

# BRRC

Autumn 2021



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# 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*

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### **Welcome to the Autumn edition of the 2021 BRRC Magazine!**

A great start to the New Year with the Club attracting many new members and attendances at all races (particularly championship events) being the best in years. So far, two championship races have been conducted over the 5 mile (8.09 km) and 15km distances respectively with 420 entries received for the 5 mile event morning and 320 entries for the 15km morning.

Already we have a very competitive championship series 'hotting up' with four different winners, making the championship series and of course the age group categories really adding to what will be a big year for BRRC. At present, we have Kieren Perkins and Isaias Beyn each recording a win in the BRRC men's championship with Sarah Greenwood and Liz Grolimund event winners in the ladies series.

The lack of organised events last year due to COVID-19 has seen many new runners join BRRC, knowing that a well organised 12 month calendar of events is a reliable feature of the Club and a big part of the South East Queensland running calendar.

This edition of the magazine includes a couple of very interesting reports with Irene Davey detailing a very different way of spending her Exhibition Holiday last year and a memorable story from Michael Schultz on his night marathon which took place in Toogoolawah (Brisbane Valley) on a 1km circuit of the town's showground.

The usual report on Club events and the highly popular and sometimes amusing members profiles also appear, and there is a story and summary of Australian and World records that have been broken over the last few months.

Finally, thanks to Betty Menzies and Bruce Smerdon who have provided great support in sorting out photos and ensuring that this humble magazine appears on our website in a very presentable format.

Enjoy the read and I hope to see everyone out enjoying our Sunday mornings at South Brisbane Sailing Club as the cooler months approach.



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

## PRESIDENT'S REPORT, 31<sup>st</sup> March 2021

*By Andrei Wightman*

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As I write this, Brisbane is unfortunately in another lock-down due to a COVID-19 outbreak. This should remind us all that we are still in a pandemic and that we all need to continue to follow the basic Health Department advice of social distancing, good hand-hygiene and self-awareness of our own state-of-health at all times. I've been so pleased that everyone has been doing this at our races even when the risk is relatively low. Speaking of our races, 2021 has been a pretty incredible year so far with so many course and age-group records falling. The increased membership that the club has experienced is bringing an amazing group of new athletes to our races. There have also been some very strong performances from our existing members as some summer training starts to pay off. I've seen it written and probably said before, you earn your medals during training, you just pick them up at competitions.

Remember that when I talk about races and competitions, I'm not just thinking of the podium dwellers. I'm thinking of all of the amazing athletes of BRRC, whether you come first or last. Everyone is on their own journey and can be looking for a PB, to maintain their fitness over time or just use the opportunity to find exercise and camaraderie with like-minded people. It's the people of BRRC community that make us special, not just the races.

I won't take anything anyway from the erudite race reviews that will follow in the magazine, but if you take a look at the results so far this year, two things should be evident; some very credible performances and some very big fields. Like membership, participation in 2021 is significantly up on previous years and it's great that so many people are taking advantage of what BRRC offers.

Road racing both overseas and in Australia has restarted to some extent and with the upcoming Olympics, some spots in the Australian team are still up for grabs. Do yourself a favour and either attend or have a look at some of the streams of qualifying and elite events as they happen around Australia. There are some inspirational and talented athletes out there in the distance running community at the moment and glory awaits. It's also worth noting that in a recent special podcast for International Women's Day, the team at Inside Running Podcast conducted a poll with 13 judges to determine the top 10 greatest Australian female distance runners of all time. Within this group were two women who have spoken at our AGMs; Benita Willis and Krishna Stanton.



**Krishna Stanton**  
**BRRC AGM Dec 2018**



**Darren Manson, Benita Willis, Andrei Wightman, BRRC AGM 2019**

If you're not familiar with the records of these two athletes, get onto Google and see just how lucky we are to have heard them speak at our AGM. Krishna is a member of BRRC and an impressive athlete. I count myself very lucky to be able to train with her (or at least try to keep up) from time to time.

With the travel restrictions still in place for the near future, one very exciting prospect that 2021 will bring is the class of Australian athletes that will be running at the major running festivals of the 2021 season. While some of the international

stars will be missed, they should be more than made up for by the crème of Australian runners that will be on the starting lines of events all over the country, including our own backyard in Brisbane, the Gold and Sunshine Coast events. Don't forget that BRRC will be putting teams in these and other events (check the monthly newsletter). Where we can, there will be a BRRC team tent and plenty of support. Whether you run in BRRC kit (which we'd love you to be) or you run in the kit of your training group, you're welcome in our tent as a BRRC member to enjoy the hospitality, congratulations and occasional ribbing. As I said in the beginning, we're still in a pandemic but with the roll-out of the vaccination program, 2021 has started, and should finish, so much stronger than 2020. I look forward to celebrating each and every one of your achievements as a BRRC member, whether it's winning the race, setting a PB, improving your performance or just completing the distance. Not one of you is an ordinary runner, you are all extraordinary.



Run safe, run healthy, run happy,  
Andrei.

## MEMBER PROFILE

Belinda Todd

**Age:** 57



**Occupation:** School Laboratory Assistant

**How and when did you start running?:** Started running in 2016 after a work colleague told me about parkrun

**Most Memorable Running Moments:** Completing my first half marathon (Gold Coast 2018) and running around the Imperial Palace in Tokyo

**Favourite Running Distance and PB:** I don't really have a favourite distance, I just like getting out and having a run

**Running Goals:** This year it's to complete the Warwick Pentathrun, the Gold Coast Half marathon, and earn another BRRC towel.

**Favourite Runs:** Anywhere along the beach between Coolangatta and Currumbin, Stones Corner parkrun, early mornings along the Brisbane river

**Favourite Running Partners/Group:** Intraining Stones Corner group.

**Who is your running idol?:** Don't have one

**Favourite Sportsperson/s:** Steve Waugh

**Favourite Shoe Brand:** Currently wearing Mizuno

**Favourite Food:** Anything I don't have to cook myself

**Favourite Drink:** Cider or Shiraz, depends on the occasion

**Favourite Movie:** Lord of the Rings trilogy

**Favourite Music:** All sorts, full spectrum from Classical to Punk

**Star Sign:** Capricorn

**If you had one wish in life it would be?:** That people could respect and accept each other's differences

# BRISBANE ROAD RUNNERS RACE REPORT

January to March 2021

by Robert Lofthouse

## January 3rd – 10km /5km (208 starters)

A great turnout for the first run of the New Year with the surrounding parking areas filling up quickly.

**10km** – The first 5km lap saw a lead group of three, Robert Cordie, Scott Walker and Michael Cnops coming through in around 18:15. **Scott Walker** managed to pick up the pace from then on winning in a time of **36:18** and being the only one in the top three who managed a negative split in the second 5km. In the end, Scott's winning margin was 30 seconds with Michael finishing second and Robert dropping back to third.

In the ladies event, Sophie Butler held a 20 second lead at the halfway point but could not maintain her early pace with **Kerri Hodge** reeling her in by the 7km mark, before going on to win in **43:09**. Sophie held on to second with Erica Weideman rounding out the top three.



Scott Walker – 10km winner

**5km** – Long striding **Harvey Cramb** took the honours in the men's 5km clocking a winning time of **17:55**. Cramb, a student at Mansfield State High, won by a 10 second margin over Andrew Clarke. Harvey is also a very proficient steeple chaser being

one of Australia's best in the Under 18 age category. The battle for third was close with Nicholas Scarponi crossing the finish mat just one second ahead of Ben Glaum. Prior to Christmas, Harvey had recorded a PB of 6:20 for the 2000 metres steeplechase event.

Continuing on from her successful 2020 year at BRR, **Hanne Schoofs** started the New Year well by taking out the ladies 5km in **20:41**. Kate Cecil finished second with Kim Massy claiming third place.

A special thanks to Race Director **Adrian Royce** and the timing crew and volunteers for their support on the morning ensuring that BRR continues to provide a safe and enjoyable run for everyone.



Shiloh Watts and Brenton Lockrey



Ruth Peacock and Anja Bion



**Anna Allen**

**January 17th – 15km/10km/5km (203 starters)**

Despite COVID-19 restrictions being extended by 10 days in the Greater Brisbane area and runners being required to carry masks with them, there was an excellent turnout on the morning with over 200 runners at the starting line. It was warm and overcast at the start but certainly better than the 35 degree day experienced on the Saturday.

**15km** - One of Queensland's leading distance runners **Wayne Spies** made a return to the club and led the field for the entire three lap journey, clocking **52:55** to give him a comfortable win over previous 10km BRRC winner Scott Walker with Robert Cordie crossing in third place. In the ladies division, it was great to see former Australian representative **Krishna Stanton** putting in a strong effort to take the honours in **1:00:26** from regular event winner Kerri Hodge. Third place went to experienced ultramarathon runner Belinda Bradberry.

**10km** – Well performed triathlete and distance runner **Pierre Gouws** led the field home with an impressive **35:15** effort. Long time BRRC members and regular Marathon runners Adrian Royce and Matt Archer were second and third respectively.

Sports Dietitian **Zara Nance (44:06)**, took out the ladies 10km by over three minutes with Kim Massy (from Gale Force Running group) second and Esther Townrow third. 83 runners started in the 10km, making it the most popular distance on the morning.

**5km** – The one lap event was dominated up front by runners from the Watts Running group. This group is a relatively new addition to the Brisbane running scene but certainly have been turning out at BRRC in recent months and making their presence felt. In the men's division, **Andrew Clarke** (from Watts Running) took home the winner's trophy with an **18:04** effort. Visiting Rockhampton runner Chris Pollock was second and Brenton Lockrey (also from Watts) rounded out the top three.

The ladies from Watts went one better in the final results with the top three all from the group. Founder and coach **Shiloh Watts** ran a swift **18:09** to take the honours with both Erica Weideman and Jade Cronan-Thompson also recording sub 20 min efforts to be second and third. Thanks to Pam Goddard for doing an excellent job in the Race Director's role on the morning. As usual, the volunteers ensured that the race was safe and enjoyable for everyone and their presence around the course and at the finish was certainly noticeable.



**John Dempster**



**Start line**



**David Cliff**



**Geoff Neil**



**Jean-Luc Raud**

**January 31st – 5 mile Champs**  
**15km/5km (391 starters)**

**\*\*Kieren Perkins and Isaias Beyn break course record\*\***

One of the biggest turnouts in many years with over 420 pre-race entries received and the surrounding streets quickly being filled with cars. Highlighting the popularity of the BRRC Championship events, 352 runners competed in the 5 mile event while in the 15km, only seven runners fronted the start line.

Conditions on the morning were fine and warm, but the humidity made it uncomfortable for many.

