

BRRC

Winter 2021



CONTENTS

YOUR COMMITTEE	1
FROM THE EDITOR	2
By Robert Lofthouse	
PRESIDENT'S REPORT	3
By Andrei Wightman	
MEMBER PROFILE.....	5
Katherine Moore	
BRISBANE ROAD RUNNERS RACE REPORT	6
By Robert Lofthouse	
WARWICK PENTATHLON - WHERE THE WARMUP HAPPENS AFTER THE RUN	18
By Shona Clayton	
BRRC RACE RECORDS	22
By Bruce Smerdon	
MEMBER PROFILE	29
Stephanie Lawrence	
1 ERNIE vs 100 MILES - MISSION IM POSSIBLE	40
By Gina de la Cruz	
MEMBER PROFILE.....	39
Lucy Day	
STALWARTS	40
AT THE RACES	41
By Robert Lofthouse	
MEMBER PROFILE	43
Emmanuel Vergara	
NOTICE OF AGM	44
WEIPA MARATHON	45
By Adrian Royce	
2021 CHAMPIONSHIP SERIES	48
By Bruce Smerdon	
MEMBER PROFILE	53
Sharon Marrington	
ULURU MARATHON	54
By Vicki Fennelly	
IT'S A PAIN IN THE BUTT	56
By Irene Davey	
MEMBER PROFILE	58
Scott Walker	

BRRRC COMMITTEE 2021



Andrei Wightman, President



John White Hwang, Vice President



Virginia Neil, Secretary



Bruce Smerdon, Treasurer



Adrian Royce, Registrar



Tim Appleton



John Dempster



Pam Goddard



Darren Manson



Geoff Neil



Jurgen Paetz



Yvonne Paetz



Tracey Wood

FROM THE EDITOR ...

By Robert Lofthouse

Welcome to the Winter edition of the 2021 BRRC Magazine!

Well, just when we thought that things were getting back to normal and events going ahead as planned, COVID put a 'spanner in the works' again. The Gold Coast Marathon weekend was cancelled for the second year in a row (at very short notice) and then other popular events such as Bridge to Bridge and the Sunshine Coast Marathon were deferred to later in the year. Community sport was put on hold for most of August, affecting BRRC and the regular Saturday morning Parkruns. If you were involved in the Rocks Riverside Parkrun back in late July, a 14 day home quarantine imposed on all who attended put a real dampener on outdoor activities.

On a positive note, it was great to see some world class Athletics back on television with the Tokyo Olympics proving to be a real tonic for the sport.

This edition of the magazine includes the popular member profiles which are always a good read as well as the usual report on BRRC events. I have also compiled a report on the Men's and Women's marathons held at the Olympics for anyone who missed the results.

Club member Vicki Fennelly has kindly written a report on her recent visit to the Outback Marathon held at Uluru (Ayers Rock) which is an event like no other running event in this country. I was lucky enough to take part in this unique event back in 2016 and can vouch that a flight out to the sacred rock to take part is a highly rewarding experience. The photos taken by Vicki say it all.

Many BRRC members have been getting used to doing 'virtual' runs during our lock down periods so hopefully we'll be back on board for the rest of the year with the continuation of our championship series as well as the normal fortnightly events.

Hope you enjoy the magazine and importantly keep up the training even though the race calendar has been really scaled down in recent times. Maintaining

fitness is far easier than trying to get it back, after you lose it for whatever reason. Finally, thanks to Betty Menzies and Bruce Smerdon who have provided great support in sorting out photos and ensuring that this magazine appears on our website in a very presentable format.

See you at our Sunday morning events at the South Brisbane Sailing Club in the near future.



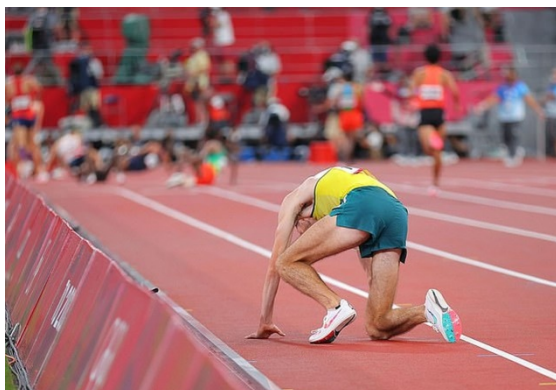
Robert Lofthouse (Editor)
rob.lofthouse@optusnet.com.au

PRESIDENT'S REPORT, August 2021

By Andrei Wightman

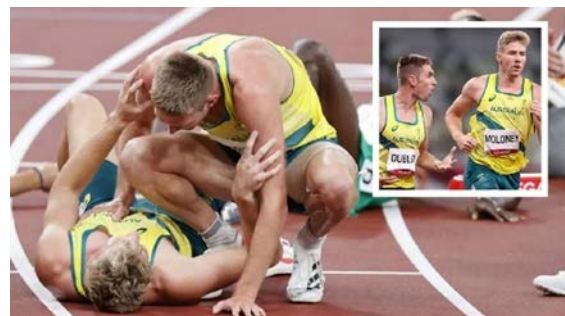
Welcome to the 2021 Winter magazine. Winter this year has really been a mixed bag for everyone with a share of ups and downs. A really positive note was the 2020 Olympics finally happening. Not only was this a spectacle to watch but for the first time in my memory, the Australian Track and Field team didn't just make it to the Olympics but were featured in many finals. Some of these resulted in medals but many also featured some amazing displays of sportsmanship, determination and bravery. Personal bests, Australian and Oceania records were also broken and I heard it said that if you're going to set a PB, an Olympic final is the place to do it. I'm also thrilled to read that Peter Bol, who placed fourth in his 800m final, has stayed hungry and gone on to win a race in Poland over Polish star Patryk Dobek who beat him for bronze in Tokyo (scorching fast winning time of 1:45.49 in case you're interested). What I loved most about that was that despite what could be called a magnificent race, Peter didn't rest on his laurels but continued his relentless pursuit of his best.

There are so many other amazing and uplifting stories of Australian (and Athletes from around the world) but I saw a few in particular that we can all ponder in a year when we've faced last-minute event cancellations, event postponements and restrictions ranging from numbers in training groups to complete quarantine for so many of us.



Pat Tiernan

The strength of Pat Tiernan, the dedication of our men's and women's marathon teams (in fact, the whole team!), the selflessness and encouragement of Abdi Nageeye (Netherlands) to his training partner Bashir Abdi (Belgium), at the end of the men's marathon, or the encouragement and celebration of success that Cedric Dubler showed to his teammate Ashley Moloney in the Decathlon.



Cedric Dubler, Ashley Moloney

If you didn't get to see any of these, check on YouTube or the Olympics site. I've re-watched some of these and they continue to bring a wide smile to my face.



Sinead Diver, Lisa Weightman, Ellie Pashley

I see these things from time to time at BRRC but I'd like them to be what we're known for, regardless of where we are in our running journeys or where we finish.

We dig deep to be the best we can be, we encourage each other to do the same and celebrate when they do, even if their best is just to finish.

If, like me, you are missing the Olympics, hold on because the Paralympic Games start on the 24th of August and the Australian team going there is strong. To add to that, the Birmingham Commonwealth Games are only 346 days off and the Brisbane Olympic Games are just over 10 years away! I don't know about you, but I'm sure I won't be competing in Brisbane, but I will be taking some time off work to volunteer. Speaking of volunteering, I can't write another President's report for the magazine without calling out the endless work and dedication of our very own Robert Lofthouse who is one of the driving forces for the magazine and provides the amazing race reports of our and other noteworthy races in the magazine. He is a long-term BRRC member and his encyclopaedic knowledge of runners and running is astounding. He's not as fast as he used to be (and he was) but he's still going strong and finishing what he starts. Make sure you say thanks if you see him.



Finally, I'm so deeply sorry for our friends, relatives and competitors in New South Wales and Victoria in particular, who, due

to COVID-19 are in various states of lock-down. Queensland has been very lucky to, so far, escape the worst of the pandemic and allow BRRC to continue our events. Sadly, the cancellation of the 20km Championship was unavoidable and we are hoping to get back to our normal races as soon as possible.

I'll confess that I'm a bit of a fan of Arnold Schwarzenegger and his approach to training, and what he's made of his life (despite some questionable movies and tough beginnings). He recently summed up my thoughts on vaccination hesitancy "It's simple - if your house is on fire, you don't go on YouTube— you call the damn fire department." Vaccines work, the only way that we can return to a normal life is if as many of us as possible get the COVID-19 vaccination. This is not opinion; this is the advice of Queensland's Chief Medical Officer, the World Health Organisation and leading immunologists and virologists. I'd love to think that BRRC can not only be South-East Queensland's best place to run and race but also has a vaccination rate that hits the 80%+ vaccinated target well ahead of the general population.

See you all soon at West End and running around our beautiful river city.

Run safe, run healthy, run happy,
Andrei.



MEMBER PROFILE

Name: Katherine Moore

Age: 66

Occupation: Lazy Artist



How and when did you start running?

I started running regularly at Northlakes Parkrun in 2014. It took me a few more years to stop training at home on my treadmill. I think I became a real runner when I swapped the treadmill for the road.

Most Memorable Running Moments:

This was my first age group record. It was good to achieve a goal.

Favourite Running Distance and PB:

5 kms-10kms. My PB in this age group (65-69 yrs) for 5kms is 22.14 and for the 10kms 47.09.

Running Goals:

To keep running, and to return to running when obstacles might temporarily stop me.

Favourite Runs:

Bullocky's Rest at Warner, and Sweeney Reserve at Petrie. Both have no traffic and lots of trees.

Favourite Running Partners/Group:

I like to run alone unless at BRRRC or Parkrun. Running at BRRRC provides the opportunity to race longer distances and to compete.

Who is your running idol?:

Betty Menzies, Ron Vines, Brad Beer. Also all the generous runners who regularly volunteer and organise events.

Favourite Sportsperson/s:

Roger Federer and Ash Barry because of their sportsmanship. My son Patrick Weinrauch, for his fearless, focused enthusiasm in whatever sport he chooses. He doesn't put limits on himself and always does his best.

Favourite Shoe Brand:

Nike for the road. Salomon for trail.

Favourite Food:

Soft eggs on crunchy toast with a cup of tea.

Favourite Drink:

Mostly I like a cup of tea that I have made myself. It's about the type of cup, the type of tea, the type of milk.

Favourite Movie:

Any movie I see with my grandchildren is this month's favourite.

Favourite Music:

Various.

Star Sign:

Sagittarius

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

That the people I care about stay happy and well.

BRISBANE ROAD RUNNERS RACE REPORT

March to August 2021

by Robert Lofthouse

March 28th – 20km/15km/10km/5km (173 starters)

A good roll up considering that the Great South Run was also being held on the same morning. Conditions were much more runner friendly than previous months, with the humidity having dropped off in the previous week.

20km – The first 10km saw Emmanuel Vergara and **Matt Archer** leading the way with Emmanuel holding a 10 second lead at the halfway point. Emmanuel slowed a little in the third lap as Matt took the lead and heading into the final lap, Matt started to build on his 15 second advantage. Maintaining his 4 min/km pace over the final 5km, Matt took the win in a time of **59:36** (This was Matt Archer's first win at BRRC in nine years). Emmanuel finished second with Robert Cordle third across the finish strip.

Frances Stewart (1:32:39) continued her excellent 2021 form at BRRC by winning the ladies 20km by a convincing margin over Michelle Steindl.

15km – BRRC newcomer **Damien Jeffery** established a handy lead after 5km courtesy of a 19:15 time split and from then on, maintained consistent 20 minute splits to give him a winning time of **59:20**. His winning time represented a three minute margin over second placed Damien Thompson with one of BRRC's up and coming teenage runners Jasper Joyce, stepping up to the longer distances and claiming third place. **Bernadette Cashman** was the standout in the ladies three lapper with a comfortable seven minute win over Maria Hoogstrate and Susan Thornton. Bernadette recorded a time of **1:07:48** with her final 5km being her fastest time split of the three laps. Bernadette has a current 5km Parkrun PB of 19:47.

10km – Great to see some new faces leading the field home with **Duncan Marckwald** taking out the men's 10km after Nicholas Turner led at the 5km mark. Duncan was able to really pick up the

pace in the second half to record a 40 second negative split to take the win in **39:03**. Nick was second with Owen Korn third.

In the ladies equivalent, **Erin Hurley** claimed her first BRRC win, completing the course in **46:59**. Kerry Magro and Maeve McGovern were second and third respectively.

