – Jaryd Hamilton	37:36
2 – Christie McKay	38:31
3 – Matt Langmack	38:16
3 – Alli Cooke	39:10

### JETTY 2 JETTY (Woody Point) – 22nd July 2018 (4300 entrants)

#### Half Marathon Course Records:

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

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

This event starts and finishes outside the Belvedere Hotel at Woody Point (5km south of Redcliffe) and with four distances to choose from, 4,300 entries were received. Distances on offer include the Half Marathon, 10km, 5km and 3km. The J2J event started 32 years ago as a 10km Fun Run but in recent years a Half Marathon has been added to the program.

**Half Marathon** – 800 entries were received for this race and runners were greeted with cool conditions (9 degrees C) down by the water for the start. Visiting Canberra runner **Reece Edwards** was the form runner going into the

race, having run a 1:05:37 at the Gold Coast Half, preceded by a win at the Mackay Marina Half Marathon in 1:07:08. The first kilometre of the race features a hill, which is always a test at the beginning of any event and with a few little rises during the rest of the race, the course is certainly more of a challenge than the flat course experienced on the Gold Coast and with a little wind blowing in on part of the course, times are usually a couple of minutes slower. As expected, the men's race was dominated by Reece Edwards who sped around the course unchallenged, to win by over three minutes in a time of **1:09:52**. Brisbane's Brendan Press crossed the timing mat second and Wayne Spies claimed third place having returned from South Africa recently with a Comrades Marathon (87km) finish under his belt. In the ladies' half, Sunshine Coast triathlete **Annalise Jefferies** was the victor in **1:23:01** with BRRC's **Noo Bowker** running a strong race to finish second ahead of Rebecca Philipp.

#### **BRRC Special Mentions:**

Congratulations to **Noo Bowker** (W40-49 Age), **John Shaw** (M60-69 Age) and **Erkki Ryhanen** (M70-79) who won their respective age group divisions on the morning with Noo also finishing 2nd female overall in the Half Marathon.

**10km** – The most popular event of the morning with over 1,800 entries. As usual, it was a crowded ascent up the hill in the first kilometre of the race but from then on it was much more comfortable as runners settled into their normal race pace. Unlike the Half Marathon finish, the men's race was close all the way with Jordan McLennan (32:08) winning the downhill sprint at the end to claim the honours by just two seconds from Jack Anstey. Originally from Coomera, Jordan has spent three years at Loyola Marymount University in Los Angeles honing his running skills and having won the 10km at the 2018 Noosa Running Festival, is making a habit of winning 10km races in South East Queensland. Gold Coaster Courtney Gilfillan has been a leading performer in the Running/Triathlon scene for the last 15 years and has represented Queensland in Athletics as well as Australia in Triathlon. Courtney won the

10km in 2017 and was back to defend her title. This she did, recording an impressive 35:29 to win by over a minute from Michelle Pearson.

#### **Jetty to Jetty Half Marathon: Men/Women Results**

1 – Reece Edwards (Canberra)	1:09:52
1 – Annalise Jefferies (Sunshine Coast)	1:23:01
2 – Brendan Press	1:13:13
2 – Noo Bowker	1:25:00 <b>BRRC</b>
3 – Wayne Spies	1:13:36
3 – Rebecca Philipp	1:25:36

Leading BRRC Results:

John Shaw	1:23:33 <b>(1st M60-69 Age)</b>
Noo Bowker	1:25.00 <b>(1st W40-49 Age)</b>
Nicole Mulholland	1:38:08
Mark Phillips	1:41:31
Shannon Proffit	1:42:43
Li Jun Zhang	1:54:52
Erkki Ryhanen	1:58:41 <b>(1st M70-79 Age)</b>
John Diamond	2:08:20 <b>(2nd M70-79 Age)</b>

#### **10km:**

1 – Jordan McLennan	32:08
1 – Courtney Gilfillan	35:29
2 – Jack Anstey	32:10
2 – Michelle Pearson	36:38
3 – Liam Boudin	32:29
3 – Jo Miller	37:22

**Leading BRRC Results:**

Olivia Lennon	38:01 <b>(1st W40-49 Age)</b>
Jurgen Paetz	47:04
Yvonne Paetz	47:18

## **PARK 2 PARK (Ipswich) – 29th July 2018 (1800 entrants)**

### **Half Marathon Course Records:**

**Male – Patrick Nyangelo (Kenya) 1:09:22 (2007)**

**Female – Cassie Fien (Qld) 1:16:32 (2015)**

This was the 14th staging of the event which is held annually in Ipswich's Limestone Park. Events on the morning included the Half Marathon, 10km, 5km run and walk and a Half Marathon team relay with each team consisting of four runners (20 teams competed on the morning).

Leading Ipswich runner, **Glen Yarham** was the pre-race favourite in this event and proved his class on the hilly course, recording a winning time of **1:13:31**. Glen won this race two years ago, after returning from three years in the USA College system. Brendan Press finished second, having also been the runner up at the Jetty to Jetty Half a week earlier. Andy Dey continued his good form for 2018 placing third. Andy was the Queensland Half Marathon winner back in June and then followed it up with a 2:31 effort at the Gold Coast Marathon. The ladies' race was won by Alexandra Blake (1:25:56) with intraining coach Solveig Litchfield second and Taryn Axelsen third. The course consisted of four loops (each 5km) and a 1.1km loop.

**10km** – Toowoomba runner **Jack Anstey** successfully defended his 2017 title in this race with a strong performance on the hilly two lap course. Anstey finished in a time of **34:10** with Damon Bruce over a minute behind in second place and Clay Dawson another 30 seconds back in third. In the ladies' race, **Tamara Carvolth** recorded the time of **37:04**, winning by nearly three minutes from Sara Parkinson with BRRc's Anna Mayr claiming the third place on the podium at the presentations with an excellent run.

### **Park to Park Half Marathon: Men/Women Results**

1 – Glen Yarham	1:13:31
1 – Alexandra Blake	1:25:56
2 – Brendan Press	1:15:16
2 – Solveig Litchfield	1:32:02
3 – Andy Dey	1:15:47
3 – Taryn Axelsen	1:33:40

### **Leading BRRc Results:**

Mark Phillips	1:42:41
Garry Page	2:19:15

### **10km:**

1 – Jack Anstey	34:10
1 – Tamara Carvolth	37:04
2 – Damon Bruce	35:31
2 – Sara Parkinson	40:49
3 – Clay Dawson	36:01 <b>BRRc</b>
3 – Anna Mayr	44:22 <b>BRRc</b>

### **Other BRRc Results:**

Cynthia Cliff	56:19
David Cliff	1:07:51

## **McDONALD'S BRISBANE MARATHON FESTIVAL – 5th August 2018**

This year's festival attracted a major sponsor with the famous Big M Golden Arches company McDonald's coming on board. Events on the day included a Marathon, Half Marathon, 10km, 5km and a 2km Juniors' race. The total number of entrants was around 4,830 with 737 competitors in the Marathon and 2,033 entering the ever popular Half Marathon.

### **Marathon**

Japanese runner **Saeki Makino** added an international element to the race and having recently recorded a 2:21:58 at the Gold Coast was the one to beat. Saeki is also a training partner of well-known Japanese runner Yuki Kawauchi (known as the citizen runner) who has won the Gold Coast Marathon on a

few occasions in the last five years and has become well known worldwide for the large number of Marathons he competes in every year. As expected, Saeki Makino led from the start and was never challenged, as he crossed the finish line in **2:23:18** on a warm Brisbane morning. Up and coming Ultra Marathoner Darryl Hill showed his potential, being the first Queensland home in second place. Darryl was the only other runner in the field to break the 2:30 mark. Great to see leading BRRC runners Peter Bracken and Clay Dawson coming 3rd and 4th respectively with both being credited with the same time. In the ladies' race, Coffs Harbour runner **Leah Fitzgerald** was the only lady to break the 3 hour barrier finishing in a time of **2:53:32** on a course which became quite congested at times near the turnaround points.

### Half Marathon

Kenyan runner **William Chebon** was the big name in the Half and having won the Gold Coast Marathon back in 2009 was going to make it hard for the local challengers. William ended up running a very creditable **1:09:35** on the windy course giving him the win by nearly three minutes from Brendan Press who has now finished second in his last three Half Marathons - Jetty to Jetty, (Redcliffe), Park to Park (Ipswich) and Brisbane. Patrick Nispel (BRRC) did well to finish third and looks to be recapturing some of his form after injuries over the last two years. The ladies' division proved to be the closest race of the morning with **Bec Bailey** taking the honours in **1:25:51** with Madi Roberts only 50 metres behind at the end in second place with Shiloh Watts only a few seconds back in third.

### 10km

Former Eritrean athlete **Isaias Beyn (33:29)** was first across the line with Anthony Craig and Harry Wilson second and third respectively. **Jo Miller** won the ladies' event in **36:56** with Melanie Panayiotou second and BRRC's Olivia Lennon continuing her good year with a third placing.