**Current 5 mile (8.09km) Course Record Holders:**

**Male – Kieren Perkins 25:21 on 16/02/2020**

**Female – Clare Geraghty 28:33 on 13/02/2011**

A crowded start line as runners took off for a shortened 3km loop followed by the normal 5km circuit. The 3.09km loop saw runners heading out on the normal course but turning at the top of the hill outside the rugby league club and making their way back to the start area via the normal course. In the men's race, **Kieren Perkins** completed the first lap in 9:27 with Isaias Beyn and Jon Peters hot on his heels. Jon

was making a return to BRRRC after a long absence. Jon dropped off the pace early in the last lap, leaving Kieren and Isaias to battle it out. Both were well under course record pace and eventually it was Kieren who managed to forge a small lead as he surged ahead to record a winning time of **24:56**, breaking his previous record by 25 seconds. Isaias Beyn crossed the finish just seven seconds behind and also was well under the course record set in 2020 before COVID-19 put a hold on BRRRC events. Third place went to Jon Peters, who still holds course records over three different distances.

Last year's 10 mile BRRRC winner **Sarah Greenwood** (a member of the BERT running squad), led the ladies field after the first 3km with Shiloh Watts and Anna Munro keeping her company. Sarah started to gain the ascendancy as Shiloh dropped off the pace, leaving Anna in second place as Sarah started to widen the gap at the front. By the finish, Sarah had a winning margin of 19 seconds recording a time of **29:40**. Anna and Shiloh were second and third respectively.

**Age group records:**

With such a large turnout, it was no surprise that 12 runners broke the previous course record in their respective Age Groups.

Congratulations to **Matthew Hansen 26:23** and **Harvey Cramb 27:59 (M0-19)**, **Kieren Perkins 24:56 (M25-29)**, **Isaias Beyn 25:03 (M30-34)**, **Jon Peters 25:40 (M35-39)**, **Robert Godino 27:58 (M50-54)** and **Colin Woods 1:06:04 (M85-89)** in the men's age groups and **Jade Graham 32:59 (W20-24)**, **Bettina Beach 33:17 (W30-34)**, **Louisa Abram 36:49** and **Muriel McLean 38:52 (W60-64)** and **Betty Menzies 54:57 (W75-79)**, who all went under the course record in their age group.

**15km** – Only seven runners elected to do the three lap event, with **Emmanuel Vergara** running consistent 19 minute laps to win in a time of **57:26**. Ged Timbs was second and Joseph Garbellini third.

There was only one lady entered in the 15km, **Frances Stewart**, who recorded a time of **1:12:02** in the humid conditions.

**5km** – An outstanding run by **Kim Berner** in the ladies division was the highlight of this event. Kim sped around the course in **17:53** to be the first runner to finish, leaving all the male opposition in her wake. Usha Thakur was second lady across the finish strip with Alyssa Kennedy third. **Nicholas Turner** won the men's race with an **18:47** effort. Dale Blackburn and George Daly rounded out the top three.

A big thank you to **Race Director Peter Riethmuller** and all the volunteers who did a fantastic job on what was a huge morning for the club.



**Sarah Thomas**



**Ron Vines & John Sheer**



**Kieren Perkins Isaias Beyn & Jon Peters**



**Muriel McLean**



**Susan Thornton**

**February 14th – 15km/10km /5km (199 finishers)**

Overnight rain had eased off before the 6.00am start, but it was still humid as a field of nearly 200 runners lined up for one of the three distances on offer.

**15km** - After winning the 10km event at BRRC a month ago, well performed Ironman Triathlete **Pierre Gouws** (from the Yarra Tri club in Melbourne) ran a perfectly judged race over the three laps to give him the victory on the morning. At the completion of the first 5km lap, Corey Mansinger held a 17 second advantage over Pierre with Adrian Royce in third place and holding a similar time gap over the fourth placed runner Michael Cnops. During the second lap, Pierre managed to edge closer to Corey and at the 10km mark Corey's lead was only 9 seconds. As well, the battle for third was really heating up with Michael Cnops edging ahead of Adrian just before the 10km mark to hold a narrow three second advantage.

Just when you thought that it would be a close battle up front over the last 5km, Corey started to tire and Pierre was quick to seize the lead and by being able to maintain his previous sub 18 min lap splits over the last 5km was able to end up with a winning margin of 43 seconds over Corey. Pierre's winning time was **53:53**. Michael Cnops claimed third place over Adrian Royce but was pushed all the way and it was only in the last 300 metres that he was able to shake off Adrian and create a 12 second buffer at the end.

In the ladies 15km, Intraining's **Jade Graham (1:10:36)**, scored an emphatic win by over three minutes from Heidi Grodecki and Frances Stewart. Jade had established a 35 second lead over Heidi after 5km, before widening the margin as the race progressed.

**10km** – The 10km distance proved to be the most popular of the morning with 85 runners, and in the men's race, it was good to see new club member **Steve Woolley** take home the BRRC drinking mug with a **38:39** effort. Steve Kelly claimed second place and Enrique Suana staved off the challenge by Matt Archer, to be third across the timing strip. In the

ladies equivalent, it was a battle up front between **Erica Weideman** (Watts Athletics) and Intraining member Cassandra Richardson. Erica held a three second advantage after 5km and despite Cassie's determined efforts to catch her, Erica maintained her form to win by 12 seconds in a time of **43:50** with Deborah Marshall third.

**5km – Scott Walker (16:56)** claimed his second BRRC win for the year with a strong performance in the one lap event. After building up a comfortable lead in the early stages, Scott ended up with a winning margin of 1 min 40 secs over his nearest rival Andrew Clarke with Nicholas Turner just a few seconds behind in third place. Prior to this event, Scott had won the 10km event back in early January. In the ladies event, **Kate Cecil** recorded a **20:38** effort to win by a comfortable margin from Katherine Moore and Shandre Coetzee.

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

### **February 28th – 20km/15km/10km /5km (223 finishers)**

High humidity greeted the large field which assembled at the start line.

**20km –** A strong start by **Robert Collins**, going through the 5km mark in 16:16. At that stage, Robert had established a 20 second lead over well-known Brisbane distance runners Aidan Hobbs and Wayne Spies. Despite the humidity, Robert continued to build on his lead and ended up covering the distance in **1:07:19**. Robert has a marathon PB of 2:29:26 set in Amsterdam in 2019.

Aidan finished two minutes behind in second place with Wayne a further three minutes back.

In the ladies four lapper, **Kerri Hodge** took the honours with a time of **1:29:38**. Frances Stewart and Cassandra Richardson rounded out the top three.

**15km –** A dominant front running performance by Calamvale runner **Corey Mansinger**, who maintained low 18

minute time splits for each of the three laps on his way to winning the event in **54:26**. BRRC committee member Adrian Royce was second with Jack Brumpton third.

The ladies race featured a close finish after **Nicole Robinson** had established a minute lead over well performed masters runner Muriel McLean after 5km. Third placed Phoebe Mumbray was nearly two minutes behind Nicole at that stage. The humidity was starting to kick in and at the 10km point, Nicole still held a 90 second lead over Muriel but Phoebe Mumbray was looming just 20 seconds in arrears. Both Nicole and Muriel started to slow in the last lap whereas Phoebe was finding an extra burst of energy as she passed Muriel and then started to narrow the margin on Nicole. Nicole managed to hang on to her lead to win in **1:21:58** with Phoebe just 5 seconds behind at the end. Muriel McLean finished third.

**10km –** The 10km proved to be the most popular distance of the morning with 89 runners. In the men's division **Robert Godino** had established a handy 40 second lead over Matthew Stenson and Davide Fontana at the 5km mark. Robert maintained that lead margin for the second half of the race to record a winning time of **36:16**. Davide managed to draw away from Matthew in the second loop to give him second place.

Intraining's Jade Graham and personal fitness trainer and running advocate **Katie Dall**, had a seesawing battle in the ladies 10km. Jade held a 14 second lead after the first 5km lap but tired a little in the humid conditions, with Katie coming home the stronger to take the honours in **41:34**. Third place saw Elizabeth O'Neil and Tash Shourbaji together at the 5km mark but Elizabeth gained the upper hand in the second lap to finish third.

**5km –** Two of BRRC's most promising teenage runners were to the fore in this event with **Sam Stenson** eventually crossing first in **17:02** ahead of Harvey Cramb who also recorded a sub 17:30 effort to claim second place. Nicholas Turner was third.

In the ladies one lap event, **Catrina Daly** took the honours with a 26:02 effort with Peta Dunne second and Angela Kamarinos third. Peta is also a regular Queensland Masters competitor on the track and has had several wins in her age group at the State Athletics Centre.

**Michael Lyttle** as Race Director and his fantastic volunteers, did a great job on what was a testing morning for all runners. Hopefully, the humidity is on its way out and we can all look forward to some excellent running conditions in cooler conditions.



Katherine Jackman, Kelly McCall, Tracey Wood.



Davide Fontana



Jeremy Woolley



Karen Rolff & Kelsey Rolff.

**March 14th – 15km Championships**  
**20km/5km (293 runners)**

**\*\*Isaias Beyn and Liz Grolimund the winners\*\***

Another great turnout for the second race in the Championship series for 2021 with a field of 263 assembled for the 15km. Again, it was very humid, which is pretty typical for this time of year.

**Current 15km Course Record Holders:**

**Male – Joe More (USA) 48:07 on 08/08/2010**

**Female – Mel Panayiotou 54:53 on 16/02/2014**

After finishing a close second in first 5 mile Championship race of the year, **Isaias Beyn** was determined to go one better in this race. He led the field through the 5km mark in a time of 16:26 with Peter Bracken 13 seconds behind at that stage. The battle for third was even closer with Robert Godino holding a narrow three second margin over Derrick Leahy. The marathon strength of Isaias Beyn really came to the fore in the second half of the race as he was able to maintain his speed up front as Peter Bracken dropped off his first lap km average of 3:20/km. Isaias continued to build on his lead, eventually crossing the finish in **49:10**, giving him a win by over two minutes from Peter. Derrick Leahy and Robert Godino continued their close tussle right to the end with Derrick claiming third place by just four seconds.



**Peter Bracken chasing Isaias Beyn**



**Derrick Leahy and Robert Godino**



**Derrick Leahy, Isaias Beyn, Peter Bracken**

In the ladies 15km event, it was great to see **Liz Grolimund** take home the BRRC trophy. Liz has been a strong performer for years, winning several non-championship races at the club so it was good to see her winning a championship event – a nice reward for years of training and effort. Liz went through the first 5km in 19:48 and by then had established a lead of nearly two minutes over her nearest rivals Hanne Schoofs and Olivia Lennon. Maintaining her sub 4min/km average for the entire distance resulted in Liz recording a finish time of **59:40**. Hanne Schoofs and Olivia Lennon were together at the 10km mark and over the final 5km, Hanne found something extra and produced her fastest 5km split of the race to gain a 12 second margin over Olivia to finish as runner up.