5km – The men's 5km saw BRRC committee member **Tim Appleton** win in a time of **19:07**. Tim is one of the great Club members who puts a lot of time in behind the scenes, ensuring that the timing system is functioning properly at every BRRC event.

Tim's winning margin was over two minutes with Raoul Thakur second and Zac Stevenson third. **Usha Thakur** won the ladies 5km in **20:40** with Alyssa Kennedy second and Lucy Day third.

A special thanks to Race Director **Wendy Crompton** and the timing crew and volunteers for their support on the morning.



James Winters



Washington Firmeza & Jeremy Woolley



Jenny Downie

April 11th – 25km/20km/10km/5km (197 starters)

April usually sees a drop in early morning temperatures meaning longer distance events start to ramp up on the BRRC calendar. With the Brisbane Marathon Festival and Gold Coast Marathon looming large, more runners are looking to test themselves in training over the longer events.

25km - The men's race saw Robert Godino going out at a very fast pace and at the 5km mark (reached in 17:54) held a two minute lead over Robert Cordle with Matt Archer third. Robert Godino continued to hold his lead and by the 15km mark had a 2min 18 sec advantage over his nearest rival Robert Cordle. The real momentum shift happened between the 15 and 20km where runaway race leader Robert Godino, ran a 23 min lap, allowing Robert Cordle to catch him and take a 90 second lead at the 20km mark. From then on, **Robert Cordle** dominated up front, recording a winning time of **1:38:31**. Matt Archer continued his strong form in 2021, coming home second courtesy of a strong final 10km. Robert Godino managed to finish third with Adrian Royce finishing just six seconds behind in fourth place.



Robert Godino, Robert Cordle & Matt Archer



Tony Davis

In the ladies 25km, **Kerri Hodge** won in **1:50:07** with Liz Grolimund finishing just 12 seconds behind. Liz recorded a 20:21 on her last lap in the race to get close to Kerri at the end. Frances Stewart continued her good BRRRC form to finish third.



Liz Grolimund

20km – 40 runners signed up for the 20km distance with multi-sport enthusiast **Cillian Rouse** taking out the men's event in a time of **1:25:31**. Intraining runner Stephen Walmsley was second male to finish with Andrew Marsden third.

Bernadette Cashman won the ladies 20km, making it consecutive wins for her at BRRRC. Bernadette was the 15km winner a fortnight earlier and on this occasion established a lead of over two minutes after 5km and by the end of the four laps had established a winning margin of over nine minutes, crossing the timing strip in **1:32:23**. Susan Thornton was second with Shannon Proffit third in her first run at BRRRC for the year.

10km – The 10km proved to be the most popular distance of the morning with 100 runners choosing the two lap journey. **Pierre Gouws** lead the field home with an impressive **34:34** effort, which consisted of even 5km time splits of 17:17. Nic Kirkup was second and Enrique Suana rounded up the top three.

In the ladies 10km, **Candice O'Neill** won her first BRRRC trophy with an impressive **40:33** effort. BRRRC regular Elizabeth O'Neil was second and Rachel Levine third.



10km female winner, Candice O'Neill

5km – The men's 5km saw 17 year old **Harvey Cramb** lead the way with a **17:51** effort. Recently, Harvey competed in the Under 18 Division at the Queensland Track and Field Championships in the 1500 metres and the 2000 metres steeplechase winning a bronze medal in the steeplechase. Harvey's height is a great asset particularly in the steeplechase events on the track. Owen Korn finished a minute behind in second place with George Daly third.

Kate Cecil came to prominence at BRRRC last year, winning a few of the shorter events in her first year with the club. Coming from a Gym/Crossfit training background has given her plenty of strength for her running. She took out the ladies 5km on the morning with a **20:35** performance. Usha Thakur, who had won the 5km a fortnight earlier was runner up on this occasion with Christine Kinlay third.



Jeanette Campbell

May 2nd – Half Marathon Champs /10km/5km (279 starters)

****Robert Godino and Kerri Hodge claim Half Marathon titles****

The third championship race of the season was held over the 21.1km Half Marathon distance with a field of over 220 runners lining up for the event. The course consisted of a 1.1km lap followed by four laps of the normal 5km course.

Current Half Marathon Course Record Holders:

Male – Jon Peters 1:12:13 on 01/03/2009

Female – Leisa Smith 1:19:44 on 01/03/2009

With the two leading runners and Club members Kieren Perkins and Isaias Beyn absent, the men's race promised to be a very open affair with no clear cut favourite. Jayden Lyttle lead the race after completion of the short 1.1km lap and crossing the timing strip after 6.1km, Jayden still held a 15 second lead over a large group of runners which included Daniel James, Derrick Leahy, Andy Dey, Will Barton, Paul Tierney and Scott Walker. Positions really started to change between the 6.1 and 11.1km marks with both early race leader Jayden Lyttle and Scott Walker dropping out, leaving Derrick Leahy, Paul Tierney, Andy Dey, Will Barton and Daniel James in the lead group along with Robert Godino who had made up a precious 15 seconds, courtesy of a 17:31 split for his second 5km lap. The lead group of six stayed together for the next 5km and going into the last lap it was anyone's race. Who would make the break and throw out the challenge? Well that answer came fairly quickly with **Robert Godino** putting in an inspired burst which saw him break away from the pack and record a sizzling 17:14 split for the last 5km, to see him winning the championship by over 30 seconds from Derrick Leahy, with Andy Dey a second behind in third place. Robert's winning time was **1:14:20**, a tremendous effort by someone in the 50-54 age category. Robert is fairly new to running and has certainly emerged as a forerunner in BRRC events held in early 2021.



Robert Godino

The ladies half marathon proved to be a little more clear cut with **Kerri Hodge** winning in **1:26:23** from Liz Grolimund and Hanne Schoofs, both being consistent performers over the last two years at the Cub.

Age group records:

With such a large turnout, it was no surprise that nine (9) runners broke the previous Half Marathon course record in their respective Age Groups.

Congratulations to **Samuel Stenson (M0-19)**, **Daniel James (M25-29)**, **Derrick Leahy** and **Andrew Dey (M40-44)**, **Hamish Bell (M45-49)**, **Robert Godino (M50-54)** in the men's age groups and **Kerri Hodge (W45-49)**, **Helen Ridley Hanna (W65-69)**, and **Irene Davey (W70-74)**, who all went under the course record in their age group.

10km – In the two lap event, **Steve Woolley** stamped his authority on the race with an 18:21 first lap, eventually winning in a time of **36:55**. Andrew Marsden was second with Enda Cotter in third. Enda recorded a negative split of over two minutes in the second half of the race to pass three runners and claim a top three finish.

In the ladies race, **Maria Hoogstrate** took the honours by nearly two minutes with a **47:16** effort. Her nearest challenger was

Sarah Hermitage with Christine Kinlay third.

5km – Only a small field of 10 runners in the morning's shortest event with **George Daly** winning the men's category in **19:59**. One of BRRC's best known masters competitors Colin Woods was second. **Sophie Butler (21:23)** won the ladies category from Lucy Butler and Nikita Ferguson.

Special thanks to Race Director **Peter Riethmuller** and all the volunteers who did a fantastic job on what was a huge morning for the club.

May 9th – 25km/20km/10km /5km (115 finishers)

After the Half Marathon champs the previous week, it was a much smaller turnout, with the Mother's Day run at Southbank also being held in the next suburb.

25km - The men's five lap event saw a strong performance put in by noted BERT group long distance specialist **Christophe Manchon**. Christophe took up trail running back in 2016 and has developed a penchant for the longer distance events. He ended up recording a **1:36:46** effort, giving him the win by just over a minute from Danny McDonald. Third place went to Emmanuel Vergara, a resident of Toowoomba who makes the regular drive down to BRRC to compete (see Emmanuel's profile in this magazine) in club events.

In the ladies 25km, **Frances Stewart (1:56:15)** chalked up another win, on her way to competing in her first marathon later in the year. Since joining BRRC, Frances has been a big improver, having already won a few of the longer events at the Club this year. Cheryl-Lyn Samuels was second and Abi Hurdley third.



Frances Stewart



Cheryl-Lyn Samuels

20km – **Adrian Royce** had an easy win in this event recording a time of **1:16:58** with David Bishop and Brendan Flanagan running together for the entire distance to record exactly the same finish time as they tied for second. **Kate Cecil** led all the way in the ladies distance equivalent, winning in **1:39:40**. Leigh Cavanagh and Jennifer Fine rounded out the top three at the presentations.



Matt Allen & Kate Cecil

10km – Well performed Sunshine Coast triathlete/runner **Justin Voss**, went through the 5km mark in 18:01 on his way to taking out the 10km event with a time of **37:19**. Andrew Clarke and Cillian Rouse were the only other two male runners to break 40 minutes, finishing second and third. In the ladies event, it was great to see 2002 Commonwealth Games Marathon silver medallist **Krishna Stanton** winning a BRRC event. Krishna recorded a time of **38:50** to give her the win by over three minutes from Rebecca Lin and Simone Hartley.

5km – The men's event saw **Anthony Poulton (18:46)** triumph by 10 seconds from Owen Korn with Joey Doran third. **Jakarta Voss** capped off a great morning for the Voss family, taking out the 5km in **21:42** with Indiana Voss second and Nikita Ferguson third.

Thanks to Race Director **Kerri Biggins**, the timing crew and all the other volunteers who did their usual excellent job, ensuring the continued safety of all runners.



Lynette Fergusson & Kerri Biggins



Juliane Lewis



Krishna Stanton & Betty Menzies



Danny McDonald and Christophe Manchon (25km winner)

May 23rd – 30km/20km/10km /5km (159 finishers)

Good running conditions with no wind or humidity and the first 30km event of the season on the morning's schedule.

30km – Queensland marathon representative **Andy Dey**, celebrated his selection in the Queensland team for the Australian Marathon Championship at the Gold Coast, by smashing the course 30km record by over five minutes. The record had been held by leading Queensland masters runner David Sweeney. During the six lap event Andy showed his strength and fitness by maintaining an average of 17:43 per 5km for the entire distance. His finish time was **1:46:20** with

training buddy Yun Phua also breaking the course record with a strong 1:48:13 effort to finish second. Daniel Gonsalves also ran a good race, maintaining his third place for the entire 30km.

Only 4 ladies competed in the 30km with Jennifer Fine leading at the 15km point by a couple of seconds from **Michelle Steindl**. Michelle was able to catch Jennifer soon after and finished strongly over the last 10km to win by a margin of over three minutes with Jennifer second and Deborah Marshall third after the fourth lap. Michelle Steindl's winning time was **2:39:24**.



Michelle Steindl, 30km winner

20km – The 20km saw Adrian Royce lead through the first 5km but then well performed Ironman Triathlete **Robert Cordle** picked up the pace and at 10km, Robert had established a handy 30 second lead over Adrian. The second half of the race saw Robert maintain sub 19 minute laps to give him a winning time of **1:15:19**. Adrian was two minutes behind with Warren Marsh just edging a tiring Wayne Cooley in the last 500 metres to elevate him to third place.

The highlight of the ladies 20km was the sub 4 minute kilometre performance put in by **Krishna Stanton**. Krishna was running with leading Queensland marathoner Wayne Spies for most of the race, which helped her maintain her kilometre average and focus right through to the finish. Her

winning time of **1:19:33** was the third fastest overall of the morning for the 20km with only the leading two male runners Robert Cordle and Adrian Royce crossing the finish in front of her. After Krishna had finished, Wayne went even faster, sailing through the next 5km in 17:34, as part of his 30km training run. Wayne's age world record set in the 50km in Canberra this year has really set him up for some good performances in the Marathon later in the year. Hanne Schoofs continued her excellent form at BRRRC, finishing second in this event with Heidi Grodecki third.



Krishna Stanton (20km winner) & Wayne Spies

10km – **Hamish Bell** from the BERT running group clocked a **36:22** performance in winning this event with well known Brisbane runner Dennis Fitzgerald finishing second, staving off a late charge by Steve Davidson. Since starting his running career in Toowoomba (in the mid 1980's), Dennis has done it all in Athletics during a career which has now spanned over 35 years. Great to see Dennis competing at BRRRC in 2021. BERT runners were to the fore in the ladies 10km, finishing first and second respectively, with **Nerissa O'Donnell (38:15)** winning by a comfortable margin

of two minutes from Olivia Lennon. Candice O'Neill rounded out the top three.



10km winners, Hamish Bell & Nerissa O'Donnell

Following on from his win in this event, congratulations again to Hamish Bell for his efforts a week later in winning the gruelling five race, two day Warwick Pentath Run, covering the overall 42.2km Marathon distance in 2:44:47.

