



BRRC

Spring 2016



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

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

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

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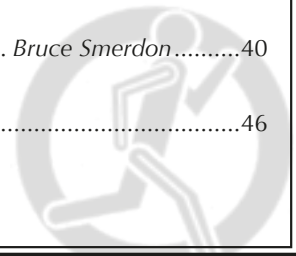
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FROM THE EDITOR...

By Robert Lofthouse



Welcome to the Spring edition of the BRRC Magazine!

The running season is in full swing and over the last few months we have had a veritable smorgasbord of events with Gold Coast, Brisbane and the Sunshine Coast all hosting successful events and not to forget Ipswich which had it's annual Park to Park event back in late July.

To cap it off, we were privileged to see Athletics back on commercial television with the Rio Olympics putting our sport in the spotlight.

This edition contains a variety of reports from the Gold Coast Marathon weekend as well as a highly entertaining article on the Brisbane Marathon from Clay Dawson and yours truly has put together a piece on the Outback Marathon Festival at Uluru (Ayers Rock).

Now that we are already well into September, the BRRC Club Championships take on a new focus with only a couple of events left in the series. Bruce Smerdon has spent considerable time updating the standings in the various Age Groups and you will find an update included in this magazine.

Good luck to all members who are doing the Sydney or Melbourne marathons or one of the big events overseas. We also have a few members heading off to Perth for the World Masters Athletics Championships. Good luck and don't forget to send me an article or report on your event. Readers would love to hear your personal sights and thoughts on your event.

Hope you enjoy the latest edition of BRRC magazine!

See you at West End in the coming months!

Robert Lofthouse (Editor)

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FROM THE PRESIDENT

By President Andrew Leggett



With the cooler weather over this winter season, we have seen some good turnouts at BRRC. We have also seen many good performances in club championships and in other non-BRRC events including the Noosa and Doomben half marathon and 10 km events, City to South, Jetty to Jetty, the Warwick Pentathlon, the Gold Coast and Brisbane marathon festivals, and many other events. These days there are so many opportunities for competition locally that it is difficult to formulate a BRRC events calendar that avoids all clashes with these major races. We do our best to achieve that, but sometimes these events are rescheduled after our committee has set the calendar for the coming year. The up side of it is that there are now so many well organised, well supported events to choose from. Brisbane Road Runners began with the aim of establishing and supporting a community of road runners, providing a place where this community could meet and engage in regular long runs, social support and competition. To that end, we are supportive of all of the events and opportunities that have now become available to runners in our city and across our south east Queensland region.

BRRC has worked in collaboration with the Marathon Training School again this year. Our events were incorporated into our training program and have helped many of you to prepare to complete your first half or full marathons at the Gold Coast and the Brisbane Marathon events. Congratulations to all who achieved those substantial milestones this year. Once again, BRRC fielded its own team in the Gold Coast Marathon Festival events. Mark Robinson did an outstanding job of co-ordinating team registrations and support.

While I am on the topic of outstanding contributions to organisation and support, I want to acknowledge the efforts of several others who contribute regularly. Russell and Carol Wilson devote time and energy to early starts and late finishes at every one of our events, setting up the water station at the gas tower, transporting and establishing tents and equipment at the start and finish at the Sailing Club. Phil Moy sets up the course, putting out the markers and the witches hats. Bruce Smerdon, Betty Menzies, John Dempster and Andrew Marrington set up the registration desk and the timing equipment and address and solve any problems with the timing that arise in the course of events. Andrew has creatively contributed substantial information technology expertise to improvements in our systems. Derek Nixon-Smith sets up and mans the finish line drink station every time we meet. Our photographer, Chris Rossel forgoes his BRRC races and also gives up the potential for lazy Sunday mornings, instead spending his time taking excellent photographs at our events. Those of you who are forced by injury to take a break from training and competition might consider following the example of Anita Jarvis, who has been operating a pre-race registration computer and taking back visitors' timing chips after races. There are opportunities available for those wishing to remain actively involved in our community while taking a break from running. Please talk to me, to our club registrar Betty Menzies, or to any of our current committee members if you are interested in serving in similar capacity or taking on any other job at our events.

Our AGM is coming up in November. Please stay on after the race to hear our guest speaker, contribute your say towards the management of the club and be informed of the its progress throughout the past year. I would encourage any of you considering active contribution to the club at the organisational level to consider nominating for our committee for 2017 to contact me via email president@brisbaneroadrunners.org or approach any current committee member to discuss before or after an event. I look forward to hearing from you.

Andrew Leggett President BRRC

MEMBERS PROFILE



Name: Chris Voisey

Age: 42

Occupation: Coastal Engineer.

How and when did you start running:

School cross country was the start way too many years ago.

Most memorable running moments:

Deek winning the Commonwealth Gold.

Your most memorable sporting achievement?

Finishing the Foster Ironman

Favourite Running Distance and PB:

Half Marathon 1:19:45

Who is your running idol?

Mirinda Carfrae

Favourite Sports Persons:

Pat Rafter

Running Goals:

Sub 3 marathon – painfully close 3:00:40 at Gold Coast 2016

What is the craziest sporting event you have been involved in?

The Murwillumbah Banana Festival –Banana man event. (A relay carrying banana bunches, fertiliser bags, cutting bananas off the bunch and packing them in a box)

Favourite Foods:

I'm a sweet tooth so any lollies are great, but I'm a real seafood fan.

Favourite Movies:

Remember the Titans, Eddie the Eagle, Dead Poets Society and School of Rock

Favourite Drink:

Stone and Wood - Pacific Ale

Shoe Brand:

Asics right now

Favourite Running Partners/Group:

Sam Wightley, Brett Baxter, Jim Morton and Tony Lau

Star sign: Cancer

Favourite Music: Broods - new song "Free"

If you had one wish in life it would be?

More widespread empathy in our world

MICHAEL SCHULTZ TICKS OFF ATHERTON PARKRUN

By Bruce Smerdon



Brisbane Road Runners Club has almost 500 members. Question: How many of them would fly from Brisbane to Cairns on a Friday afternoon after work, hire a car and drive to Atherton on Saturday morning, run Atherton Parkrun, then drive back to Cairns to catch a flight back to Brisbane on the same day? I didn't think the Club had any members like that, but silly me, I had forgotten about Michael.

There we were at 6:45am in Atherton on Saturday 6th August, driving into the Parkrun parking area with 15 minutes to spare to check out the local competition before the 7:00am start. Betty and I were in Atherton pretending to be grey nomad tourists, having driven up from Brisbane during the previous 10 days. We were coming in under the radar to surprise the locals at their fifth Parkrun and our mission was to give them a good thrashing on their home turf.

I could only see three or four lethargic looking North Queenslanders lolling about near the start line and I smiled inwardly, concluding that the only speed work they did was when they had to run away from an enraged cassowary or crocodile. But that's when a ghostly figure materialised in the early morning mist of the Atherton Tablelands. I blinked and the figure became clearer. There was no doubting the hulking figure, the unruly hair, the glasses and the orange shirt. "What's Michael Schultz doing here?" I stammered to Betty.

We made our way over from the carpark to the small group of gathering runners which included the said interloper. "What are you doing here?" I demanded of him. I got the big toothy grin and he chortled "I've done every Parkrun in Queensland except this one and Weipa, but Weipa is going to be a bit harder to get to."

This obsessive Parkrun fiend had blown my

cover, ruined my concentration and my race plan was in tatters even before we were sent on our way (about 20 of us) down the Atherton Railtrail Parkrun course, which involves running two loops of 2.5k. Two of the locals flogged me, and I staggered home in third place, a broken man. At least I beat Michael. That was his 211th Parkrun, and only Weipa Parkrun stands between him and immortality. Don't tell him, but I'm going out to Birdsville for my next holiday – apparently the locals are keen to start a Parkrun there.



Bruce, Michael and Betty at Park Run Atherton 6th August



MEMBERS PROFILE



Name: Leanne Zendler

Age: 48 years

Occupation: Business Teacher and Career Pathways Co-ordinator

How and when did you start running:

Started walking in September 2014 and then tried running 500m/walking 500m for 4km for the months of October and November. By December I could run 4km so I started doing some Parkruns but always walking part of it (always around the 4km as I knew Brittany would be coming to run me in and I could not let her see me walking). I could not run a full 5km until March 2015.

Brittany has definitely been my motivator and coach. I started running to help with the stress I am under at work and I have continued with running because of the health benefits and the excitement of a PB.

Most memorable running moments:

Each time I PB on a course or over a set distance always encourages me to compete

again. Parkruns have definitely been a great way to be introduced to running and inspire me to run a PB each time I compete.

Brittany nominated me for the Mother's Day run in 2015 so I had to learn how to run 8km. Then Brittany nominated me in the Bridge to Brisbane race so I had to learn how to run 10km. Early this year I had to stop running for a couple of months so when I decided to compete in the Brisbane Road Runners' half marathon at the start of the year the furthest I had run was 18km the week before. This was definitely memorable because a couple of reasons: I finished and it hurt so much afterwards.

Prior to this year none of us had even heard of some of the races we have entered. Competing in City2South and then City2Surf has definitely been an amazing experience.

Your most memorable sporting achievement?

My first Nationals for Waterskiing is my most memorable achievement. I qualified for the 035 women's slalom just two weeks before the Perth Nationals. The event turned out to be a repeat of Steven Bradbury's race as most of the women did not complete their first pass even though they were better skiers than me. I was presented with a silver medal in my first Nationals.

Favourite runs:

I love running from Cotton Tree to Mooloolaba and then the lighthouse.

Favourite Running Distance and PB:

This is a hard one as I actually dislike any race while I am running. I love the finish!

I think the 10km distance could be the better distance as it is not as fast as the 5km (obvious I know!). At this year's Gold Coast 10km I ran it in 44.23min. This was a two minute improvement on the 10km I did the week before Brisbane Road Runners.

Who is your running idol?

Brittany is definitely my running idol. I know what she has sacrificed over the past three years. In addition to Brittany achieving

well in her running, she also made the U17 Australian waterski team and obtained an OP2. Unfortunately, this result was not good enough to get straight into Vet so she had to do one year of science. Over this year of study she obtained a grade point average of 6.5. Brittany has very little time for herself after working, studying, travelling to Gatton daily and training. So impressive!

Favourite Sports Persons:

Usain Bolt – well right now since the Olympics are on.

Running Goals:

My husband, Shane, and I have enjoyed running in different races for the first time this year. I am not sure we will repeat all of these ones again. We enjoyed Sydney and City2Surf this year so much that this will probably be a run that we will want to do again. This time I may recognise when I have actually reach the top of ‘Heartbreak’ Hill.

What is the craziest sporting event you have been involved in?

I am a fairly safe person so ‘crazy’ is not really me.

Favourite Foods:

Banana Bread

Favourite Movies:

Shrek

Favourite Drink:

White wine

Shoe Brand:

Brooks – Ravenna (I am not even paid to say that...haha!)

Favourite Running Partners/Group:

I love running with Shane. I have a few health issues that makes running difficult and Shane is so patient (well most runs) with me. Brittany runs way too fast. It is not uncommon for the three of us to be found running near Southbank on a Sunday.

Star sign: Aries

Favourite Music: Country – well I did grow up on a farm near Baralaba in CQ.

If you had one wish in life it would be?

Good health for everyone. I love encouraging and supporting new runners which all helps with their health.



BRISBANE MARATHON – 7TH AUGUST 2016

By Clay Dawson



Clay Dawson

There is an old analogy describing a lack of preparedness being similar to bringing a 'knife to a gun fight' and, in terms of my preparation for this year's

Brisbane Marathon

it'd would better be imagined that I brought a 'plastic spork' to said fight.

For those of you that don't know, it has been a horrendous year (as tends to happen to all of us) in terms of injury (4 Hamstring Tears) and disrupted training which has prevented me from running almost altogether for a large portion. So, understandably, it was with disbelief that I actually made it to the start line of this year's Brisbane Marathon at all.

And for the large part it was a cathartic sensation to be there at 5:30am with absolutely no idea of my level of fitness or ability.

Normally I find myself with an almost crippling level of anxiety before quite literally EVERY race I participate in (even Parkruns!)...try to get a decent conversation out of me before our next run; you'd be better talking to a phone book! This time however I was relaxed, with my only worry being the normal foreboding feeling of dread, knowing that my legs were going to have to carry a significant portion of me a significant distance very, very soon.

Having said this; I had assumed I stood a very good chance to podium the event, based purely on the fact that I had the race number #1....although even this has never proven to be a good omen for me, and as is the case with a lot of races, late entries often put to bed any ego-trips.

The course itself was as stellar as I'd remembered, with its switchback layout through the quiet (save for some kebab eating

late night revellers from the night before) city streets and up over the iconic Story Bridge. So many races and runs I've experienced have taken in the paths along Kangaroo point and Southbank, and this year I enjoyed the early tussle with (*spoiler* eventual winner) Klarie McIntyre with each of us yo-yoing back and forth trying to assert dominance and break early spirits. This kept the pace moving faster than comfort for me, and while I'd normally love the mental battle I felt unsure of how this would pan out in the difficult sections of the race (*spoiler* not very well!).

I must make note of the sentimental burn I get when the course joins onto the traditional Brisbane Road Runners passages, and I always try to run a little bit faster during these segments for no other reason, than it being the closest to a 'home field advantage' I could get. I stubbornly try to 'win' these untimed and un-spectator'ed sections of the race in stoic solidarity with every BRR member. It's silly, I know.