### Brisbane Marathon: Men/Women Results

1 - Saeki Makino (Japan)	2:23:18
1 - Leah Fitzgerald (Coffs Harbour)	2:53:52
2 - Darryl Hill	2:29:00
2 - Sara Burgess	3:08:26
3 - Peter Bracken	2:36:11 <b>BRRC</b>
3 - Claire Bradshaw	3:10:20

### Leading BRRC Results:

Clay Dawson	2:36:11 <b>4th Male</b>
Chris Dalby	2:51:22
Stephen Walmsley	3:13:19

### Half Marathon:

1 - William Chebon (Kenya)	1:09:35
1 - Bec Bailey	1:25:51
2 - Brendan Press	1:12:22
2 - Madi Roberts	1:26:07
3 - Patrick Nispel	1:12:35 <b>BRRC</b>
3 - Shiloh Watts	1:26:13

### Leading BRRC Results:

Daniel James	1:23:39 (pacer)
Lucas Brown	1:26:07
Andreas Huemer	1:30:16

### 10km:

1 - Isaias Beyn	33:29
1 - Jo Miller	36:56
2 - Anthony Craig	34:52
2 - Melanie Panayiotou	37:42
3 - Harry Wilson	34:59
3 - Olivia Lennon	38:51 <b>BRRC</b>

### 5km:

1 - Joel Donnar	15:45
1 - Zoe Manning	18:02 <b>BRRC</b>
2 - Grant Williams	16:50
2 - Crystal Mahony	20:22 <b>BRRC</b>
3 - Anthony Houston	19:15
3 - Laura Briemle	21:09

# 14km CITY TO SURF (Sydney) – 12th August 2018

## Course Records:

**Male – Steve Moneghetti 40:03 (1991)**

**Female – Susie Power 45:08 (2001)**

Could anyone break the long-standing course records in the 2018 edition of the race? With Australian 10,000 metre record holder Ben St Lawrence and two time City to Surf winner Liam Adams in the field anything was possible. The ladies' field did not have the usual top Australian runners toeing the start line, with Jessica Trengove, Eloise Wellings, Celia Sullohern and Madeline Hills not entered in the iconic race, ensuring that a new name would be entered on the female honour board. This year's event was the 48th staging of this iconic 14km race which starts at Hyde Park in central Sydney and finishes at Bondi Beach. It was 10 degrees for the 8.00am start and it didn't get much warmer with the maximum only reaching 17 degrees. 80,000 entries were received before the day but only 67,000 finishers were recorded, suggesting that a few got caught up in all the pre-race publicity and hype surrounding the event but never actually made it to the start line on the morning.

Former Olympian 10,000 metre runner, **Ben St Lawrence** (Sydney) and one of Australia's leading marathoners Liam Adams (from Victoria) had a great battle over the last 3km, which is a downhill run to the finish at Bondi. The 36 year old St Lawrence was just in front heading into the last turn and managed to out sprint Adams to win by just two seconds in the time of **41:35**. For St Lawrence, this was his second City to Surf title. For the record, Ben has a fantastic 10,000 metre track PB of 27:24 but has only competed in one marathon so far, recording a 2:24:26 effort at Berlin last year. Another leading Australian representative, steeplechaser Jamie Nipperess, led the pack chasing the two leaders and was third over the line.

In the women's race, 29 year old Victorian runner **Ellie Pashley** was thrilled to win her first City to Surf title in a time of **46:21**.

Ellie ran a marathon PB of 2:35:55 at Berlin last year and hopes to improve and make an Australian team in the near future. Fellow Victorian runner Melissa Duncan was second and Marnie Ponton was the first Sydney resident home in third place.

The top three Queenslanders home were all BRRC members, with **Aidan Hobbs**, **Peter Bracken** and **Jayden Lyttle** all recording outstanding times. Another great chapter in the 48 year history of Australia's biggest Fun Run has been written!

## City to Surf: Men/Women Results

1 – Ben St Lawrence (Sydney)	41:35
1 – Ellie Pashley (Melbourne)	46:21
2 – Liam Adams (Melbourne)	41:37
2 – Melissa Duncan (Melbourne)	47:14
3 – James Nipperess (Canberra)	42:13
3 – Marnie Ponton (Sydney)	47:53

## Leading BRRC Results:

14 – Aidan Hobbs	45:30
27 – Peter Bracken	46:52
56 – Jayden Lyttle	48:13

## SUNSHINE COAST RUNNING FESTIVAL – 19th August 2018

Overall, there was over 5,400 entries received over the five races. The marathon attracted 562 entries and the half marathon, which also doubled as the Australian Championship for the distance, had 1,816 runners lining up.

## Marathon:

The men's race proved to be full of surprises with the race being won by Victoria's **Chris Rancie** who comes from an Ironman Triathlon background. Chris has been concentrating on his running in the last 18 months and his winning time of **2:27:23** was a very creditable effort. Second place was also a surprise for many, with three times Australian 2km Beach Running champion Ali Najem (from Wanda Surf Club) showing that he is very adept to racing on road surfaces as well with a 2:30:15 effort. Clay Dawson rounded out the

**continued**

top three finishing a minute behind Ali. In the ladies' race, a great finish was in store for the spectators at the finish line with Sydney's **Eleanor Goldrick (2:59:25)** edging out USA runner Frances Loeb by three seconds. Frances has been working for the Peace Corps in Vanuatu so her visit to the Sunshine Coast will be one she will always treasure. Another Sydney runner Suzi Heaton, was a minute further back in third place.

### Half Marathon:

A group of five men were in the lead pack at the 14km, but rising 22 year old distance star **Jack Rayner** made a break and was able to shake off his more experienced opponents including dual Olympian Collis Birmingham and Kenya's William Chebon who had won the Brisbane Half Marathon a fortnight earlier. Rayner recorded **1:04:02** with Birmingham a further 11 seconds back in second place. William Chebon claimed third, just holding off Nic Harman (WA) by a second.

\*Special mention to the Queensland Men's team of **Peter Bracken, Patrick Nispel** and **Paul Tierney** who won the Silver Medal in the Australian teams championship\*. The Gold Medal was won by the powerful Victorian team which included Rayner and Birmingham as well as Tim Logan.



*Qld representatives Kerri Hodge, Peter Bracken, Paul Tierney and Derrick Leahy*

## Sinead Diver breaks World Masters Record in Half Marathon

42 year old Victorian runner **Sinead Diver** ran an incredible **1:09:20** to break the ladies' World Record (Masters 40+ Age) by 17 seconds. Her nearest opponent Marnie Ponton was over four minutes behind with Casey Wood third. Sinead has represented Australia on previous occasions in the marathon and continues to defy age with her outstanding times.

\*Special congratulations to the Queensland Women's team of **Melanie Panayiotou, Samantha Phillips** and BRRC's **Kerri Hodge** who took out the Gold Medal in the Australian teams championship\*.



*Sinead Diver Aus Half Marathon Champ*

### 10km:

After his epic win in the marathon at the Commonwealth Games, **Michael Shelley** made a triumphant return to racing, winning the 10km in the time of **29:10**. South Australia's Riley Cocks was second, being the only other runner in the field to break 30 minutes. The ladies' event was won by 19 year old Sunshine Coast triathlete **Romy Wolstencroft** in **36:39** with Brisbane's Shiloh Watts second.

## Sunshine Coast Marathon: Men/Women Results

1 – Chris Rancie (VIC)	2:27:23
1 – Eleanor Goldrick (NSW)	2:59:25
2 – Ali Najem (NSW)	2:30:15
2 – Frances Loeb (USA)	2:59:28
3 – Clay Dawson (QLD)	2:31:14 <b>BRRC</b>
3 – Suzi Heaton (NSW)	3:00:31

### Leading BRRC Results:

John Shaw	2:58:12
Greg Beerling	3:09:21
Peter Lewis	3:14:32

### Half Marathon:

1 – Jack Rayner (VIC)	1:04:02
1 – Sinead Diver (VIC)	1:09:20 <b>World Record 40+ Age</b>
2 – Collis Bermingham (VIC)	1:04:13

2 – Marnie Ponton (NSW)	1:13:26
3 – William Chebon (Kenya)	1:04:15
3 – Casey Wood (South Australia)	1:15:48

### Leading BRRC Results:

Peter Bracken	1:10:24
Patrick Nispel	1:12:17
Derrick Leahy	1:14:39
Adrian Royce	1:16:25
Kerri Hodge	1:20:36

### 10km:

1 – Michael Shelley (QLD)	29:10
1 – Romy Wolstencroft (QLD)	36:39
2 – Riley Cocks (South Australia)	29:46
2 – Shiloh Watts (QLD)	38:54
3 – Matthew Clarke (VIC)	31:02
3 – Mel Charlton (QLD)	39:14

# Runaway Noosa Marathon

*By Adrian Royce*

My prep for the tilt at a PB at Noosa was the best ever. Two weeks before Noosa I raced at MDC (Mother's Day Classic) and then met up with Danny McDonald to do a fast tough long run (well I thought it was tough!). I knew I could not improve on that so there was nothing else to do but to shut up shop and manage a 2 week taper. I told anyone who asked I was aiming for sub 2:45. No excuses! No "training run" for GCM! It equated to 3:52/km average pace to comfortably achieve the goal. So could I walk the talk (so to speak)?

This was the first time the Runaway brand managed the marathon. As I hadn't raced Noosa previously I had a leadup stay at an Airbnb along the course route. I did a reconnaissance run on Friday morning and who should appear out and about? Yes our very own BRRC legends Bruce and Betty also getting some km's in and as they are Noosa marathon alumnus and alumna I was able to get some good intel.

Almost everyone was awakened by the predicted but unwelcome thunderstorm in the early hours of race day which was a Saturday morning. By 5:00am there were still a few showers hanging around, I was already at the race precinct checking in my bag and proceeded to go for an early warm-up.

The start area was packed with the usual suspects from BERT and NANJI crews plus a guy lugging a camelback! Hmmm maybe you shouldn't be this close to the startline mate! I fell into stride with a bunch of halfers who were travelling the same pace and--whether they realised it or not--they became my drafting buddies to help combat the swirling breeze post storm. For the full, it is a 4 lap out & back course and each lap there are 4 bridges. Therefore there are not less than 32 bridge crossings! After awhile I was like "not another bloody bridge!!"

The first lap was without incident. At the end of the first 10k's I had clocked 38:10, a full 30 seconds ahead of planned time! Will I pay for this in the 2nd half? The crowds were pretty well in full swing by the 2nd lap. A downside to the event was on-course timing clocks were non-existent.