5km – Andrew Clarke (17:41) took the honours in the men's race from Raoul Thakur and Peter Jones. In the female division, **Usha Thakur (21:26)** had a comfortable win over Kate Riethmuller and Peta Dunne.



Usha Thakur 5km winner



Andrew Ward

David Best as Race Director and his volunteers did a great job on what was a long morning for many. Luckily, the cooler May weather made it a little easier on runners, especially those competing in the two longer races.

June 6th – 20km/12km/4km Riverbank Run (75 runners)

The Riverbank Run has become an annual event on the BRRC calendar and uses a vastly different course from the usual 5km loop. The 4km course used for this event starts behind the Sailing Club next to the river and follows the bike path by the river out towards the West End ferry before turning back and going past the start line and up the grassy slope next to the dog park, before re-joining the river path and heading out towards the Rowing club before turning and heading back to the start/finish line. The 4km course was first used back after the Brisbane flood of 2011 when the road was damaged and unable to be used. This hastily revised course proved to be a popular substitute back then, so the committee decided to use the course once a year for variety and with much of the run hugging the edge of the river, the Riverbank Run is a perfect name for the event.

20km – The men's event proved to be an interesting battle with the lead changing a few times during the five laps. Wayne Cooley held a 30 second lead over Jasper Joyce at the end of the first lap with Anthony Poulton a step in front of Warren Marsh in the contest for third place. Wayne stretched his lead to nearly a minute over Jasper after the second lap, while Warren was able to forge a handy 30 second break over Anthony Poulton. Some big changes happened during the third lap with Wayne slowing noticeably,

allowing Jasper to catch him just after the 10km mark and finish the 3rd lap (12km mark) of the race with a handy 30 second lead over Wayne. Warren Marsh was also making up time to be a similar margin away in third place.

The 12-16km part of the race saw Warren Marsh pass Wayne Cooley and start to set his sights on Jasper who still maintained a 45 second lead going into the final 4km lap. The final lap saw an inspired effort by **Warren Marsh** who really lifted the tempo to run a sizzling 15:01 lap to snatch the lead from Jasper with under a km to go. Warren's winning time was **1:17:57** with Jasper eight seconds behind in second place. Wayne Cooley finished third.

It was great to see a new face winning the ladies 20km with former Canberra runner **Ayesha Razzaq** leading from beginning to end with a **1:56:40** effort. Ayesha moved to Brisbane in 2020 and was part of the Robert Di Castella Indigenous Marathon project which saw her running major Marathons like New York and Boston while living in Canberra. She ran her first marathon in 2014. Helen Ridley Hanna finished second with Linda Graham third.



Ayesha Razzaq (winner 20km)

12km – Andrew Clarke (from the Watts Running Group) has been a regular at BRRC over the last two years and has won a few races during this time. Andrew led by a 20 second margin after the first lap and held that lead for the entire 12km

journey, winning in a time of **44:10**. It was great to see Ralf Hamann back at the Club after a long absence and his second placed effort showed that he has lost little of his form. Owen Korn claimed third place.

In the ladies 12km, **Julie Hall** held a 13 second lead after 4km, over a group which included Zara Callianiotis, Crystal Mahony, Eimear Mann and Catherine Ehlers. Nothing changed in the second lap with Julie still holding a 20 second lead over the chasing group of four runners who were still bunched together as they crossed the timing strip going into the final 4km. Julie managed to hold on for the win though Catherine Ehlers managed to break away from the chasing group of four to finish just six second behind a delighted winner in Julie Hall. Julie's time was **1:01:46** with Eimear Mann just five seconds behind Catherine in third place.

4km – Well, the results from the one lap event proved the diversity of ages competing in our events with the male category being won by 10 year old **Kelsey Rolff** and the ladies being won by **Katherine Moore**, the leading Queensland Masters athlete who competes in the 65-69 age group.

Kelsey Rolff (16:05) became the youngest winner of an open race at BRRC, winning by two minutes from Anthony Bone and Tim Greenaway. **Katherine Moore** showed what a great runner she still is, winning the ladies race over her younger competitors with a **17:44** effort. Nikita Ferguson and Katherine Jackman rounded out the top three.

Despite the small attendance, there were still some great performances put in on the morning on a 4km course which mixes up grass, bike path and a hill - just to keep everyone honest.

Thanks to **Kerri Biggins** who did an excellent job in her role as Race Director on the first official Winter run on the BRRC calendar

June 20th - 10km Club Championships
/5km (309 runners)
Isaias Beyn and Kerri Hodge win 10km
champs

The fourth race in the BRRC championship series proved to be extremely popular with a field of 292 runners lining up at the start on a cool 10 degrees morning. Fortunately, the strong wind from the previous day had gone, leaving near perfect conditions for runners.

Current 10km Course Record Holders:
Male – Jon Peters 31:59 on 15/02/2015
Female – Clare Geraghty 35:28 on 02/01/2011

The 10km men's race proved to be a tussle up front between **Isaias Beyn** and **Wayne Spies**. Both had been in good form leading into the race with Isaias having won the BRRC 15km championship back in May and Wayne having broken a world age record in Canberra over the 50km distance. Isaias and Wayne ran together for the first 5km recording 16:28 as they headed into the second half of the race. Isaias started to edge ahead of Wayne by the 7km mark and managed to forge a lead of over 20 seconds by the finish as he crossed in a finish time of **32:51**. This win now gives Isaias two wins in BRRC championship races with Kieren Perkins and Robert Godino each having won one race so far in the series.



Wayne Spies and Isaias Beyn

The race for third place was very competitive with Matt Cooper, Michael Cnops, Nicholas Kirkup, Stephen Butcher and Marty Kelly together in a group of five at the halfway mark. A sensational last 5km by Michael Cnops powered him into third place. In fact, Michael's 16:20 split was the fastest of the morning and being able to go 45 seconds quicker in the 2nd half really decimated the group.

Kerri Hodge won her second championship race of the year recording **38:14** to claim a win by nearly 30 seconds from Hanne Schoofs, who has been a big improver in 2021, lowering her times over a variety of distances. At the halfway mark, Kerri held a 13 second lead over Hanne with Nicola 'Noo' Bowker only four seconds behind. It was a remarkable effort by Noo who finished third and smashed the age record by four minutes in the women's 50-54 age group.



Nicola Bowker

Age group records:

Six (6) runners broke the previous 10 km course record in their respective Age Groups.

Congratulations to **Isaias Beyn (M30-34)** and **Jonathan Daley (M20-24)** in the men's age groups and **Hanne Schoofs**

(W30-34), **Nicola Bowker (W50-54)**, **Katherine Moore (W65-69)** and **Betty Menzies (W75-79)**, who all went under the course record in their age group.

5km – Only a field of 17 in the one lap event with **Scott Walker** quickly asserting his authority on the race winning in a time of **17:01** from Dan Wright with Raoul Thakur third.

Kailey Wilton (20:48) took the honours in the ladies 5km, crossing the finish strip 30 seconds ahead of Usha Thakur and Elizabeth O'Neil.

Thanks to **Michael Lyttle** our Race Director on the morning and all the volunteers who helped make this another successful and enjoyable championship event for everyone.



Nicholas Turner



Colin Forrest



Peta Dunne

The strong wind experienced on the previous day abated overnight, leaving near perfect 10 degrees conditions for those keen to enjoy some competition after the previous week's cancellation of the Gold Coast Marathon. Three distances were on offer with masks making a comeback around the start area as per the Queensland Government requirements.

15km – The three lap event saw **Scott Walker** take charge early and after 5km, Scott had forged a two minute lead over a group of four runners that included Matthew Langmack, Jasper Joyce, Wayne Cooley and Philip Teakle. Scott continued to build on his lead during the second of the five km laps while the battle in the chasing group saw Philip Teakle dropping off the pace, leaving Matthew, Jasper and Wayne still together at the 10km mark. Who would make the break during the closing stages of the race? In summary, Scott Walker went on to win in a time of **55:13** with Matthew Langmack really picking up the pace in the final lap to claim second place by a margin of 50 seconds over Jasper Joyce who managed to out sprint Wayne in the final 100 metres to be third across the timing strip.

In the ladies division, **Kate Cecil (1:09:23)** claimed her third BRRC win in three months by a convincing three minute margin from Peta Dunne and Lea Lekieffre. Prior to this event, Kate had

collected wins at BRRC over the 20km and 5km distances.

10km – After moving to Brisbane from Italy a couple of years ago, **Davide Fontana** has been a regular at BRRC and a race winner on several occasions. In this race, Davide recorded an 18:00 time for the first five kilometres, before doing a negative split to give him a winning time of **35:52**. Darren Lloyd and Ruben Ripper were second and third respectively and the only other runners in a field of 51, to go under 40 minutes.

In the ladies event, Westside Triathlon club's **Alanah Hooi** made her first BRRC event a winning one, crossing the finish in **45:31** giving her a two minute win over Intraining's Siobhan Fitzsimons with fellow Club member Cassandra Richardson third

5km - Former Queensland Race Walking representative **Luke McCutcheon**, showed what a good runner he is as well, scooting around the course in **16:26**, giving him the win by nearly two minutes over Adrian Royce and Enrique Suana. **Deborah Marshall** took out the ladies division in **22:24** from leading Masters runner Katherine Moore and Louise Dunn. Katherine has been a great performer in her age group at BRRC championship events this year and you can read her runner's profile elsewhere in this magazine.

Special thanks to our President **Andrei Wightman** who was Race Director on the morning, along with all the volunteers who ensured that the event ran like clockwork.

July 25th – 20km//10km /5km (130 starters)

Conditions were quite cool though the biggest issue faced by runners was the presence of a strong wind, particularly noticeable after the turnaround point at the halfway mark.

20km – **Derrick Leahy** was the standout in the four lap event winning in a time of **1:11:36**. Derrick looks in good form leading up to the Marathons scheduled for later in the year. Sam Murphy was nearly nine minutes behind in second place with Matt Archer continuing his good form to place third. After competing in the Cairns Ironman in early July, **Michelle Petsky**

made her first BRRC appearance a winning one finishing in **1:43:19** giving her a three minute winning margin over Maeve McGovern with Robyn Bell third.

10km – Leading BERT runner and mentor **Peter Bracken** made a return to BRRC winning in a time of **35:00**. It was also great to see leading vision impaired Paralympic athlete **Gerrard Gosens** making an appearance at the club. At the tender age of 51, Gerrard is presently training for the triathlon and apart from his glowing sporting achievements he has raised over two million dollars in services and funds for blind people. On the morning, Gerrard was guided by his wife Heather on the bike and showed that his running form is still of the highest quality finishing second in the 10km with a 35:48 effort. Former Queensland Race-walking representative Luke McCutcheon finished third.

Kirsty Small lead the way in the ladies 10km, forging a lead of 90 seconds by the 5km mark before going on to record a win in **42:25**. Kim Massy was second and Pamela Pinel third.

5km – Club Vice President, **John White Hwang**, claimed the win in the one lap event crossing the finish line in **19:22**. Second place was taken by Adam Russell with 10 year old Kelsey Rolff continuing his good form to be third. **Nicole Robinson** won the ladies 5km in **23:54** with Catrina Daly and Felicia Elgey second and third respectively.



John White Hwang (winner 5km)

For a list of all BRRC race results go to our website at

<https://www.brisbaneroadrunners.org/results>
or visit our Facebook page

WARWICK PENTATHRUN – WHERE THE WARMUP HAPPENS AFTER THE RUN

By Shona Clayton

In 2003 my fiancé and I went for a weekend in Warwick. After the weekend he was my husband. So, imagine his delight when more than 18 years later I asked if he wanted to come with me for a weekend in Warwick which would involve a number of 'physical challenges'. His eyes lit up in a way they only do these days when Bundy Rum is on special, and the Broncos are playing like they did circa 2006. I definitely told him it was a different Warwick. Besides, our wedding location was in the Warwick which is south of Coventry, in England. As I'm sure you know, this Warwick is in Australia. We were planning a trip to the Pentathrun in Warwick in Queensland!



I checked with my running wife, Adin, if she was up for it and she was in! It was at the perfect point in our training schedule for the Gold Coast marathon. That weekend on the plan we needed to run 30km on the Saturday and 10 on the Sunday. It was perfect: Saturday's half marathon plus a 4.6km cross country and then a 5km flat road race followed by Sunday's 10km hill climb finishing up with the 1500m costume race, gave us our weekend totals plus a little bit. And, by completing the kms over the weekend it was a great confidence boost for the upcoming event.