**Liz Grolimund with Matt Archer**



**Hanne Schoofs, Liz Grolimund, Olivia Lennon**

**Age group records 15km:**

Five runners broke the previous course record in their respective Age Groups. Congratulations to **Jonathan Daley 55:02 (M20-24)**, **Isaias Beyn 49:10 (M30-34)**, **Peter Bracken 51:31 (M40-44)**, **Robert Godino 52:38 (M50-54)** and **Louisa Abram 1:11:57 (W60-64)**, who all went under the course record in their age group.

**20km** – With all the emphasis being on the 15km Championship only four runners completed the 20km distance in the humid, taxing conditions. **Frances Stewart** was the only lady in the race and she was the outright winner recording a **1:32:19** effort. In the men's four lap event, Shane Dicoski held a 25 second lead over **Scott Tonges** at the 10km mat crossing but Scott really picked up his pace in the last 10km to win in a time of **1:41:32**. A tiring Shane battled through to finish second with Nigel McBride third.

**5km** – The highlight of the 5km event was the performance of **Anna Munro** who won the race outright in a time of **18:15**. Anna is a member of the Gale Force Running Squad. Siobahn Fitzsimons and Tracey Ivanoski were second and third respectively in the women's field.



**Anna Munro**

In the men's division, **Alastair Bell** claimed the win with a **18:29** effort. Andrew Clarke also broke 19 minutes to finish second, with Mark Cubela third.

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



**Nicola O'Brien and Peter Riethmuller**



**Geoff Neil, John Dempster**

For a complete list of race results and photos, go to our [website](#) or visit our [facebook page](#)

# BRRC BEFORE THE CRACK OF DAWN

*By Betty Menzies*

If you've ever wondered what goes on behind the scenes on a BRRC Event day, here's what happens:

## COURSE SET-UP

You will spot **Andrew Marrington & Bruce Smerdon** during the early hours, quietly putting out the witches hats and signs which guide us around the course. Gear is carried up to the race start where tents and tables are erected and race gear distributed. Their work continues after the staging of the event too - until the last runner has left & all gear has been packed away.



Andrew



Bruce

**Andrei Wightman**, needs no introduction.



You'll see Andrei delivering your pre-race brief on our video recording before you see him out on the course racing 'to unlock the yellow gate' before the sun has risen to allow our runners through, before helping at the desk with uniform sales & general enquiries.

## TIMING TEAM



John Dempster



Tim Appleton

This comprehensive task requires precision & dedication to set up, operate, & produce results for our timed Club races. Preparation & maintenance is ongoing. A great deal of effort is invested in accurate timing. Event day for **John & Tim** begins an hour before race start and doesn't stop until all results are emailed out in the afternoon.

***Operating the Timing System is also one of the most interesting of our Club roles. If any members would like to find out more about joining a roster system to help with this important task, please contact Andrei Wightman:***

***[president@brisbaneroadrunners.org](mailto:president@brisbaneroadrunners.org)***

***You do not have to 'give up' your run/race participation, merely help out. Some I.T. or database experience & spreadsheet knowledge are basic requirements.***

## **UNIFORMS**

Service with a smile from **Gina de la Cruz**, Uniform Convenor, and her trusty shop assistants, John White, Betty Menzies, Tracey Wood.



Uniforms (t-shirts & singlets), caps and visors are displayed and pre-race orders are prepared ready for collection before members arrive.

The merchandise 'shop' remains open during and after the event until all equipment is packed away.



**John**



**Tracey**



**Betty**

## WEBSITE

Absolutely everything you want to know about Brisbane Road Runners Club is available at the click of your mouse or a tap of your finger before you arrive at the venue.



**Geoff Neil** has developed, published & oversees this comprehensive operation. He facilitates online payments, pre-race entries and is responsible for your evening & early morning text messages – not to mention the management of the online shop orders which are delivered to you on event days.

## REGISTRAR and VOLUNTEER CO-ORDINATOR

### Adrian Royce



On Event mornings, Adrian greets the volunteers, gives them instruction re their individual tasks and sends them to their allocated spots after they've helped transport gear from the shed. He then distributes timing chips to new members and deals with any race day queries.

Adrian is ably assisted by **Roger Black** and **Lynette Fergusson**.



**Roger, Lynette, Adrian**

## PHOTOGRAPHY

**Yvonne Paetz** is our expert behind the lens – you’ll see her at every race, both when you arrive and when you leave, lining you up & applying her skills to produce the best shots. She applies her knowledge to make you the heroes of your photos – not just a small detail.

If you sometimes miss out (which is rare), or don’t have all of the photos taken of you published, don’t be disappointed – Yvonne abides by a principle whereby some of the not-so-flattering shots are filtered out, as “we aim to share the best we have. One flattering photo is better than any of the less flattering photos that may be taken”. In two weeks’ time, you’re sure to be amongst the best and feel proud to be able to use these photos which capture part of your life-story and build memories of your great running experiences. It can also be extremely satisfying to see yourself look great (or better than you thought!).

Yvonne possesses the charming quality of making you want to smile, particularly when you feel as if you’re taking your last breath trying to reach the top of the hill! It takes an extraordinary effort, but *“when you smile, Yvonne and BRRRC smile with you”*.



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## HOW GOOD IS BRRRC?

Good news - with a few clicks of your mouse, you can now bring up all the times you ran at BRRRC events from the start of 2019. Just go to [Historical Results | Brisbane Road Runners Club BRRRC West End](#) and follow the instructions.

More good news – if you live in a household containing several BRRRC members and you can’t work out whose timing chip belongs to who, just go to the following link where you will find your Bib Number (A.K.A Membership Number) as well as your Transponder number (A.K.A Timing Chip Number).

<https://www.brisbaneroadrunners.org/check-membership-status>

The good news from BRRRC just keeps coming!

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# BRRC ONLINE SHOP

by Geoff Neil

We thank COVID for the inspiration to develop our new Online Shop for our Club Merchandise, as we strive to minimise contact wherever possible. We have since found that members like the idea of not having to queue on event days, and our merchandise volunteers welcome the new streamlined process.

The process is simple – order and pay online to ensure available stock is allocated to you at time of purchase and be ready for pickup at the next event. You can even purchase a replacement timing chip online! Orders not collected will be held over to the following event.

We also offer a postage option for \$12.00, but orders are only 'picked' fortnightly by

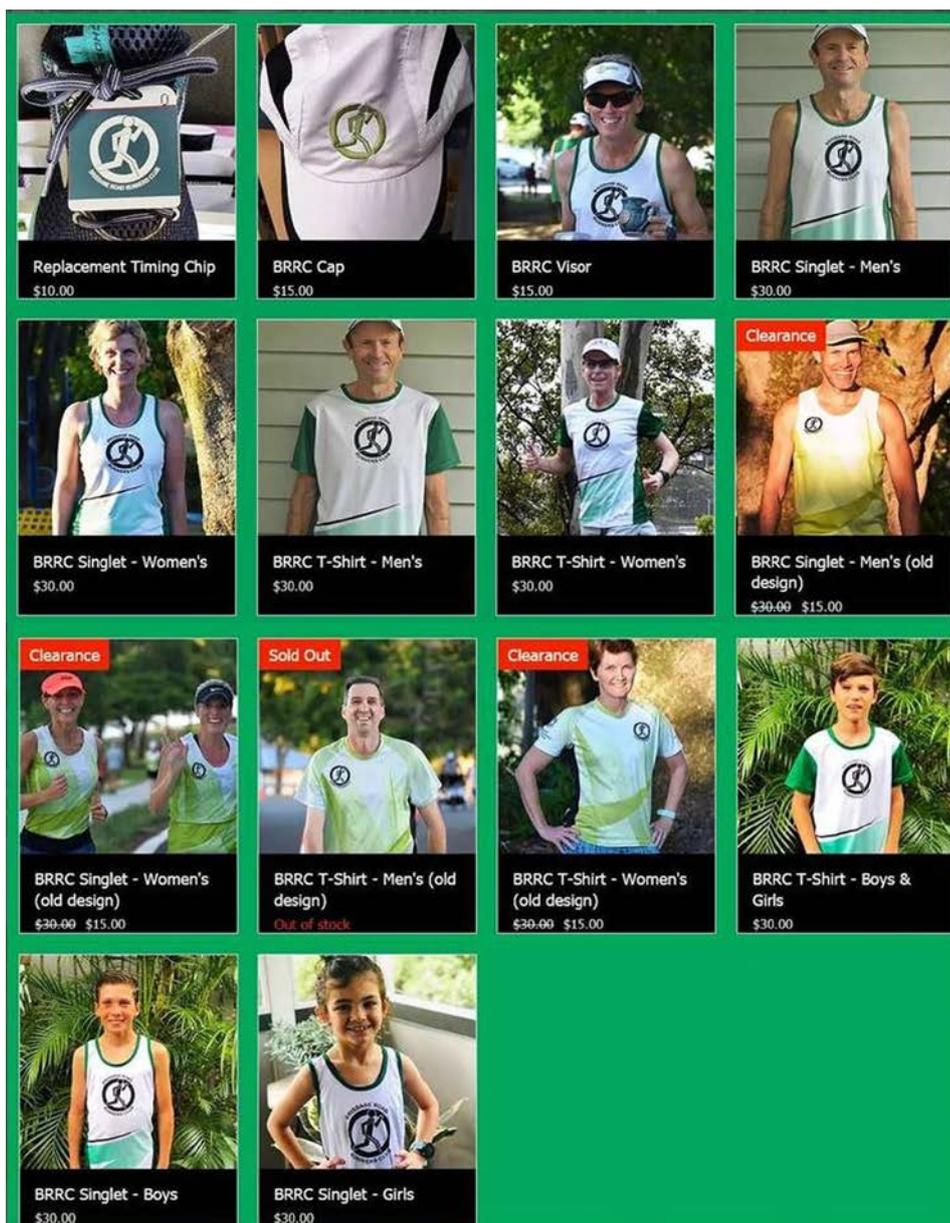
our volunteers on event days and despatched on the following day (Monday). You will need to take this into account if you select this option, as it could take 2-3 weeks to be delivered.

All we ask is that you order by 7pm on the evening prior to each event, so we can have your order ready for you the next day. If you are late, you will make life difficult for our volunteers!

Of course, Club Merchandise will still be available for sale on event days, although purchasing online beforehand is far more convenient and safe for everyone.

Happy Shopping!