At 19k's - I looked down, shoelace undone! Stopped and wasted 20 secs (you never can tie quickly when in a panic right?!). Soon after the halfers finished and by then the breeze had settled down too. A marshal decided to hug a guy running in a banana suit but as she "peeled" off, of course I was coming up on the inside, colliding straight into her! No harm done but best not to cuddle strange bananas if you ask me.

2nd placer Yun Phua had a pained facial expression each time I saw him but he still came in at a cracking time of 2:39!! Brendan Cato, a chef from Wollongong was first place in 2:37. Katey Gibb won the women's in 3:05 followed by Vic Hunter 3:10 and Tina Kirwan. In the half mara Paul Tierney and Sophie Bennett took out the honours. There was also a very popular ¾ marathon - a distance that is appearing more frequently on race days for good reasons: If you hit the wall at the 30km mark you don't have to survive for very long! In the 10km Jordan McLennan recorded first with 31:25 and women's first was Joanne Crackett with 38:07. BRRC's Noo Bowker came in 3rd with 39:37. BRRC's Peter Bracken was second in the 5km with 17:20, this was after racing the 10k event in a cracking 32:49.

At the race precinct on every loop, crowds loudly cheered giving the marathoners a huge boost. But on the last loop - disaster! The 10kers flagged off at 8:30am and conspired to be spread evenly across the road. Seemed the marshals were unaware that people were still competing in the marathon. I had to dodge, yell out, jump onto the grassy traffic island and this led to a calf cramp - not the dehydration kind though - and I just had to run it out. Marathoners aren't used to jumping around! Therefore km #31 chewed up an extra 35 seconds, placing the goal time in real danger. KM #40 - small panic attack, I won't make the goal time! HR increased but a quick

bit of "tapping" and the mind was refocussed again - I can do this! Caught up to Chris Gale and he paced me in for the last km - thanks, Chris! Goal time achieved with just 3 seconds up the sleeve.



Medals were given out by Sam Wood, exTV-Batchelor and now a fitness "guru" - what an honour! I believe he did the 10k. Why on earth didn't I tap into his indepth knowledge of road racing? What a wasted opportunity.

In summary Noosa is an excellent event and 4 laps wasn't boring but allows one to know exactly when to expect aid stations. The on-course electrolyte drink wasn't watered down either. Be aware if you register in an age group it seems you won't be recognised with an overall Open placing award which happened to me. Hope you can do a race there next year. All in all, a lot can transpire against you in such a long distance especially when you have committed to a goal time. That's why I'll forever think of it as the lucky 13th marathon.

# 2018 Greater Springfield Marathon

By Adrian Royce

Is there a lesser Springfield marathon is the first question that comes to mind when registering for this epic event? It was the inaugural race so why not give it a go at least as a training run I thought. The same organisers hold the popular Great South Run (do I sense a great theme going on here?) and the Fast 10km in September. They also once organised the aptly named BrisWich marathon, which was only held once I believe. As the name suggests it was a race from Brisbane to Queens Park in Ipswich and if memory serves me correct BRRC's Matt Archer did very well. I think I did the half marathon which started at Gailes. So much for lesser events however we must focus on something *Great!*

Okay firstly if you didn't check the course map beforehand you were in for a shock on the day – more on this later. But if you are like me and you did check the map, you wouldn't quite realise what you were in for. If you are like Clay and did a training run there you already knew of course.

Secondly it is true there weren't many runners from Brisbane embracing and trekking out to Springfield. Regardless that the running calendar is packed and some popular events such as City to South have fallen by the wayside and that Google Maps takes you on some weird convoluted route to get there, it was mostly seen as an "Ipswich" event or *Greater Ipswich* (see what I did there?). As it was only a few weeks before Goldie, even the organisers touted it as an entree for the main meal and so I arrived with a training run in mind and also never to completely trust Google Maps directions again.

The organisation is impeccable and faultless. These guys are experienced and do it really well. However, the event parking

was an annoyance. For most people the university area had cashless parking and no one was sure if you were actually required to purchase a virtual ticket. At 5am this is a little disconcerting! On the other hand pacers, vollies, drink stations, directions, food stalls, baggage area were terrific.

The course is unique. There are 2 loops – upper and lower loops connected by about a 300m downhill stretch. If you were doing the marathon you had to complete 6 loops on the upper course, then go down to the lower area and complete 6 loops there too. If you were like me doing the 35km event you had to do 5 loops at top and 5 down below. The 28km race had 4 up top, 4 below. The half had 3↑,3↓. You get the idea I hope. Obviously each loop on its own didn't take that much time to do. The thing was that the upper loop was hilly so when I eventually ran down to the lower loop I was expecting it to be flat – I don't know why but I was already sick of hills! Nope, the lower loop has a big long hill in it too! So the course is definitely a tester. Fortunately there are volunteers specifically there to make sure you don't do too many loops! Or maybe too few - not sure. At the lower loop on my 3rd rotation the announcer said "here is Adrian Royce on his last lap!" I had to shout out "2 to go!!" I did say unique at the top of the paragraph, didn't I? I had heard that the original plan was to do the lower half first then burden the runners with the 300m uphill stretch to the upper loop! Are the organisers trying to kill us?!

As some would know this was Clay's first of many marathons in a row planned for this season and he didn't disappoint, taking out the main event in 2:35. Taryn Axelsen won the Women's race with 3:27. Other BRRC runners included Mark Morton (3:38) and Darryl Giles (3:47). The 35k winners

were myself (2:26) and Belinda McDougall (3:03). The 28k M & F winners were BRRC's Christopher Dalby (1:46) and Erin Pearl (2:22). Benita Willis also ran the 28k, taking it easy. The very popular half marathon saw Isaias Beyn come in first with 1:09 followed by Aidan Hobbs (1:15). The female half mara winner was Zoe Hawkins (1:29). Brendan Press (47:13) and Nerissa O'Donnell (54:58) were the respective winners of the 14k.

The 7k race was very competitive but most notable as Joshua Williams the 8yo from Wondai ran the hilly course at 4min/km pace. He did not compete in the 1km kids race but instead cheered and helped others.



*Clay Dawson*

## **The Gold Coast Marathon - 1980 Style**

*By John Wishart (or my first Gold Coast Marathon)*

### **Before 1980**

In the late 1970s, marathon races were few and far between. In 1975 Queensland Athletics, known then as the Qld Amateur Athletics Association (Q3A), commenced their annual marathon championship

for registered members on an undulating out and back course between Caboolture and Elimbah. In 1977 Dr Andrew Semple inaugurated the University marathon, consisting of 8+ laps around UQ. This led to the formation of the Queensland Marathon Club, which was the origin of the BRRC.

The first Gold Coast Marathon (GCM) was held in 1979. It started at the Evandale Civic Centre

and consisted of a six lap loop along the Isle of Capri, through Surfers Paradise and over Chevron Island.

Many Q3A runners were keen to enter the GCM. They were told by one of the Q3A officials that any person taking part in the GCM risked losing their amateur status for life, as they could be running against professionals. It was rumoured that the Q3A had asked, and been refused by, the GCM organisers to start the registered amateur athletes 2 minutes ahead of the rest of the field.

As my long term goal at that time was to represent Queensland in the Australian Marathon Championships, I and many other Brisbane runners reluctantly did not enter any

of the inaugural GCM events. With the 1979 half marathon event being won, without any apparent repercussion, by the son of a Q3A official, the 1980 GCM saw a huge influx of Brisbane runners. In fact the 1980 GCM was second only to the Big M Melbourne marathon, which commenced in 1978, as the largest marathon event in Australia. The 1980 GCM major sponsor was the Superfast Film Laboratory – a desirable name and an appropriate business for a marathon sponsor.

## The 1980 Race

Around 3.30am a car load of us from the Mt Gravatt Athletic Club headed down the old, winding, mainly single lane Gold Coast Highway. About 5.00am we arrived at Surfers. No one in the car knew exactly where Evandale was so, being in the days before mobile phones and GPS, we drove around the artificial islands until we found the place. People were milling around in the darkness. By asking a few people we found out where to enter (the internet was years away). At the briefing before the start of the race we were told to run on the footpath where available but beware of expansion joints on the bridges over canals and watch out for traffic when crossing roads. Roads were not closed off.

The race started when there was a gap in the traffic. There were Marshalls on corners where

we changed direction. Water stops were few and far between. The day turned out to be hot and sunny with no wind.

As the temperature rose, the bitumen in the bridges' expansion joints was forced up, creating a trip hazard to tired feet. I was wearing a new pair of Dunlop KT26 shoes purchased for about \$10 from K-Mart. By the end of the run, the heat from the pavement had worn off over 10mm of rubber on the flared heels.

During the run I saw Brian (Monty) McMillan and thought, "This guy won't finish – he's too heavy". Not only did Monty finish but also he became the first person to finish 20 GCM's – all consecutive, and he often won the big man category!

Out of around 250 finishers I came 37th in 2:49:52, which was over 2 minutes slower than my time in the Qld Championship held in cooler weather two months before. Looking at the 2014 GCM results with nearly 5,000 finishers, my time would have been good enough for 83rd place, despite advances in shoe technology, training techniques and more than half the faster finishers coming from overseas. This indicates just how competitive long distance running was in Queensland in those days.

In 1981 the event moved to The Esplanade at Surfers Paradise – but that is another story.





## MEMBER PROFILE

**Name:** Jonathan (Jon) Day

**Age:** 55

**Occupation:** GP

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

After the Commonwealth Games in Brisbane in 1982, I started running in Fun Runs-5,8,10, 14 km and tried a Half Marathon -KR Darling Downs at Toowoomba which was very hilly, did these runs for 3 or 4 years, then some sporadic jogging until 2013 when I started doing parkrun regularly.