We did some research and booked into some 'cabins' just outside of Warwick. Our

support crew (both husbands and Adin's son Tyler) plus a car full of snacks were all



ready to go. In the week running up to the event in Warwick, plus the rest of Queensland, we were experiencing a 'cold snap'. We had been warned to expect it to be cold, even before the sudden drop in temperatures. So, we packed a lot of warm clothes thinking we'd be fine. Boy, were we wrong.

Our cabins were what I think you might call a building donga. The heater didn't work but we had onesies and hoodies and thought we'd be ok. Paul and I spent that first night wearing most of our clothes, too scared to get out of bed as it was so cold. When the alarm went off (around 4am) you could see our breath as we talked. I was torn between wanting to get in the shower to warm up but not wanting to take my clothes off. The shower won out and before we knew it, we were in the car en route to Warwick town for the race start.



As we neared Warwick there was a lot of fog – a good sign that it would brighten up, right? We saw runners approaching, the closer we got to the start line. There was a lot of excitement! We were about to run the first Pentathrun event – a half marathon.



It didn't take that long to warm up, I'm not sure if it was just the running or the enormous hill we had to run up. There was a while there where I was thinking it would be too much and then I looked up and saw all the distractions there were: the views were amazing, there was a sheen of frost on the ground which made it look so pretty and then along came the crazy lady in a van with a microphone.

She drove slowly past all the runners making jokes, singing songs and even re-enacting 'that' scene from 'When Harry Met Sally'. It was just what we needed to help us up that hill. Coming in to the finish line was great. There were lots of supporters cheering us in and even some familiar faces from local parkruns and people we knew from Brisbane Road Runners.



It was only just after 9am and we had completed half of the weekend's kms. It

was a good start. Breakfast was laid on before we were bussed back to the start line. We were able to send a bag to the end which we had stuffed with extra layers for the ride back. So we were warm, right? No. There was cold air in the bus, and sweaty hair and clothes made us even colder. I've never been so glad to get back to the donga so we could shower and change ahead of the cross country.



We picked up the support crew and you'd be surprised but there wasn't a huge amount of time to turn it around before we were back on the road, en route to the pony club on the outskirts of Warwick. It was only when we arrived I realised I had forgotten my race number. Oof. Knowing how pedantic race officials can be, I wondered if I would forfeit a time. But this was Warwick! I asked if they could just give me the same time as Adin? They were super cool with that, so we lined up to go. It was a 2-lap course around a pony club, and we spent the first lap treading carefully.



No one wanted a rolled ankle to go into day two. There were some obstacles on the track you could choose to climb over. We ran round, with the majority of others, again, worrying about hurting ourselves on something that wasn't specifically running related. After the half marathon it felt fairly easy and it didn't feel too bad given the early start and the long morning run. Things were going well. Another quick turnaround and off we went to the last event of the day.



It could have been a parkrun given it was an out and back 5km flat road race. The sun was out and it was glorious. One of the Run Down Under competitors was finishing their journey around Aus so there was an added bonus for all. The organisers got everyone who runs parkrun, on a regular basis, to pose for a photo. We felt like we were part of a huge running club – and it was great!

The run was fine – like most Saturdays, just later. We enjoyed the run and even sprinted the last 500m. We were 75% of the way through the total kms. One of the big things I had been told about Warwick (I'm looking at you, Michael Lyttle) was the pub that the 5km finished at. Amazing food apparently. I have no idea because the food had stopped long before any runners arrived. We had a celebratory drink and headed back to get changed and found ourselves at the local RSL. Adin and I were starving and so we were waiting for the kitchen to open. The food was good, company was better, and we headed home around 7pm. It could have been the perfect day! By that point we had managed to borrow a plug in fan heater

and it was enough to warm the donga. Things were looking up.

Sunday dawned bright, and early again. We had to get a bus to the start of the 10km so we had to get to Warwick town to get the bus, then get on the bus and travel about 40 mins to the start. So, it was an early one and very cold again. One woman was wearing an Oodie. Adin offered her \$1,000,000 but she turned us down. I don't blame her really. Most people were warming up in the undercover car park of an aged care facility as it just got you out of the breeze for a short while.



We had been warned the 10km was all uphill. The half marathon climb was 250m. It couldn't be more than that could it? It was. Finished up being 350m climb but goodness me the view was worth it. We were tourists the entire way – we stopped at every point and took photos, often on behalf of other people who were running alone. By about 6km we were run walking, just to ensure we made it to the end. But again, the crowd brought us home. We could hear the crowd at the finish long before we could see them. As you ran into to the finish there were

race organisers and support crews calling out. It was so good and felt like a real achievement.

There was a hot breakfast laid on which was very welcome. Even for me – a gluten intolerant vegetarian (I know...) – so we'd conquered the mountain, were fed and watered and only had 1500m to go. We were on a high.

Another quick turn around and a pick up of the crew and we all went to the park in the town centre. Most people dress up for the last race so we went as Where's Wally x



2. There were lots of groups dressed up and it was a lot of fun. We ended up spending more time taking photos than actually running!



After pretty much sprinting our way through the 1500m lap we had done it! 42.2km in a weekend and we felt great! We had to stop off for a huge lunch before we left. After all, we'd run all those kms – we could eat whatever we wanted. Right?! Who cares. It was yum!

A couple of hours back to Brisbane and an early night for all of us.

So what's next? Well the plan was for Gold Coast Marathon, but we all know how that turned out. So we regrouped, got a ticket for Sunny Coast marathon and wound back the plan. We've just completed our 35km long run on Saturday and 10km run on Sunday. We are ready (according to the plan). We (I) just need to ensure I'm ready mentally. I keep telling Adin how nervous I am and she keeps telling me that I won't win, so don't worry. It feels a bit rough that my run-buddy has so little confidence in me! We are heading to the Sunny Coast for a running weekend: in bed by 8pm each night (at the latest) and eating and drinking everything in sight. I'm sure we'll see some of your out there, so be sure to say hello or just get us to take a photo. We might not win but I know we are the best at taking run photos of other people!

Top 5 tips for Warwick Pentathrun

1. Pack warm clothes
2. Pack a costume for the final run
3. Stay as close to Warwick central as possible – to minimise amount of travel to the start line, especially for those early starts
4. Have fun – it's a beautiful, supportive, happy event
5. Pack warm clothes. Then pack some more.

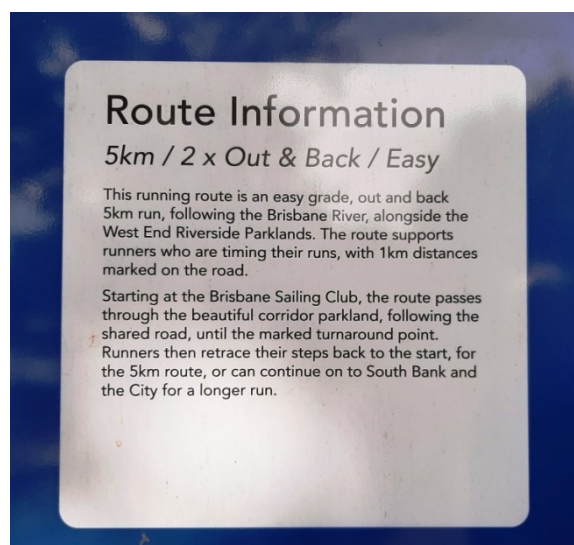
BRRRC WEST END RACE RECORDS – as of August 2021

By Bruce Smerdon

Brisbane Road Runners Club moved to West End in January 1989 after operating within the grounds of the University of Queensland from the inception of the Club in 1982.

The initial 5km looped course at West End started and finished adjacent to the gas tower near Davies Park. On the 29th of June 2008 a new 5km course was trialled,

starting and finishing at the South Brisbane Sailing Club. This new course proved popular and the Club officially began hosting events at that venue from the 21st September 2008. In 2020, the Brisbane City Council introduced signage and road markers after identifying the course as a way to support runners and improve community fitness.



Below is a list of the race records set since September 2008 on the now iconic BRRC 5km looped course:

5km

Male	Kieren Perkins	15:12	15-11-2020
Female	Brittany Zendler	17:01	27-11-2016

5 Miles

Male	Kieren Perkins	24:56	31-1-2021
Female	Clare Geraghty	28:33	13-2-2011

10km

Male	Jonathan Peters	31:59	15-2-2015
Female	Clare Geraghty	35:28	2-1-2011

15km

Male	Joe More (USA)	48:07	8-8-2010
Female	Mel Panayiotou	54:53	16-2-2014

10 Miles

Female	Nerissa Campbell	59:59	2-3-2014
Male	Charlie Boyle	53:39	22-9-2019

20km

Male	Patrick Nispel	1:07:31	12-6-2016
Female	Kerri Hodge	1:17:30	8-9-2019

21.1km

Male	Jonathan Peters	1:12:13	1-3-2009
Female	Leisa Smith	1:19:14	1-3-2009

25km

Male	Jonathan Peters	1:26:44	13-3-2016
Female	Kerri Hodge	1:39:18	11-3-2018

30km

Male	Andrew Dey	1:46:20	23-5-2021
Female	Aarthi Venkatesan	1:59:21	8-6-2014

Note: Race records can be set at any BRRC event but age category race records can only be set at Championship events.



Kieren Perkins - 5km 15:12 15th November 2020



Brittany Zendler – 5km 17:01 27th November 2016



Kieren Perkins – 5 Miles 24:56 31st January 2021



Jonathan Peters - 10km 31:59 15th February 2015



Charlie Boyle (holding plate) – 10 Miles 53:39 22 September 2019



Nerissa Campbell – 10 Miles 59:59 2nd March 2014



Patrick Nispel – 20km 1:07:31 12th June 2016



Jonathan Peters - 25km 1:26:44 13th March 2016



Kerri Hodge (centre) – 25km 1:39:18 11th March 2018



Andrew Dey (holding plate) – 30km 1:46:20 23 May 2021



Aarthi Venkatesan – 30km 1:59:21 8 June 2014

MEMBER PROFILE

Name: Stephanie Anne Lawrence

Age: 14

Occupation: Grade 9 School Student at Craigslea State High School



How and when did you start running?:

I began running at the start of this year as part of my rehabilitation from fracturing my femur in early 2020 – once all the operations were complete in September and I was given clearance by the Surgeon. I started to really see an improvement in my rehab and the love of running has grown so I have decided to stick with running.

Most Memorable Running Moments:

Running my half marathon (my longest run) as part of the Brisbane Road Runners championship.

Favourite Running Distance and PB:

5km and my current PB is 22:38

Running Goals:

Over the next 2 years run a couple of decent Half marathons – see how fast I can go and gradually build my speed up across the other distances.

Favourite Runs: Running with my dog, Runs with a scenic views or any runs that end with a milkshake are always the best!

Favourite Running Partners/Group: I love running with Wilston Intraining especially when I am allowed on the fast bus or when we have milkshakes (the adults have coffee) on a Friday morning

Who is your running idol?: My mum. She is not the fastest but chips away slowly and never gives up on anything she puts her mind to.

Favourite Sportsperson/s: An Australian touch football player Catherine Sargent – she was there when I fractured my Femur and has checked up and encouraged me throughout my recovery. One day I would love to be able to play to her standard or even be able to play alongside her.

Favourite Shoe Brand: Asics – I currently wear Nimbus

Favourite Food: Hot cinnamon donuts

Favourite Drink: Chocolate milkshake

Favourite Movie: I don't watch many movies but I do like "Yes Day"

Favourite Music: Country music

Star Sign: Libra

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

To find a Cure for all types of Cancer and allow your pet to live as long as you do.

1 ERNIE vs 100 MILES – MISSION ~~IMPOSSIBLE~~

By Gina de la Cruz

Can you imagine running 100 miles with about 8000 metres of elevation in one go? To put that into perspective, it's like running from Brisbane down to Byron Bay. Unless I was guaranteed a catch up with Chris Hemsworth for my efforts that's a big fat NO for me, thanks very much.

So what possesses a sane human being that is not being chased by a wild animal to run that kind of distance? In the case of our dear friend, Washington Firmeza, conquering the 100 mile Brisbane Trail Ultra was not just about the mental and physical challenge. He also wanted to complete this race for deeply personal reasons: to raise funds for the Mater Foundation (breast cancer research) and to honour his late mother, Marcelina, who passed away suddenly in March 2021.