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



# THE ERNIES at the International Women's Day Fun Run

By Katherine Jackman

**Pink!** It's always been my favourite colour!! And on Sunday 14 March – I saw lots of it! A river of pink winding its way from Vulture Street, up over Kangaroo Point, snaking its way across the Story Bridge and spilling down through Eagle Street to finish in the beautiful botanical gardens!!

Never wanting to miss an opportunity to don my pink tutu, I bounced out of bed at 4:30am and focussed on getting all my running stuff ready for another excellent adventure!! Long pink socks, sun-safe undershirt, pink run T, race number, hat, sunnies, sunscreen – tick, tick, tick - ready!!

Now the tough part! Ensuring my partner was as enthusiastic as I (despite finishing work at 11pm the night before). Hmmm – this is not for the faint hearted (let me tell you...). So I ensured flat running man had all necessary kit and brought in a smokin' hot coffee to what appeared to be a comatose human – explaining what a champion he was to run with me and the ERNIE's in the International Women's Day Fun Run!!!

The ERNIE's convened at Southbank – coming together to show our support to those going through the horrendous challenge of breast cancer.



Back: Jason Cox, Pam Peldan, Katherine Jackman, Louise Dunn, Gina de la Cruz, Felicia Elgey, Will Campbell, Amber Copeman, Nicola Campbell, Sheryl Firmeza, Washington Firmeza

Front: Damien Barry, Anthony Bone, Paul Dunn, Janette Campbell, Elizabeth O'Neil, Dylan Barry, John White Hwang, Andrei Wightman

We merged with 15,000 others to find the start line. And loved turning around to see the sea of pink all the way down Gray Street!



And looking up on the Story Bridge to see Sharpy and Mel – smiling and waving! And having awesome volunteers cheer us on! And running with family members – sharing the joy with our children and immersing them with the fabulous and inspirational people who run.



### *This run was special.*

We collectively raised over \$1.5 million dollars to support some of the 18,000 Australian women diagnosed with breast cancer every year. My colleague Ash (Breast Care Nurse) explained “I’m with women on what is arguably the worst day of their lives – when they are diagnosed with breast cancer”.....“Breast cancer is ‘financially toxic’ with incredibly expensive out-of-pocket costs. Some of the funds raised on International Women’s Day will go to fuel vouchers as some women are unable to pay the expense of transport, some require cleaning services, some need reimbursement for parking during chemotherapy and some require bras – each women’s needs are different, each is so sensitive and each is provided with the utmost dignity and compassion during this horrendous time for them.”

This Run was an extraordinary chance to be part of a community showing they care for those affected by breast cancer. The ERNIE’s definitely care! And we’ve got the date saved for next year – when we unite again for such an important mission!





*For those of you who would like to know more about the ERNIES and their origins, please click [here](#) , choose “Summer 2020” and scroll down to page 20.*

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## MEMBER PROFILE

**Name:** Joe Garbellini

**Age:** 51



**Occupation:** Director

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

I grew up in Sydney. In my late teens, myself and some friends decided to enter the City to Surf. We did that for a couple of years with very little training. I then entered a half marathon, again with very little training and just made it.

Fast forward 20 years, in my early 40s, when we were living in Singapore, I had a health assessment done through work. The lady who took me through my results told me I was quite fit but it was always a good idea to try and improve, so I should commit to some form of exercise. There, on the spot, I committed to train for and run a half marathon and haven't looked back.

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

My most memorable running moment was the Melbourne marathon in 2019, where I improved my PB by 14 minutes.

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

The marathon is my favourite running distance. My PB is 3:37.

### **Running Goals:**

My running goal is to qualify for the Boston Marathon. I need a big improvement on my current PB to get there, so will be difficult, but I have it there as a goal to push me along. I would be stoked if I ever achieved it!

### **Favourite Runs:**

I have run the Melbourne Marathon twice, immensely enjoyed it both times and achieved big PBs on both occasions, so I would definitely have to say Melbourne.

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

I run with a few different people and groups, and I enjoy running with them all.

There is a group of guys that get together for trail runs and river runs that I am a part of, which is always a lot of fun.

I am a member of the Fortius Running Club and they are a great group to train and run with.

I have a friend in Melbourne, David. Our families often meet up at events and make a weekend of it, which is always fun. We have run Gold Coast Marathon, Melbourne Marathon, a Marathon in Portland, Oregon, as well as UTA50 and the 2 Bays trail run in the Mornington Peninsula. We are hanging out for borders to open to do the Tarawera 100km in NZ in February next year. Had to pull out of this year's event, but we will be there next year.

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

Anybody who gets out there and gives it a go.

**Favourite Sportsperson/s:**

I don't spend a lot of time watching elite sport. I love watching my children's club and school sports on the weekend.

**Favourite Shoe Brand:**

Brooks Ravenna are my regular running shoes.

**Favourite Food:**

I love a good pasta.

**Favourite Drink:**

In the morning, my favourite drinks are cappuccino & smoothies. In the evenings, I'm quite partial to sharing a red wine before and during dinner.

**Favourite Movie:**

I've always loved watching Dead Poets Society and love the message from the movie, carpe diem.

**Favourite Music:**

With 7 of us at home, there is a large amount of variety of music that gets played and I enjoy it all.

**Star Sign:**

Cancer

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

To spend more time travelling and entering running events in far flung locations.

**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.)
Ian Javes (L.M.)	Andrew Leggett	Robert Lofthouse (L.M.)
Margot Manning (L.M.)	Steve Manning (L.M.)	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 05/04/2021

## MEMBER PROFILE

**Name:** Mark Anthony

**Age:** 44

**Occupation:** IT Management



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

October 2010, on a Wednesday morning from the Ship Inn to New Farm with the Brisbane Running Buddies.

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

Berlin Marathon 2013. It was a cool morning with a slight drizzle, I had butterflies in my stomach as I walked to the start line with my friends. After running a 15 minute PB of 3h23m in Canberra earlier in the year, I'd set myself a goal of improving again, running between 3h10-15. I had decided to run at around 4.32 pace for 30k, to give me options for the finish, with the dream of speeding up.

**The Start:** I remember tearing up slightly, excited, nervous, waiting to take my first step. The road was wide and once I moved forward it was easy to navigate, with the corral system working well and everyone running around the same speed and I hit 4.32 pace straight away.

**5k,** bands playing every mile, supporters lining the street, I was on target, low heart rate, positive signs.

**15k,** fears started to creep in, I was talking to myself in my head. Can I really hold this pace, should I slow down. I focused away, soaked in the atmosphere and stuck to the plan.

**21k,** I remember running past a band playing eye of the Tiger, which really pushed me on. My Heart Rate was still low and I was getting excited. At this point I thought, lets step up the pace now, but quickly chastised myself, stick to the plan. I thought of my time flashing up on the tracking board, and my friends commentating, probably saying I had gone out too fast (later, I found out that I was right).

**30k,** I felt strong. I said to myself, 'believe' and increased the pace. My mind wandered back to friends whom I know would be tracking me and thought, "you won't like this"! I knew the next hour was going to hurt, but knew I was the strongest I had ever felt at this stage in a Marathon. West End to South Bank and back was in my head, knowing that this was roughly the distance I had to run, knowing I could do it.

**36k,** legs were sore, Heart Rate good. I was now overtaking people, which felt good and felt I had more to give. I checked my watch, calculating that I'd finish around 3h11m, on track.

**39k,** legs were burning, but I still felt strong. 3k time trial come to mind and could I quicken and break under 3h10. I decided to go for it, took a couple of deep breaths, quickened my stride and sped up and stopped checking my watch.

**The finish:** Legs were burning, solid, screaming at me to stop, but I could see the clock in front of me and just kept pushing. I'll never forget the feeling of running through the finish line, seeing 3h 09m 50s on my watch. I was grinning from ear to ear.

The Berlin Marathon is a great course, well organised, awesome support and atmosphere throughout with generally good running conditions, highly recommend it.

**Favourite Running Distance and PB:** Marathon, 3h 09m 50s

**Running Goals:** To enjoy each and every run, but getting back to some consistent running and hopefully a marathon PB next year.

**Favourite Runs:** Warwick Pentathlon, Sunshine Coast Half Marathon, Melbourne Marathon, 5k at Road Runners.

**Favourite Running Partners/Group:** Brisbane Road Runners, PCRG and Brisbane Runner Buddies.

**Who is your running idol?:** Paula Radcliffe, watched her run so many times beating everyone in the field, with that distinctive head nod.

**Favourite Sportsperson:** Thierry Henry, Arsenal Legend and record goal scorer. Watched so many of his games at Highbury, his work rate, drive, goals. A winner.

**Favourite Shoe Brand:** Nike, Lunarglide. But due to retirement, now the New Balance V1080.

**Favourite Food:** Bacon Sarnie and Pizza

**Favourite Drink:** Edinger Wheat Beer

**Favourite Movie:** Starwars

**Favourite Music:** Bryan Adams, Phil Collins, love the 80's.

**Star Sign:** Cancer

**If you had one wish in life it would be?:** To live in a sustainable, cruelty free, eco-friendly world sharing it with other species.

## AT THE RACES

### News from around Australia and the world

*Compiled by Robert Lofthouse*

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#### **\*\*AUSTRALIAN RUNNERS BREAKING RECORDS IN THE USA\*\***

**Oliver Hoare** – 24 year old USA based NSW runner Oliver Hoare, decimated Stewart McSweyn's Australian 1500 metre indoor record with an outstanding run of 3:32:35 at the New Balance Indoor Grand Prix in New York back in February. McSweyn's record had stood at 3:35:10.

**Charlie Hunter** – Another 24 year old from Gosford (NSW) who is just reaching his peak in the USA, Charlie lowered the Australian indoor one mile (1609 metres) with a 3:53:49 at an indoor meet in Arkansas. Representing the University of Oregon, Charlie showed the depth that Australia now has in the middle distance track events leading up to the selection of the Australian Track and Field team for the Tokyo Olympics.

**Morgan McDonald** – Morgan was a leading Australian Junior runner before finishing school in Sydney in 2013 and heading to the University of Wisconsin-Madison in the USA where he competed in Cross Country and track races for the University. He came back to Australia in 2018 to represent Australia in the 5000 metres track event at the 2018 Gold Coast Commonwealth Games.

Recently, Morgan broke the Australian Indoor two mile (3,218 metres) record at an indoor track meet in the USA. He has a 5000 metre track PB of 13:15:83 and is aiming at the 5,000 metres event at the Tokyo Olympics this year.

With winter being so severe in many parts of the USA, indoor track meetings are a way of life and a big part of the sport in the USA.