### **Most Memorable Running Moments:**

City to Surf in Sydney 1986 when I did a time of just under 70 minutes after which my cousin who also ran on the day crashed the car in which we were driving on the way back to his home! We both survived with no injuries except to his pride.

Gold Coast Half Marathon 2017 with a time of 1 hr 56 minutes

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

10 km- 44 minutes in 1984, these days more like 52-56 minutes

**Running Goals:** To run without injury

### **Favourite Runs:**

Gold Coast Half Marathon/10km

BRRC run at West End

Parkrun in Devonport, Tasmania-very flat alongside the beach and river and in fact, all the other parkruns I have done

### **Favourite Running Partners/Group:**

BRRC & Parkrunners

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

No idol but Rob De Castella's gutsy performance when he won the 1982 Marathon in Brisbane. I watched the end of the race from the side of the road at Stanley Street when he pipped both Ikanga and Shahanga of Ethiopia for the gold medal.

### **Favourite Sportsperson/s:**

Roger Federer for his classy play and sportsmanship

### **Favourite Shoe Brand:**

ASICS but haven't tried anything else

**Favourite Food:** Home-made Lasagne

### **Favourite Drink:**

Tea made with leaves, not tea bags

When in South America, Pisco Sour

**Favourite Movie:** Jean De Florette

### **Favourite Music:**

1980s pop

Some classical- including Rachmaninoff and Chopin

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

Family to be happy and healthy

# Gold Coast Marathon Weekend

By Lou Abram

I was looking forward to the Gold Coast marathon race weekend for many reasons. 2018 would be the first time in a while that I was not working the Expo (with our work) and for me this meant a much more relaxed and less-exhausting weekend, with no expo hours in legs and no set-up and pack up which was fantastic!

Another reason – and in fact the main reason I entered the Half was to be able to cheer on my daughter Flick in the full Marathon. This however was not to be as she had to pull out in the last few weeks due to illness. So, in the end the tables were turned and she was there cheering me on!

The Half Marathon for me was all about participating in this amazing event. Initially, it was not about times (or records) but just to have a run and be part of it all and hopefully support some of my training and running partners. I was just coming off a quite intense shorter program which had taken me through from October last year through to May this year with a number of Masters Athletics track champs... and aimed primarily at 1500m - 5km - not 21km. It was however, nice to try and get some volume and kilometres back into the legs with a few unstructured longer runs through May and June, while still trying to balance fatigue and injury which I am sure all older athletes can appreciate.

Race morning however ...even though I had a very chilled Saturday and lead up, left me stressed and running late! We were staying at Broadbeach, and due to traffic and getting a park, I opted to jog up from the bridge whilst Bill and Flick found a park. I then had the queue for the loo along the way... and by the time I actually got up to the BRRRC tent, Phil (Davies), who I had arranged to meet prior, was wondering if I was ever going to turn up! Sorry, Phil! We did not have much time to spare and had to be content with the briefest of warm-ups up and down the street before we were lining up with the masses. I do remember feeling thirsty on the start-line... not a great feeling to have when you have 21kms ahead of you.

The morning was warmer than usual, which perhaps would not affect our early race time but definitely would play a part in those running the marathon starting 80 mins later. Congratulations to all who ran the Marathon that day – huge respect! And to all fellow BRRRC members – some I know and others I have yet to meet that participated/ raced

during the weekend. Well done to all.

My race went well until about 16kms... and then the usual fatigue set in. I was hoping to hold around 4-minute pace or a bit over – and was able to do this running fairly consistent splits on or under pace pretty much by myself. I have a tendency to run myself into the ground ... and I did stop twice in this race (not proud of that!) ... only to be encouraged by the many that were passing me in the final three kms to keep going. Those encouraging words and support from fellow competitors got me home... albeit slower than I was hoping. However, even though disappointed in myself for not finishing it off, I was happy to see the finish line as always and still managed to run 1:25:45. Phil Davies fellow BRRRC club member, also won his Age group in the Men's 60-64 after doing a massive 4.5 hour ride the day before and in the midst of some pretty heavy Triathlon Training... so huge congratulations to him.

Post-race we headed back to Broadbeach to hopefully catch some of our friends and training group run past! Think we missed them – as they were all too quick! I was able to catch up with friends and some of the Marathoners for a celebratory late lunch at Surfers after all the running was done.

Many thanks must go to my coach Peter James, who has helped me achieve many goals and personal bests since I first started with him. Thanks also to Flick, my amazing daughter, who is my everyday inspiration (but keeps telling me to rest lol) and Bill for the cheering louder than ever!

It was a fantastic weekend... and I look forward to being part of it all again next year. Many thanks also to the BBRC club members for all their support and the hard-working committee for all their efforts. Special thanks and congratulations to Kerri Hodge for her help also.

Happy Running and look forward to catching up soon at the next BRRRC event.

**Editor's Note:** Lou's time not only won the women's 55-59 age group, but also set a new age-category record for this event. There is certainly a fine list of names on those record books and worth checking out.

<https://goldcoastmarathon.com.au/age-category-records/>



## MEMBER PROFILE

**Name:** Maarten Kamp

**Age:** 60

**Occupation:** Retired (Endocrinologist)

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

1993 – treadmill training for GC half marathon – totally naïve approach but it was prior to the internet and knew no better. Blew out my knee, needed surgery and didn't get there. Started again in 2012 – allowing for further injury breaks, illness, travel – probably got about 3-4 years of actual running under my belt!

**Most Memorable Running Moments:**

My first parkrun New Farm, just 3 months after it started, about 50 runners, and hardly anyone knew about this phenomenon yet. I was still very raw – I tapered for that 5k, ensured I was hydrated, carb-loaded and warmed up. Probably ran it in just under 30 minutes. Cooled down afterwards and took recovery time. Hey, I was a serious runner then!

Introducing my niece to running with her first parkrun at Wynnum (about 38 minutes), then pacing her through her first half marathon at Twilight Wynnum. Pacing my son for his first parkrun (and only, so far) at New Farm (just under 24 minutes).

**Favourite Running Distance and PB:**

Probably the half marathon – maybe due to the residual psychological trauma of my first attempt.

Ran 1:40:21 at Noosa (before Steve Manning points out it is short, I kept running and timing until 21.1)

**Running Goals:**

Short term – Complete the Berlin marathon on September 16, 2018. (Time? Who cares).

Medium term – get my roadrunners towel next year!

Long term – just keep running.

**Favourite Runs:**

It is always enjoyable along the Brisbane River or at the coast anywhere. I have had the good fortune to be able to run in the mountains in the Pyrenees, around the lake in Queenstown (NZ), through the Hunter Valley and in the Adelaide Hills – all beautiful.

**Favourite Running Partners/Group:**

I am a lone runner but enjoy any chance I get to run with my niece, whether race or training. Otherwise my running partners are parkrunners and roadrunners.

**Who is your running idol?:**

Virtually any of the great Australian runners but I would have to put Ron Clarke and Herb Elliott at the very top of the list for hero worship.

**Favourite Sportsperson/s:**

Javier Gomez – triathlete extraordinaire, and Roger Federer. Their links to Basel, an hour from where my wife's family lives, is purely coincidental!

**Favourite Shoe Brand:** Altra (mostly Escalante).

**Favourite Food:** Pasta, more pasta, and even more pasta.

**Favourite Drink:** Any wine from Henshke.

**Favourite Movie:** Cool Hand Luke – (runner-like) defiance and resilience, with Paul Newman at his very best.

**Favourite Music:** Bob Dylan and Leonard Cohen, with an eclectic list of others in the mix after that.

**Star Sign:** Gemini (but I am not at all into astrology)

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

For my son to have a better life than me. Sounds simple but so much has to improve in the world for that to be possible.

# From Coast to the City – Brisbane Marathon Festival

*By Bob and Di Miller*

After running a very enjoyable Gold Coast Half Marathon in July, it was time to turn the attention towards the Brisbane Half Marathon in August. The setting has almost been the same for the past 27 years – starting at the Botanical Gardens in Alice Street, eventually running over the Story Bridge, down via Kangaroo Point Cliffs, travelling to West End then returning to finish back at the Riverstage at the bottom end of the Botanical Gardens. The brave souls of the marathoners do it twice. That's the run in general.

Now, here is how it panned out for the 2018 event:

The gathering of the clan of participants is in a good place at the top end of Riverstage. Lots of room showcasing a small expo, baggage area and a great place to meet up with friends and fellow runners without creating any disturbance to the nearby sleepy neighbourhood of hotels, motels and other residential palaces nearby.

One then heads down the paved corridor towards the main gates of the Botanical Gardens. This year's event started inside the gates (as opposed to previous years where the event actually started on the Alice Street bitumen). The starting of the event appeared to be a non-event. No warmup, no rah rah, no commentary (or so it seemed from the back of the pack), no starting gun, just a moment of forward movement. One moment one is talking to friends and fellow runners, the next there is a general movement towards the starting gate.

Once crossing the starting line, the course differs from previous years in that it runs via the city skirting roads rather than through the city (like Margaret or Mary Streets etc. before heading towards those skirting roads). For whatever reasoning, the run heads down the City Boardwalk. Here congestion runs supreme. The boardwalk is only so wide. It was not designed for 2,000+ runners running in either direction. You have runners competing for space on the

downside of the boardwalk as well as runners returning back up the boardwalk. Some spacing is only about 3metres wide (+/-).

This became my (and a lot of other fellow runners) biggest mistake. I happen to start at the back of the pack (thinking that I could start off slow and finish fast – In this event, big mistake, very big mistake). Next time I will start right at the front – no matter what. At least one might have a chance to avoid most of the fore-mentioned congestion. No pun or issues with any of the competitors (fast, slow or intermediate) intended – just the course layout. Here one stops and starts, run a bit, walk a bit, run some more, walk some more, all the time trying to gain those extra metres, passing wherever possible. Was very glad to eventually wind out of that section.