With his phenomenal fitness, pure grit, a "never give up" attitude and a supportive team, Washington achieved his goal of finishing the BTU 100 miler and also his fundraising target. Only half of the participants finished the race. It truly was an inspirational effort by Washington and it was quite clear that he ran not just with his legs but also his heart.

It's hard to convey in words the admiration and respect that we have for Washington, as well as the emotions that we felt being part of his amazing journey. It was just like a movie – there were highs, lows, tears, laughter, suspense, elation, fear and excitement all rolled into one. So here's our attempt to describe this once in a lifetime adventure that the ERNIE crew will never ever forget.

The Cast:

- **The Hero/Good Guy:** Washington Firmeza
- The supportive and loving wife: Sheryl Firmeza
- Checkpoint Champs: Anthony Bone, Katherine Jackman, Pam Peldan - responsible for support vehicles, lugging gear and vital supplies to each checkpoint and pacer pick up and drop off
- Headquarter Heroes: Aaron and Jenn Green, who opened up their hearts and home to all cast and crew as a base camp and meeting point where pacers and support crew could meet, eat and plan



- Perfect Pacers: John White & Jason Cox (Checkpoint 4 to 5 – distance of 35km), Natasha Shourbaji & Pam Peldan (Checkpoint 5 to 6 - distance of 20km) and Gina de la Cruz & Elizabeth O'Neil (Checkpoint 6 to finish line – distance of 21km)
- Photographer: Aaron Green – made everyone look good and captured lifelong memories



- Fans/Cheer Squad: Ken and Diane Swanwick, Melanie Gabbie, John Sharpe, Karine Champagne, Damien and Dylan Barry, Louise and Paul Dunn and Felicia Elgey all turned up throughout the race to offer their support and encouragement and get Washington over the finish line

The Plot:

Good Guy seeks to conquer 8050 meters of elevation through brutal but beautiful Brisbane rainforest, with 100 miles to be covered in a 36-hour timeframe. To get to the Kangaroo Point finish line he will first need to deal with rocky and steep terrain in the dark of the night, freezing cold temperatures, body aches and pains as well as sleep deprivation and mental exhaustion.

Scene 1: The Planning Phase

Background music – “Mission Impossible” theme song

Ahhhhh, the planning phase....an absolute necessity for a race as long as this. It's not just a case of putting on your sneakers, grabbing some gels and heading out for a run. With a 100-mile race, you need to consider mandatory gear, pacers, support crew, multiple wardrobe changes, frequent shoe changes (Imelda Marcos eat your heart out), entire meals, hydration and about 40 gels to get you through from midnight on Friday right through to Sunday lunchtime.

It was all rather daunting for the entire crew – no-one had ever participated in such a long run before. It was quite a mission to not only plan training runs but also get across all the logistics and admin. The entire crew met every few weeks for some months prior to the event in order to discuss equipment, timetables, and also to bond and boost morale (also known as drinking beer and champagne).

The mandatory equipment required by Washington and each pacer resembled a wish list for a Wednesday ALDI Winter ski and hiking sale. Think first aid kits, space blankets, rain jackets, waterproof pants, high vis vests, thermals and torches.

Everyone had to study course maps and race rules as if they were competing in the National Orienteering Championships. The last time I had to follow a physical map was when I used my trusty UBD to drive to the Gold Coast in 1995. We all took this map reading business very seriously. Nobody wanted to be responsible for getting Washington lost and making him run more kilometres than necessary.

The final part of the planning phase involved Washington and each of his six (yes, that's right, SIX) pacers getting all of their mandatory gear checked at K2 Base

Camp. The fact that Washington had six pacers was due to a number of factors:

- he is so fit and fast that we were worried about being able to keep up with him, even when we knew that he would already have run about 85 kilometres on his own before reaching his pacers;
- a number of pacers are scared of the dark and creepy crawlies and wanted some extra support and company in case they encountered dangerous critters; and
- we all knew how much it meant to Washington to complete this race and we wanted to ensure that nothing went wrong; if one pacer got injured we didn't want that to prevent Washington from finishing.

Needless to say, when six pacers rocked up to K2 Base Camp to check off all their gear the event organisers were highly confused, amused and impressed that one runner could have so much support. Washington certainly got the rock star/VIP treatment from his pacer and support crew, and with such noble reasons for running this race, he deserved it.

Operation Washington had just got real.

Scene 2: Friday night pre-race excitement

Background music – “Eye of the Tiger” by Survivor, followed by “Footloose” by Kenny Loggins

A midnight start on Friday was chosen by Washington. Participants could also elect to start on Saturday at 6am but that was only for the super confident and experienced ultra runners who knew that they could finish by Sunday at 12pm (the very strict cut off time). Failure to finish by this time would mean a dreaded **Did Not Finish**...which no runner ever wants to see. This was Washington's first ever 100 mile run so he wasn't taking any chances.

Washington and all support crew met at ERNIE HQ (the Green's house) on Friday evening for one last pep talk and then to see Washington off. Washington looked like he was about to trek Mount Everest for about a month with all of his equipment. This was it! Everyone was pumped and couldn't wait for this adventure to begin. There were lots of happy faces and plenty of energy and positivity.

Then it was off to the start line at The Gap! A number of ERNIE's turned up for the midnight send off. After the usual ERNIE selfie or two (or perhaps a few hundred), Washington went off into the pitch black of the night. He now had to run about 45 kilometres alone before his first opportunity to see his support crew for supplies, and then he would need to run another 40 kilometres on his own before being able to have his first pair of pacers.



One can only imagine what Washington was thinking as he took his first few steps and set off into the darkness of the night with about 32 parkruns to go. I must say that I felt guilty going to sleep that night and it pained me to think that Washington was all alone with such a mammoth task ahead of him.

Scene 3: Checkpoint Champions

Background music- “With a Little Help from My Friends” by The Beatles
There was no question that Washington was fit enough to run 100 miles.

But as all runners would know, each run is different and you can encounter unexpected issues. Washington had never run this distance before so it was uncharted territory in terms of what he would feel like and what he would need.

That was why the ERNIE support crew had to bring their A game – they needed to be the MacGyver of the running world (minus the mullet and leather jacket) and be experts of everything! They had to remain cool, calm and cheerful despite long, stressful days and nights and significant amounts of driving in tough conditions.

One wrong move could mean that Washington would have no supplies at his checkpoint, no cheer squad to boost his energy or that he would have to wait until his pacers arrived before being able to continue his run. Precious time was at stake, and the support crew were instrumental in Washington making it to the finish line.

Like a racing car pitstop during the Bathurst 1000, the checkpoint was a hive of activity as each support crew member efficiently went about their role. As Washington entered each checkpoint, he was greeted by a yoga mat and chair to rest and stretch his weary muscles, a humming massage gun to deliver relief from aches and pains, a bowl of hot food, a pink fluffy bathrobe to drape over his cold body and positive pep talks that made Tony Robbins look like an amateur.

It was obvious that no other runner had this type of support crew, and to steal a line from Tony Robbins, “Where focus goes, energy flows”. Very profound. The ERNIE support crew focused on Washington, and energy indeed flowed to him.

Scene 4: Bring on the pacers!!!!!!

Background music: “Another One Bites the Dust” by Queen

After running about 85 kilometres on his own, Washington reached checkpoint 4

where he was FINALLY allowed to be joined by pacers. We had been eagerly awaiting Washington’s arrival, knowing that from here on in he would always be running with his pacers.



Jason and Aaron had created a spreadsheet to estimate what time Washington would reach each checkpoint, and we had also been following his progress based on his live tracker that he was wearing. The live tracker was a small dot on the screen map. Each runner had one, so the map looked like Pac Man, with a whole heap of little dots moving around the map. More about this later.

When Washington arrived the entire crew were concerned. He was exhausted and long overdue, meaning that there was now real pressure for him to be able to finish on time. Things didn’t look good, but somehow he managed to recharge at the pitstop. At around 5pm on Saturday, Washington and his first pair of pacers (Jason and John) set off to tackle steep trails just as the sun started to disappear. It was going to be a LOOOOOOOONG night for this trio.

This leg of the race was hard- we knew this because Washington had done this

exact stretch during a training run. With fresh legs, it had taken him about 5 and a half hours. On the basis that he had already done 85km, we had added on another 2 hours for him to complete this section and get to checkpoint 5. So we expected them to take about 7 and a half hours to do this leg.

Back in the comfort of our homes and ERNIE HQ, we watched the live tracking Pac Man screen with a combination of dread and excitement. Washington's little Pac Man blob was moving very slowly, and we started to see faster Pac Man blobs overtake him. The elite ultra runners who had commenced running at 6am on Saturday morning were starting to charge ahead and surge past the other runners that had started at midnight on Friday.

Washington's progress on the live tracker had slowed right down. His blip was barely moving. By now, the Pac Man screen had clearly divided into the elites and the first timers/other runners. And of great concern was the fact that a lot of little blips were no longer moving. When a runner stopped moving, the little blip on the screen would turn into a bed symbol to indicate that the runner was resting. As the night wore on, we saw more and more little beds pop up on the screen, and Washington was one of them!

Our hearts sank. Something was wrong! Jason had arranged a special radio walkie talkie system for the pacers so that they could provide progress updates and assist with getting the checkpoint timing right.

We used the radio to see what was happening. The pacers answered the radio and they sounded exhausted! Washington was in pain and he had now been running for almost 24 hours.

Was this the end of his journey???? Deep in our hearts we wondered how

Washington was ever going to make the 36 hour cut off. He still had such a long way to go. But Jason and John let him rest, and soon we cheered with delight as we saw that Washington's bed symbol had turned back into a little blip and was moving along the course. It was devastating to see that a whole heap of other blips had turned back to the previous checkpoint and they had pulled out of the race.

We could barely sleep that night as we constantly made radio contact with the pacer crew and also kept refreshing the live tracker to see where Washington was. Our main concerns now were whether Washington would actually finish and also whether they had enough nutrition to get them to checkpoint 5.

Remember that we had estimated they would take 7 and a half hours? Well, in the end they took TEN hours. Jason had packed himself one muesli bar and some gels to do this leg! Thank goodness there was a hot beef stew awaiting the team when they finally reached checkpoint 5 at about 3am on Sunday morning!

Scene 5: Almost swept away

Background music: "I'm Still Standing" by Elton John, followed by "I Will Survive" by Gloria Gaynor

Because Washington was so far behind schedule, the support crew and next set of pacers (Tash and Pam) needed to be at checkpoint 5 on time to make sure they didn't lose precious minutes, and also to ensure that the exhausted team had much needed food and supplies the minute they turned up.

Unfortunately, because checkpoint 4 to checkpoint 5 was so hilly it was difficult for the pacers to provide an accurate timeframe for their arrival. And the live tracker was also no good because you couldn't really gauge the distance to the checkpoint.



We figured it was better for the support crew and pacers to turn up to checkpoint 5 earlier rather than risk being late. So Sheryl, Anthony, Katherine, Elizabeth, Tash and Pam left ERNIE HQ (where they had been watching the Ash Barty Wimbledon final) and arrived at checkpoint 5 at about 1:00am.



It was absolutely freezing and certain people who we shall not name and shame started dancing and singing around a heater to keep warm. It felt like the longest two hours of their lives. At 3am,

Washington and his pacers finally turned up. They were ravenous and exhausted. The terrain had been absolutely brutal. There were parts of the track that were so steep they needed ropes to pull themselves up the mountain.

Washington looked defeated. How on earth was he going to be able to do another marathon and actually make the cut off? By this stage, we feared that the task was impossible. But he changed his



clothes, drank some Coke, ate beautiful beef stew (prepared by Elizabeth), had a foot rub by Sheryl and at 3:45am, he was ready to get going again. We were all astounded that he was going to carry on. No doubt he had thoughts of his mother to give him the strength to continue. By this stage, Washington had already completed 120 kilometres. He was hurting as he set off with Tash and Pam, and there was quite a bit of walking as we saw his little blip on the live tracker move ever so slowly. It was now well and truly a race against the clock, and there were so many obstacles in Washington's way. His feet were sore and he was aching all over.

And then came the bad news: the sweeper had caught up to Washington and the team were told that if they didn't start to move faster they would be pulled off the course and be a DNF! We were given the news via radio and we could hear the determination in Pam's voice. The pacers would not let Washington fail and be swept up by the sweeper.

Tash and Pam knew they would do everything in their power to get Washington through to checkpoint 6.

They turned to Washington and gave him a powerful pep talk, reminding him how far he had come and that this was the home stretch.

It worked! After that pep talk, Washington ran every flat and downhill part and then powerwalked up the hills. His little Pac Man blip started to move quicker and he even overtook some other blips! Our Washington was back!