**Patrick Tiernan** – Great to see a Queenslander in outstanding form in the USA with Toowoomba's Patrick Tiernan breaking the 10,000 metre track record outdoors in Orange County California

back in December 2020. Patrick recorded a 27:22:55 effort to snatch the record off Stewart McSweyn who had narrowly beaten Patrick in the Zatopek 10,000 metres track race in Melbourne a year earlier. Following on from this, Patrick ran a 1:02:26 in the LOS VEGAS GOLD Half Marathon to continue his great USA form.

#### **\*\*JUDE THOMAS – RISING STAR OF QUEENSLAND ATHLETICS\*\***

When it comes to attracting publicity in the newspapers, Athletics rates as a very poor cousin when compared to football and swimming but the recent efforts of 18 year old Ipswich runner Jude Thomas deserve a special mention.

Jude had been a leading performer at Australian Schools Track Championships and Australian Junior Cross Country Championships while still attending St Edmund's College in Ipswich. Jude left school at the end of 2019 and in recent months has broken a couple of long standing Queensland Track records in the Under 20 age group.

Back in January, Jude broke a 40 year track record in the Under 20 1500 metres category with a 3:42:95 effort at the QSAC track at Nathan.

Three weeks later, Jude broke the 43 year old Under 20 record of Queensland great Michael Hillardt in the state 3000 metres track championship stopping the clock at 8:00:07. Turn the clock forward to mid-March and Jude competed in the 5000 metres at the Sydney Grand Prix and managed to slice 21 seconds off his previous best to record 13:53:25. At this stage, Jude has recorded qualifying times in the 800 metres, 1500 metres, 3000 metres and 5000 metres for the World Junior Athletics Champs to be held in Kenya later in the year.

In 2019, Jude clocked up 5,500kms in training and in 2020 it went up to 7,320kms. This is all leading towards a long term goal of peaking around the 25-26 year age as a top Australian distance runner.

He is a member of the Ipswich & Districts Athletics club as well as leading Ipswich running group the NANCI's, who are based at the Limestone Park track. The NANCI's have become well known on the South East Queensland running circuit with long standing masters athlete Peter Reeves at the helm of a very motivated group which boasts runners of all ages and abilities.

Apart from Jude, the NANCI group has also attracted some BRRC members including BRRC Club Champion Clay Dawson and Queensland Masters runner Irene Davey and Race Walker Erika Szucs-Woodward.

#### **JUDE THOMAS – PERSONAL BESTS**

**800 metres – 1:50:72 (Track, QSAC 2021)**

**1500 metres – 3:42:95 (Track, QSAC 2021)**

**3000 metres – 8:00:07 (Track Runaway Bay)**

**5000 metres – 13:53:25 (Track, Sydney 2021)**

**10km Road – 30:54 (Gold Coast 2019)**



#### **SYDNEY TRACK CLASSIC – Saturday 13<sup>th</sup> March**

There were two separate 5,000 metres track races held at Sydney Olympic Park as part of the Sydney Track Classic meet. The first race was the 5,000 metres B Final followed by the Australian 5,000 metres Track Championship final. Some top Queensland runners were involved.

#### **5000 metres Men's 'B' FINAL:**

- 1 – Louis McAfee (QLD) 13:49:09
- 5 – Kieren Perkins (QLD) 14:23:94 (BRRC member)
- 6 – Liam Boudin (QLD) 14:26:67

#### **5000 metres Men's Australian Championship**

- 1 – Matthew Ramsden (WA) 13:29:99
- 2 – Brett Robinson (NSW) 13:31:97
- 3 – Jack Rayner (VICT) 13:34:68
- 6 – Jude Thomas (QLD) 13:53:25 PB
- 14 – Tim Vincent (QLD) 14:03:52

#### **BEATRICE CHEPKOECH BREAKS 5KM ROAD WORLD RECORD**

On 14<sup>th</sup> February, Kenya's Beatrice Chepkoech broke the women's 5km road world record, finishing the Monaco road race in **14:43**. She broke the 2019 record by one second. The 29 year old also holds the 3,000 metres steeplechase world record so it was no surprise that the Kenyan speedster added another World Record to her resume.

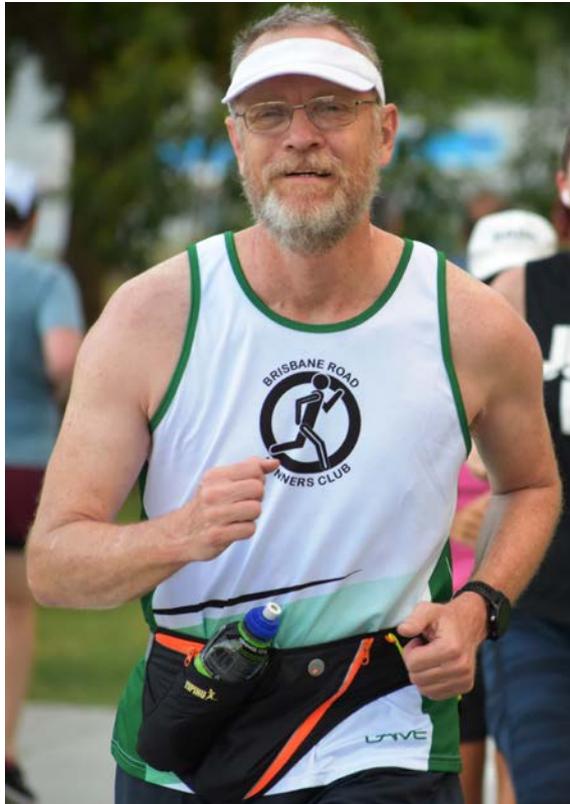
The current World Record on the track for 5000 metres is held by Ethiopia's Letesenbet Gidey at 14:06:62, so that is considerably quicker than the current road world record.

Incredibly, the 5km road distance was only officially recognised as a world record event from November 2017. Uganda's Josh Cheptegei, set the men's 5km road world record of 12:51 in Monaco back in 2020.

## MEMBER PROFILE

**Name:** Geoffrey Keed

**Age:** 59



**Occupation:** Auditor. Officially it is now “Client Engagement Officer” - but I am not that engaging.

**How and when did you start running?:** One foot in front of the other, at about nine months I think. I heard about Parkrun from some work colleagues and decided to give it a go – I have not looked back since – except to see who is about to overtake me.

**Most Memorable Running Moments:** My achievements are modest, but my first sub 30 Parkrun at Wishart and later first sub 25 felt good. Managing a sub 52 10 km with a negative split at West End a bit over a year ago was also pleasing. Unfortunately I am nowhere near that now, and have a lot of work to do to try to catch up again.

**Favourite Running Distance and PB:** My PB is 23:26 at Wishart Parkrun, but at

the moment I am struggling to get under 30 again for the 5 Km. I actually prefer to do the 10 Km run, and would like to do some 15 Km runs, but need to build up to it again.

**Running Goals:** In January last year I was intending, and I believe on track to run my first half Marathon in July, probably in a time of around 2:20:00 based on the ~1:35:00 times I was doing for 15 KM social runs at the time. I would like to be able to build back up to that, but realistically it is more likely to be next year rather than this year, due to health and family issues and work commitments.

**Favourite Runs:** Anywhere near water is always nice, so the club runs in sight of the river are great. Longer runs of about 13 Km from South Brisbane, over the Goodwill bridge then along to QLD Uni and crossing back over the river at Dutton Park to head back to South Brisbane are also good.

**Favourite Running Partners/Group:** I am also a member of the River City Runners and they have a varied training and social run schedule each week. Unfortunately I won't be able to participate much again until May probably. In addition to the running they also have a Wednesday afternoon walk through the trails at Toohey forest. It's good to get in amongst the trees and clear the head. When not running due to injury, the up and down over the hills tracks helps to keep up some fitness.

**Who is your running idol?:** None in particular, but all of the leading Kenyans, Ethiopians and Moroccans who have run the 5 Km, 10 Km, and marathons have been wonderful to watch. For sheer hard word, determination and technical excellence in their craft, I don't think I

have ever seen anyone to match hurdler Sally Pearson.

**Favourite Sportsperson/s:** Of teams – everyone in the Brisbane Lions premiership sides of 2001, 2002 and 2003, but especially Michael Voss and Jason Akermanis. More recently, Sally Pearson, Kurt Fernley, Dylan Allcot.

**Favourite Shoe Brand:** The old Bata Scout with the compass so I don't lose my way? I do not really have a favourite brand of running shoe as such – I doubt I am a good enough runner for it to make a difference. My current brand is Mizuno because that is what was recommended for me at Athletes Foot when I had a foot injury and went to get something better than the cheap pair of shoes I had before.

**Favourite Food:** Roast beef, with roast potatoes and sweet potatoes. My wife Kathy ensures we have a very varied diet including lots of vegetables, salad and pasta and some curry and other spicy dishes.

**Favourite Drink:** Black tea – lots of it. If I think I have had too much of an afternoon then I switch to Rooibos. Of alcoholic drinks – an occasional beer (the bitterer the better) or a Bundaberg rum with orange juice or Ginger beer.

**Favourite Movie:** Fargo – Delicatessen – The Last Supper – Eating Raoul – The Cook The Thief His Wife Her Lover – Shallow Grave – Trainspotting – anything dark and humorous really, and the Monty Python films.

**Favourite Music:** Mostly classical music, and some swing and brass band. Some 'modern' music – Beatles, Pink Floyd, Procul Harum, Dire Straits, Moody Blues.

**Star Sign:** Cancer – but I don't believe in such nonsense – it's the reading of the tea leaves determines our fate, and the Norns of Yggdrasil of course.

**If you had one wish in life it would be?:** Good health as I get older – being able to remain fit and active like club stalwart Brian McCarthy would be a real blessing.

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# TAMBORINE MOUNTAIN MARATHON

*By Adrian Royce*

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Want a good hilly challenge to the first part of the year? Do Tambo Mountain marathon and relays. Bruce "Digger" Hargraves, well known running identity around Brisbane and a VIP for the South African Comrades race, now organises the mountainous event every year more or less corresponding with the Australia Day weekend.

The course loop is 7km, so a full marathon will require 6 complete loops (and a bit tacked on at the beginning). The start is the same place as the local parkrun, also organised by Digger. As you go past the start line every loop, there's a lot of cheers to keep you motivated for the short distance that is actually flat! Then after 400m the course soon turns into a liquorice all-sorts of cross-country, path and road mixture. But more than that it gets pretty hilly and hard on the legs. I'd say very few are prepared for the inclines which can be steep, throw into each loop a slippery 200m rainforest part and it becomes very interesting. Mostly I prepared by running through Daisy Hill forest and racking up some serious elevation over summer.