Across the Story Bridge via the bridge walkway – again a slower section of the course but at least it's moving forward in the one direction. Again, one has to be content with side stepping fellow runners to move ahead. Then a slight break down the road beside the bridge before crashing head on with fellow runners alongside the Dockside Boardwalk. If one thought that the City Boardwalk was bad enough, then double the episode here. Again, the boardwalk is/was not designed for 2000+ runners. It was like running via an obstacle course: Lamp posts, bollards, bench seats, running on pavement, running on grass vergers etc. and yet again that unavoidable congestion.

Run, walk, run –on the lookout for any passing opportunities. One has to be extremely patient to avoid pushing, shoving, tramping, and at times perhaps speaking a different language to your fellow competitors all the while they too are in the same predicament (and probably giving their fellow competitors exactly the same mixed messages). We are all in this together

and I again stress, there is no ill intention/s given to all fellow competitors – we must all be enduring the same amount of frustration and level of stress and so must make the most of the situation. It is the course layout that is creating an unfriendly atmosphere at this moment.

Once free of the boardwalk debacle, one heads towards the Kangaroo Point Cliffs. From here on, it's game on. Running becomes a lot easier, stress levels have dropped dramatically and friendships are reborn. One can spread out and actually have a "run". After enduring almost 7kms of slow tight-knitted togetherness, it was time to fly the coup (or run/walk that little bit faster, quicker).

Passing through the South Bank Boardwalk (this could handle the 2000+ runners all going the same way) and the friendly waves of spectators, one runs along Riverside Drive at West End before a turnaround at Montague Road and heading back along the same pathway back along the South Bank Boardwalk before crossing over the Goodwill Bridge (on a downhill run) and then running into a terrible 90 degree turning point before heading up to the Riverstage area for a timed finish.

My thoughts and comments are that the event is a great running event trying to showcase the River City and in promoting the popularity of running and or walking in the overall community. What better way than to enjoy a brisk morning (other years have either had a cold or warm start) stroll along our beautiful roads, walkways and gardens and better yet to do it with likeminded friends. The first 5-7kms must be better planned. The first 5-7kms is crucial so that runners can disperse into much smaller manageable groups which are usually spaced out by then rather than maintaining a sheep-like pen arrangement.

My biggest concerns are with the course layout. Today's run will in some part destroy some of the goodwill build-up of this great event. Tight close running/walking for over 2000+ competitors is NOT an enjoyable event. It will ultimately lead to dissatisfaction within the running fraternity and turn many a competitor off the event.

Outside sources may have some bearing on the course layout (i.e. Brisbane City Council – Road closures etc.) but this needs to be better co-ordinated, better addressed. The life of the event depends on these decisions. There must be some alternatives than simply running on boardwalks. (i.e. longer along Riverside Drive perhaps, Montague Road end etc.). The event must be made simpler, easier to follow and addressed. i.e. less of those twists and turns, fewer obstacles to get over, quicker and wider dispersement areas etc.

This is the 27th year of running the event and as we are two of only a handful of runners to have competed in all 27 of those years we have seen many changes over the years – some for the better, some for worse. We would give this year's event just a "C" grade passing mark – with a "can do much better" notation attached.



*Diana and Bob Miller*



## MEMBER PROFILE

**Name:** Olivia Lennon

**Age:** 41

**Occupation:** Secondary school teacher

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

My first run was in 1999 after a friend encouraged me to start running. I literally couldn't run around the block but slowly worked up to running a 10km race a few months later. I started to get serious about running in Jan 2016 with a goal of running sub-20mins at South Bank parkrun. By serious I mean actually training. Previous to 2016 I didn't take much notice of pace or do intervals.

**Most Memorable Running Moments:**

Finishing the Sydney Marathon in 2016 was memorable as I ran it as part of my 40th birthday celebrations and my husband ran it too. My Dad and my brother and his family were there to cheer us on. My niece and nephews had made signs and I got teary seeing them each lap of Centennial Park. I'll never forget finishing with the view of the Bridge and Opera House and having my family there at the finish was a special moment I'll always cherish.

**Favourite Running Distance and PB:**

I don't really have a favourite distance and am still trying to work out my ideal racing distance. My favourite PB would have to be my recent Sandgate parkrun time of 17:43 as it's taken a long time (2.5 years in fact) to run sub-18mins at parkrun.

**Running Goals:**

My goal is to keep improving and running PBs and maybe, just maybe, run another marathon (ideally one of the big 5 marathons).

**Favourite Runs:**

You can't beat the GCM for its atmosphere. I also love B2B because it's a local run. The BRRC events are great too as there's always a familiar face.

**Favourite Running Partners/Group:**

I'm fortunate enough to be a part of the BERT squad. They're such a supportive bunch and of course it's great having faster runners to try and keep up with. As I'm always at the back of the pack I'm constantly chasing someone!

**Who is your running idol?:**

Benita Willis is inspirational and I also admire Gen LaCaze.

**Favourite Sportsperson/s:**

Can you top Roger Federer? Not only is he an exceptional talent but he seems like a real card and such a nice guy. What's not to love? Kelly Slater is a close second. Both are inspirational for how long they have managed to stay at the top of their sports and both give back to the community.

**Favourite Shoe Brand:**

I was a loyal ASICS shoe wearer until last year when I started mixing things up. Saucony have since become my favourite shoe.

**Favourite Food:**

Dark chocolate, peanut butter and pizza - sounds so healthy!

**Favourite Drink:**

I love coffee and champagne equally.

**Favourite Movie:**

Tough one. 'Top Gun' for its one-liners and 'Good Will Hunting'.

**Favourite Music:**

I have mixed tastes and like variety - a little pop with a little rock.

**Star Sign:** Virgo

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

I wish I could implement the lessons learned from racing!

## Notice - Annual General Meeting

The Club's annual general meeting (AGM) will be held on Sunday 2nd December 2018 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 2019 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 11th November 2018.

Nomination forms can be obtained through the Secretary. If you or someone you know is interested in being on the 2019 committee, please contact any member of the current committee or email: [secretary@brisbaneroadrunners.org](mailto:secretary@brisbaneroadrunners.org)

# Brisbane Road Runners At The Gold Coast



Bernard is pursued by the fairies he believed would help him finish in first place in the 10k event – apparently these are the same fairies that live at the bottom of his garden

## **Bernard Shyne**

Distance: 10k

Time: 57:21



With less than 400 metres left to run in the 10k, 44 year old Andrei is forced to decide whether the glory of finishing ahead of 76 year old Superstar Harold outweighs the risk of a total organ shutdown

## **Andrei Wightman**

Distance: 10k

Time: 48:05

## **Harold Haldane**

Distance: 10k

Time: 48:13

**2nd in age-category**



Forty years ago John would go to the Gold Coast and catch crabs, but these days all he can hope for are worms and yabbies

## **John Dempster**

Distance: Half Marathon

Time: 2h:21:44



Mark tries valiantly to win the “Best Impression of a Wide-Mouthed Frog” category, but is upstaged by rival competitors

**Mark Phillips**

Distance: Half Marathon Time: 1h:42:32



Garry focusses all his attention on his right thumb because it's the only bit of his body that isn't hurting

**Garry Page**

Distance: Half Marathon Time: 2h:10:23



While the motivation for competing in a half marathon is unclear to many non-runners, there is no doubting the force that motivates John

**John Harris**

Distance: Half Marathon Time: 2h:30:14



After having run numerous conventional half marathons, Jack creates difficulties for the other runners when he moon-walks the entire course in the reverse direction

**Jack Marsh**

Distance: Half Marathon    Time: 2h:35:24



Phil checks out the BRRC tent for a potential runner to act as his pacer in the half-marathon

**Phil Davies**

Distance: Half Marathon Time: 1h:27:09

**1st in age-category**



Geoff suddenly jumps out from the darkness at the back of the tent and offers to run as Phil's pacer

**Geoff Neil**

Distance: Half Marathon Time: 2h:31:38



Phil makes a wise decision to run with Lou instead of Geoff

**Lou Abram**

Distance: Half Marathon Time: 1h:25:51

**New GC Age Category Record**



Ruth has a cunning race strategy of eating 20 chocolate bars just prior to the start of the half marathon



Ruth's cunning race strategy unravels when she crashes into the back of The Big Moo, who ate 40 chocolate bars just prior to the start of the half marathon

**Ruth Peacock**

Distance: Half Marathon Time: 1h:59:23



While Katherine's athletic ability is relatively unknown in Australia, overseas competitors recognise her instantly as the winner of Japan's Ninja Warrior Competition

**Katherine Jackman**

Distance: Half Marathon Time: 2h:11:48



With the start of the marathon only minutes away, Adam scans the horizon for anything that will give him the winning edge



Adam thinks he is onto something



Alas, with the finish line in sight, a deflated Adam runs out of gas

**Adam Degan**

Distance: Marathon

Time: 6h:09:05



On the morning of the marathon Tim arrives in peak condition after eating only nuts and lentils for the past six months



32 kilometres into the marathon, Tim inexplicably becomes delirious and hungry, which leads to his fateful decision to stop for a Subway Footlong Meatball Marinara



After Tim is discharged from hospital, the event organisers decide to give him a bravery medal because previously no-one has ever survived eating a Subway Footlong Meatball Marinara during a marathon

**Tim Appleton**

Distance: Marathon

Time: 3h:34:07



Brad knows every massage parlour on the Coast



Unfortunately, the bouncers at the massage parlours also know Brad and once again he gets chucked out onto the street

**Brad Lye**

Distance: Marathon

Time: 3h:20:21



Kerri demonstrates how she got to the 32 kilometre point looking so fresh – she hitchhiked!!!!!!