So, as I mentioned earlier, Klarie and I had pushed ourselves a little during the first half of the race, which was even more evident in the fact that if I had signed up for the half marathon, I would have finished in second place; as I had the lead at the 2nd lap turn-off. I remember vividly thinking that would have been a more wise choice at that moment, based purely on the fact that I was already in the 'hurt locker' and facing the prospect of another 21kms.

To add insult to injury, as well as a horrendous physical lead up, I also had the disadvantage of a very inconsistent watch; which for the last 4 months (at least) I'd been too tight-arsed to replace. What was once an amazingly accurate, sturdy and reliable watch, had turned into a glorified torture-bracelet that gave inconsistent pace, incorrectly tracked gps, and would spontaneously turn off (for no reason other than to illicit a spontaneous

mid-run interpretive dance). This became a very real problem when at the 30km marker, and just as Klarie was beginning to push his lead slightly, my watch completely died. With my brain already frazzled I immediately lost all concept of pace, and with it, went any mental tenacity. Isn't it funny how much we rely on this technology?

Despite the best wishes of all of the wonderful people who put their own agony aside, or simply recognised that I was in a very noticeable world of pain, from then on, the race purely became a survival plan. My inner voice screamed: "Get to the finish line, and start recovery, today you are not Deeks, or Monas; you are Bear Grylls" and I longed to find the finish line and a Gatorade (before I was forced to consume the alternative).

And I did finish, somewhat un-glamorously in 2:38:something, in 2nd position, which (although is much slower than previous years)

I'm VERY grateful for. I got my Gatorade, and (more importantly) I got to hug my wife and hold my son (who'd donned a home made supporters shirt). It may have been far from a PB, and not the winning position I'd wished for, but I was more than happy with what I got to go home with that day!

Congrats to winner Klarie; you were always going to win, and I'm glad I got to see the first of many wins over the distance for you. Also, Special thanks to the many, many people who yelled out, wished me luck, shared their stories, and ran their own races. Also to the volunteers and organisers.

We're pretty blessed to have the memories that we do, and to live the lives that we're fortunate enough to live. I'll have a crack at trying to win Brisbane again, it might happen, it might not, but so long as there's air in my lungs and an insatiable need to run, I'll be content enough.

RESULTS			
Brisbane Marathon: Men/Women Results		Leading BRRC performances:	
1 – Klarie McIntyre (Melbourne)	2:35.27	Ray Crilly	2:51.19
1 – Marita Eisler (Woody Point)	2:57.23	Adrian Royce	2:57.01
2- Clay Dawson	2:38.53 BRRC	Kevin Muller	3:12.44
2 – Kerri Hodge	3:04.04 BRRC	Peta Dunne	3:41.00
3 – Cameron Blacklock (New Zealand)	2:46.09	Abigail Reid	4:07.05
3 – Sally Matsubara (Gold Coast)	3:13.36	Francisca Aviles	4:09.22
Half Marathon		Leading BRRC performances:	
1 – Isais Beyn	1:07.50	Leo Altarelli	1:19.41
1 – Cassie Fien	1:15.48	Neil Bath	1:21.23
2- Matthew Cooper	1:15.56	John Shaw	1:21.27
2 – Clare Geraghty	1:22.47 BRRC	Solveig Litchfield	1:30.33
3 – Peter Bracken	1:16.42	Deanna Eldridge	1:38.49
3 – Jacqueline Henricks	1:25.40	Jenny Deag	1:41.06
10km		Leading BRRC performances:	
1 – Jonathan Peters	31.51	Aidan Hobbs	34.59
1 – Brianna Thomas	36.10	Richard Wardle	39.39
2- Liam Boudin	31.53	John Whelan	46.52
2 – Brittany Zendler	38.03 BRRC	Harold Haldane	47.43
3 – Osman Saleh	34.06	Crystal Mahony	43.01
3 – Shiloh Watts	38.53	Kylie Eastham	46.33
		Mirna Yogiaman	48.48

MEMBERS PROFILE



Name: Lucas Brown

Age: 35

Occupation: science teacher

How and when did you start running:

After running a bit at school, had a 10 year break and got back into it through some continual hassling from mates

Most memorable running moments:

Finishing gold coast marathon this year in 2:59:45 (sprinting to beat the clock under 3 hrs), then needing a wheelchair to take me to the recovery tent for an hour until I could walk

again

Your most memorable sporting achievement?

See above!

Favourite runs:

Trails/paths in and around Brookfield/Kenmore Hills. I also enjoyed the Warwick Pentath-run this year.

Favourite Running Distance and PB:

10km – PB 37:20. Although by Easter next year maybe the marathon will be the favourite again

Who is your running idol?

No-one in particular, although growing up Steve Moneghetti showed that Aussies could hold their own

Favourite Sports Persons:

Anyone playing for Wests Tigers

Running Goals:

For this year, break 37 min for 10km, and next year take a few minutes off the marathon time

What is the craziest sporting event you have been involved in?

Some of the inter-college events at Emmanuel College (UQ). A few involved more drinking than actual sport, as did the Uni Games for AFL in 2002 (representing UQ). An 81-1 scoreline in the first game reflects the fact we had no idea what we were doing

Favourite Foods: pizza, Thai

Favourite Movies: always get a good laugh from Borat and the Hangover movies

Favourite Drink: Little Creatures Pale Ale

Shoe Brand: Brooks/Saucony

Favourite Running Partners/Group:

Always good to tag along with Kerri Hodge, Brad Lye, Renae & Mark Sawatzki & Kevin Gibb for a long run

Star sign: libra

Favourite Music: 90's rock

If you had one wish in life it would be?

Happy and healthy kids (2 boys; 2yrs and 5 yrs)

Favourite Foods:

I enjoy what I cook and like experimenting with whatever I throw into the pan with pasta or rice. Usually Italian, stir fries and curries of some description.

Favourite Movies:

Usually a good British comedy or drama.

Favourite Drink:

Adelscott (a French Beer). A good wine. Powerade or Sustagen when training/racing. Twinings Earl Grey Tea.

Shoe Brand:

Brooks Adrenaline – training. Nike – Racing.

Favourite Running Partners/Group:

I run with Phillip or I run on my own which I enjoy, can do a lot of sole searching here. Road runners each fortnight is also good.

Star Sign: Leo**Favourite Music:** Queen

Mid 70's - early 80's showing my age here.

If you have one wish in life it would be:

Take a look at your life and appreciate what you do and what you achieve. With my family, to be fit, happy and healthy, as well to enjoy and achieve in what we like to do.

MY GOLD COAST MARATHON 2016

By Katrina Crook



This one was a long time in the making. Ten years ago, back in 2006, I completed my first ever full marathon. With young children I'd managed a number of half marathons but hadn't been able to commit to a full due to the training. 2006 was to be the year it all clicked. Things were a little different in those days and I diligently downloaded, and printed off, a training plan for the marathon. I followed it to the letter ticking off boxes as I went. I visited the physio regularly for check ups, had massages because I should and even attended marathon seminars to learn about nutrition. I was going to do it right! That first Gold Coast marathon was completed in a time of 4:16 and I remember every second. I sat in the chair in the recovery area and, whilst all around me were saying "Never again" my only thought was 'when's the next one'!! I was hooked.

Unfortunately the following year I was unable to compete due to a knee operation but this just made me more determined. I returned in 2008 completing the marathon in 3:59. This thing was easy. My first sub 4 hour and I wish I realised just what an achievement that was at the time. In 2009 I managed a 3:50 with a near

perfect run and without a 'wall' in sight. This marathon thing was too easy..... Sadly that was to be my last sub 4 hour marathon despite my best efforts otherwise!

Over the years I continued to count off the GC marathons and along the way even added in a few ultras. Sometimes the Gold Coast was training for an ultra. Times varied between 4:00+ and 4:30 depending on training and injury but I was still ticking them off toward that magic number 10. Sadly the missed run in 2007 meant I didn't get to complete number 10 with Cassie Smith (a legend but completely Bonkers) who, unbeknownst to us both at the time, started her Gold Coast career with me. With an injury riddled year last year I defied physio advice to 'crawl' around the course determined to make 2016 the magic year. It's a tough run at the back of the pack when you know you are capable of so much more but there is nothing you can do about it.

And all that brought me to this year and the tenth marathon I'd worked so hard towards. I'm not sure exactly what attracted me to the ten year club; the shirt, the medal, the kudos or the celebrity meet. Certainly the run itself didn't set

the world on fire. Despite being on track with training I managed to pull a hamstring after the Warwick Pentath which prevented all the longer runs being completed. Thank goodness for a physio who, although can't understand it, respects my desire to make that start line. Once again, just thankful to be able to line up for this one I took my spot on that Sunday morning. I'd completed enough marathons in my time to know this one was going to hurt! The plan was to start and get as far as I could before just making it home. It was fantastic to see people I knew out on the course either spectating, volunteering or running. I made it through to about the 32k mark before I knew things were about to get really tough. Running past the start/finish area I was disappointed not to see hubby at the expected spot. However, he had moved up about a kilometre and it really lifted my spirits to see him there. A quick hug, kiss and a gel and I was moving again with a new spirit (never underestimate the power of the support out there!). I paired up with a first timer who by this time was crying. We ran/ walked together for a while before she assured me that she would be fine and I continued on my way. The last few kilometres were all about getting it done and I ran/walked/limped my way back. Well that is until the last stretch where of course it was head up and run hard past all the mad cheering crowds!

Finishing in a time of 4:24 I realised that it was almost my slowest marathon to date yet I had done it. Number 10 was finished. Ten years of working towards the goal and I was done. With a medal and a shirt to prove it! I soaked up the feeling for a while before making my way out of recovery and with hubby headed off to meet Benita Willis and Steve Moneghetti. The advantage of taking my time out on the course was that most ten year club members had been and gone and I was able to monopolise the two of them! Both were very lovely and very giving of their time. A fantastic initiative of the Gold Coast team.

All that was left to do was to collapse in the Suncorp tent for some well earned breakfast (more like lunch at that time) and wonder how I was ever going to move again. Why oh why

do I always forget how much pain a marathon produces? A very big thank you must go to my husband, Dave, who has supported me every step of the way in this crazy sport. Also to all my friends out there. We keep each other going. And to BRRC who provides me with a long run every second weekend! I'm not sure of the next step. I was going to retire from Gold Coast after this year but am thinking that next year would make it ten in a row. I have already completed the Brisbane marathon this year so I know I won't give up the distance running. Perhaps for now I'll just keep on going for as long as I can and remain grateful that I can still make it to the finish line in one piece. Thank goodness for a physio on speed dial.....



Katrina Crook with Steve Moneghetti



Katrina Crook with Benita Willis

BRISBANE ROAD RUNNERS RACE REPORT

by Robert Lofthouse



May 29th – 20km/15km/10km/5km (103 finishers)

This event clashed with both the Noosa and Queensland Half Marathon events which undoubtedly contributed to the smaller attendance. Weather conditions were ideal with the cooler weather finally arriving after a long summer.

20km – Leading Thompson Estate club member **Patrick Stormon** and fellow club member and BRRC member Steve Barraclough lead the race after the first five kms but from then on Patrick steadily built up a lead over Steve before taking command between the 10 and 15km mark with a sizzling 18.24 lap. Patrick ended up with a time of **1:16.46** giving him a winning margin of nearly four minutes over Steve. Another well known club member Adrian Royce continued his good form with a third place.

No surprises in the ladies race with **Kerri Hodge** once again taking the honours in **1:24.48**. Second placed finisher Ellen Christison, ran a strong 20 minute last lap after cruising through the first three laps and it will be interesting to see what sort of times she

can record when she is flat out for the entire distance. The consistent Marion Hermitage claimed third place (see her profile in this magazine) with her usual strong performance.

15km – In the three lap event, **Leo Altarelli** went through the first lap in 18.53 and maintained his pace for most of the distance crossing the finish mat in **57.10**. Derrick Leahy was a further three minutes back in second place with Troy Collins third.

It was good to see some new faces leading the way in the ladies 15km with **Nicole Mulholland** taking the honours in a time of **1:10.20** with Carol Russell just a minute behind in second place and Sara Message third.

10km – The 10km proved to be the most popular of the morning with 40 runners completing the distance.

The first lap of the men's division saw BRRC newcomer **Jee Leung** stamp his authority on the race, holding a lead of over a minute from Karl de Klerk with Chris Dixon third. Jee extended his lead in the second lap to go on and win the race in a time of 37.41. Karl finished second, breaking the 40 minute mark by the barest of margins and Chris Dixon claimed third place.

In the ladies equivalent, **Crystal Mahony (42.58)**, scored a comfortable three minute victory over Libby Burgess and Francisca Aviles.

5km – Only a small field in the 5km event with **Simon Allison (20.09)** crossing the mat first, Lee Horobin a minute behind in second place and Bhima Emz third.

Leading Queensland Masters runner and well known BRRC identity Irene Davey, was pleasantly surprised to take home the winner's trophy in the ladies race finishing in 29.04. Susan Tessmann was second and Jing Fan third. Good to see Anita Jarvis back on the road in the 5km, after a long stint on the sidelines with injury. Anita has done a great job at BRRC, volunteering regularly during her prolonged injury period.

Speaking of volunteers, special thanks must be given to Race Director **Russell Wilson** and his crew who did an excellent job on the morning, ensuring that everything ran like clockwork. **SKIRT SPORTS** were the Race day sponsor.

June 12th – 35km/20km/15km/10km/5km/2km (243 finishers)

Only three weeks out from the Gold Coast Marathon weekend and with six distances on offer, there was plenty of enthusiasm shown at the start line with the biggest attendance of the year so far.

A summary of the individual race winners, Male/Female is listed below.