Held at the Tambo Sports Centre, the start of the event is always just on sunrise with a wait for a few minutes if the sky is overcast. There are 3 drink stations on the course too, stacked with snakes, lollies and potato chips (as well as drinks). As part of the entry, you receive a meal voucher to use at the canteen post-race protein replenishment (ie bacon and ham roll). Also if you like those Killer Pythons, the canteen keeps them. Once a year I like those Killer Pythons. Now I have to say, yes I've won the marathon for each of the first 3 times it's been held. But good news is I've officially retired from the full marathon. In other words, I am bowing out (don't say quit) whilst I am ahead and I can claim undefeated! So this is your chance to run and thrive in a great atmosphere of fun

with a bit of pain thrown in. No pain, no gain (remember that for the few days after the race) for the almost 1 km of elevation. As I look back on the 3 races, I improved each year with the marathon time: 3:25, 3:14 and this years' time was 3:08. A small part of me would love to have done a sub-3 hr marathon on the course. So I have 3 very nice trophies for my effort. However my strong written suggestion to rename the race "**Adrian Royce Tambo Classic**" has evidently fallen on deaf ears with claims they never received the email (I also sent a letter but not to press the point).

But why put yourself through so much pain when you can join a relay team of 6 and just have one loop of pain? And that's what the Wishart Running Mums did. Anchored by BRR member Lynette Fergusson, 6 running mums did a loop each. It's smarter that way too as there's no way you can miscount the number of loops you do. The relays are an exciting part of the day with lots of cheering and some consoling. And a bit of asking the question: how on earth could anyone do 6 bloody laps! There's also a 3 person option where you can do 2 laps each (nah, find an extra 3 people!). In fact there's also the option to do 4 marathons over 4 days. So next January consider a trip up to Tambo and test yourself in the crisp clean air.



# THE JOY OF RUNNING

By Elizabeth O'Neil



When I was in grade 4 I came 3rd 🥉 in the cross country. My first ribbon!  
 My family were very surprised as I had obviously not trained. I came 1st 🥇 the following year thanks to a teacher who encouraged me to train - and Jennifer Parish getting a stitch just before the finish line! There's something about being good at something that gives you some validation. I also learnt I had a little competitive streak in me.  
 When I got to high school running was not cool. At all.  
 As an adult I would see the Bridge to Brisbane ads and think one day I will do that..... this took a long time (I'm now 34) hence the reason I have started a running group with work colleagues this year.

Distance	Avg Pace
21.16 km	4:53 /km
Moving Time	Elevation Gain
1:43:17	78 m
Calories	Avg Heart Rate
1,000 Cal	180 bpm

Becoming a runner has brought so much joy to my life. I have met some amazing people.  
 So here I am.



Today at the Great South Run I did my first half marathon race since 2018. 5 mins off a P.B. but 3rd in my A.G. and 17th female overall.  
 I also burnt 1000 calories - which called for champagne 🍾. .

My training has not being the best if I am honest. But today seeing some amazing people out there has given me that little fire in my belly again. 2021 is my year to get a half marathon P.B.



John White, Elizabeth, Jason Cox, Pam Peldan

# 2021 BRRC CONSISTENCY CHAMPIONS

*By Bruce Smerdon*

To recognise their support for the Club, members who compete in and complete all seven championship events during 2021 will be awarded a specially embroidered BRRC towel at the end of the year. Since being introduced in 2015, earning a fabled towel has increasingly become a “must do” for BRRC members, as can be seen from the statistics below:

2015 – 11 members  
 2016 – 16 members  
 2017 – 18 members  
 2018 – 32 members  
 2019 – 41 members  
 2020 – 79 members

Most towels earned – Kerri Hodge (5)  
 Youngest member earn a towel – Ruben Ripper (2020 – 15 years of age)  
 Oldest member to earn a towel – Colin Woods (2018 – 83 years of age)

With two championship events completed in 2021 and five more to be run, there are 209 members in the running for a towel this year (see below). The BRRC treasurer is wondering how many of these fine athletes are going to go the distance? He’s worried that the BRRC finances are going to get a good towelling in 2021!

2021 COMMITMENTS 14-03-2021					
FEMALE			MALE		
Abram, Louisa	de la Cruz, Gina	McCall, Kelly	Adams, Grahame	Dempsey, Daniel	Miller, Bob
Ashton, Jacqui	Downie, Jenny	Mitchell, Clare	Allen, Matt	Dighton, Aaron	Morton, Jim
Ashton, Mary	Dunne, Amanda	Moore, Katherine	Altarelli, Leo	Dixon, Christopher	Neil, Geoff
Banks, Helen	Ehlers, Catherine	Neil, Virginia	Anthony, Mark	Dixon, Eoin	Nelson, Paul
Bates, Melissa	Faux, Teigen	O’Neil, Elizabeth	Appleton, Timothy	Donegan, Tony	Paetz, Jurgen
Bell, Robyn	Fergusson, Lynette	Peacock, Ruth	Archer, Matt	Doran, Joey	Page, Garry
Berglund, Rebecca	Garrett, Robyn	Peldan, Pam	Ashton, Peter	Evans, Mark	Peacock, Alan
Biggins, Kerri	Graham, Jade	Pinel, Pamela	Backen, Jeff	Firmeza, Washington	Pearl, Andrew
Bion, Anja	Graham, Linda	Ridley Hanna, Helen	Bath, Neil	Fontana, Davide	Pinel, Sebastian
Bradberry, Belinda	Grolmund, Liz	Rolf, Karen	Bell, Hamish	Galligan, Dan	Poon, Steven
Briskey, Julia	Hall, Julie	Samuels, Cheryl-Lyn	Best, David	Gannon, Damien	Poulton, Anthony
Brooks, Zoe	Hallam, Laura	Schoofs, Hanne	Beyn, Isaias	Godino, Robert	Price, David
Brown, Leanne	Hartley, Simone	Steind, Michelle	Black, Roger	Graf, Antony	Rainbow, Shane
Butchers, Cate	Hastie, Arifah	Taaffe, Kelley	Bone, Anthony	Harbers, Craig	Raud, Jean-Luc
Campbell, Janette	Hewat, Adin	ten Napel, Marije	Bracken, Peter	Hartley, David	Ripper, Ruben
Cantwell, Karen	Howell, Tegwen	Thornton, Susan	Bromley, Allen	Henderson, Dan	Robinson, Andrew
Cawood, Jenny	Hurdley, Abi	Todd, Belinda	Brooker, Simon	Hewish, Paul	Robinson, Mark
Cecil, Kate	Jackman, Katherine	Townrow, Esther	Brown, Lucas	Hutchins, Ant	Royce, Adrian
Chen, Jiefei	Jarvis, Anita	Toy, Kay	Bryson, Greg	Hwang, John White	Ryan, Brand
Church, Joanne	Lawrence, Stephanie	Twidle, Sarah	Buttner, John	Ivanovski, Petar	Sainsbury, Bob
Clayton, Shona	Lekieffre, Lea	Vickers, Louise	Campbell, Greg	Jackson, Matthew	Sawyer, Jonathan
Coetzee, Hannelie	Lennon, Olivia	Vietheer, Kate	Campbell, Stewart	Joyce, David	Schmidt, Tom
Coetzee, Shandre	Levine, Rachel	Wade, Linda	Cantwell, John	Joyce, Jasper	Shi, Youwang
Croisier, Emilie	Lewis, Juliane	Wedding, Betty	Cash, Mart	Kahl, Matt	Shyne, Bernard
Crompton, Wendy	Maney, Kath	Weekes, Heidi	Chow, Cdin	Keller, Brian	Siu, Derrick
Davey, Irene	Mann, Eimear	Wiersma, Karen	Clarke2, Peter	Kelly, Marty	Smerdon, Bruce
Day, Lucy	Massy, Kim	Wood, Tracey	Cnops, Michael	Kingston, David	Smith, Anthony
Day, Sarah	Maulani, Nova	Zhang, Li Jun	Coetzee, Lourens	Kleinschmidt, Nigel	Smith, Nick
			Condylis, Peter	Knight, Paul	Smitheram, David
			Cotterill, Nick	Langmack, Matthew	Stenson, Matthew
			Cox, Jason	Larkin, Rick	Stirling, Martin
			Cox, Steven	Law, Rodney	Strout, Philip
			Cramb, Peter	Leahy, Derrick	Towner, William
			Crilly, Ray	Leishman, Adam	Uzarevic, Alan
			Croisier, Rene	Le Mare, Nick	Vidulin, Vlado
			Crouch, Craig	Leslie, Cameron	Vines, Ron
			Cunningham, Richie	Lewis, Peter	Walmsley, Stephen
			Daley, Jonathan	Logan, Matthew	Whelan, John
			Davidson, Steve	Lyttle, Michael	Wightman, Andrei
			Davis, Matthew	Marrington, Andy	Wise, Stuart
			Davis, Tony	Marsh, Geoff	Woolley, Jeremy
			Dean, Martin	Meyer, Andreas	

# 2021 BRRC CHAMPIONSHIP SERIES

*Compiled by Bruce Smerdon*

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

## POINTS TABLE FOR LEADING MALE AND FEMALE CHAMPIONS

	5 mile	15 km	21.1 km	10 km	20 km	10 mile	5km	Points
<b>Male</b>								
Kieren Perkins	1							1
Isaias Beyn	2	1						3
Jonathon Peters	3							3
Peter Bracken		2						2
Derrick Leahy		3						3
<b>Female</b>								
Sarah Greenwood	1							1
Anna Munro	2							2
Shiloh Watts	3							3
Liz Grolimund		1						1
Hanne Schoofs		2						2
Olivia Lennon		3						3

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

## POINTS TABLE FOR LEADING MALE AND FEMALE AGE GROUP CHAMPIONS

Age Categories	5 mile	15 km	21.1k	10k	20k	10m	5k	Points	Age Categories	5 mile	15 km	21.1k	10k	20k	10m	5k	Points	
<b>Male</b>									<b>I (Male 35-39)</b>									
<b>A (Male 0-19)</b>									Jonathon Peters	1								1
Matthew Hansen	1							1	Arun Jegatheesan	2								2
Harvey Cramb	2							2	Leo Altarelli	3								3
Jayden Lyttle	3							3	Matt Cooper		1							1
Samuel Stenson		1						1	Nick Cotterill		2							2
Jasper Joyce		2						2	Daniel Gonsalves		3							3
William Lawrence		3						3	<b>K (Male 40-44)</b>									
<b>C (Male 20-24)</b>									Andrew Dey	1								1
Jonathon Daley	1	1						2	Derrick Leahy	2	2							4
<b>E (Male 25-29)</b>									Peter Bracken	3	1							4
Kieren Perkins	1							1	Marty Kelly		3							3
Daniel James	2							2	<b>M (Male 45-49)</b>									
Stephen Butcher	3							3	Hamish Bell	1	1							2
Christopher Dixon		1						1	Jason Croston	2								2
Jarred Gunn		2						2	Matthew Langmack	3								3
Tom Schmidt		3						3	Matt Archer		2							2
<b>G (Male 30-34)</b>									Damien Gannon		3							3
Isaias Beyn	1	1						2	<b>O (Male 50-54)</b>									
Michael Cnops	2	2						4	Robert Godino	1	1							2
Clive Gross	3							3	Anthony Canfell	2								2
Pierre Gouws		3						3	Matthew Stenson	3	3							6
									Adrian Royce		2							0