The team made excellent progress and it was such a powerful moment when they witnessed the sunrise. It gave them the energy boost they needed and when they hit the dreaded Kokoda climb they just powered up it with fierce determination.

However, the last 3kms to Slaughter Falls were not pretty. Washington could not hide the pain he was feeling – he was grimacing and his jaw was clenched. The pain in his feet was almost unbearable. It was awful to watch but Tash and Pam kept up the pace and they arrived at Slaughter Falls at 7.45am!!!!

For the first time in ages, it actually seemed achievable to finish on time!

Scene 6: The final countdown

“Everybody Hurts” by R.E.M. and “Do You Really Want to Hurt Me” by Culture Club

The mood at checkpoint 6 was electric. There were so many ERNIE’s who had come to cheer on Washington as he tackled the final leg of his race. Emotions were high and there were lots of tears from the pacers and support crew as Gina and Elizabeth set off with Washington at 8.15am.

We had less than 4 hours to get Washington across the finish line, and whilst this was achievable it was by no means going to be easy or guaranteed. This leg involved technical trails with lots of rocky and uneven paths. Washington’s

knees were hurting and he found downhill just as painful as uphill so there was no escape from the torture.

Like a long car ride with kids, we felt Washington’s exasperation and impatience. Every 100 metres felt like 1km! Were we actually moving forwards???? Elizabeth and I enthusiastically celebrated every 1km as a special milestone, and when we reached 10 kilometres we were so happy that you would have thought we had just won the Lotto.



However, Washington was not impressed. He had done the maths and correctly determined that we still had another 10km to go. Not happy, Jan! Poor Washington had tears streaming down his face and he could barely move. We felt so cruel to make him continue but we were not going to let him give up!

Because Washington was so tired and weak, Elizabeth and I decided to create what we called a “Washington Sandwich”. This consisted of me running slightly ahead of Washington so that I could point out any hazards and tell him to lift his feet or watch out for steps, and Elizabeth running slightly behind him so that she

could see if he was wobbly or about to fall. We looked and sounded ridiculous but we didn't care- our goal was to finish!

The mood lifted as we reached Paddington and the urban section of the race – some ERNIE's joined us to run the home stretch. King Wally Lewis greeted us at Suncorp Stadium and once we reached the Brisbane River we could almost taste victory (and a XXXX or three)! Washington was shuffling along telling us that he would NEVER do another 100-mile event. We ignored his moans and groans and charged along towards Kangaroo Point. It was 11:30am when we reached the Kangaroo Point stairs.

Up until this point, Washington had been moving like a 99 year-old and he had been struggling to keep up with us. But once he hit those stairs and knew he was close to the finish line there was no stopping him!



He had miraculously discovered energy and strength that we had not seen throughout this entire run and I couldn't keep up with him as he sprinted through the finish line and into a sea of orange and blue ERNIE shirts.

We couldn't believe what Washington had just achieved! He had come back from the brink of defeat and now he was standing in front of us as if he had just run a parkrun! We knew he was tough. But this was next level toughness and showed us that Washington's spirit could never be broken. We are so proud that Washington is an ERNIE and he is truly an inspiration to us all.

Happy ending! Woohoo!

Background music: "Celebration" by Kool and The Gang/Kylie Minogue





MEMBER PROFILE

Name: Lucy Day

Age: 15

Occupation: Student



How and when did you start running?:

I started running when I was 8, albeit reluctantly. It wouldn't be an understatement to say that I detested it. However, Mum had signed both me and my older brother up to run a 5km trail fun run. At that point it was just my competitiveness that kept me running so I could potentially beat him. (I didn't). Thereafter, I was dragged to parkruns for a while before I decided to actually embrace running and I quickly began to love it. Needless to say, I haven't looked back since and don't plan on stopping anytime soon.

Most Memorable Running Moments:

Definitely the moment when I finished my first 10km in 2016 at the ripe old age of 10. It felt so amazing to hit that milestone and I will never forget the feeling of relief when I crossed that finish line. An honourable mention goes to the completion of my first half marathon just last year, knowing all four weeks of hard training had got me through that run, (and also the promise of a 'recovery milkshake').

Favourite Running Distance and PB:

My favourite running distance would definitely be 10km. For me personally, it's a nice distance where I can choose to push the pace or take it as an easy run. My PB for 10km is 49:18

Running Goals:

My main running goal for this year is to complete the Sunshine Coast half marathon in under 2 hours. Otherwise, and most importantly, I just want to keep having fun.

Favourite Runs:

After running the same routes all my life, I only have a select few to choose from. However, at the moment, the Southbank parkrun course, however short, is one of my favourites.

Favourite Running Partners/Group:

I run at the Thursday night threshold Toowong Intraining group. It's a lovely group of people who are all so positive and welcoming. I also run quite often with one of my best friends from school, Bella. We always do school cross country together, and more occasionally Thursday nights at Intraining too.

Who is your running idol?:

I don't have a specific running idol. However, I am in admiration of anyone who will get out of bed and give running a go.

Favourite Sportsperson/s:

I don't have a favourite sportsperson as such, but I do enjoy watching rugby union, my favourite team being the Queensland Reds.

Favourite Shoe Brand:

My current shoes are Mizuno.

Favourite Food:

Potatoes.

Favourite Drink:

Black tea with milk.

Favourite Movie:

The Conjuring, Les Misérables. Also, any Marvel movies, but particularly Age of Ultron

Favourite Music:

Musicals and orchestral pieces such as Fate of the Gods by Steven Reineke

Star Sign:

Libra sun, Cancer moon, Leo rising

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

To preserve the beauty of the Earth for future generations.

**HONOUR BOARD****BRISBANE ROAD RUNNERS CLUB STALWARTS**

Current Members with over 10 years membership - includes Life Members

Bruce Annabel (L.M.)	Greg Beerling	James Bell
John Buttner	Jenny Chaston (L.M.)	Paul Circosta
Irene Davey	John Dempster	Jenny Downie
James Fitzsimon	Pam Goddard (L.M.)	Ron Grant (L.M.)
Harold Haldane	David Heap (L.M.)	Marion Hermitage
Phillip Hermitage	Julie Hill-Webber	Kerri Hodge
Andrew Holden	David Holleran (L.M.)	Peter Holles (L.M.)
Anita Jarvis	Ian Javes (L.M.)	Andrew Leggett
Robert Lofthouse (L.M.)	Margot Manning (LM)	Steve Manning (LM)
Jack Marsh	Heather Marshall	Ralph Marshall
Debra McBride (L.M.)	Brian McCarthy (L.M.)	Chris Mead (L.M.)
Betty Menzies (L.M.)	Bob Miller (L.M.)	Di Miller (L.M.)
Geoff Neil	Virginia Neil	Derek Nixon-Smith (L.M.)
Garry Page	Adrian Pearce	Amy Riethmuller
Jayne Riethmuller	Kate Riethmuller	Peter Riethmuller
Graham Robertson	Erkki Ryhanen	Jonathan Sawyer
Michael Schultz	Andy Semple (L.M.)	Bruce Smerdon
Diana Southern (L.M.)	William Towner	Ron Vines
Karen Wiersma	Russell Wilson (L.M.)	James Winters
John Wishart (L.M.)	Colin Woods	

As at 11/05/2021

AT THE RACES

News from around Australia and the world

Compiled by Robert Lofthouse

TOKYO OLYMPICS:

Men's Marathon: Eliud Kipchoge's reign continues

Because of the extreme summer conditions the race venue was moved from Tokyo to Sapporo (1,100 km north of Tokyo). The move made little difference though with a temperature of 27 degrees C and a humidity of 75% greeting the 106 runners in the warm up area.

All eyes were on the fastest marathoner of all time Eliud Kipchoge who was the defending Olympic champion from Rio 2016, as well as setting the World Record of 2:01:39 two years later, before running a sub two hour marathon in Prague with a team of pacers being used to help him become the first man in history to run a sub two hours for the marathon distance. The paced sub two hour run was not recognised as an official World Record. 36 year old Kenyan Eliud Kipchoge proved why he is the greatest marathoner of all time, winning by a margin of 80 seconds to make it back to back wins in the Olympic Games marathon.

As they passed 30km in the gruelling conditions, there were still 11 runners in the lead pack with 10 runners having already retired from the race. Kipchoge made his move at the 32km mark and with a 14:28 time split for the 30-35km section found himself with a handy 30 second lead margin with seven kms to go. As the chasing pack splintered behind him, the real battle for silver and bronze was on in earnest. At 41km, there was a group of four runners together, chasing second and third places on the podium. Kenyan Lawrence Cherono, Abdi Nageeye (Netherlands), Bashir Abdi (Belgium) and Spain's Ayad Lamdassem were

having a great tussle. Ironically, both Nageeye and Abdi were originally from Somali but were representing their adopted countries at this Olympics. The Spaniard Lamdassem, dropped off with 600 metres to go and Cherono seemed best poised to take silver with 200 metres left but Nageeye repeatedly motioned to his former Somali mate Abdi to go with him as he passed on the outside of Cherono in the sprint to the finish. Both runners were able to pass Cherono just before the finish with Nageeye second with a gap of two seconds to third placed Abdi and poor old Cherono was a similar margin back in fourth place and missing a podium finish.

Eliud Kipchoge won in **2:08:38** and even after the finish, still had enough energy to greet and congratulate his fellow runners as they staggered or lay on the pavement in the finish area. The epitome of good sportsmanship was certainly shown by Eliud Kipchoge on a hot Sunday morning in Sapporo, which just further highlights why he is a real champion of the sport and the greatest marathoner of all time.

The gruelling conditions experienced, saw 30 runners failing to finish including Australian Jack Rayner, who pulled out early in the race with a thigh injury.



Results – Tokyo Olympics:

Marathon: Men (107 starters)

- 1 Eliud Kipchoge (Kenya) **2:08:38**
(PB is 2:01:39)
- 2 Abdi Nageeye (Netherlands)
2:09:58 (PB is 2:06:17)
- 3 Bashir Abdi (Belgium)
2:10:00 (PB is 2:04:49)

Australian results:

- 24 Liam Adams
2:15:51 (PB is 2:10:48)
- 66 Brett Robinson
2:24:04 (PB is 2:10:54)
- Jack Rayner **DNF (PB is 2:11:06)**

Women's Marathon:

Jepcherchir outlasts World record holder

Two time half-marathon world champion **Peres Jepchirchir** (Kenya) defeated marathon world record holder and pre-race favourite Brigid Kosgei, as the two Kenyans battled it out over the last two kilometres with surprise packet Molly Seidel (USA) staying in touch and ultimately only finishing 10 seconds behind in the bronze medal position.

Organisers brought the start time forward by an hour in Sapporo with the temperature still being an uncomfortable 27 degrees C and 80% humidity for the 6.00am start on the Saturday morning.

At the halfway mark, Jepchirchir (1:15:14) was heading a field of 11 but by 34km it was down to five runners at the front with Kosgei, Molly Seidel (USA), Lonah Salpeter (Israel) and Bahrain's Eunice Chumba still in contention.

Shortly afterwards, Chumba dropped off and then at 37km Salpeter stopped her watch and pulled over to the side of the road (Salpeter ultimately walked to the finish and still recorded a 2:48 finish time). This left Jepchirchir, Kosgei and

Seidel to battle it out for the medals over the last five kilometres.

At 41km, Jepchirchir kicked away with her long bouncy stride as Brigid Kosgei slowly dropped back. Peres Jepchirchir won in a time of 2:27:20 with Kosgei 16 seconds back in the silver medal position. In only her third marathon, 27 year old Molly Seidel finished just 10 seconds behind Kosgei and was rewarded with the bronze medal.

The heat decimated the field with 15 runners dropping out including one of the pre-race favourites Ruth Chepngetich (Kenya) who has a PB of 2:17:08.

Marathon: Women (88 starters)

- 1 Peres Jepchirchir (Kenya)
2:27:20 (PB is 2:17:16)
- 2 Brigid Kosgei (Kenya)
2:27:36 (PB is 2:14:04)
- 3 Holly Seidel (USA)
2:27:46 (PB is 2:25:13)

Australian results:

- 10 Sinead Diver
2:31:14 (PB is 2:24:11)
- 23 Ellie Pashley
2:33:39 (PB is 2:26:21)
- 26 Lisa Weightman
2:34:19 (PB is 2:25:15)



MEMBER PROFILE

Name: Emmanuel Vergara

Age: 34

Occupation: Finance Professional



How and when did you start running?:

I started running when I was 21 and wanted to lose a bit of weight. I couldn't even run around the block non-stop and had to carry a water bottle with me for fear of dehydration. Starting with a run/walk technique, I improved by incrementally increasing the distance I'd run, ditching the security blanket of the water bottle after I could confidently run 5kms.