35km – David Reesby 2:17.32 and Kerri Hodge 2:31.51 (8th BRRC win of the year)

20km – Patrick Nispel 1:07.31 and Lana Hall 1:37.51

15km – Mark Windsor 53.54 and Kelly Obst 1:12.54

10km – Jee Leung 36.55 and Nikki Percival 46.08

5km – Allen Dennis 17.49 and Kate Riethmuller 20.32

2km – Sophie Porter 9.54 (No male runners in

field)

Thanks to Race Director and Club President **Andrew Leggett** and the volunteers who did an excellent job and a special mention to our race day sponsor **Patrick Nispel** from the **P.A.T. 42.2 RUNNING group** for his donation of the Random Draw prizes.



Andrew Leggett - Club President

June 26th – 10km Club Champs/5km (164 finishers)

Cool but fine conditions greeted runners for the next instalment of the BRRC Championship Series. This time it was over the 10km distance and a field of 147 runners crossed the start mat on the two lap journey. With the Gold Coast Marathon only a week away, the 10km proved to be an ideal hit out for many club members.

At the front of the men's field, **Will Barton** and Jye Spriggs headed a group which included Kevin Muller, Nathan Cook, Jee Leung and Jayden Lyttle. In the latter stages Will Barton was able to forge a winning break over Jye, to go on and win the 10km in **35.31**. The battle for third was won by Kevin Muller who had a seven second margin over Nathan Cook at the finish.

In the ladies 10km Champs, 2015 Club Champion **Brittany Zendler** used her speed to forge a good lead in the first five kilometres before going on to record a winning time of **37.02**. Zoe Manning continues to get better at every outing and was delighted with her second place effort of 39.7. Third place went to Louisa Abram who is the mother of former Australian Triathlon representative Felicity Abram and a very good runner in her own right.

5km – With the main emphasis being on the 10km Club Championship, only a small field was present for the 5km.

In the men's event, **Simon Allison** won in **19.11** with Tim Effeney second and Jason Stephan third.

The ladies event was dominated by **Kate Riethmuller** who sped around the course to win in 20.07 from Katie Byers and Leah Hamilton.

A special mention and thank you to Russell Wilson for being race director on the morning and to all the volunteers who contributed to another successful staging of a BRRC Championship event.

Phil Hungerford from **The Run Inn** was the race sponsor and his generous donation of random draw prizes is always greatly appreciated.

July 10th – 3 Person Criterion Team Relay 3 x 5km (18 teams)

The annual three person criterion relay always guarantees a bit of fun, with club members actually being part of a team event. The event involves teams of three runners with each runner to complete a 5km lap. Prizes were on offer in three categories. Fastest Male Team, Fastest Female Team and Fastest Mixed Team (consisting of male and female runners).

As well, runners in each team were asked to predict their 5km time before the event and the team with the combined finish time (of their three runners) closest to the pre race predictions would also win a prize.

Runners were treated to ideal conditions, cool and clear and judging by the excited pre event chatter in the registration area of the clubhouse, everyone was looking forward to being part of a team in this unique club event.

Male Criterion Division – The team of **Aidan Hobbs, Peter Run** and **Atul Arora** lead from beginning to end with Aidan recording the fastest individual time of the day as he completed the first leg in a time of **17.09**. Peter Run took over from Aidan and widened the gap over the second team before Atul ran a strong

last lap to give his team a victory of nearly two minutes over Alec Lyttle, Ethan O'Donnell and Jayden Lyttle.



The winning team recorded a total time of 53 mins 41 secs.

Female Criterion Division – In Training's team of **Jade Graham, Lena Separovich** and Caitlin Maynard were the winners of the ladies division with a total time of 68 mins 1 sec. All three team members are still in their teenage years so hopefully with the guidance of In Training coaches will go on to bigger and better things in the world of Athletics.

Mixed Criterion Division – The winning team in this division was given a strong start by **John Egen** who scooted around the course in 18.14 before handing over to **Stuart McCormick** who ensured that his team maintained a healthy lead by over three minutes going into the last leg. Well known In Training runner **Solveig Litchfield**, ran the last leg in a time of **19.26**, which turned out to be the fastest individual female time of the day.

The total winning time was 58 mins 25 secs.

Team Closest to predicted time -

For the first time in the history of the three person relay a 'closest to predicted time' category was introduced, adding an extra incentive and an element of intrigue and interest for all team runners.

After an examination of the results after the event, the team closest to their predicted finish time was - **Deanna Eldridge, Natalie Petersen** and **Steve Beck**. Their combined finish time of 1:20.33 was just seven seconds quicker than

their predicted time.

Fastest male of the day – Aidan Hobbs 17.09

Fastest female of the day – Solveig Litchfield 19.26

Thanks to Russell Wilson who was Race Director yet again and to In Training who sponsored the event. Despite the small attendance on the morning, everyone who was there agreed that this event is one of the most enjoyable of the year because of the rare opportunity it gives club members to be part of a team and meet other BRRC runners who they might not have previously met.

July 24th – 20km

Champs/15km/10km/5km/2km (189 finishers)

Fine and mild conditions greeted runners for the 20km Club Championships. A field of 95 runners tackled the four lap event. Leading Queensland distance runner **Jonathan Peters**, made his second club appearance for the year and quickly showed his class as he forged to a big lead at the 10km mark crossing the timing mat in 34.08 before going on to record a time of **1:09.58** for the 20km journey. Current BRRC Club Champion Clay Dawson made a reappearance after a lengthy lay off with injury



and finished just under four minutes behind Jon with Will Barton third.

In the ladies race, **Brittany Zendler** went within three seconds of breaking the female course record, recording an impressive winning time of **1:17.56**. Kerri Hodge finished second and new club member Katy Russell ran a strong race to claim a top three finish. Katie has been

a regular at Pat Carroll's training group (PCRG) over the last six years and is starting to reap the rewards from his tough speed sessions.

Eight age group records were broken in the 20km Championship with Brittany Zendler, Laura Daly, Katy Russell and Marion Hermitage breaking their respective Age Group records whilst in the male categories, Alec Lyttle, Chris Dalby, Kevin Muller and Phil Davies also were in record breaking form.

15km – With the 20km Champs being the feature race of the morning, the 15km event recorded just 24 finishers for the distance. **Ben Stute** dominated the male division finishing in **59.32** with Gareth Beacham and Tim Scott second and third respectively. In the ladies equivalent, **Nicole Gunthorp** won in **1:09.31** with Jo Tolley ten minutes behind in second place and Bridget Abell third.

10km – The 10km distance always proves popular with BRRC members and even though it was a championships day, there was still a field of nearly 50. **Neil Bath** took the honours in the men's race recording a time of **37.34**. Atul Arora was second and Guy Davis third. In the ladies section, **Sandra Smith** chalked up her maiden West End win crossing the finish mat in **43.45**. Julie Leary was a minute behind in second and Saffron Firkins rounded out the top three.

5km – In the men's event, **Simon Allison** recorded his second win in a row over the distance, stopping the clock at **18.35**. Jonathan Day and Derek Enslin battled it out for second place with Jonathan crossing just two seconds ahead of Derek.

In the ladies race, **Irene Davey** proved that age is no barrier, capturing her second victory over the distance this year at West End in a time of **28.38**. Irene is a regular competitor at Queensland, Australian and World Masters Championships and also a great contributor to this magazine with her reports on Masters Athletics and the successes of BRRC runners at these Championships. Mary Ashton and Virginia Neil were the other place getters in this race.

2km – In the Junior Dash, **Indigo Barber** was the winner in **10.09**.

A special thanks to Race Director Bruce Smerdon and his volunteers who did an excellent job on the morning and to our Event sponsor Patrick Nispel from the P.A.T. 42.2 Running Group.

August 14th – 15km/10km/5km/2km (130 finishers)

Perfect conditions, with a temperature of 11 degrees and no wind, created a good opportunity for runners to record some fast times. Numbers were down a little with some club members still in recovery from the Brisbane Marathon the previous week. Race Director Kerrie Biggins issued the usual pre race instructions and Race Sponsor Steve Manning (from In Training) spoke briefly about the upcoming Twilight event at Wynnum and then we were on our way.

15km – **Patrick Stormon** went out hard in the first 5km and established a two minute lead over Richard Wardle and the chasing group. Patrick eased off after that but still went on to record a time of 59.06 giving him a win by nearly a minute over Richard with Neil Wood



crossing the mat in third place.

In the ladies event, **Margot Manning** cruised around the three lap course, taking out the event in **1:13.49**. The battle for second was a close one with Jen Kluver holding a seven second lead over Renae Sawatzki at the 10km mark but Renae finished strongly to claim second by just six seconds.

10km – In the two lap event, **Jeeming Leung** established a handy 30 second lead at the halfway point and then proceeded to build an ever bigger margin up front over his nearest rival Justin Williams. Jeeming stopped the clock at **36.06** with Justin second and Danny Hooley third.

The ladies 10km was a much closer contest with **Rachel Thomas** and Nicole Oates together at the halfway point. Rachel edged ahead in the latter stages to win the race in **46.32** with Nicole crossing the finish mat just four seconds later. Morgan O'Brien was third. Good to see some new names at the club heading the field in this event.

5km – **Danny McDonald** managed to stop Simon Allison's quest to win his third straight 5km BRRC race winning in **17.31**. Simon ran well to claim second place in 17.42 with Jayden Lyttle third.

Zoe Manning made it a double win for the Manning family on the morning, recording a swift **18.37** to score a comfortable victory over Jade Graham and Crystal Mahony.

2km – In the Junior Dash, **Indigo Barber** won her second dash in a row and her winning time of **8:44** was a huge improvement on her previous time of 10.09.

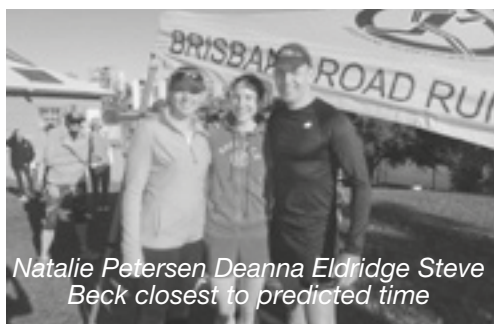
Hayden Marshall was the first male home in **9:04**.

Thanks to all the volunteers who ensured that the event was run smoothly and enjoyed by every one.

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

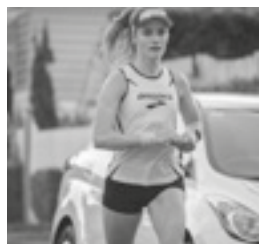


*Atul Arora Peter Run Aidan Hobbs -
Fastest Criterion Team*



*Natalie Petersen Deanna Eldridge Steve
Beck closest to predicted time*

MEMBERS PROFILE



Name: Brittany
Zendler

Age: 19

Occupation:
Veterinary Science
Student

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

At the beginning of year 11 in 2013, I decided to start running for general fitness. In that year I surprised myself and made it to States for Cross Country and Track. In 2014 I decided to take running more seriously. I contacted a family friend and experienced triathlete, John Masters, asking for a running program. He instantly took me under his wing and became my coach. My goal for 2014 was to qualify for the Cross Country National Championships. After a few months of running with a coach, I came 1st at the Regional Cross Country Championships. This gained me entry to compete in the QLD Cross Country State Championships, in which I placed 3rd and also achieved my goal of qualifying for Nationals. Later in the year I competed in the QLD State Championships for Track, qualified for QLD Club Nationals in the 3000m after placing as the 1st 17 year old in that event. I also placed 3rd at States in the 1500m and 6th in the 800m, qualified for the 2015 Australian Junior Championships in all

events. By the end of 2014 I was well and truly hooked on running and I decided to give road racing a go.

Most memorable running moments:

My most memorable running moment would have to be my 2014 race at the QLD State Cross Country Championships. This was the race I had been building up to all year and I had put a lot of pressure on myself to perform well enough to qualify for the QLD team. Before the race, I was the most nervous I had ever been before a race. I had a good start and was with the front pack right from the beginning. I managed to stick with the pack until it started to split up and thin out. I only just held onto third place crossing the finish line. I definitely gave it my all for the race and, after I had recovered, I could not wipe the smile off my face.

Your most memorable sporting achievement?

One of my most memorable sporting achievements to date would have to be representing Australia at the 2014 Australia verse New Zealand Water-skiing Championships in New Zealand. In this competition I placed 3rd in under 17 years girls in the jump event and our under 17 team came away with gold overall.

Favourite runs:

My favourite type of runs is those long runs

where I get to explore new places and see beautiful sights.

Favourite Running Distance and PB:

5km – 16:27min

Who is your running idol? Eloise Wellings has become a running idol to me after first coming across her when I ran in the 2015 Noosa Bolt. Since then I have been following her journey to this year's Rio Olympics.

Running Goals:

2016:

- Top 10 City2Surf – sub 49min 14km
- Top 3 Bridge to Brisbane – sub 35min 10km
- Top 5 Noosa Bolt – sub 16:30min 5km
- 2016 Brisbane Road Runners Club Champion

Long Term:

- Run sub 35min 10km
- Run sub 16min 5km
- Top 3 City2Surf, Noosa 5km Bolt, Southern Cross University 10km

What is the craziest sporting event you have been involved in?

I haven't been involved in many crazy sporting

events, but I did participate in the 2016 Brisbane colour run. The event was definitely very colourful and very dirty. The rain turned the coloured powder into paste, staining my hair green for weeks afterwards.

Favourite Foods: I love all food, but I am definitely a sweet tooth.

Favourite Movies: I would pick kids movies over other genres any day.