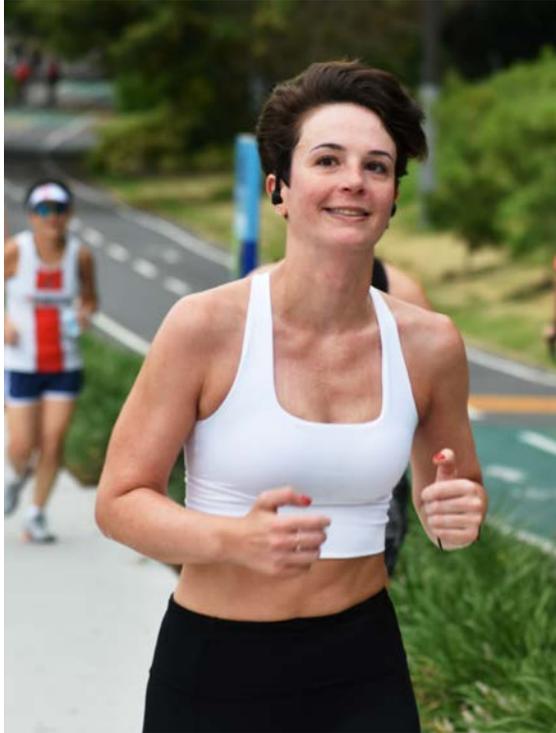
Points table (cont)

Age Categories	5 mile	15 km	21.1k	10k	20k	10m	5k	Points
<b>Q (Male 55-59)</b>								
Gary Major	1							1
Neil Bath	2	1						3
Jean-Luc Raud	3	2						5
Jeff Backen		3						3
<b>S (Male 60-64)</b>								
John Whelan	1	1						2
Rene Crosier	2	2						4
Paul Hewish	3	3						6
<b>U (Male 65-69)</b>								
Jeremy Woolley	1	2						3
Bob Miller	2	3						5
Phillip Hermitage	3							3
Ron Peters		1						1
<b>W (Male 70-74)</b>								
John Sheer	1							1
Erkki Ryhanen	2							2
James Winters	3							3
Don Griffin		1						1
<b>Y (Male 75-79)</b>								
Ron Vines	1	1						2
Ray Jansen	2							2
<b>YX (Male 80-84)</b>								
								0
<b>YX (Male 85-89)</b>								
Colin Woods	1							1
<b>Female</b>								
<b>B (Female 0-19)</b>								
Stephanie Lawrence	1	2						3
Teigen Faux	2	1						3
Lucy Day	3	3						6
<b>D (Female 20-24)</b>								
Jade Graham	1	1						2
Phoebe Mumbray	2							2
Taliesha-jayne Leslie	3							3
<b>F (Female 25-29)</b>								
Sarah Greenwood	1							1
Kirsty Small	2							2
Emilie Croisier	3	1						4
Rachel Levine		2						2
Zoe Brooks		3						3
<b>H (Female 30-34)</b>								
Bettina Beach	1							1
Hanne Schoofs	2	1						3
Erica Weideman	3							3
Nova Maulani		2						2
<b>Age Categories</b>								
<b>J (Female 35-39)</b>								
Bernadette Cashman	1							1
Kate Cecil	2	1						3
Heidi Grodecki	3							3
Michelle Steindl		2						2
Crystal Mahony		3						3
<b>L (Female 40-44)</b>								
Anna Munro	1							1
Shiloh Watts	2							2
Liz Grolimund	3	1						4
Olivia Lennon		2						2
Julie Hall		3						3
<b>N (Female 45-49)</b>								
Kerri Hodge	1							1
Nicole Mulholland	2							2
Kim Massy	3	1						4
Lea Lekieffre		2						2
Robyn Bell		3						3
<b>P (Female 50-54)</b>								
Deborah Marshall	1							1
Clare Mitchell	2	1						3
Cheryl-Lyn Samuels	3	2						5
Kay Toy		3						3
<b>R (Female 55-59)</b>								
Marion Hermitage	1							1
Susan Thornton	2	1						3
Catherine Ehlers	3	2						5
Kerry Magro		3						3
<b>T (Female 60-64)</b>								
Louisa Abram	1	1						2
Muriel Mclean	2							2
Betty Wedding	3	3						6
Ruth Peacock		2						2
<b>V (Female 65-69)</b>								
Katherine Moore	1	1						2
Cynthia Cliff	2							2
Helen Ridley-Hanna	3	2						5
Mary Ashton		3						3
<b>X (Female 70-74)</b>								
Irene Davey	1	1						2
<b>Z (Female 75-79)</b>								
Betty Menzies	1							1

## MEMBER PROFILE

**Name:** Gianni Ribeiro

**Age:** 28



**Occupation:** Postdoctoral Research Fellow at The University of Queensland

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

I really only started running (and *enjoying* running!) consistently in the last year or so. A parkrun at St Lucia with some work friends kicked it off for me.

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

Definitely the Volta à Cidade do Funchal (Tour of the City of Funchal) in Madeira, Portugal where my dad's side of the family is from. It's a 5.85km twilight run just after Christmas through the cobblestoned streets of Funchal city. Such an awesome way to experience the Christmas lights and old/new contrast of the city with lots of spectators along the way cheering everyone on.

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

Probably still to be determined! I've really enjoyed the handful of 10kms I've done.

### **Running Goals:**

I'm training for the Gold Coast Half this year and would love to try and tackle the marathon next year. This year is all about building the distance up. Also hoping to get my dog, Louie, parkrun fit 😊

### **Favourite Runs:**

I just recently moved to Kangaroo Point, so I am really appreciating having the river right on my doorstep.

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

It's always a good time running with my friend Alice and a coffee catch-up afterwards.

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

Whoever runs @heapsgoodrunners on Instagram, they're the real MVP.

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

I don't watch a lot of sport, but my AFL team are the Sydney Swans.

### **Favourite Shoe Brand:**

Switching to New Balance 860s changed my life. Onto my second pair!

### **Favourite Food:** Gnocchi

**Favourite Drink:** A good red (love a Barbera) or an interesting Pét-Nat

**Favourite Movie:** Probably Crash (2004)

**Favourite Music:** The National, Phoebe Bridgers, and Anderson .Paak are some of my favourites.

**Star Sign:** Cancer

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

Running-wise, to never get injured.

## TOOGOOLWAH DUSK TO DAWN 2021 – February 27<sup>th</sup> and 28<sup>th</sup>

*By Michael Schultz*

---

Having run at least one marathon in each decade since the 1980's, with the last being Melbourne in 2016, I needed to do a marathon in the current decade. With blood issues draining my energy levels, I knew I was going to have trouble completing a road marathon inside the cut-off time.

So, having been in a team doing a 12 hour relay at the Caboolture Historical Village Dusk to Dawn every year since 2005 (except for the years 2009 to 2012 where I was a volunteer), not having a team this year meant I could do something different. With COVID clean-up issues at Caboolture, the event this year was transferred to Toogoolawah Showgrounds by event organiser Geoff Williams. Toogoolawah is located 120km north west from Brisbane and is located in the Brisbane Valley region. It is a relatively easy two hour drive from Brisbane.

So being able to do a marathon in a 12 hour event meant I didn't need to worry about the six or seven hour cut-offs at road events.

The course at Toogoolawah, consisted of a 1km loop with multiple changes of surfaces - gravel, grass, soft dirt - and a few tight turns. An interesting course, almost flat, a few tight turns, and a need to be aware of where you were going at all times.

There were over 70 on the start line with 24 in the 12 hour event, 14 in the six hour event and 11 in my marathon event. With only 2 starters and 1 finisher in the half marathon, a few medals were left on the shelf and not awarded at the event.

My plan, not having a support crew, and knowing I had 12 hours, was to have regular breaks for food and fluids, and basically walk all the way.

I started off at just under 10 minute km pace, and did 2 x 6 lap efforts (each lap was 1km) to start with a 3 minute break between.

From there it was 4 laps, 5 laps, 5 laps and 3 lap efforts which got me to 29.2k at 6 hours. Only 13 to do in the last 6 hours.

Went out for another 4 laps then planned to finish with 3 x 3 lappers.

Did the 1st 3 laps, had a 7 minute break, then headed back out again for 3 more. But after doing the 1st 2 laps, I thought I needed to keep going and finish the race, and not risk the legs seizing up.

My pace dropped from under 10 minute kilometres to 10 and 11's up to the 6 hour mark. After that, it was 12's and 13's to the finish. I think I could have pushed a bit harder but having done a 14k in October and nothing else over 10 km since August last year, I was happy just to cruise around.

It wasn't till I got to the last few laps that I was totally confident I could finish it. The legs were ok, but a total lack of energy to push them was the issue.

The official finishing time was 9 hours 5 minutes, finishing just after 3am, but with 8 stops totalling 66 minutes, my actual active time was just under 8 hours, which was my initial aim.

But I knew this might be the only chance to finish a marathon in this decade, so I kept pushing on.

Unlike a marathon course where you may not see too many people you know, on a 1km loop and at my slow pace, and knowing a majority of those there, I was getting continual encouragement every lap.

While there were some good runners there, there were also some legend ultra marathoners there.

Lindsay Phillips, the youngest to finish the old Sydney to Melbourne race, doing 37k in the 6 hour.

Dave Holleran, the only one to run across all 14 Australian deserts completed 50k.

Ron Grant, the 1st to run around Australia was a spectator till the early hours of the morning.

It wasn't a fast road or path course, but it was an interesting alternative.

If it doesn't go back to Caboolture next year, the course will be easier at Toogoolawah - a camp drafting event



limited the area available this time. Now that I have done my marathon for this decade, I doubt I will be running anything longer than 10k for a while, apart from the 14k Sydney City to Surf for the 30th time this year.

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## RESULTS AND PROFILES OF DUSK TO DAWN WINNERS

By Robert Lofthouse

### 12 Hour event:

1st Male – Dan Symonds: covered 131.309kms

Dan Symonds is a vastly experienced runner over all distances from 5km to 100km. Originally from Warwick, Dan used to work for Intraining before working in the ASICS store. Dan is a past winner of the Warwick Pentath two day event and has graduated to the long distance events in recent years developing this interest through another former Intraining runner and Australian Ultra representative John Pearson who now resides in Coolum.