Most Memorable Running Moments:

The sheer atmosphere of the 2010 Tokyo Marathon, proposing to my wife after finishing the 2011 Sydney marathon in front of the Opera House, and scraping under 3 hours in the 2019 Melbourne Marathon.

Favourite Running Distance and PB:

5km parkrun (17:28) and Half Marathon (82:05)

Running Goals:

Sub 17min 5km, 35min 10km, 80min HM and 2:55 marathon. Complete the 6 major international marathons and Comrades.

Favourite Runs:

South Toowoomba parkrun (my home parkrun course); along the Brisbane river in the CBD; and around the Opera House and Mrs Macquarie's Chair in Sydney.

Favourite Running Partners/Group:

Having moved from Sydney to Toowoomba about 3 years ago, the Toowoomba Road Runners have been great to train with during the week while the Brisbane Road Runners Club provide regular, well organised timed events. Well worth the early morning drive. The South Toowoomba parkrun community have also been welcoming in our new hometown.

Who is your running idol?:

Eliud Kipchoge

Favourite Sportsperson/s:

n/a

Favourite Shoe Brand:

Nike

Favourite Food:

Pavlova

Favourite Drink:

Pinot Noir or Riesling

Favourite Movie:

The Matrix Trilogy

Favourite Music:

Chillhop

Star Sign: Virgo

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

Travel the world with my family completing parkruns

NOTICE – ANNUAL GENERAL MEETING

The Club's annual general meeting (AGM) will be held on Sunday 14th November 2021 at the South Brisbane Sailing Club directly after the 5k Championship and 10k events. We anticipate the AGM will commence as close as possible to 8am. Under the terms of the Club constitution, the annual general meeting must conduct the following business:

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

7. Transact any other business of which notice has been given in the notice convening the meeting. The 2022 committee will be elected at the AGM.

Nominations are called for all positions:

- President
- Vice President
- Secretary
- Treasurer
- Registrar
- Committee members (up to but not exceeding 9)

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 24th October 2021. Nomination forms can be obtained through the Secretary. If you or someone you know is interested in being on the 2022 committee, please contact any member of the current committee, or email: secretary@brisbaneroadrunners.org

BRRRC members and visitors, please support the businesses that support our Club.



**NRCHI Bodywork Shop 7,
Level 1
214-18 Waterworks Rd,
Ashgrove
Phone: 3366 8595
Email us: info@NRCHI.com.au
www.NRCHI.com.au**



Women's active wear, running, cycling,
triathlon, fitness, golf, tennis
and workout clothes.

Phone: 1800 047 494

Email us: info@skirtsports.com.au
www.skirtsports.com.au

WEIPA MARATHON

By Adrian Royce

When you mention that you are doing a marathon in Weipa, one of 2 questions will inevitably be asked 1) Where is Weipa? or 2) Why would you want to go to Weipa? Firstly, Weipa Running Festival has been on my radar for a few years now (this was its 4th year) and I wondered what it would be like to run a marathon up there. I recall in primary school, we would draw maps of Qld and mark the famous mining towns: Mt Isa, Mary Kathleen and Weipa which was always marked in red for the bauxite. Let's answer the first question though... Weipa is on the east side of the Gulf of Carpentaria and this being my 3rd trip to somewhere in the Gulf, I was really looking forward to it.

We took a FIFO flight to Weipa from Cairns, another way to get to Weipa is by 4 wheel drive. There is no completely sealed road to Weipa, however it is expected in a few years. As such there are no tourist attractions to see at Weipa but there are a couple of tour operators and of course fishing is incredible in the Gulf.



We arrived on the Thursday before the big day, catching a ride with "Ma's Taxis" from the airport to accommodation at Weipa Hotel. After a Bowls club lunch, we went on a very informative 3hr Mine and Town coach tour, spying a croc swimming along the way. The process of extracting the bauxite is actually by quarrying but because they dig up >1M tonnes per year, Rio Tinto need a mining lease. Even the roads are made of bauxite in the town - just a mix of bitumen & bauxite. The house

bricks are bauxite too. We were taken all around one of the mines. A couple of photos below show a train dumping 100 tonnes of the mineral and the conveyor belt (after screening/filtering) takes it to the ship which goes to one of 4 smelting plants (Gladstone / Tasmania / Newcastle/ NZ) to convert to Alumina and eventually aluminium. 100T Bauxite = 50T Alumina = 25T aluminium and that is 1.3 Million beer cans or as much alfoil from Brisbane to Perth!



The tour bus operator had to gain clearance for the mines part of the tour, radioing the mines operator in... Brisbane!



Friday had a special highlight with a sunset tour on the Gulf. We spied a croc on the river bank, White Breasted Sea Eagle soaring to the Moon, Striated Heron, Egret and a few Kingfishers. And as sure as the Woolworths barge comes in on a Friday from Cairns to restock the shelves for Monday, the sun set once again over the Gulf, enchanting all of us as well as draining our mobile batteries.

We also learnt a lot on the tour for example that the *Jabiru* can no longer be called the Jabiru due to some ornithological copyright of the South American Jabiru. It is now the "Black Necked Stork" and even though the name Jabiru sounds indigenous, it isn't. But who cares as our Black Necked Stork can kill a good sized Croc with one stabbing peck of its strong pointy beak! So cop that south American Jabiru!!



The next day was parkrun day and happened to be the 5th anniversary of Weipa parkrun. Due to wet season closures, it was just event #222. A celebratory cake was on hand to assist carb-loading. Then it was off to the race-pack pickup point and the goodie bag was well stocked with a couple of packets of Faava Beans, vouchers, Revvies, Rio Tinto sports towel and a Voost tube. Something I noted you don't often get with

the big city marathons. After that, one of the committee members graciously picked me up in an ubiquitous Rio Tinto white ute, and gave me a tour of the marathon course so I could get my bearings.

The morning of the marathon finally arrived. We got up at 3am for the 5am start, already 21 degrees – a far cry from the cold snap Brisbane was experiencing! Taking a leisurely jog down to the start line, about 1.4kms away at the local school oval, we checked in.

All participants in the full and half were required to take a 1 litre drink container (Lynette decided on the camelback to satisfy this requirement), snake bandages and a headlamp. I decided to run with a 600ml bottle of Powerade in my hand the entire way, rather than stop at drink stations with another empty 400ml bottle in the backpack.

At 5am in the dark we were away! The first 4km was on the road heading towards a mine and then track back 6km the opposite direction on an unsealed road towards "Mission Bridge", then we headed across a trail to the nearby pier which signalled the start of the beach section, mostly soft sand!

Soon we were back onto the road, going through a drinks station at the popular Albatross Bay resort's drive-thru! It was a big loop around to the parkrun course then back again during which I clocked over the 32km mark. I felt pretty good and was hovering at 4:11 km pace. The last 5km was a complete technical trail run too and with all my Daisy Hill training coming to the fore I didn't drop the pace.

I came through the finish line achieving the Course Record at 2:56:20. The half marathoners started at 5:30 and Lynette did a credible 2:52, stopping for a few snaps of the amazing scenery. A few jokers said that she beat me by 4 minutes. I tried to explain that... oh never mind... yes ok she beat me. The finishing chute had fruit, cake, drinks and was very well

stocked which just epitomised the entire event as it was super well organised – cheers to Rose Robins the Event Director and the Committee.



Another response I get when people hear about a marathon in Weipa is “I worked there for a few years”. And no wonder the virtual races have been very popular for all the distances of the Weipa Running Festival, as people leave with fond memories of the place.



It is obvious the locals love their town, even naming an area where food trucks congregate as “Eat Street”. With a new sports centre set to open, a vibrant Woolworths shopping mall and enough bauxite for another 200-odd years to be mined, the town will continue to flourish. It was awesome - so get up there for next year's event.

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

intraining
the running store run by runners

535 Milton Road, Toowong

Phone: 3367 3088

Email us: sales@intraining.com.au

www.intraining.com.au

2021 BRRC CHAMPIONSHIP SERIES

Compiled by Bruce Smerdon

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

POINTS TABLE FOR LEADING MALE AND FEMALE CHAMPIONS

	5 mile	15 km	21.1 km	10 km	20	10	5km	Points
Male								
Kieren Perkins	1							1
Isaias Beyn	2	1		1				4
Jonathon Peters	3							3
Peter Bracken		2						2
Derrick Leahy		3	2					5
Robert Godino			1					1
Andrew Dey			3					3
Wayne Spies				2				2
Michael Cnops				3				3
Female								
Sarah Greenwood	1							1
Anna Munro	2							2
Shiloh Watts	3							3
Liz Grolimund		1	2					3
Hanne Schoofs		2	3	2				7
Olivia Lennon		3						3
Kerri Hodge			1	1				2
Nicola Bowker				3				3

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

POINTS TABLE FOR LEADING MALE AND FEMALE AGE GROUP CHAMPIONS

Age Categories	5 mile	15 km	21.1 km	10 km	20 km	10 mile	5km	Points
Male								
A (Male 0-19)								
Matthew Hansen	1							1
Harvey Cramb	2							2
Jayden Lyttle	3							3
Samuel Stenson		1	1	1				3
Jasper Joyce		2	2	2				6
William Lawrence		3						3
Ruben Ripper			3					3
Harry Parisses				3				3
C (Male 20-24)								
Jonathon Daley	1	1	1	1				4
Andrew Lumsden				2				2
E (Male 25-29)								
Kieren Perkins	1							1
Daniel James	2		1					3
Stephen Butcher	3			1				4
Christopher Dixon		1	3	2				6
Jarred Gunn		2						2
Tom Schmidt		3						3
Matt Herriman			2					2
Felix Leung				3				3

G (Male 30-34)								
Isaias Beyn	1	1		1				3
Michael Cnops	2	2	1	2				7
Clive Gross	3							3
Pierre Gouws		3						3
Emmanuel Vergara			2					2
Owen Korn			3					3
Davide Fontana				3				3
I (Male 35-39)								
Jonathon Peters	1							1
Arun Jegatheesan	2		1					3
Leo Altarelli	3							3
Matt Cooper		1		1				2
Nick Cotterill		2		3				5
Daniel Gonsalves		3						3
Andreas Meyer			2					2
Simon Brooker			3					3
Nicholas Kirkup				2				2
K (Male 40-44)								
Andrew Dey	1		2					3
Derrick Leahy	2	2	1					5
Peter Bracken	3	1						4
Marty Kelly		3		1				4
Sebastian Pinel			3					3
Dan Henderson				2				2
Timothy Appleton				3				3
M (Male 45-49)								
Hamish Bell	1	1	1	2				5
Jason Croston	2							2
Matthew Langmack	3		3	3				9
Matt Archer		2	2					4
Damien Gannon		3						3
Wayne Spies				1				1
O (Male 50-54)								
Robert Godino	1	1	1	1				4
Anthony Canfell	2			3				5
Matthew Stenson	3	3						6
Adrian Royce		2	2	2				6
Kevin Muller			3					3
Q (Male 55-59)								
Gary Major	1							1
Neil Bath	2	1	1	1				5
Jean-Luc Raud	3	2	3					8
Jeff Backen		3						3
Don Atcheson			2	2				4
Ant Hutchins				3				3
S (Male 60-64)								
John Whelan	1	1						2
Rene Crosier	2	2	3					7
Paul Hewish	3	3						6
Colin Forrest			1	2				3
Alan Peacock			2					2
Mark Wigglesworth				1				1
Mark Jones				3				3

U (Male 65-69)								
Jeremy Woolley	1	2	1	2				6
Bob Miller	2	3	2	3				10
Phillip Hermitage	3		3					6
Ron Peters		1		1				2
W (Male 70-74)								
John Sheer	1		1	1				3
Erkki Ryhanen	2			3				5
James Winters	3							3
Don Griffin		1		2				3
Y (Male 75-79)								
Ron Vines	1	1	1	1				4
Ray Jansen	2							2
YX (Male 80-84)								
								0
YX (Male 85-89)								
Colin Woods	1							1
Female								
B (Female 0-19)								
Stephanie Lawrence	1	2	1	1				5
Teigen Faux	2	1	2					5
Lucy Day	3	3						6
Sophie Butler				2				2
Emily Gilmore				3				3
D (Female 20-24)								
Jade Graham	1	1						2
Phoebe Mumbray	2							2
Taliesha-jayne Leslie	3			2				5
Isabel Bryson				1				1
F (Female 25-29)								
Sarah Greenwood	1							1
Kirsty Small	2			2				4
Emilie Croisier	3	1	1	3				8
Rachel Levine		2	2					4
Zoe Brooks		3						3
Kate Harvey-Trappel			3					3
Zara Nance				1				1
H (Female 30-34)								
Bettina Beach	1							1
Hanne Schoofs	2	1	1	1				5
Erica Weideman	3							3
Nova Maulani		2		3				5
Jennifer Fine			2					2
Jessica Tomlins				2				2
J (Female 35-39)								
Bernadette Cashman	1							1
Kate Cecil	2	1	1	1				5
Heidi Grodecki	3							3
Michelle Steindl		2	2	3				7
Crystal Mahony		3		2				5
Jenna Doran			3					3