Favourite Drink: Fruit smoothies

Shoe Brand: I have just recently joined Team Brooks as a sponsored athlete. I currently wear Brooks PureCadence for speed training and racing and the Brooks Ravenna for my runs in-between sessions. I will be getting a pair of Brooks competition shoes very shortly also.

Favourite Running Partners/Group:

I love running at the Brisbane Road Runners events as I love how friendly and inviting all the people are there.

Star sign: Taurus

Favourite Music: I enjoy listening to the hit music, but also love acoustic music.

If you had one wish in life it would be? It would be absolutely incredible to represent Australia at the Olympics for running.

AT THE RACES *(News from around Australia and the World)* *Compiled by Robert Lofthouse*



RUN NOOSA FESTIVAL – 29th May 2016

Perfect Autumn weather greeted runners with three events on offer, Half Marathon, 10km and a 5km. There were 1,500 runners entered across the three races.

The **Half Marathon** was the main race of the day and the men's battle up front featured a good tussle between Brisbane Twilight half winner **Isaias Beyn** and Melbourne runner Ben Ashkettle. Beyn, who has moved from Eritrea

to Brisbane, gained the ascendancy in the latter stages, to take the honours in a time of **1:03.25**. His winning margin was just seven seconds over Ashkettle. BRRC's Patrick Nispel ran a strong race to take out third place.

In the ladies half marathon, **Cassie Fien** (fresh from her 2:33 Marathon effort in London) made a triumphant return to the Queensland running scene, recording a **1:13.21**, to win by nearly two minutes from Sunshine Coast's Melanie Panayiotou.

10km – The battle between Ipswich runner **Glen Yarham** and Kingscliff (Northern NSW) competitor Brandon Copeland was the highlight, with Yarham eventually drawing away to win the race in **30.42**. Copeland finished 11 seconds behind with Brisbane's Daryl Crook keeping Copeland honest for the entire race to finish only five seconds further back in third place. Yarham has spent time in the USA College system and has returned to Queensland as a very accomplished runner.

After spending time on the sidelines with injury, Clare Geraghty returned to the winner's circle taking out the ladies crown in a time of 36.38. In Training's Emily Donker continued her great 2016 form, finishing a minute behind Clare in second place.

5km – **Allen Dennis** took the honours in the men's race, winning in a time of **17.50** from well performed Ultra runner Trevor Allen 18.09 and Billy Bishell 18.26.

In the ladies race, rising young Triathlon star **Katinka Von Elsner-Wellsteed** was first across the line in **18.36** with BRRC's Zoe Manning second in 19.03. Katinka is a product of Sheldon College, located in the Redlands Shire.

Another excellent morning, though there were a few runners a little upset that the course for the Half Marathon was short, hence the number of PB's, which were more numerous than normal.

It's a pity that this event also clashed with a BRRC event as well as the Queensland Half Marathon at Deagon! Hopefully these clashes can be avoided when planning the 2017 running calendar?

Noosa: Men/Women Results Half Marathon:

1 – Isaías Beyn	1:03.25
1 – Cassie Fien	1:13.21
2- Ben Ashkettle (Melbourne)	1:03.32
2 – Melanie Panayiotou (Sunshine Coast)	1:15.28
3 – Patrick Nispel	1:07.09 BRRC

3 – Malin Olsson (Sunshine Coast) 1:21.44

10km:

1 – Glen Yarham (Ipswich)	30.42
1 – Clare Geraghty	36.38 BRRC
2- Brandon Copeland (Kingscliff, NSW)	30.53
2 – Emily Donker	37.37 IN TRAINING
3 – Daryl Crook	30.58
3 – Lily Dolton (Sunshine Coast)	38.53

QUEENSLAND HALF MARATHON (Deagon) – 29th May 2016

With events also being held at Noosa and West End, it was disappointing to see only a small turnout for this event which had previously been held at the Doomben racecourse for many years. The weather on the morning was ideal. It was cool early on, but warmed up by mid morning with the sun shining brightly.

Three events were held – The Half Marathon, 10km and a six km run. About 300 runners turned up with the Half Marathon being the most popular with 170 starters. The Half Marathon takes the runner through the picturesque seaside suburb of Sandgate and is a run which everyone should add to their 'to do' list.

Special thanks to Race Director Phil Hungerford and The Run Inn crew who did an excellent job on the morning. Hopefully, next year's event will not clash with any other races on the running calendar, as this race deserves more support from the running community!

Queensland Half: Men/Women Results Half Marathon:

1 – Andy Dey	1:16.32
1 – Kathryn Smyrneos	1:28.16
2- Ben Merlin	1:16.41
2 – Trish Webster	1:33.39
3 – Leif Mawson	1:16.53 BRRC
3 – Vicky Cooper	1:36.19

10km:

1 – Anthony Craig	33.49
1 – Natasha Cole	42.07
2- Aidan Hobbs	34.11 BRRC
2 – Joanne Fernandes	44.15
3 – Shane Ward	38.13
3 – Amy Pryce-Davies	47.43

CITY TO SOUTH 14KM – 5th June 2016 (5157 entrants)

After the heavy rain and strong wind on the Saturday it was pleasing to see clear skies for the staging of the fourth annual City to South.

The race starts in George Street in Brisbane City near the Botanical Gardens and heads over the Victoria Bridge before turning on to the Go Between Bridge and then left on to Coronation Drive. The section on Coronation Drive is flat and affords all runners a chance to settle into a good rhythm after all the earlier turns.

After passing the Toowong Shopping Village, the course has a left turn out to the University of Queensland. The 10km mark of the race appears on the Green Bridge but the 11-12km section of the race is the tough part as you climb the hill on Gladstone Road through Dutton Park. The downhill sprint to the finish compensates somewhat for the previous hilly section but the last kilometre is still short with the overall race distance closer to 13.5km than the advertised 14km. The men's event was won by **Patrick Nispel** in **43.46** and the ladies race was won by **Cassie Fien (48.13)** who was backing up from her previous week's victory at the Noosa Half. Cassie may have missed selection in the Australian women's Marathon team for the Rio Olympics but is one to watch over the next few years as she does more International races and continues to lower her Marathon best of 2:33.36. Also a special mention to BRRC members Brittany Zendler and Clare Geraghty who finished second and third respectively.

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

City to South 14km: Men/Women Results

1 – Patrick Nispel	43.46 BRRC
1 – Cassie Fien	48.13
2- Liam Boudin	44.24
2 – Brittany Zendler	49.39 BRRC
3 – Shaun Lee	44.40
3 – Clare Geraghty	50.45 BRRC

Other leading BRRC performances:

Aidan Hobbs	47.02
Leif Mawson	48.07
Adrian Royce	52.55
Kerri Hodge	55.25
Crystal Mahony	59.48
Melissa Murphy	1:00.37

JETTY TO JETTY (Woody Point) – 17th July 2016 (3519 entrants)

The event starts and finishes outside the Belvedere Hotel, 5km south of Redcliffe. With four events on the program, Half Marathon, 10km, 5km and 3km, over 3,500 entries were received.

This year's event was the 30th staging of this iconic event and luckily the rain stayed away ensuring that the conditions were pretty good for running. Despite a few hills on the course, runners are treated to beautiful views of the Bay at various stages of the course. The last 400 metres of all races incorporates a downhill finish and with the final stages being completed in front of many cheering spectators, lends itself to a inspired finish by many a runner.

Half Marathon

Leading Ipswich runner **Glen Yarham** took out the Half Marathon finishing in a time of **1:14.24**. Glenn has been competing in the USA over the last three years and backed up his 10km win at Noosa (May) with a strong performance in the Half Marathon. Second placed male Wayne Spies was nearly two

minutes behind Yarham and for much of the race was stride to stride with leading female runner **Cassie Fien**. Regular top three finisher at this event Tim Toner, claimed third place by just dipping under the 80 minute mark.

In the ladies half, leading Queensland and Australian distance runner Cassie Fien won by a huge margin (8 minutes) as she scooted around the course in **1:16.15**. Having recorded a PB Marathon time of 2:33 in London back in April it will be interesting to see how Cassie progresses over the next 12 months.

Sunshine Coast's Malin Olsson was second, going one place better than her third placed finish at the Noosa Half while Kerri Monaghan was third.

Long time BRRC members John Diamond and Michael Schultz were also spotted out on the course with both chalking up another half marathon finish to add to their large resumes.

10km

This race attracted nearly 1500 runners and proved to be the most competitive of the day. Competition in the men's race was fast and furious up front with Jonathan Peters and current Queensland 3000 metre track champion **Matthew Carlsson** going over the timing mat at 5km in 15.33. Matthew was able to draw away in the latter stages, winning by a 10 second margin from Jonathan with a time of **31.34**. Matthew also has a 14.08 time for a 5km recorded early in the year at the Mooloolaba Twilight run. Liam Boudin also impressed with a strong run to claim third place being only 9 seconds behind Jonathan at the end.

In the ladies event, 20 year old **Brianna Thomas** recorded a good victory with a **36.01** effort to take home the winner's trophy. Sunshine Coast triathlete Kirra Seidel was second with Brisbane's Clare Geraghty taking out third place.

Jetty to Jetty Half Marathon: Men/Women Results

1 – Glen Yarham 1:14.24

1 – Cassie Fien 1:16.15
2- Wayne Spies 1:16.17
2 – Malin Olsson 1:24.42
3 – Tim Toner 1:19.58
3 – Kerri Monaghan 1:29.08

Leading BRRC performances:

Adrian Royce 1:24.45
Nicole Mulholland 1:41.15
James Bell 1:44.39
Sarah- Jane Marshall 1:52.21
Jenny Cawood 1:54.50
John Diamond 1:58.18

10km:

1 – Matt Carlsson 31.34
1 – Brianna Thomas 36.01
2- Jonathan Peters 31.44
2 – Kirra Seidel 36.48
3 – Liam Boudin 31.53
3 – Clare Geraghty 37.31 BRRC

Other leading BRRC performances:

Leo Altarelli 36.39
Solveig Litchfield 41.48
Mark Huth 45.26

PARK 2 PARK (Ipswich) – 31st July 2016 (1929 entrants)

Events on the morning included the Half Marathon, 10km, 5km run and 5km walk. This was the 12th staging of the event which is held in Ipswich's Limestone Park.

Half Marathon

The course has plenty of hills through both Limestone Park and the neighbouring Queens Park. The Half Marathon course consists of four loops (each 5km) and a 1.1km loop. Because of the hilly nature of the course, it's certainly slower than either the Gold Coast or Brisbane

Half courses.

In the men's race, **Glen Yarham** won his second half marathon in a fortnight with a **1:15.05** effort, to back up his winning effort at Jetty to Jetty. **Cassie Fien** also repeated Glen's double by dominating the ladies race to record **1:17.33** with Clare Geraghty being over 10 minutes behind in second place.

10km

After a frustrating year with injury, it was good to see **Clay Dawson** back in action and heading the field. Clay ended up with a winning time of **36.01**. In the corresponding race last year Clay went head to head with Steve Moneghetti and was just 14 seconds behind at the end.

In the ladies race, In Training's **Emily Donker** was strong on the hills and built up a winning lead by the halfway point. She crossed the line in **39.50**, giving her a two minute margin over Sara Parkinson with another well known In Training runner Solveig Litchfield rounding out the top three.

5km

The 5km run and the walk are traditionally the two most popular events of the morning and the locals voted with their feet with over 800 starters in each of the events. **Mark Kenny** sped around the course in **16.33** to take out the men's section from Peter Bracken and Jack Warner. Peter Bracken was the defending champion in this race having beaten Jack Warner in the 2015 edition.

Ipswich teenager, **Montanna McAvoy** was a stand out in the ladies 5km recording a **18.26** effort to take the honours from Amelia Partridge and Kelly McNamara.

This event, which is always held on the last Sunday in July, really highlights the spirit of the Ipswich community with plenty of vocal support by volunteers at the drink stops and the finish area.

Half Marathon

1 – Glen Yarham	1:15.05
1 – Cassie Fien	1:17.33

2- Bryan McManus	1:19.13
2 – Clare Geraghty	1:28.01 BRRC
3 – Tim Toner	1:19.48
3 – Terri Thomas	1:35.10

Leading BRRC performances:

Garry Page	2:09.02
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10km

1 – Clay Dawson	36.01 BRRC
1 – Emily Donker	39.50
2- Aaron Johnman	37.31
2 – Sara Parkinson	41.57
3 – Adrian Fisher	37.47
3 – Solveig Litchfield	42.38 BRRC

Leading BRRC performances:

Anne Ryan	46.29
Renae Sawatzki	47.36
Mark Sawatzki	52.19

CITY TO SURF (Sydney) - 14th August 2016 (67,636 finishers)

Blue skies and a temperature around 10 degrees greeted the large crowds gathered at the start line for the 14km trek to Bondi Beach.

The costumes worn this year by runners included a few pandas, lions, tutus and of course plenty of brightly coloured lycra outfits and tee shirts. This year's event raised nearly \$5 million to go towards 850 charity organisations.

The men's race was won by 26 year old Sydney runner **Harry Summers** in a time of **41.54**. Harry was a big chance of representing Australia at the recent Rio Olympics but had to pull out of a qualifying race in Japan through illness. He won the race by over a minute from fellow Sydney runner Thomas Do Canto. The course record set by Steve Moneghetti is 40.03 and this has remained unbroken for 25 years.

In the ladies race, Australia's 4th ranked female marathoner **Cassie Fien**, from Queensland,

won again to repeat her success of the previous year. Cassie may have missed qualifying for the Rio marathon this year but she has certainly made the most of her recent appearances in races, having won three Half Marathons in Queensland prior to her winning effort in this race. Melbourne runners Virginia Moloney and Tarli Bird were second and third respectively but great to see a Queenslander winning the ladies event again and also special mention to BRRRC members **Brittany Zendler** and **Clare Geraghty** who were 9th and 10th respectively in the ladies race.