1st Female – Suzanne Chatterton: covered 110.266kms

Suzanne hails from Ferny Hills and is a well performed Trail runner as well as an Ultra distance advocate. Having competed in many endurance events over the years and training on the Bunyaville trails, this win in Toogoolawah was a real highlight for her.

### 6 Hour event:

1st Male – John Pearson: covered 65.294kms

Since moving from Brisbane to Coolum, John has enjoyed a great deal of success representing Australia in the World 24 hour Endurance event where he picked up a Silver medal. When he lived in Brisbane, John was a regular at BRRC and a respected coach at Intraining. John is also an avid parkrunner and regularly competes at Noosa.

He has a very handy parkrun PB of 17:35

and both his sons and daughter, Jack, Eddie and Ashby are embracing the sport.

1st Female – Shelly Marie: covered 65.95kms

A real breakthrough for Shelly winning the race overall and the Female division. Shelly ended up about 650 metres ahead of John with the race finishing at midnight. Hailing from the Gold Coast, Shelley made it a big day by completing her 100th Parkrun at Paradise Point in the morning before making the road rip up to Toogoolawah for the 6.00pm start. Shelly is in the 45-49 age group and like John, Shelly is no slouch over the 5km distance with a parkrun PB of 21:11.

### Marathon:

1st Male – Oliver Carey: 3:28:43

Sydney runner, Oliver Carey has competed in 176 Marathons all over the world and has a couple of wins under his belt. Oliver is in the 35-39 age group and prior to his win at Toogoolawah, had also notched victories at the Alice Springs and Airlie Beach marathons. His current PB is 2:50:45 set at the Sydney Marathon back in 2016.

1st Female – Carol Wingreen: 4:14:23

Carol Wingreen started her love affair with Marathons way back in 1996 when she completed in her first marathon. Wind the clock forward 25 years and the 42 lap journey around the Toogoolawah Showground was her 100th Marathon and she celebrated in style by winning! Carol has a PB of 3:35:47 which was set in her fourth marathon and like male winner Oliver Carey, is now a member of the Australian 100 Marathon club.

## MEMBER PROFILE

**Name:** Greg Bryson

**Age:** 56

**Occupation:** Laboratory Manager



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

2015. I've always been active at the gym and cycling. When cycling past runners doing Stones Corner parkrun, I decided to give it a go and have been hooked ever since.

**Most Memorable Running Moments:**

Running my first half marathon at the Gold Coast.

**Favourite Running Distance and PB:**

I really enjoy running 5 km. I love giving it my all in the last kilometre, leaving nothing in the tank.

21:06. Determined to crack 21 minutes this year!

**Running Goals:**

Running my first full marathon at Gold Coast this year.

And cracking that sub 21 for the 5 km.

**Favourite Runs:**

Coolangatta to Currumbin and back. The path beside the beach is fantastic!

**Favourite Running Partners/Group:**

The Intraining Stones Corner team. A wonderful, friendly, supportive bunch of runners.

**Who is your running idol?:**

I honestly don't have anyone specific. I get inspired running on a Sunday morning, seeing people from all walks of life, all at different levels, having a go and enjoying it!

**Favourite Sportsperson/s:**

Steve Waugh. I admired how he would show faith in his players which lead to them lifting their performance.

**Favourite Shoe Brand:**

Still searching...

**Favourite Food:**

Gyoza!

**Favourite Drink:**

A good single malt

**Favourite Movie:**

Diva. A French classic from the 80s.

**Favourite Music:**

Anything by Aussie band Even

**Star Sign:**

Aquarius

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

No more pandemics!

# AN EXTRAORDINARY RUNNING STORY

*By Irene Davey*

---

While the Ekka didn't happen in 2020.  
The Ekka holiday did.  
But instead of the ordinary Wednesday,  
We had an extraordinary Friday holiday.

Now an extraordinary holiday surely  
Calls for some extraordinary running!

Did you go to the Run Nation Film Festival  
a few years ago?

There was a story about a runner  
Who ran one kilometre every hour for 24  
hours.

Now that is extraordinary!

Could I attempt it? Well not for 24 hours.  
But maybe I could try for 12?

So I made a plan and set the alarm for 5  
am  
On this extraordinary Ekka holiday Friday.  
I woke up quite excited and had a cup of  
tea  
And did my usual 'wake-up' stretches.

So follows a very abbreviated version  
Of one km every hour for 12 hours.

6 am. Run 1. To Yeronga Station and  
back.  
This is the flattest course from home. 6:55.  
Home. Drink. Stretch.  
Feed the chooks. Do Pilates workout.

7 am. Run 2. Almost to Yeerongpilly  
Station and back.  
In the other direction from home.  
Taking it easy so early in the day. 6:31.  
Home. Drink. Stretch. Have a light  
breakfast.

8 am. Run 3. Up the hill and around the  
corner.  
Easy downhill coming back! 7:23. Slow.  
Home. Drink. Stretch.  
Water the garden. Set up the sewing  
machine.

9 am. Run 4. Up a different hill where I  
usually walk.  
Along Park Rd and back. 7:05. I don't like  
hills.  
Home. Stretch. Drink.  
Check emails. Do some cleaning.

'Home. Drink. Stretch.' Repeat.  
Is this sounding a bit like 'Run. Eat. Sleep.  
Repeat'?  
It's certainly not 'Eat. Love. Pray!

10 am. Run 5. Neighbourhood running.  
Another hill up School Rd. 6:51. It's  
warming up now.  
Home. Stretch. Coffee and a snack.  
Start on a sewing project.

11 am. Run 6. I'll try the new Hokas this  
time  
To the Station and back again. 6:08.  
Now halfway on this extraordinary day!  
Some more sewing and down a Gu and a  
drink.

12 noon. Run 7. I'll try the lightweight  
racers  
On the Station run again. 5:59. Do they  
make a difference?  
Home. Drink. Stretch.  
And do some more of the sewing project.

1 pm. Run 8. Start off walking up the hill  
Then run a different km around the  
neighbourhood. 6:27  
Home. Stretch. Drink.  
Definitely need a lunchtime snack. And a  
rest.

2 pm. Run 9. Warm and sunny now, so I  
walk to Yeronga Park  
And run in the shade of the memorial  
trees. 6:14.  
Home. Drink. Stretch. Nap.  
Yes – a 20 minute nap! Only 3 runs to go.

3 pm. Run 10. So hard to get started again after that nap!  
Slow and sluggish to the Station. 7:23.  
Home. Did I have a drink? And stretch?  
It's all becoming a blur.  
Do some gardening. Plant some plants.

4 pm. Run 11. Cross Country training called for.  
So back to the Park for a lap on the grass.  
7:04.  
Home. I think I am over stretching by now!  
Have another cuppa tea. One to go!

5 pm. Run 12. LAST ONE! Let's make it a good one!  
Lightweight racers on and to the Station and back. 5:49.  
Can you believe it! My PB for the day!  
Is it OK to add up the five fastest for this week's notparkrun?

I've done it! And it wasn't too hard.  
But harder than running 10 km in one go.  
Now for a shower and a whole lot of real food.  
And a very long sleep.

So if you find yourselves with an extraordinary day to fill  
Try this extraordinary running challenge for 12 hours  
Or 24 hours if you are really brave. Or silly!  
And tell us YOUR story.

---

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# VALE NORM WALKER – BRRRC STALWART

*By Bob Miller*

BRRRC recently lost one of its more mature and colourful characters with the passing of former Club President and Life Member Norm Walker (aged 95 years).

Norm served on various Naval ships during WW2 and on one occasion a sea mine exploded next to his ship resulting in him suffering significant hearing loss.

This loss had an impact on the rest of his life and after leaving the Navy at the end of WW2, Norm turned to better educating himself and to working in jobs that didn't require much communication.

Norm's sporting activities also became somewhat affected as he couldn't hear a whistle being blown, nor a fellow cricketer screaming at him to run between the wickets, nor could he hear anybody else yelling at him for whatever reason (selective hearing??).

To compensate for his hearing impairment, Norm began his running career as this ailment did not impact on his ability to get from one suburb to the next without a vehicle.

During his running career, Norm became a member of QMRRC (Qld Marathon Road Racing Club – now BRRRC) and ran many Club events out at the University of Queensland and later at West End.

On many alternative non Club event Sundays, he would organise social runs from his home in Kenmore with a group of fellow runners, hiking a few or maybe many kilometres around his local district i.e. Indooroopilly, St Lucia, Oxley, up/down Mt Coot-tha. Then it would be back to his place where he and his wife (Fran) would cook up a BBQ breakfast and in later years, have a cool down session in his newly built swimming pool.

Norm became a BRRRC Stalwart (member 10 years +) and often ran, walked or volunteered at many of the Club's events during his time.

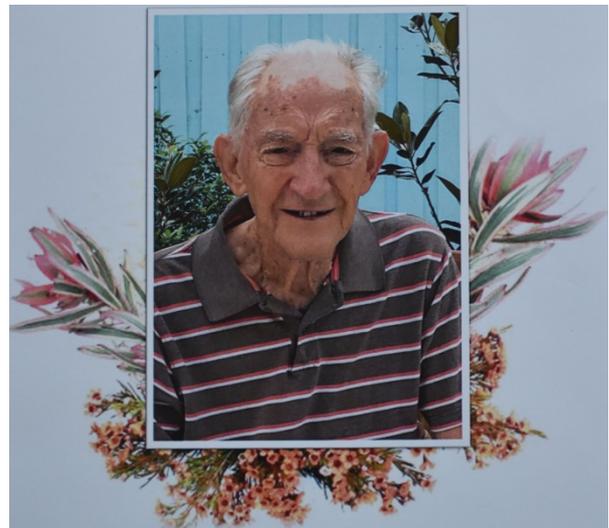
He became a committee member in 1986 and was elected President of the Club for a period of 4 years (1988 to 1991).

His last "official" Club run was a 5km (walking) event in October 2006 (aged 80) and he performed his last volunteer duty in November of that same year.

Norm finished his last lap on the 19<sup>th</sup> of March 2021.

BRRRC members and committee would like to extend their gratitude to Norm for his enthusiastic contribution not only to the Club but also to the running community, and extend condolences to his family.

He may have run his last lap at BRRRC, but Julie Walker (Norm's daughter) has also been a member and strong supporter of the Club over many years and has often been seen running down at West End so Norm's legacy will still stay with us all.



**Norman Samuel Walker. Born 5<sup>th</sup> April 1926.  
Departed this life 19<sup>th</sup> March 2021**