L (Female 40-44)								
Anna Munro	1							1
Shiloh Watts	2							2
Liz Grolimund	3	1	1	1				6
Olivia Lennon		2	2	2				6
Julie Hall		3		3				6
Tash Shourbaji			3					3
N (Female 45-49)								
Kerri Hodge	1		1	1				3
Nicole Mulholland	2							2
Kim Massy	3	1	2	3				9
Lea Lekieffre		2	3					5
Robyn Bell		3						3
Eimear Mann				2				2
P (Female 50-54)								
Deborah Marshall	1		3	3				7
Clare Mitchell	2	1	1	2				6
Cheryl-Lyn Samuels	3	2	2					7
Kay Toy		3						3
Nicola Bowker				1				1
R (Female 55-59)								
Marion Hermitage	1		1	1				3
Susan Thornton	2	1	3	2				8
Catherine Ehlers	3	2						5
Kerry Magro		3						3
Louise Allen			2					2
Christine Kinlay				3				3
T (Female 60-64)								
Louisa Abram	1	1						2
Muriel Mclean	2							2
Betty Wedding	3	3	1	2				9
Ruth Peacock		2	2	1				5
Virginia Neil			3					3
Julia McKenny				3				3
V (Female 65-69)								
Katherine Moore	1	1		1				3
Cynthia Cliff	2			3				5
Helen Ridley-Hanna	3	2	1	2				8
Mary Ashton		3	3					6
Jenny Downie			2					2
X (Female 70-74)								
Irene Davey	1	1	1					3
Z (Female 75-79)								
Betty Menzies	1			1				2

<https://www.brisbaneroadrunners.org/championships>

CONSISTENCY Champions (after first four championship events).

THE COMMITMENTS – CLASS OF 2021

2021 COMMITMENTS - 20-6-21				
FEMALE		MALE		
Bates, Melissa	Maney, Kath	Adams, Grahame	Dixon, Christopher	Nelson, Paul
Bion, Anja	Mann, Eimear	Allen, Matt	Dixon, Eoin	Paetz, Jurgen
Bradberry, Belinda	Massy, Kim	Anthony, Mark	Donegan, Tony	Page, Garry
Campbell, Janette	McCall, Kelly	Archer, Matt	Evans, Mark	Peacock, Alan
Cantwell, Karen	Mitchell, Clare	Bath, Neil	Firmeza, Washington	Pinel, Sebastian
Cawood, Jenny	Neil, Virginia	Bell, Hamish	Galligan, Dan	Poon, Steven
Cecil, Kate	Peacock, Ruth	Best, David	Godino, Robert	Poulton, Anthony
Church, Joanne	Peldan, Pam	Black, Roger	Graf, Antony	Rainbow, Shane
Croisier, Emilie	Pinel, Pamela	Bone, Anthony	Harbers, Craig	Raud, Jean-Luc
Day, Sarah	Ridley Hanna, Helen	Bromley, Allen	Hartley, David	Ripper, Ruben
de la Cruz, Gina	Schoofs, Hanne	Brooker, Simon	Henderson, Dan	Robinson, Andrew
Downie, Jenny	Steindl, Michelle	Brown, Lucas	Hewish, Paul	Royce, Adrian
Ehlers, Catherine	Taaffe, Kelley	Bryson, Greg	Hutchins, Ant	Ryan, Brand
Fergusson, Lynette	Thornton, Susan	Buttner, John	Hwang, John White	Sainsbury, Bob
Grolimund, Liz	Todd, Belinda	Campbell, Greg	Jackson, Matthew	Sawyer, Jonathan
Hall, Julie	Toy, Kay	Campbell, Stewart	Joyce, David	Shi, Youwang
Howell, Tegwen	Twidle, Sarah	Cantwell, John	Joyce, Jasper	Shyne, Bernard
Hurdley, Abi	Vickers, Louise	Cash, Mart	Kelly, Marty	Siu, Derrick
Jackman, Katherine	Vietheer, Kate	Chow, Colin	Kingston, David	Smerdon, Bruce
Lawrence, Stephanie	Wedding, Betty	Clarke2, Peter	Kleinschmidt, Nigel	Smith, Anthony
Lekieffre, Lea	Weekes, Heidi	Cnops, Michael	Knight, Paul	Smith, Nick
Lennon, Olivia	Wiersma, Karen	Condylis, Peter	Langmack, Matthew	Smitheram, David
Levine, Rachel	Wood, Tracey	Cox, Jason	Larkin, Rick	Stenson, Matthew
	Zhang, Li Jun	Cox, Steven	Law, Rodney	Stirling, Martin
		Cramb, Peter	Le Mare, Nick	Strout, Philip
		Crilly, Ray	Leishman, Adam	Towner, William
		Croisier, Rene	Leslie, Cameron	Vidulin, Vlado
		Crouch, Craig	Marrington, Andy	Vines, Ron
		Daley, Jonathan	Meyer, Andreas	Walmsley, Stephen
		Davis, Matthew	Miller, Bob	Wightman, Andrei
		Dempsey, Daniel	Morton, Jim	Wise, Stuart
		Dighton, Aaron	Neil, Geoff	Woolley, Jeremy

MEMBER PROFILE

Name: Sharon Marrington

Age: Ageless



Occupation: School Chaplain

How and when did you start running?:
Competed in athletics (mostly running all through school) then stopped. Took up running again in 2016

Most Memorable Running Moments:
Travelling to Townsville for Little Athletics and running 1500m.
Running over in Cook Island

Favourite Running Distance and PB:
5km just under 30mins
10km just under 60mins

Running Goals:
Continue to improve and maintain fitness, actually run the full 10km at the Mooloolaba triathlon (gets a bit hot by the time I get to the run leg)

Favourite Runs:

10km at the Brisbane marathon, Brisbane road runners course, Noosa tri run course (residents are a great cheer squad), pretty much anything that is fairly flat... where I run at home is nice and hilly.

Favourite Sportsperson/s:

I like anyone with a humble nature

Favourite Shoe Brand:

Don't have one, generally go for comfort

Favourite Food:

Roast pork

Favourite Movie:

Don't have one

Favourite Music:

Anything but rap and heavy metal

Star Sign:

Pisces

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

That everyone would be compassionate and considerate to each other

AUSTRALIAN OUTBACK MARATHON – 31ST July

By Vicki Fennelly

Despite lockdowns and state border closures the Australian Outback Marathon went ahead albeit with a reduced number of runners. The effort that it took to make it happen and for runners to get there was extraordinary. No overseas runners in 2021 but the logistics of travelling around Australia is not for the faint hearted, so there were many stories of how runners managed to get to Uluru to run. A runner I met flew from Karatha – Perth – Darwin – Alice Springs then drove to Uluru to run the marathon - his first and he finished.



The race briefing the night before was both informative and a little daunting. Temperatures for race day were predicted to be in the high 20's with little shade out on the course. This race is usually run in 18 degree temperatures, which the day after our race it dropped back down to!!



There was emphasis from the race organisers to embrace the silence, the scenery, don't look at your watch too much but to enjoy the moment. There was an overwhelming feeling that we were all so fortunate to be in the outback running during a pandemic.

The run starts not far from Yulara Resort where most runners stay. The first wonderful thing that happens as you are travelling to the start line in the darkness is you see the Field of Lights. As you wait for the run to start the sun rises spectacularly over Uluru and you hear the sound of a didgeridoo echoing across the landscape welcoming you to this beautiful part of our country and then you are ready to run!



It's possible that you will run a lot of the race by yourself so it's easy to be distracted by the beauty of the countryside - we were reminded to look out for the arrows and yellow ribbons to stay on the course.



The half marathon was hot and sandy, you felt the silence and the vastness of the country you were running through and I didn't get lost. Every runner was cheered and encouraged as they ran towards the finish.

The course varies - red sand, trails, cattle crossings, a few sand dunes and in the last part of the race Uluru is there in the background.

Every runner was cheered and encouraged as they ran to the finish line to get their medal - 6k, 11k, 21.1k 42.2k - everyone was a winner. I've run the NYC marathon and half marathon - the atmosphere there is something else but the outback run was also something else. I'm not sure if it's Uluru, The Olgas, the bluest sky, the reddest sand, a desert landscape that goes forever, the runners and their stories, or running in a pandemic. You'll have to run it and find out!!



IT'S A PAIN IN THE BUTT ...

By Irene Davey



2021. I'm feeling committed.
That is to say – I'll be a Commitment
And reduce the balance on the Financial Statement
By the cost of one more wonderful towel.

A quick recap:
2017 was my great year
When I successfully completed all seven champs
And thereby scored my first towel.
At the time I said 'I don't think I will do it again any more years'!

2018 I had other races to run
In exotic places far away
So no chance for a towel at Dash and Splash
But exotic medals instead to flash.

2019 was looking good. I had forgotten what I said.
With great commitment I decided 'I will do it all again this year'
It was not to be when a post-Great Wall upset tummy
Eliminated me. Past history.

2020. Yes! I'll be a Commitment this year!
Some 250 other BRRC members had the same idea
We ran the first championship event with great enthusiasm.
And then ... and then ... Pandemic spasm.
The really committed Commitments
Completed the next four events virtually
Was I that committed? Not really.

2021. This year I'll have some fun!
I'll run them all! I'll get this done!
January. Five Mile Champ. Tick it off.
Along with 353 other Commitments.
March. 15 km Champ Tick it off.
Along with 208 other Commitments.

May. Half Marathon Champ.
I endured an agony of cramps to finish
At snails pace. Tick it off. And the W70 Record!
And thanks to Geoff for his company
And the finish line volunteers for waiting patiently
Almost three hours for finishers 209 and 210 to arrive eventually.
Two of the remaining 156 commitments

Three down – only 4 to go!
But Oh! No! Laid low! just before the 10 km Champ
With a very bad case of a pain in the butt.
So I stood at the finish and cheered for you all!
All 143 Commitments still with a chance
At Dash and Splash with a towel to dance.

Well that is The End of my 2021 towel story.
And if something similarly ends YOUR story
Agreed 'It's a pain in the butt!' But remember
From January to December
There is always next year to try again for glory.

Meanwhile I try to do what I am told
Rehab takes so much longer when you're getting old
And wishing you were still young and bold.



MEMBER PROFILE

Name: Scott Walker

Age: 29

Occupation: Branch Manager



Most Memorable Running Moments:

Something I'm very thankful for that happens most weekends. If you see me out running, you'll often see my dad not far off on the bike.

Favourite Running Distance and PB:

The Half Marathon, the superior of running distances.

2021 Brisbane Half Marathon: 1:16.05

Running Goals:

Inevitably get faster and remain injury free in the process. See where it goes from there really.

Favourite Runs:

The Gantry, D'Aguilar National Park
Watsons Road, Ripley South
BVRT, Fernvale

Favourite Running Partners/Group:

I do a lot of my speed work with BERT. Very grateful to have the ability to chase down and follow some of Brisbane's best through workouts. I have made some incredibly close friends through running and am grateful to have the ability to run with them weekly.

Who is your running idol?:

No one person in particular, but the runners who manage to do the 100km+ weeks while working full time, parenting, or let alone both.

Favourite Sportsperson/s:

@thewolferine Riley is someone who tirelessly works to create a space for runners and fans to celebrate their achievements, to learn and, to love running. His signature photography and creative journalism give running fans alike access to some of the biggest names, stories, and events. Tempo Journal and RUNNINGTHINGS Podcast are somewhere I turn to continuously as a developing runner.

Favourite Shoe Brand:

Nike, it's a complicated relationship at times.

Favourite Food:

Eat Pasta, run faster.

Favourite Drink:

Somewhere between Maurten and Margarita

Favourite Movie:

Fast and the Furious

Favourite Music:

The Ghost inside