This year runners were the first to complete the course since changes were made to the finish layout – the first change to the course in more than 40 years.

City 2 Surf: Men/Women Results

1 – Harry Summers (Sydney)	41.54
1 – Cassie Fien (Queensland)	47.21
2- Thomas Do Canto (Sydney)	43.08
2 – Virginia Moloney (Melbourne)	48.03
3 – Matthew Cox (Sydney)	43.20
3 – Tarli Bird (Melbourne)	48.53

Leading BRRC performances:

Aidan Hobbs	48.49
Brittany Zendler	51.26
Clare Geraghty	52.09
Leanne Zendler	1:04.20
Susan Tessmann	1:27.18
Anita Jarvis	1:29.37
Jenny Downie	1:34.37
Michael Schultz	1:45.00

**RIO OLYMPICS MARATHON
(Brazil)
Women:**

The race was run in warm conditions so the world record was never threatened but history was created when **Jemima Sumgong**

became the first Kenyan women to win an Olympic games marathon gold medal for her country. Sumgong had won the London Marathon back in April and was one of the favourites going into the race. The last three kilometres saw Sumgong forge her winning break on Bahrain runner Eunice Kirwa, who was originally from Kenya. The winning time was **2:24.04** with Kirwa a further nine seconds back in second place and 2015 World Marathon Championships winner Mare Dibaba (Ethiopia) claiming the bronze medal. The three Australian girls all acquitted themselves well with Milly Clark finishing 18th. The most experienced of the Australians, 37 year old Lisa Weightman, suffered dehydration in the latter stages and was not able to produce one of her better career times.

1 – Jemima Sumgong (Kenya)	2:24.04
	Has PB of 2:20.48
2- Eunice Kirwa (Bahrain)	2:24.13
	Has PB of 2:21.41
3 – Mare Dibaba (Ethiopia)	2:24.30
	Has PB of 2:19.52

Australian Performances

18 – Milly Clark	2:30.53
	Has PB of 2:29.07
22 – Jessica Trengrove	2:31.44
	Has PB of 2:27.45
31 – Lisa Weightman	2:34.41
	Has PB of 2:26.05

Men:

Wet and fairly humid conditions for the men's marathon after with 156 runners fronting the starter's gun.

Rain fell in the opening half of the race and at that stage there were 34 runners within 10 seconds of each other, as the lead pack went through in a relatively slow time of 1:05.55. Pre race favourite **Eliud Kipchoge**, showed why he is currently the No 1 marathoner in the world by running a **three minute negative split** to win the race in a time of **2:08.44**. Eliud now has won 7 out of 8 marathons that he has

contested and in the process beaten all of the best. He won the London Marathon earlier in the year in 2:03.05.

At 36km, Eliud made his decisive winning move and Ethiopia's Feyisa Lilesa could not respond. Eliud ended up crossing the finish line over a minute ahead of Lilesa with surprise packet, USA runner Galen Rupp, just 11 seconds behind in the bronze medal position.

- 1 – Eliud Kipchoge (Kenya) 2:08.44
Has PB of 2:03.05
- 2- Feyisa Lilesa (Ethiopia) 2:09.54
Has PB of 2:04.52

- 3 – Galen Rupp (USA) 2:10.05 **PB**

Australian Performances

- 31 – Liam Adams 2:16.12
Has PB of 2:13.49
- 47 – Michael Shelley 2:18.06
Has PB of 2:11.15
- 81 – Scott Westcott 2:22.19
Has PB of 2:11.36

SUNSHINE COAST RUNNING FESTIVAL (Alexandra Headland)

– 21st August

Clear skies and a temperature around 10 degrees greeted the 6.00am starters in the Marathon.

Ethiopian runner **Samuel Woldeamanuel** made it back to back victories at Alexandra Headland recording a winning time of **2:22.16**. Windy conditions made it tough on parts of the course resulting in his time being four minutes slower than in 2015. Brisbane's Jonathan Peters ran an excellent race to finish second and was less than a minute beyond Samuel at the finish. Last year's runner up Dino Finocchiaro was third.

In the ladies race, **Clare Geraghty** claimed her first win over the marathon distance. She ran a patient race and was able to catch the early leader Elkie Belcher from Victoria, around the 32km mark. From then on, she continued to build on her lead and she crossed the finish line in a time of **2:50.45**. Belcher a well

respected triathlete, tired noticeably in the latter stages and Roxie Fraser passed her near the end to claim second place.

Leading Queensland Ironman Triathlon star **David Dellow** showed just how strong his running leg is, winning the half marathon in **1:13.23**. James Turner was second and BRRC's Clay Dawson was third.

In the ladies event, the remarkable winning streak of **Cassie Fien** continued as she took out her fifth win in a row. Cassie has now won Half Marathons at Gold Coast, Redcliffe, Ipswich, Sunshine Coast and the iconic City to Surf in Sydney – all in a 10 week period. Cassie's winning time was **1:13.25** with Emily Donker a further six minutes back in second place and Ellen Christison third.

In the 10km race, Sydney's **Thomas Do Canto** showed his class up front recording a winning time of **31.02**. Thomas was backing up from his second place finish at City to Surf the previous week.

In the ladies race, it was good to see **Melissa Hauschildt (34.54)** back on the winning path again. In her younger days, Melissa was a top steeplechaser who represented Australia many times before turning to triathlons. Many readers would remember her under her maiden name of Melissa Rollison.

The festival attracted just over 5,000 runners spread across six different events, ranging from a 1km Fun Run through to the Marathon. This event gets bigger every year and organisers plan to get 12,000 entrants by 2025.

Marathon: Men/Women Results

- 1 – Samuel Woldeamanuel (Ethiopia) 2:22.16
- 1 – Clare Geraghty (Brisbane) 2:50.45 **BRRC**
- 2- Jonathan Peters (Brisbane) 2:23.07
- 2 – Roxie Fraser (Sunshine Coast) 2:55.46
- 3 – Dion Finocchiaro (Melbourne) 2:29.24
- 3 – Elkie Belcher (Melbourne) 2:56.55

Leading BRRC performances:

- Peter Lewis 3:06.52

Andrew Cochrane	3:09.08
Andy Marrington	3:19.58
Neil Wood	3:29.22
Will Towner	3:38.23
Sarah-Jane Marshall	4:05.15

Half Marathon

1 – David Dellow (Sunshine Coast)	1:13.23
1 – Cassie Fien (Amberley, Qld)	1:13.25
2- James Turner (Gold Coast)	1:13.31
2 – Emily Donker (Brisbane)	1:19.27
3 – Clay Dawson (Ipswich)	1:14.23 BRRC
3 – Ellen Christison (Brisbane)	1:22.57

Leading BRRC performances:

John Shaw	1:19.55 1st 60-64 Age
John Egen	1:21.33
Atul Arora	1:21.55
Solveig Litchfield	1:28.30
Laura Daly	1:34.57
Peta Dunne	1:35.08

10km

1 – Thomas Do Canto (Sydney)	31.02
1 – Melissa Hauschildt (Sunshine Coast)	34.54
2- Michael Birchmore (England)	32.51
2 – Audrey Amiya-Hall (Sydney)	36.15
3 – David Bartlett (England)	3.24
3 – Radka Vodickova (Czech Republic)	36.52

Leading BRRC performances:

Richard Wardle	38.51
Crystal Mahony	42.30
Mark Huth	45.21
Richard Lodge	47.27 2nd 70-74 Age
Bruce Smerdon	48.34 2nd 60-64 Age

Madonna Stewart 52.58 2nd 60-64 Age Female

BRIDGE TO BRISBANE 10km/5km – 28th August

The 20th Anniversary of this iconic race and fittingly blue skies and a temperature of around nine degrees greeted runners for the 10km event starting at the Roma Street Parklands for the first time. The new finish area was at Southbank in front of the Cafe Boulevard known as Little Grey Street. With the top Australian distance runners still in recovery from the Rio Olympics it was a real chance for a new face to be crowned as B2B champion in 2016. The new course took in the Story Bridge, with runners approaching the Bridge from the Valley end and exiting at the Kangaroo Point end and still having another three km to go before reaching the finish line.

Spectators at the finish of the 10km event were privileged to see a close finish with 22 year old Brisbane business student **Jack Curran** winning the sprint finish to score the biggest win of his athletic career so far. Ironically both Curran and the second placed Glen Yarham (from Ipswich) have spent time in American Colleges in recent years honing their skills. Curran has been based at Boise State College (Idaho) and Yarham at Florida State University. Jack Curran covered the course in **30.14** to take out the race by a mere one second. New South Wales runner Matthew Hudson was third only a few seconds behind Yarham.

No surprises in the ladies 10km Bridge to Brisbane with form runner **Cassie Fien**, taking the honours with a dominant display completing the new course in **33.39**. Second place went to Brianna Thomas who won the Jetty to Jetty 10km back in July. BRRC's Brittany Zender continues to build on her growing stature in Queensland running by taking out third place in just over 35 minutes.

18,970 runners/walkers were recorded as having crossed the finish line.

5km (4,798 finishers) – The 5km course started at Captain Burke Park (under the Story Bridge) and the first part was quite

difficult, with runners heading straight up a hill and on to the Story Bridge with a sharp left turn. After reaching the Valley end of the Bridge competitors then turned and ran back across the Bridge and then up another rise at Kangaroo Point before the course levelled out on River Terrace. Another hill was negotiated at the 4km mark before the downhill section into the Southbank Precinct in Little Grey Street.

The men's race showcased the up and coming talent in Queensland Athletics with 18 year old Ashgrove Club member **Hamish Granger** and promising Toowoomba runner Jack Anstey involved in a finish similar to the men's 10km, with Hamish first in **15.50** and Jack a second behind in second place. Another runner with a big future, In Training's Jack Tiernan rounded out the top three on the honours board.

In the ladies equivalent, Ipswich teenager, **Montanna McAvoy** won in **17.59** with Lillian Price second and well known runner Tamara Carvolth back in action and crossing third. For Montanna, this performance was a good follow up to her win in July over the same distance at Ipswich's Park 2 Park event.

Having jogged/walked the 5km I must admit that there are faster 5km courses in Brisbane

but really, it's all being out there and enjoying the wonderful sunshine and company of nearly 5,000 others who just wanted to be part of this 20th edition of Queensland's biggest fun run.

Men/Women Results

10km

1 – Jack Curran	30.14
1 – Cassie Fien	33.39
2- Glen Yarham	30.15
2 – Brianna Thomas	34.56
3 – Matthew Hudson	30.19
3 – Brittany Zendler	35.05 BRRC

5km

1 – Hamish Granger	15.50
1 – Montanna McAvoy	17.59
2- Jack Anstey	15.51
2 – Lillian Price	18.28
3 – Jack Tiernan	16.02
3 – Tamara Carvolth	18.48

BRRC AT THE GOLD COAST

by Bruce Smerdon



Once again the Gold Coast turned on perfect conditions to suit runners of all persuasions over the weekend of the 2nd and 3rd of July. There were impressive performances by BRRC members across the range of distances on offer – 4k, 5.7k, 10k, half-marathon and marathon. BRRC Team Manager Mark "Robbo" Robinson did a great job, making sure that the needs of all the Club members who competed were well catered for. He set an inspiring example to the rest of the BRRC team by competing in the 5.7k and 10k events on Saturday and then backed up on Sunday to run the half marathon. When he runs the full marathon next year hopefully someone will tell him that it's not compulsory to do all the other events as well.

On the subject of Club members setting inspiring examples, look no further than 74 year old Harold Haldane. He set a new Gold Coast age group course record of 45:36 in the 10k, smashing the old record (48:24) by 2 minutes and 48 seconds. If that doesn't inspire you enough, 63 year old John Shaw ran 2:45:19 for the marathon, a Masters single-age WORLD RECORD! Obviously these running machines won their age groups by significant margins, but there were also other Club members who achieved the distinction of coming first in their age groups in the events they contested – Zoe Manning (4k - first female overall), Colin Woods (10k M80-84) and Neil Bath (Half Marathon M50-54).

Well done to all those who ran their first half or full marathon – the first timers who finished the full marathon included Francisca Aviles, David Bond, Deanna Eldridge, Washington Firmeza, Elyse Little, Mark Morton and Harry Parker.

Endurance and perseverance are not in short supply for most of the runners at the Gold Coast, but these qualities seem to be embedded in the DNA of Mark Phillips and Katrina Crook. Mark entered the BRRC team as he does every year, but due to injury was a very doubtful starter in the half marathon. But there he was in the middle of the parade of runners on race day, beaming (or was it grimacing) as he went on to complete his 22nd consecutive year of running either the half or full marathon at the Gold Coast.



Katrina Crook, our much loved and appreciated BRRC Facebook administrator, ran her 10th Gold Coast marathon this year and joined an exclusive band of runners who have been able to achieve this milestone. When she collected her award, she looked around for Usain Bolt but had to settle with having her photo taken with Benita Willis and Steve Moneghetti.

Times and achievements of BRRC members who competed at the Gold Coast are detailed below – apologies if there are any errors or omissions.