**Kerri Hodge**

Distance: Marathon

Time: 2h:54:20

**3rd in age-category**



Fully aware of the magical powers of an unwashed BRRC singlet, Gert wears the same one he wore 3 weeks previously in the Comrades ultra-marathon

**Gert Erasmus**

Distance: Marathon      Time: 4h:32:35

Gert ran the 90.184 kilometre South African Comrades (wearing his BRRC singlet) on the 10th of June and finished in a time of 10:51:11



Cheerleader Katie is keen to perform for the crowd but Prom Princess Vicki turns up her nose at the sweaty runners



As a direct result of his race bib, Richard made many new friends at the Gold Coast this year

**Richard Kneivitt**

Distance: Marathon      Time: 3h: 55:24



Kerri maintains her zen-like focus despite one of her male groupies draping himself suggestively around a one way sign

**Kerri Biggins**

Distance: Marathon                      Time: 4h:55:07



Jeanette is so incensed by the sight of Mexican wearing a sombrero sprinting past her after 42 kilometres that she frisbees her pathetic visor into the crowd

**Jeanette Campbell**

Distance: Marathon                      Time: 4h:46:27



After face-planting herself into the 32 kilometre marathon wall, a concussed Elizabeth has the excellent idea of running the last 10 kilometres at sub-4 minute pace

**Elizabeth O'Neil**

Distance: Marathon                      Time: 4:01:50



With pre-marathon energy to burn, Jeanette and Greg practice their dance version of Swan Lake



At 32 kilometres, Greg is still bravely performing pirouettes but Elizabeth has taken over as his dance partner



At 41 kilometres, Greg has run out of dance partners and ponders the wisdom of running a marathon in ballet pumps

**Greg Campbell**

Distance: Marathon

Time: 3h:58:52



Jason didn't want to die wondering if he could run the GC marathon



Jason didn't want to die wondering if enough photos were taken of him



Jason didn't want to die

**Jason Cox**

Distance: Marathon

Time: 4h:15:22

# 2018 BRRC Championship Series

By Betty Menzies

## 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
09 September	10 mile
07 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

The fourth championship event (20 km) was run on the 22nd of July, and at that date the leading contenders to be named as age group champions were:

Age Categories	5 mile	21.1 km	10 km	20 km	10 mile	15 km	5km	Points
<b>MALE</b>								
<b>A (Male 0-19)</b>								
Alec Lyttle	1	2						3
Nathan Lewis	2							2
Chris Lewis	3							3
Jayden Lyttle		1						1
Jasper Joyce			1					1
Toby Joyce			2					2
Ben Hinterreiter				1				1
<b>C (Male 20-24)</b>								
Daniel James	1		1					2
Alex Hayward	2							2
Lachlan Pascoe	3							3
Hanchul Yoon			2					2
<b>E (Male 25-29)</b>								
Aaron Breed	1	1	2					4
Kleber Ribeiro Cunha	2	2						4
Thomas Enslin	3							3
Franki Chan		3						3
Osman Saleh			1					1
Thomas McNicol			3	1				4
<b>G (Male 30-34)</b>								
Elliot Carr	1	1	1					3
Leo Hua	2	3						5
Kaila Barinder Singh	3		3					6
Nicholas Kirkup		2	2					4

I (Male 35-39)								
Clay Dawson	1		1	1				3
Reece Anderson	2	1						3
Marty Kelly	3	3						6
Andreas Meyer		2		3				5
Peter Bracken			2					2
Patrick Nispel			3					3
Lucas Brown				2				2
K (Male 40-44)								
Christopher Dalby	1	2	3	1				7
Chris Voisey	2							2
Simon Black	3							3
Derrick Leahy		1	1	2				4
Danny McDonald		3	2					5
Andrew Marrington				3				3
M (Male 45-49)								
David Melville	1							1
Adrian Royce	2	1	1	1				5
Peter Maynard	3	2	2					7
Ian Donald		3						3
Matt Archer			3					3
Stephen Walmsley				2				2
Jason Cox				3				3
O (Male 50-54)								
Shane George	1		1					2
Peter Lewis	2	1						3
David Smitheram	3	3						6
Brad Lye		2	2	1				5
Alex Coman			3					3
Greg Bryson				2				2
Marty Carne				3				3
Q (Male 55-59)								
Neil Bath	1							1
Greg Coulter	2	1	2					5
Jean-Luc Raud	3		1					4
Richard Kneivitt		2	3	1				6
Garry Page		3		2				5
S (Male 60-64)								
John Shaw	1	1	1					3
Graham Robertson	2	3	2	1				8
Bruce Smerdon	3			2				5
Phil Davies		2						2
John Whelan			3					3
Neil Lorrigan				3				3
U (Male 65-69)								
John Harris	1	1	3					5
David Joyce			1					1
James Winters			2					2

<b>W (Male 70-74)</b>								
John Sheer	1	1	1	1				4
Ron Vines	2	2	2	2				8
Brian McCarthy	3							3
Erkki Ryhanen		3	3					6
Jim Buchanan				3				3
<b>Y (Male 75-79)</b>								
Harold Haldane		1	1	1				3
Jack Marsh			2					2
<b>YX (Male 80-84)</b>								
Colin Woods	1	1	1	1				4
<b>FEMALE</b>								
<b>B (Female 0-19)</b>								
Zoe Manning	1		1					2
Axelle VerHolen	2	1	2					5
Emily Towner	3							3
<b>D (Female 20-24)</b>								
Katherine Massey	1							1
Jessica Crawford		1						1
<b>F (Female 25-29)</b>								
Emily Plucknett	1		3					4
Anna Mayr		1	1	1				3
Sinead Bates			2					2
<b>H (Female 30-34)</b>								
Clare Geraghty	1							1
Anita Breed	2	1	2					5
Brianne Mayne	3	3						6
Carolyn Hughson		2	1	1				4
Mirna Yogiama			3					3
<b>J (Female 35-39)</b>								
Crystal Mahony	1							1
Elizabeth O'Neil	2	1		1				4
Sarah Stockhausen	3							3
Jane Hornsby		2						2
Yvonne Paetz		3	3					6
Solveig Litchfield			1					1
Samantha Barrett			2					2
Robyn Garrett				2				2
<b>L (Female 40-44)</b>								
Kerri Hodge	1	1	1	1				4
Olivia Lennon	2	2	2					6
Michelle Cassimatis	3	3						6
Nicole Mulholland			3					3
Gina de la Cruz				2				2
Melanie Foote				3				3
<b>N (Female 45-49)</b>								
Margot Manning	1	3						4
Peta Dunne	2	2	1	1				6

Julie Hill-Webber	3		3	2				8
Noo Bowker		1						1
Sharon Feldman			2					2
Anja Bion				3				3
<b>P (Female 50-54)</b>								
Marion Hermitage	1							1
Jenny Cawood	2	1	2	1				6
Janette Campbell	3	2	3					8
Lesleigh Hinterrieter			1					1
<b>R (Female 55-59)</b>								
Louisa Abram	1		1					2
Ruth Peacock	2	1	2	1				6
Louise Gruhl	3							3
Deborah Davis		2		2				4
Kerri Biggins		3						3
Li Jun Zhang			3					3
Anita Jarvis				3				3
<b>T (Female 60-64)</b>								
Mary Ashton	1							1
Jenny Downie	2	1	1	1				5
Deirdre Westerdale	3		2	2				7
<b>V (Female 65-69)</b>								
Helen Banks	1	1	1	1				4
<b>X (Female 70-74)</b>								
Irene Davey	1		1					2
Betty Menzies			2					2

Congratulations to those members who have already secured the necessary points to win their respective age groups: Kerri Hodge (Female 40-44), Helen Banks (Female 65-69), John Sheer (Male 70-74) and Colin Woods (Male 80-84). Not only has Kerri Hodge won her age category in each of the four championship events conducted so far, but she has also achieved a rare and outstanding feat by setting new age group records for each of the four distances!

## Overall Male and Female Club Champions

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

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

1st place overall 1 point  
 2nd place overall 2 points  
 3rd place overall 3 points  
 4th place overall 4 points  
 and so on for each participant in the event

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

After the first four championship events, former overall female and male club champions Kerri Hodge and Clay Dawson look like they are well on their way to having their names etched on the 2018 trophies. If all continues to progress in this direction, it will be a third overall Club Champion's trophy for Kerri and a 6th impressive consecutive year for Clay!

## Consistency Champions

To recognise their support for the Club, members who compete in and complete all seven championship events during 2018 will be awarded a specially embroidered BRRC towel at the end of the year. At the end of 2017, eighteen members were awarded their hard-won towels. With only three championship events remaining, there are still forty three committed members in the running for a towel this year. Looking at the following list of this year's towel-crazed aspirants, it looks like we're going to be looking for a larger awards presentation venue!

FEMALE			
Helen	Banks	Peta	Dunne
Kerri	Biggins	Melanie	Foote
Anja	Bion	Robyn	Garrett
Jenny	Cawood	Julie	Hill-Webber
Wendy	Crompton	Kerri	Hodge
Katrina	Crook	Carolyn	Hughson
Deborah	Davis	Anita	Jarvis
Gina	de la Cruz	Virginia	Neil
Jenny	Deag	Nicola	O'Brien
Jenny	Downie	Ruth	Peacock

MALE			
Tim	Appleton	Andrew	Marrington
Kevin	Barratt	Thomas	McNicol
James	Bell	Garry	Page
Jim	Buchanan	Graham	Robertson
Greg	Campbell	Adrian	Royce
Jason	Cox	John	Sheer
Christopher	Dalby	Bruce	Smerdon
Andrew	Holden	William	Towner
Richard	Kneivitt	Ron	Vines
Neil	Lorrigan	Stephen	Walmsley
Brad	Lye	Colin	Woods
Darren	Manson		

## 2018 Comrades Marathon

*By Gert Erasmus*

The 93rd edition of Comrades, which was held on the 10th of June 2018, would be the 7th time I would run the ultimate human race, but it would include a couple of firsts. The most daunting first was that this would be the first time I would run more than 90km. The finish line had been moved from Kingsmead cricket stadium, to the iconic Moses Mabhida stadium that hosted 7 matches during the 2010 soccer World Cup including the Germany vs Spain semi-final, making this down run 90.184km. The route was almost a kilometre longer than the previous Down Run route of 2016 that covered 89.208km. "One kilometre extra?!?" you say. Ask anyone about 1 extra km added to Comrades and you will be met with a whole range of negative emotional responses.