SATURDAY EVENTS

4k

Last Name	First Name	Net Time	Age Category	Age Category Place	Achievements
Baker	Brodie	0:19:33	F 13-14	23/48	
Manning	Zoe	0:14:10	F 13-14	1/48	First female overall
Morton	Luke	0:23:29	M 5-10	143/183	

5.7k

Last Name	First Name	Net Time	Age Category	Age Category Place	Achievements
Rossel	Nick	0:35:25	M 5-14	137/244	

10k

Last Name	First Name	Net Time	Age Category	Age Category Place	Achievements
Cheesman	Warren	0:45:17	M 45-49	74/217	
Cliff	David	0:54:12	M 60-64	23/61	
Crilly	Ray	0:35:25	M 45-49	3/217	Top ten in age group
Haldane	Harold	0:45:36	M 75-79	1/7	First in age group/ age group course record
Hill-Webber	Julie	0:52:27	F 45-49	38/364	
Hobbs	Aidan	0:34:30	M 25-29	13/166	
Leggett	Andrew	0:59:42	M 50-54	92/135	
Lofthouse	Robert	0:58:42	M 55-59	59/117	
Mahony	Crystal	0:41:34	F 35-39	7/444	Top ten in age group
Rees	James	0:45:45	M 40-44	41/224	
Robinson	Mark	0:46:23	M 50-54	27/135	
Rootsey	Les	0:44:24	M 65-69	3/41	Top ten in age group
Smerdon	Bruce	0:46:24	M 60-64	5/61	Top ten in age group
Vines	Gwen	1:20:41	F 65-69	19/26	
Wetton	Rhondda	0:50:39	F 45-49	47/364	
Woods	Colin	0:56:00	M 80-84	1/6	First in age group
Zendler	Shane	0:42:00	M 45-49	14/217	
Zendler	Leanne	0:44:23	F 45-49	7/364	Top ten in age group
Zendler	Brittany	0:35:33	F 18-20	5/93	Top ten in age group

SUNDAY EVENTS

HALF MARATHON

Last Name	First Name	Net Time	Age Category	Age Category Place	Achievements
Alexander	Esther	2:04:16	F 55-59	58/194	
Arora	Atul	1:23:13	M 35-39	35/617	
Barton	Will	1:17:17	M 30-34	19/555	
Bath	Neil	1:19:13	M 50-54	1/399	First in age group
Beck	Steve	1:55:51	M 40-44	372/649	
Bell	James	1:46:17	M 45-49	162/514	
Biggins	Kerri	2:04:07	F 50-54	112/343	
Bramham	Robert	2:21:44	M 40-44	581/649	
Breed	Aaron	1:24:45	M 21-24	21/205	
Caudwell	Ian	1:34:52	M 50-54	33/399	
Clark	Jennifer	2:18:19	F 45-49	390/586	
Cook	Nathan	1:18:22	M 35-39	20/617	
Crilly	Ray	2:45:03	M 45-49	498/514	

Crompton	Wendy	2:20:02	F 55-59	117/194	
Daly	Laura	1:34:30	F 21-24	13/311	
Daly	Naomi	1:58:11	F 50-54	70/343	
Davies	Phil	1:23:00	M 55-59	2/221	Top ten in age group
Davis	Tony	1:57:28	M 40-44	397/649	
Dempster	John	2:10:48	M 60-64	88/132	
Downie	Jenny	2:11:19	F 60-64	27/84	
Downie	Lisa	2:19:16	F 25-29	437/650	
Dunne	Claire	2:08:26	F 18-20	63/120	
Dunne	Peta	2:08:25	F 45-49	296/586	
Dunne	Peter	2:08:24	M 50-54	286/399	
Godbold	Simona	1:54:26	F 45-49	103/586	
Going	Dean	1:53:10	M 40-44	333/649	
Goodley	Andrew	1:50:52	M 45-49	218/514	
Goodley	Megan	2:24:35	F 40-44	650/850	
Hall	Lana	1:41:50	F 30-34	71/750	
Hamilton	James	2:04:06	M 45-49	370/514	
Han	Wei Yin	1:52:41	F 35-39	182/860	
Holleran	David	2:01:47	M 60-64	62/132	
Horsten	Matty	1:38:59	M 35-39	171/617	
James	Doug	1:43:24	M 35-39	224/617	
Jeffries	Richard	1:37:30	M 45-49	66/514	
Johnstone	Craig	2:09:38	M 50-54	295/399	
Kessell	Fiona	1:59:11	F 40-44	292/850	
King	Elaina	2:00:07	F 45-49	187/586	
Lye	Leann	1:42:23	F 50-54	14/343	
Manning	Daniel	1:32:44	M 18-20	13/53	
Manning	Margot	1:26:02	F 40-44	2/850	Top ten in age group
Manning	Steve	1:34:34	M 50-54	30/399	
McGuire	Paul	1:43:33	M 50-54	100/399	
Miller	Bob	1:54:25	M 60-64	35/132	
Miller	Diana	2:55:30	F 60-64	72/84	
Murray	Clare	2:15:30	F 35-39	595/860	
Page	Garry	2:02:17	M 55-59	110/221	
Petersen	Natalie	2:15:46	F 25-29	407/650	
Phillips	Mark	1:56:46	M 45-49	298/514	22nd consecutive year half/full marathons
Poustie	Lionel	2:20:59	M 50-54	343/399	
Ray	Lisa	1:54:14	F 40-44	188/850	
Robinson	Mark	1:42:10	M 50-54	84/399	
Rossel	Karen	2:29:20	F 45-49	451/586	
Sawatzki	Mark	1:44:11	M 40-44	214/649	
Scanlon	Greg	1:51:01	M 50-54	156/399	
Searle	Steve	1:50:02	M 50-54	150/399	
Shi	Youwang	1:46:18	M 50-54	117/399	
Spence	Brett	1:37:37	M 45-49	68/514	
Stewart	Madonna	1:58:30	F 60-64	13/84	
Stute	Ben	1:23:46	M 35-39	38/617	

Symonds	Dan	1:42:29	M 25-29	133/432	
Usman	Many	1:36:31	M 35-39	144/617	
Ward	Selina	1:55:17	F 18-20	32/120	
Waretini	Leanne	2:03:33	F 45-49	230/586	
Weeks	Rowena	1:46:42	F 25-29	63/650	
Whelan	John	1:39:35	M 60-64	12/132	
Winters	James	1:51:39	M 65-69	16/77	
Zhang	Li Jun	1:52:35	F 50-54	35/343	

MARATHON

Last Name	First Name	Net Time	Age Category	Age Category Place	Achievements
Aviles	Francisca	3:46:02	F 30-34	47/355	First marathon
Baker	Tracy	4:13:31	F 50-54	33/140	
Barraclough	Steve	3:03:07	M 45-49	25/521	
Beerling	Greg	3:48:48	M 40-44	254/616	
Bond	David	4:59:02	M 50-54	267/319	First marathon
Brown	Lucas	2:59:45	M 35-39	49/627	
Chappell	Tracey	4:58:55	F 55-59	40/64	
Crook	Katrina	4:25:44	F 45-49	116/255	10th Gold Coast marathon
Daly	Gerard	3:14:10	M 50-54	20/319	
Dean	Peter	3:49:42	M 50-54	95/319	
Degen	Adam	5:30:24	M 35-39	597/627	
Eldridge	Deanna	3:35:37	F 30-34	28/355	First marathon
Firmeza	Washington	3:44:09	M 35-39	236/627	First marathon
Geraghty	Clare	2:46:18	F 30-34	3/355	Top ten in age group
Gibson	Melissah	3:16:06	F 30-34	11/355	
Gray	Paul	3:57:28	M 45-49	218/521	
Hodge	Kerri	3:15:32	F 40-44	9/375	Top ten in age group
Lacey	David	3:50:53	M 35-39	270/627	
Little	Elyse	4:10:12	F 25-29	80/275	First marathon
Marrington	Andrew	3:47:59	M 40-44	249/616	
Mawson	Leif	2:45:36	M 35-39	14/627	
McGee	Susan	4:10:56	F 40-44	130/375	
Moller	Mark	3:58:40	M 30-34	256/537	
Morton	Mark	3:37:45	M 30-34	161/537	First marathon
Parker	Harry	3:41:29	M 18-24	30/160	First marathon
Peasey	Kathy	4:30:13	F 50-54	57/140	
Rainbird	Mark	3:59:04	M 50-54	136/319	
Rainbird	Birgit	5:05:41	F 45-49	197/255	
Rossel	Chris	3:45:40	M 50-54	84/319	
Royce	Adrian	2:57:37	M 45-49	14/521	
Sawatzki	Renae	3:46:38	F 35-39	58/397	
Scott	Emma	3:45:38	F 40-44	63/375	
Shaw	John	2:45:19	M 60-64	1/98	First in age group
Shyne	Bernard	4:12:27	M 60-64	34/98	
Speed	Laura	4:10:06	F 30-34	115/355	
Stark	Trent	3:47:10	M 50-54	87/319	
Walmsley	Stephen	3:33:07	M 45-49	101/521	
Wardle	Richard	3:05:55	M 40-44	39/616	

Wiersma	Karen	3:49:06	F 45-49	31/255	
Wood	Neil	3:04:40	M 50-54	12/319	



THE AUSTRALIAN OUTBACK MARATHON - 30TH JULY 2016

By Robert Lofthouse



After reading about The Australian Outback Marathon in magazines and seeing the photos on face book over the last six years, I must admit that the opportunity to combine a sight seeing adventure and a run as well seemed a good excuse to visit the Red Centre of Australia!

So when a group of friends from The Run Inn suggested the possibility of doing the event – I was in. No questions asked!

The inaugural event was launched in 2010 by the Travelling Fit group from Terrigal in New South Wales and back then 187 runners attended.



The event itself is conducted near The Ayers Rock Resort (Northern Territory) which is about 10km from the actual rock. There are now four distances events to choose from: Marathon, Half Marathon, 11.3km and 6km. I had elected to do the 11.3km.

My flight to Sydney was on the Thursday morning preceding the Saturday event and once in Sydney, myself, Phil Hungerford, Angela Keyt (both BRRC members) and a few other runners from The Run Inn group boarded a connecting flight to Ayers Rock. The flight was just over three hours long and before the plane commenced the descent to the Ayers Rock airport the vastness of the land and the two famous landmarks Ayers Rock (Uluru) and the Olgas loomed just outside the window. Wow, I couldn't believe the reddish colour

of both landmarks which contrasted so much with the blue sky backdrop.

As the plane landed on the tarmac, the words of that famous song by Goanna came instantly back to me and I started singing to myself!

"Standing on solid rock

Standing on sacred ground

Living on borrowed time

And the winds of change are blowin' down the line"

At the airport we were greeted by The Travelling Fit group (Race Organisers) before boarding the coach for a 15 minute ride to the accommodation site within the Ayers Rock Resort in the little township of Yulara. Even on the coach it was evident that people had come from all over the world to be part of this unique running event. The weather was magnificent with the afternoon temperature in the low 20's and no humidity. The Resort consists of four different Accommodation Apartments/Hotels as well as a camping ground and a town centre which has a few shops, cafes and an IGA. Yes an IGA and it was doing a 'roaring' trade with the influx of Runners and other tourists stocking up for their stay!

After unpacking some of my gear, it was time to join up with other visiting runners for a 3km jog over the red earth which was taken by a few of the staff from the Travelling Fit Race Management team. What a surprise to find that people had come from as far away as Denmark, Finland, Norway, France and the USA which had 74 participants including a large group of US Marines who had come down from Darwin. The 3km course consisted of basically a red soil trail run with some soft sand sections which certainly slowed you down but at least gave you an insight into what to expect on race day. The landscape was littered with spinifex and wildflowers which

were starting to bloom after recent rain and there was areas which were much greener in colour than I had expected. There was about 80 of us doing the training run and after about 15 minutes, our guide pointed us up a little rise to a small lookout where everyone paused to look at the magnificent view of Ayers Rock which was only about 10km from the lookout.

That evening we attended an Aussie barbecue buffet which was held outdoors. It was a little cold (around 11 degrees) but certainly bearable. There was about 200 runners in attendance and the menu included Kangaroo, Crocodile as well as the usual Steaks and Chicken dishes. The Travelling Fit crew were once again there to welcome all of us and I couldn't help but be impressed by the professionalism of their organisation. They seemed to be able to remember everybody's name and you could already sense that this was going to be a memorable five days in the OUTBACK.

Everyone was up early Friday morning as we were taking a pre dawn coach ride to Uluru to watch and photograph the sunrise. Despite a few clouds low on the horizon the colour of the sunrise was something to behold and as the light hit certain areas of Uluru the stunning red colour of this iconic landmark became apparent. After the photos were all taken we then took part in a walk around part of the base of the rock. The full walk around the base is nearly 12km so we opted for a shorter 3km walk to make sure we were 'fresh' for race day.

That evening we attended the Carbo Loading party at the Sails in the Sunset function room and what a great night it turned out to be. A good choice of Pastas, Rice, Vegetables as well as fresh fruit, frozen yoghurt and apple crumble was enjoyed by everyone and it was great to share a table with runners from New Zealand, USA, Norway and Great Britain. Some great stories were shared as you heard about some of the incredible events that are held around the world. Certainly the group assembled in the Outback were there because they liked adventure and doing races that are out of the ordinary. I met a couple of people who had done the Antarctic Marathon as well as people

who had done Marathons on all continents as well as many who loved trail running.

I was only scheduled to do the 11.2 km event next morning so I was pretty relaxed but I could sense the excitement and anticipation for adventure amongst the others who were doing the full marathon or the half marathon. How hot would it be and how would the red trails, sand dunes and areas of soft sand affect their overall performance? It was certainly going to be a run with a difference. No concrete, no buildings or houses to run past. Just the vastness of the landscape, the ochre soil beneath, the view of Uluru and the Olgas on parts of the course and make sure you don't miss the colour coded arrows at various turning points on the red trails.