Secondly, this would be the first time I would attempt Comrades after leaving South Africa in September 2016. In South Africa

long distance running is geared towards Comrades. Running clubs host runs almost every weekend and from the end of January, one can pick and choose which marathons to run and use as your qualifier. Despite the lack of races to pick and choose from in Brisbane, my training had gone well and I had done a marathon personal best of 3:48 while running the Canberra marathon as my qualifier in April.

My wife, Sarah, and I set off to South Africa on Thursday the 7th of June. I had intentionally left leaving to South Africa as late as possible, as I wanted to ensure I got the race out of the way followed by catching up with friends and family without being at too much risk of getting sick before the run. Our flights to South Africa were rather uneventful and I even managed to get a decent amount of sleep on the 14 hour flight from Sydney to Johannesburg.

We arrived just after 5pm in Johannesburg where we spent the night with my in-laws. Seeing the in-laws and my dad was quite emotional, a theme that was very present at this year's Comrades for me. The next morning I flew down to Durban. A mate of mine (Marius) was on the same flight and we caught up at the airport. I started and ran all the way to Pietermaritzburg with him on his first Comrades in 2015.

My mom lives in Durban and this would be our base for the next couple of days. She picked me up at the airport (more emotions) and we headed to the expo, where I collected my race number and walked around, stopping and looking at some of the more interesting stalls. We met up with my best mate (Jensen), his wife (Marinda), their little one and his parents (emotional again) and had a beer or 3 with them at the expo. Jensen and Marinda are both Comrades runners and Marinda was running her fourth this year.

On the Friday night we performed our time honoured tradition of going out for dinner followed by beers at the Hooters in Umhlanga with whichever mates were around for Comrades. We stayed out till 12 as planned. The idea is to go out and stay out quite late on a Friday night without having too many drinks, then to get up early on the Saturday morning. This way the 'night before nerves' don't keep me up on the Saturday and I get a decent night's rest before the big day. As with my previous six Comrades, this worked like a charm.

The Saturday before the race I woke up at 7am and the day was spent relaxing, off my feet, watching TV, reading and packing my race belt and getting all my kit ready for the big day. Sarah, my mother in-law and brother in-law arrived around 4 pm on Saturday after driving the ~600km from Johannesburg to Durban. I went to bed at around 8pm.

I got up at 3:00 on the morning of the run and had a great night's rest. I had some eggs for breakfast, had a shower and went through the same ritual of taping my nipples, taping my crook left knee, covering myself in layers and layers of sunblock and checking my running

belt, watch, running cap and sunnies. I ensured the bag with replenishments had everything it needed and handed the bag to Sarah.

We set off towards the starting line in Pietermaritzburg at 3:45. I went through the usual routine of putting my socks and shoes on in the car on the way to the start line. I've always suffered badly from blisters, so putting heaps of Vaseline on my feet and in between toes before putting my shoes on is paramount.

I was confident that we had heaps of time to get to the start. Turns out I had not paid attention and there were lane closures causing massive delays. While others were not that calm, I think I managed to stay reasonably calm and collected. At 5:15 we were close enough to the start for me to jump out and run for about 1 km at a very slow pace to get to the start. I got to the start and had to climb over a fence to get into the D starting pen.

I took a couple of deep breaths to compose myself as Shosholozza started playing. The aim was start slowly, go through halfway in 5:00 and finish in 10:30. Not a personal best, or the worst time I've ever done but a good mid-range time. And before I knew we were a minute from the start. The countdown began, the starter gun was fired and we were off!

Navigating the first couple of kms is always tricky as the race very much starts in the dark and runners drop all kinds of things on the road including bottles and excess warm clothing. The trick is to ensure you don't bash into people around you or trip over the items on the road, including some of the biggest cat eye road reflectors you could wish to come across. After a couple of kms it became evident why there were lane closures; we were using the closed lanes to make our way to Durban!

The sun started rearing its head over the peaks and valleys as I started my decent of Polly Shortts, the first of the 5 big hills. As 9 times winner and Comrades legend Bruce Fordyce always says, people always worry about those 5 big hills, but it's the other, unnamed hills that runners really should be worried about!

Going down Poly Shortts is very much preferred to the alternative. Although at the bottom of it, it is always cold and a pair of gloves and long sleeve jumper always comes in very handy. I managed getting to the top of little Pollies through a mixture running and walking. No need to over exert oneself, there are still heaps of ups and downs to come.

I headed past the Lion Park and the first timing mat in 1:42 and my average pace from the start to the first timing mat was 6:34. The smell resonating from the chicken farms was quite noticeable. I remember the smell being poignant on the up run but don't recall noticing it on any of my previous down runs.

The highest point is at Umlaas Road, 810m above sea level and around 25km from the starting point. So, theoretically it's all downhill from there, but one thing I have learnt from my very first Comrades, is that you should expect uphills up to about 2km from the end of the race, no matter which direction you are running in. And there were still heaps of really nasty, unnamed uphills to come.

Just before entering Camperdown I saw one of best mate's wives, Nadia (again, more emotions). Tomasz was running his third Comrades. He convinced me to run my first Comrades and we both completed the 2011 and 2012 Comrades. Tomasz was running with 2 novices and they were progressing well. With Nadia was her sister Carla, who had completed 4 Comrades previously.

I went through the 2nd timing mat in Cato Ridge (30km) in 3:15 and I was feeling good. I was managing the hills and not over exerting myself. I was a little bit ahead of schedule, without intentionally trying to be. The next bit of the route is called the Harrison Flats and for the next couple of kms I could get into a nice rhythm and run a nice easy pace, always remembering there are still nasty hills to come and 60km or two thirds to go.



Just before getting to Inchanga is the Ethembeni School for Handicapped Children. Learners line up on both sides of the road at every Comrades, mostly in wheelchairs and I always get pretty choked up and emotional running through there, while trying to high five as many of the kids as I can. It always makes me feel so appreciative and thankful for everything I have.

In the village of Inchanga there is always heaps of support and spectators cheering you on, with kwaito music blaring from all kinds of devices and it's always very festive with beers flowing. It's only 5 or so kms from the halfway mark at Drummond. Getting close to Drummond always arises a sense of relief as I've always felt I could finish going through halfway, but also makes me grumble a little as I know whichever way you are going, Drummond is at the bottom of a dip and you must climb a huge hill after going through halfway.

A couple of hundred metres away from the halfway mark always makes me think of the Tour de France where massive crowds line the streets and riders must navigate their way through narrow passages while trying to avoid running into spectators. This year was no different!

I went through halfway in 4:50 and I knew, barring serious injury, that I would finish. Now it was only a matter of what time I would do. Being 10 minutes ahead of schedule meant I had been going a little faster than intended; hopefully it wasn't going to come back and bite me! Apart from the usual aches and pains and a blister I could feel on my left pinkie toe, there was no serious drama to report.

Having managed the post-Drummond hill, I stopped and touched Arthur's seat on the right hand side of the road. Since my last run, there has been a big sign erected making it easy to find. Arthur's seat is a "hole" that has been cut out of the bank next to the road and is reputed to be a favourite "resting spot" for Arthur Newton, a 5 times winner of the Comrades in the 1920s. Legend has it that runners who greet Arthur and place a flower in his "seat" will have a good second half.

A couple of hundred metres down the road on the left is the Comrades wall of honour where runners can have a plaque up with your name and race number. I've always thought I would get it done once I've completed my 10th.

I needed to put my head down and work hard for the next couple of kms as the route twists and winds through some undulating countryside with not many spectators until hitting the big thatch roofed building on the left just before Alverstone.

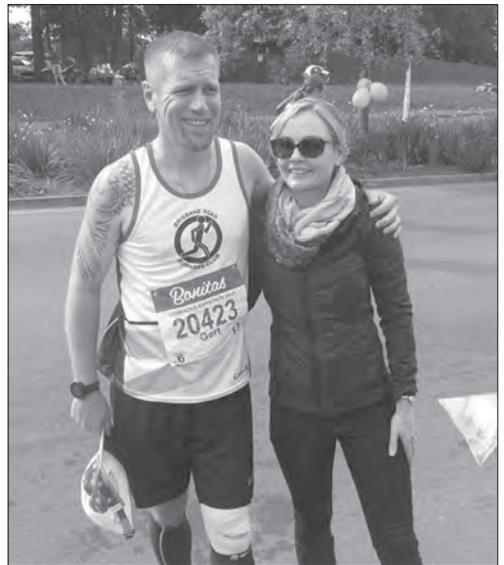
When I reached Botha's Hill, I was taking a bit of strain. Both my groins were aching, more than I had ever experienced. I wasn't sure how or why... I just kept telling myself that I needed to keep going, through a mixture running and walking. My seconds weren't that far away in Hillcrest; there I could take a rest and recharge.

I felt such a relief when I finally made it to the top of Botha's Hill. It felt like I had taken an eternity to get there... There was no need to panic though, as I was still well on track for my 10:30 finish. Going down Botha's there is always a good amount of shade at the start of the descent, which is very welcome as the late mornings can be quite warm. This year though I noticed it was appreciably colder

than usual, but as always there was heaps of support next to the road including students from Kearnsey College in their uniforms.