Race Day – All runners were taken by bus out to the Marathon start. It was a cool clear morning with a temperature around 5 degrees at the start for the Marathon and Half Marathon. The Marathon had a field of nearly 200 and the Half was a little smaller with 151. The marathon set off at 7.45am local time and the first few kilometres was run on a graded bush road before turning into a genuine bush fire trail, with a combination of packed and soft, red earthy sand underfoot. Around the 6km mark, stunning views of The Olgas on the left added to the special experience of the event. Around 12km, a few small sand dunes and soft sand test out even the tardiest competitor and a short stretch of sealed road adds a bit of normality to the course before you head off once again into the bush. Perhaps the hardest part of the course comes at the halfway point where runners have to navigate up and over Jem's Dune with its soft sand testing out hip flexors and of course your km average for the race. With 10km to go, the course loops back near the Resort village and a sealed road for a couple of kilometres before the red earth underfoot welcomes you again at the 36km mark. The last six km is plain sailing all the way to the finish line, with yet more breath-taking views to inspire the tiring body. Overall the course is relatively flat except for a couple of sand dunes that challenge you, but the views at the top of the dune are special. The 'red earth'

is something that you should experience once in your running lifetime.

Once again I must commend the Race Organisers who made every finisher feel somewhat special as they crossed the finishing line. Every finisher had their name called out and as soon as they crossed the line were handed a medal and then had their individual photo taken with the medal. Tables were loaded with Powerade, Water and food wise there was a choice of fruit, sandwiches and muffins for both the spectators and the runners.

I spoke to both Phil Hungerford and Angela Keyt after the race who rated the event very highly even though they both fell short of their anticipated finish times. It was warm out there particularly after 11.00am and the lack of shade certainly means that hydration before and during the race is important. Phil ended up with a time of 5:16.51 and Angela crossed in 5:57.42 which was her second marathon for the month having done Gold Coast just four weeks earlier. For Phil, this was his first marathon for nearly 20 years, so he was very glad to cross the finish line where he copped a bit of a good natured 'serve' from commentator and long time friend Michael from the Travelling Fit Race Management team.

Also special mention to former BRRC member Nori Ueda who travelled from Japan to catch up with his old Brisbane friends. Nori ended up in second place in the Marathon after the first three runners (including Nori) took a wrong turn and ended up running over 44km.

The rest of the weekend went so quickly! Sunday morning after the race a few of us took a helicopter ride to see what the land looked like from above. We were pleasantly surprised and amazed by the contrast and colours. There was the blue water of the Lake contrasting to the salt pans and spinifex and of course the red soil which stretches for eternity in this vast landscape. After an hour in the helicopter we landed at a place called Kings Canyon and took a walk around there to admire the formations and colours. Ghost Gums were a feature within this tourist location.

One more highlight awaited us on Sunday

night. The farewell dinner in the desert with 200 people celebrating The Australian Outback Marathon. We were ferried out again by coach to a location, 20km from our accommodation, just before sunset so we could experience the views of both Ayers Rock (Uluru) and The Olgas (Kata Tjuta). Some of the photos taken were amazing and the group photo of the 200 in attendance was something I'll never forget.

The Farewell Dinner consisted of a Buffet with twenty tables set up in the area each with a waiter to keep refilling your glass. Half way through the evening we were privileged to have an astronomer give us a presentation on the Night Sky and the various stories about all the stars and constellations. Living in Brisbane you never get to appreciate the sky at night like you do in the Outback – Everything is so clear and noticeable out in the desert.

The coach trip home that night featured some very happy and 'boozy' runners raving about how good the event was and how different it was from the big city marathon experience. The event was capped at 500 runners in total for the four events so the chance to mingle with people from all over the world adds to the event experience.



Runners enjoying the red sand course

We flew out of Ayers Rock on Monday afternoon tired but armed with memories that no doubt will last a lifetime.

If you get the chance to visit the Red Centre, do so. July is the best time weather wise to head out there and with an event like this now being conducted annually why not do it as part of your Outback Holiday? You will be amazed by what's on offer in one of Australia's most remote locations.

Australian Outback Marathon – Results

Men:

1-Oliver Carey (Alice Springs)	3:14.21
2-Noriyuki Ueda (Japan)	3:16.46
3-Tim Lindop (Sydney Striders)	3:17.11

Women:

1-Liz Young (Australia)	3:22.21
2-Chantel Peacock (Adelaide)	3:24.54

3-Danielle Hart (Newcastle) 3:25.29

BRRC Results

Phil Hungerford	5:16.51
Angela Keyt	5:57.42

11.3km Race

Robert Lofthouse 1:06.35

For more event information visit:
www.australianoutbackmarathon.com

ERIKA WOODWARD – WALKING TOWARDS A DREAM

By Erika Woodward



I began competitive race walking in 2015. My younger daughter was Queensland age champion in race walking for seven years. She has since given it away, and ironically we have now reversed roles. I often ran alongside my daughter while she trained. People sometimes made fun of her when she was out race walking, so I basically learnt to race walk in support of her, so if people wanted to, they could make fun of me too! And believe me, race walking can be rather character building.

I joined the Brisbane Road Runners Club as a member this year. I really love going there and I consider it to be my home training ground for race walking. The people are such a friendly and supportive group to be around, and it is always such a happy place to be.

On the 12th of June this year I competed in my first major race walking event, the 10 mile event at the Lake Burley Griffin Race Walking Carnival in Canberra. It started and finished at Weston Park, Yarralumla. It was -3.5C at 'warm up' time. I set off at the start of the race with arm warmers and gloves on, and then discarded them at the 5 miles drink station. We had to contend very carefully with a foot bridge early in the race which was covered with black ice. Black ice is very slippery and forms in sub zero conditions. Towards the end of the race, we crossed the Commonwealth Bridge where we headed front on towards Parliament House. In my final stretch just before the finish line,

it was lovely to have two kangaroos bounce gracefully across the road in front of me. I was happy to receive a clean score card from the judges, and I was very delighted to come home with a silver medal in the Masters division.

It was a surreal experience to be on the start line in Canberra with most of the Australian and New Zealand walkers who will be representing Australia in Rio at the Olympics including Jared Tallent, Chris Erickson, Rachel Tallent, Alana Barber and Quentin Rew. I tried my darndest to keep up with the likes of Jared Tallent, but alas, they were way too fast... maybe next year....in my dreams!!!!

I recently broke my first Queensland Masters race walking record in my new age group, the 50-54 years age group. Perhaps the only good thing about getting older is that the records



Erika Woodward - Walking towards a Dream

get slower. Yay! My goals are to continue improving, and to hopefully break more Queensland records.

I will embark in my second season of race walking at Queensland Masters Athletics this year. I am also keen to have a go at some other disciplines this coming season. This year

I am aiming for the World Masters Athletics Championships in Perth. It is on home soil in Perth and I think it will be an amazing experience. I have three race walking events to choose from, the 5000m track, and the 10 & 20 km road walking events.

MY FIRST GOLD COAST MARATHON EXPERIENCE

By Jim Morton



A word of warning to start. If you want to read a marathon story of triumph, tribulation and overcoming the odds; please move on to the next.

This is not that story. This one is more disappointment than delight but I still wouldn't change my decision to enter Gold Coast on July 3!

Two years ago, I never thought I'd seriously contemplate, let alone attempt, a marathon.

Having started running in winter of 2014, I still vividly remember feeling that even 5.1km was beyond me. My first few Parkruns were rewarding but painful experiences.

The marathon - a whole fourty-two point two - well that was out of this world.

I had a few fit friends who had done it, but I'd be sticking to the shorter distances thank you very much. My first attempt at a "longer" race - 10km, as the finishing leg in a team triathlon at Kingscliff in November 2014 - finished disastrously by collapsing with 500m to go and waking up in the back of an ambulance but my running retirement declaration that day was soon annulled. A Brisbane Road Runners 10k three months later proved I did have the stamina and soon that 47.30 run was whittled down to sub-45.

The half-marathon on the Gold Coast in 2015 was an excellent experience - surprising myself by clocking 1.36:23. It was the catalyst for contemplating the full.

It only took a question about it from my brother Mark - who'd done three half marathons of

his own - a couple months later and we both committed to GCAM '16. The training was excellent. Six months of great preparation, running about four times a week with a number of wonderful dawn warriors. Lots of miles were put into the legs and plenty of great conversations savoured.

I'd subsequently sliced three minutes of my half PB and also got down to 41:15 in the 10k and 19:39 in the five at Stones Corner Parkrun.

As it approached, I was thoroughly looking forward to July 3rd. Mark, eight years younger, and I had planned to run together for the first 30k, and then take it from there in our dual quests for sub-3.30.

All that was left was to glide through the first 30, slog out the last 12, and then revel in the glory.

But, once again, that's not my story!

It almost came apart on race eve when Mark came close to pulling out with a knee injury, before seeing a physio who strapped it up and told him to just have a crack.

Gold Coast Race Day - It was a major relief when started and he ran freely without much discomfort. We set off at 5.05 pace for the first 5k and then upped it to 4.50s.

It was a beautiful morning and everything was going smoothly in the sunshine on the way south to Burleigh. The road back up towards Southport continued to see us happily chat away and creep past a heap of runners as we went through half-way at 1.44. On track.

The legs felt good, the heart-rate was comfortable and we'd stuck to a nice rhythm. We went up and down the bridge near start-finish fine and I really noticed the heat of the day bearing down, as well as come up from the bitumen. After a couple of runners pulled up and stopped in front of me at recent drink stations, I'd made a surge around a pack to avoid the same happening again at 32k.

Mark thought I looked good and opted to pull back, telling me to keep going at pace. I didn't want to break up the combo but felt it best in my ambitions for 3:30. I knew it would be tough in the dead zone but what surprised me how far it was to the northern turnaround point as the legs started to get heavier - I recall finally getting there but from then on my memory is hazy. There's sketchy memories of digging deep to pass a couple of runners and also sticking with one of the 3:30 pacers.

But, really, I had little idea of what happened over the next five or so minutes until a voice (not sure if it was a runner's or spectator's) called out for me to stop and pull over when I was weaving around at about 38.5k.

I said I was okay but they repeated themselves, in a way that made me obey. And for good reason!

I thought I'd rest up a bit and then continue. But once I sat down in the gutter, I knew I wasn't getting back up. If I'd run much longer I would have fallen on my face.

Mark came past two-three minutes later and asked how I was. I can't even recall seeing him. I'm just glad I told him hi I was fine and he kept going on his way to finishing in 3:37. Once my body relaxed and I lay back on the ground, it all hit me. Fortunately there were some good people looking after me and we called for some nearby paramedics as I really started to worry I was about to pass out. An IV bag turned me around quickly as I once again vowed to myself I'd be giving up running.

There was feelings of embarrassment as hundreds slogged their way past me before I was helped across the road and given a trip to the plush new Gold Coast Hospital A&E ward.

Again it was heat stress. Being the middle of winter, it was not a hot day. But by 10.30am after three hours running in the sun, with no wind and little shade after the 20k mark, the heat certainly took its toll on me.

I don't know if there was much that I could have done to prevent this - maybe drink a bit more water, maybe run more in the middle of the day in preparation - but it's fair to say I did not respect the marathon like I declared I would countless times in the lead-up. I think the 3:30 goal became more the primary mindset over finishing, and maybe I went too hard after that.

Although, I'd vowed to never again attempt a marathon, the fire still burns. I'll just pick a marathon with an earlier starting time and/or cooler climate next time.

Until then there will be plenty more runs - fast and slow, short and longish - to enjoy.



Jim Morton



ANNUAL GENERAL MEETING

The Club's annual general meeting (AGM) will be held on Sunday 30th October 2016 at the South Brisbane Sailing Club directly after the 2k, 5k and 10k Novice 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:

Receive apologies;

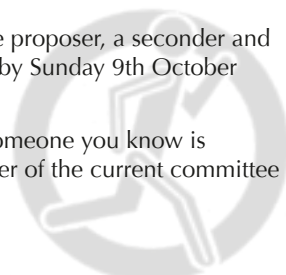
1. Confirm the minutes of the previous annual general meeting and any intervening general meeting;
2. Receive the President's report;
3. Receive the Treasurer's statements, duly audited;
4. Elect members of the committee;
5. Transact any business of which at least twenty one (21) days' notice in writing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

The 2017 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 9th October 2016.

Nomination forms can be obtained through the Secretary. If you or someone you know is interested in being on the 2017 committee, please contact any member of the current committee or email: secretary@brisbaneroadrunners.org





Male and Female Age Group Champions

The 2016 BRRC running calendar includes seven age group championship events i.e.

28 February	5 mile
1 May	21.1 km
26 June	10 km
24 July	20 km
4 September	10 mile
2 October	15 km
27 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

Five championship events have now been run, and the leading contenders to be named as age group champions are shown on the following points table. Congratulations to those members who have already secured the necessary points to win their respective age groups: Jayden Lyttle (Male 0-19), Chris Voisey (Male 40-44), Phil Davies (Male 55-59), John Shaw (Male 60-64), Harold Haldane (Male 70-74), Jack Marsh (Male 75-79), Laura Daly (Female 20-24), Kerri Hodge (Female 40-44), Marion Hermitage (Female 50-54) and Madonna Stewart (Female 60-64).