As we head into Hillcrest, there is one of the nasty unnamed hills to contend with. It just seems to carry on and on. The silver linings are that there is lots of spectators cheering you on and my seconds were 5 or so kms away. At this point I was walking more than I was running. I just had to make it to the top of the hill, then going into Hillcrest is nice downhill followed by mostly flats.

I could see the Toyota dealership sign in the distance. My seconds were always near there. I remember telling myself, "chin up, just keep going, left, right, left, right..." That way I would see myself making progress to my seconds.



I finally made it to my seconds. Seeing them brings back my best and worst Comrades memories. During the 2014 Comrades I proposed to Sarah and in 2016 she started her first Comrades, but eventually pulled out where the seconds were, because she was very ill and couldn't hold anything, liquid or solids, down. I had left her 3 kms up the road and it was the hardest thing I had ever done. I experienced first-hand how selfish running Comrades really is. I turned back twice to try and keep her going, but was told in no uncertain terms the second time to keep going and to leave her behind.

It's so good to see my seconds. I always make sure that I smile when I see them, tell them that I feel great, ask them how the other runners are doing and ask them how their day is going. The poor buggers have been up since I have and while I have been working towards a goal they have been standing around waiting for me, only to spend 2 minutes with them.

I replenished my supplies and for the first time, changed into a fresh, clean, great smelling shirt and running cap during the race. I'm not going to lie, a shirt worn for 60km of running smells pretty dank... I spent 5 minutes with the seconds, which is much longer than I anticipated, but it was ok. I was still tracking for a 10:30 finish. I headed off and not much further down the road I crossed the timing mat at Winston Park in 6:34.

Heading towards Pinetown is a mixture of downhill and slight uphill, followed by going down Field's Hill. Field's Hill is a monster! I'm always amazed at how the lead athletes can run up Field's Hill. By now I was in real pain. Both my groins were aching, along with my quads. So much so that I wasn't running down Field's Hill, but rather walking down it backwards... While it seemed to relieve some of the pain, the fear of falling limited the amount of backwards walking I did. I was walking a lot more than I was running and couldn't give 2 sh\*tts about at the unspoken rule that "you walk up a hill and run down a hill..."

I finally made it to the bottom of Field's Hill and into Pinetown. It felt like forever, but I finally made it... Pinetown is my least favourite part of the route. The road surface is rubbish and the place is dusty and filthy. My feelings towards Pinetown is a very accurate reflection of my state of mind at this point in the race. I will say this, the one good thing about running through Pinetown is that the route is flat for a couple of kms.

I crossed the Pinetown timing mat at 69 km in 7:56. The mat is just before Cowie's Hill. The last of the big 5 on the down run, but before going down Cowie's I have to get to the top of it. By now the aim was to walk as fast as I could and run when I could. If I could average 7:45 a

km, I would still make the 10:30 I was aiming for. However it was going to be a slog, I was in a world of hurt... It felt like I was crawling up the hill and more and more runners were coming past me. Feeding off the spectators' energy I managed to battle my way up and eventually made it to the top of Cowie's.

Going down Cowie's wasn't much easier. I tried to go down it as best as I could. I was cognisant that I wasn't going to make the planned 10:30, unless I pushed a little. It's a fine line though, as there was still 18km to go and I needed to make sure I had legs left for the last bit including the hills at 45th cutting and tollgate.

Mercifully, I made it to the bottom of Cowie's. Just before I veered left onto the King Cetshwayo Highway, Marinda came flying past me... She was going so fast she didn't even see me! I shouted hello and she stopped and said I should run with her, which I duly did for about 100m but she was just too strong! It looked like she had only run 15km and was looking fresh and strong. I told her to leave me behind and go get that PB.

A couple of metres after Marinda left me in her wake, I saw a patch of green grass covered with shade. I looked at it, as it felt like I was barely moving forward and for what felt like an eternity I toyed with the idea of just going for a lie down... As I somehow snapped out of it, I remember thinking "Wow, that's the first time I've ever thought about quitting Comrades!" I very quickly banished the thought!

I battled on, walking as fast as I could and trying to run as much as my body would allow. The 10:30 I aimed for was now out of reach. It was now a case of mind over matter. Left, right, left, right, left right... Repeat, over and over again. Every little hill felt like a big 5 hill.

The next big hill was 45th cutting. Just over 10km to go and I knew I could do a sub 11, I just had to average 8:30 a km for the last 10km. It was going to be tough, but manageable. I just had to get through 45th cutting and the tollgate. I just kept pushing as hard as I could.

I made it to the Mayville timing mat at 81km in 9:36 and I was absolutely shattered. I had never felt like this before. Seeing that I followed my usual routine and took the same replenishments as in all my previous Comrades, the only thing I could think was that jet lag had finally gotten a hold of me. I took 2 GU gels there and then and told myself I only had 9km to go and that I had this, even if I walked I would have enough time to finish. But I wanted a sub 11, so I needed to dig deep and keep pushing.

I kept pushing as hard as I could and somehow made it to the top of 45th cutting. I was elated to have made it to the top... That didn't last long... As I started going down towards the N3 highway I wished I was running uphill rather than downhill! Everything was hurting, even my arms were stiff and sore. The blister on my left pinkie toe felt like the size of a 50c piece! I convinced myself to just keep going.

I eventually made it down the hill and onto the N3 highway. There is a bit of a climb as you get onto the highway, followed by a down and then a couple of kms of the route being flat. At the top of the climb I remember looking to my left and seeing the Moses Mabhida stadium in the distance. It was within reach and I just had to keep going. I would still do a sub 11 hour.

The last hill was upon me and I just kept repeating to myself "Left, right, left, right, left right..." over and over again. And after a long, hard slog, I finally made it to the top. I told myself to just keep going. I was numb from the pain. I was running on stubbornness alone.

The next couple of kms were a blur. I remember entering Durban and turning left... What I do remember is seeing Kingsmead, looking at my watch and using really big, unmentionable swear words to the individual that first thought up this idea to finish at Moses Mabhida. If I finished now I would finish in 10:30. Instead, I have 3 more kms to go.

I had done better than I had hoped and had 30 minutes to finish and do a sub 11. 3kms to go... I had a gutful and just wanted to finish! Run a 100m, walk 100m and repeat. I was walking a lot, head down... My tanks of stubbornness depleted.

Somehow I made it to the stadium. I remember my mate Eric (he started and finished my first Comrades with me) saying "You never walk in the stadium". I pulled myself together and mustered every last bit of energy I had left in me and started running as I entered the stadium complex. Hitting the grass, felt like walking on air! While the stadium wasn't filled to capacity, the atmosphere had been unlike any other finish I had experienced. There were hordes of people around me, some maniacs were even sprinting to the finish line!

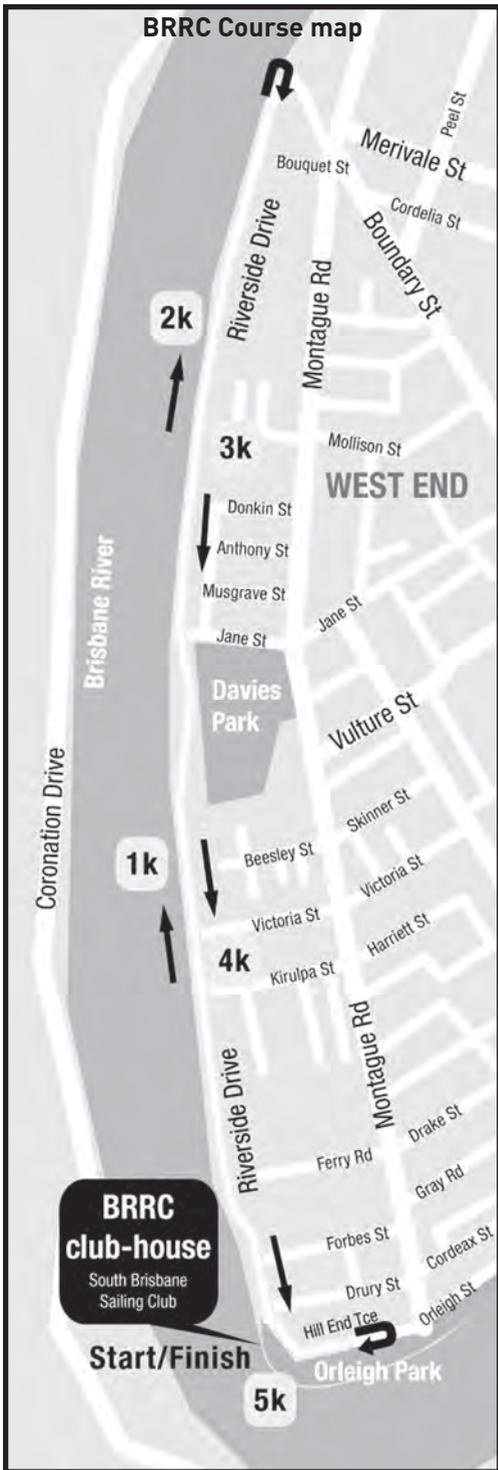


As I crossed the finish line in 10:51:11 I felt elation... I was ecstatic... But it didn't last long and was soon replaced by me thinking for the very first time "That's it, this was my last Comrades, I won't be running it ever again..."

While I haven't changed my mind about my 7th Comrades being my last, ask me again once the 2019 entries have opened...

# **BRRC Life Members**

<i>Year of Appointment</i>	<i>Name</i>
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	Margot Manning
2017	Steve Manning



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<b>Date</b>	<b>Club Events</b>	<b>Start</b>	<b>Sponsor</b>
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	BRRCC
23-Dec-18			
30-Dec-18			
06-Jan-19	5k Predictor & 10k Predictor "No Watches"	6:00am	