Age Categories	5 mile	21.1 km	10 km	20 km	10 mile	15 km	5 km	Points
Male								
A (Male 0-19)								
Jayden Lyttle	1		1	2	1			5
Jacob Willems	2							2
Joshua Unwin	3							3
Alec Lyttle			2	1				3
Liam McCracken			3					3
C (Male 20-24)								
Daniel James	1				1			2
Aaron Breed	2							2
Kai Barry	3		1		2			6
Thomas Enslin			2		3			5
E (Male 25-29)								
Dan Symonds	1		2	1				4
Craig Rooth		1						1
Aiden Hobbs			1		1			2
G (Male 30-34)								

Nicholas Kirkup	1	2						3
Will Barton	2	1	1	2				6
Leo Altareli	3				2			5
Mark Morton		3	3		3			9
Atul Arora			2					2
Clay Dawson				1	1			2
Mark Moller				3				3
I (Male 35-39)								
Nathan Cook	1	3	1	2				7
Derrick Leahy	2				2			4
Lucas Brown	3	2	2	3				10
Leif Mawson		1						1
Richard Heinz			3		3			6
Christopher Dalby				1				1
Danny McDonald					1			1
K (Male 40-44)								
David Melville	1	3		2				6
Jim Morton	2							2
Damien Gannon	3		2	3	2			10
Chris Voisey		1	1	1	1			4
Richard Wardle		2	3		3			8
M (Male 45-49)								
Adrian Royce	1	2	2	3	2			10
Ian Donald	2							2
Adrian Pearce	3							3
Ray Crilly		1		2				3
David Smitheram		3	3		3			9
Kevin Muller			1	1	1			3
O (Male 50-54)								
Shane George	1							1
Gerard Daly	2			3	3			8
Brad Lye	3	3						6
Don Atcheson		1		2	2			5
Steve Nichols		2						2
Steve Manning			1					1
Jon Sawyer			2					2
Mark Robinson			3					3
Darrell Giles				1				1

Neil Bath					1			1
Q (Male 55-59)								
Barry Broe	1							1
John Whelan	2			2				4
Derek Enslin	3							3
Phil Davies		1	1	1	1			4
Gerry Danby		2		3				5
Garry Page		3	3		3			9
David Holleran			2					2
Paul Hewish					2			2
S (Male 60-64)								
John Shaw	1	1	1	1				4
Graham Robertson	2		3		1			6
Phillip Hermitage	3		2	2				7
Bob Miller		2		3				5
John Dempster		3			2			5
U (Male 65-69)								
John Sheer	1	2						3
Erkki Ryhanen	2							2
John Diamond	3	3						6
Peter James		1						1
Les Rootsey			1					1
James Winters			2	1				3
Brian McCarthy			3		1			4
W (Male 70-74)								
Ron Vines	1	2						3
Harold Haldane		1	1	1	1			4
Y (Male 75+79)								
Jack Marsh	1	1	1	1				4
YX (Male 80+84)								
Colin Woods	1	1						2
Female								
B (Female 0-19)								
Brittany Zendler	1		1	1				3
Zoe Manning			2					2
Clare Dunne			3					3
D (Female 20-24)								
Laura Daly	1		1	1	1			4

Libby Burgess	2	1						3
Donna Mach	3							3
Selina Ward					2			2
F (Female 25-29)								
Clare Geraghty	1		1		1			3
Mirna Yogiman	2							2
Lisa Downie	3	2						5
Francisca Aviles		1	2		3			6
Natalie Petersen		3	3	1				7
Morgan O'Brien					2			2
H (Female 30-34)								
Crystal Mahony	1		1		1			3
Anita Breed	2							2
Deanna Eldridge	3	1			2			6
Cassandra Zayonce		2	3					5
Lana Hall			2					2
Laura Speed				1				1
J (Female 35-39)								
Wei Yin Han	1		2	2	1			6
Angela Allen	2							2
Rebecca Walker	3	3						6
Sarah-Jane Marshall		1		3				4
Erica Leota		2						2
Renae Sawatzki			1	1				2
Sarah Cutler			3					3
Clare Murray					2			2
L (Female 40-44)								
Margot Manning	1	3			2			6
Kerri Hodge	2	1	1	1	1			6
Peta Dunne	3	2	2					7
Jenny Deag			3	2	3			8
Emma Scott				3				3
N (Female 45-49)								
Tracy Baker	1							1
Karen Wiersma	2	2	2					6
Elaina King	3							3
Leanne Zendler		1	1	2	2			6
Katrina Crook		3						3

Simonna Godbold			3					3
Katy Russell				1	1			2
Lisa Murphy				3				3
Erika Woodward					3			3
P (Female 50-54)								
Marion Hemitage	1	1	1	1				4
Naomi Daly	2			3				5
Kathy Peasey	3	3		2				8
Leann Lye		2						2
Liz McCracken			2					2
Li Jun Zhang			3					3
Deborah Davis					1			1
Kerri Biggins					2			2
R (Female 55-59)								
Theresa Fabian	1							1
Ruth Peacock	2		3					5
Tracey Chappell	3							3
Esther Alexander		1	2		1			4
Susan Tessmann			1	1	2			4
T (Female 60-64)								
Cynthia Cliff	1							1
Madonna Stewart	2		1	1	1			5
Jenny Downie	3	1	2	2	2			10
Helen Banks		2						2
V (Female 65-69)								
Irene Davey	1		1					2
Gwen Vines	2							2
X (Female 70-74)								
Betty Menzies	1							1

Overall Male and Female Club Champions

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

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

1st place overall 1 point

2nd place overall 2 points

3rd place overall 3 points

4th place overall 4 points

and so on for each participant in the event

After the final championship event on 27 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 five championship events, last year's overall female and male club champions Brittany Zendler and Clay Dawson have runs on the board, but they still have some work to do if they are going to retain their titles. Past overall female club champions Clare Geraghty and Kerri Hodge are lurking with intent on the female points table and Clay Dawson will need to finish the year strongly to defend his 2015 overall male club champion title.

Consistency Champions

To recognise their support for the Club, members who compete in all seven championship events during 2016 will be awarded a specially embroidered BRRC towel at the end of the year. The following members were still in the running for a towel after the first five championship events:

FEMALE	
Biggins	Kerri
Davis	Deborah
Deag	Jenny
Downie	Jenny
Downie	Lisa
Eldridge	Deanna
Hodge	Kerri
Mansfield	Kym
Murray	Clare
Petersen	Natalie
Renwick	Adele

MALE	
Dempster	John
Heinz	Richard
Marrington	Andrew
Moller	Mark
Morton	Jim
Page	Garry
Royce	Adrian
Shaw	John
Smitheram	David
Towner	William
Wightman	Andrei
Zendler	Shane



Jack Marsh



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



Thank you to our Sponsors and Supporters for your continued support during 2016

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



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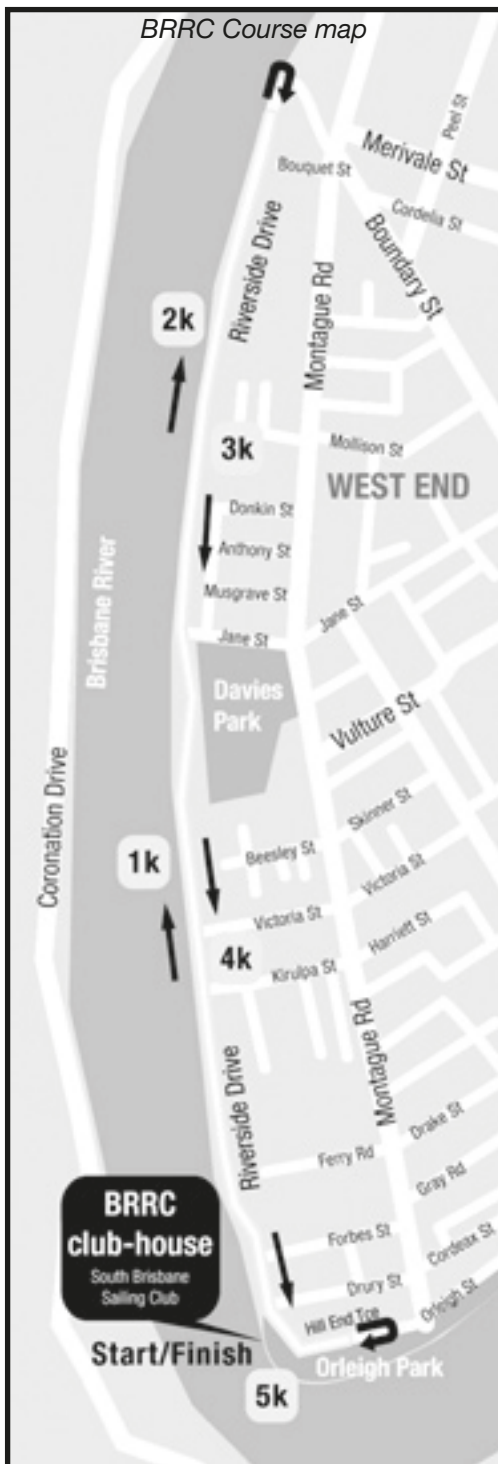


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BRRC Course map





HONOUR BOARD

BRISBANE ROAD RUNNERS CLUB STALWARTS

Current Members with over 10 years membership - includes Life Members

Bruce Annabel (L.M.)	John Buttner	Greg Beerling
Jenny Chaston (L.M.)	Paul Circosta	Irene Davey
John Diamond	Phil Dickinson	Laurie Dunn
Theresa Fabian	James Fitzsimon	Shane George
Pam Goddard (L.M.)	Ron Grant (L.M.)	Harold Haldane
David Heap (L.M.)	Marion Hermitage	Phillip Hermitage
David Holleran	Peter Holles (L.M.)	Phil Hungerford
Ian Javes (L.M.)	Andrew Leggett	Robert Lofthouse (L.M.)
Steve Manning	Margot Manning	Daniel Manning
Zoe Manning	Jack Marsh	Ralph Marshall
Debra McBride (L.M.)	Brian McCarthy (L.M.)	James McCarthy
Chris Mead (L.M.)	Betty Menzies (L.M.)	Bob Miller (L.M.)
Di Miller (L.M.)	Eddie Ngenda	Derek Nixon-Smith (L.M.)
Garry Page	Adrian Pearce	Mark Phillips
Trudy Porter	Tony Roebuck	Michael Schultz
Andy Semple (L.M.)	Bruce Smerdon	Diana Southern (L.M.)
Madonna Stewart	Ron Vines	Norm Walker (L.M.)
Karen Wiersma	Brian Williams	Russell Wilson
James Winters	John Wishart (L.M.)	

As at 12/07/16

Brisbane Road Runners Club CALENDAR of EVENTS 2016

DATE	EVENT	START	SPONSOR
03-Jan-16	5k Predictor & 10k Predictor - No Watches	6.00am	Intraining
17-Jan-16	2k, 5k, 10k & 15k	6.00am	The Run Inn
31-Jan-16	5k, 10k & 15k "Bring a Friend"	6.00am	Intraining
14-Feb-16	2k, 5k, 10k & 15k	6.00am	NRChi
28-Feb-16	5 mile Club Championship & 10 miles	6.00am	Skirt Sports
06-Mar-16	INTERNATIONAL WOMENS' DAY FUN RUN - NON BRRC EVENT		
13-Mar-16	2k, 5k, 10k, 20k & 25k	6.00am	P.A.T. 42.2 Running
20-Mar-16	TWILIGHT RUNNING FESTIVAL - NON BRRC EVENT		
03-Apr-16	5k, 10k & 15k	6.00am	The Run Inn
17-Apr-16	2k, 5k, 10k, 20k & 25k	6.00am	NRChi
01-May-16	21.1k Club Championship & 5k, 10k	6.30am	Intraining
08-May-16	MOTHERS DAY CLASSIC - NON BRRC EVENT		
22-May-16	2k, 5k, 10k, 20k & 25k	6.30am	NRChi
29-May-16	5k, 10k, 15k & 20k	6.30am	Skirt Sports
05-Jun-16	QLD HALF MARATHON & CITY 2 SOUTH - NON BRRC EVENT		
12-Jun-16	2k, 5k, 10k, 15k, 20k & 35k	6.30am	P.A.T. 42.2 Running
26-Jun-16	10k Club Championship, 5k & QMA 10k Championship	6.30am	The Run Inn
03-Jul-16	GOLD COAST MARATHON - NON BRRC EVENT		
10-Jul-16	3 Person Criterion Relay	6.30am	Intraining
24-Jul-16	20k Club Championship & 2k, 5k, 10k, 15k	6.30am	P.A.T. 42.2 Running
07-Aug-16	BRISBANE MARATHON FESTIVAL - NON BRRC EVENT		
14-Aug-16	2k, 5k, 10k & 15k	6.30am	Intraining
21-Aug-16	SUNSHINE COAST MARATHON - NON BRRC EVENT		
28-Aug-16	BRIDGE TO BRISBANE - NON BRRC EVENT		
04-Sep-16	10 mile Club Championship (Robin Flower Memorial) & 5 miles	6.30am	The Run Inn
18-Sep-16	2k, 5k, 10k Age-Graded	6.30am	NRChi
24-Sep-16	TWILIGHT BAY RUN - NON BRRC EVENT		
02-Oct-16	15k Club Championship & 5k, 10k	6.00am	The Run Inn
16-Oct-16	3 Person x 4.5k Relay	6.00am	NRChi
30-Oct-16	2k, 5k, 10k Novice & AGM	6.00am	Intraining
13-Nov-16	5k, 10k Handicap	6.00am	The Run Inn
27-Nov-16	5k Club Championship & 2k, 10k	6.00am	NRChi
11-Dec-16	Dash & Splash, Yeronga Pool	7.00am	BRRC
01-Jan-17	5k Predictor & 10k Predictor - No Watches	6.00am	TBA

