



BRRC

Summer 2019



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

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Club Events: BRRC conducts fortnightly events ranging from 5km to 30km. Events are open to both members (\$50 yearly membership) and visitors (\$10 per event) and includes a light breakfast of fresh fruit and sports drink.

A program of events appears in this magazine and on our website.

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

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Pictorial, illustrative or editorial contributions are welcome.

Please send in PC format - Microsoft Word (text only) or PDF

Please send photos/ logos as JPEG or TIFF images, in a separate file to the text.

ADVERTISING

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From the Editor...

by Robert Lofthouse

Welcome to the summer edition of the BRRC magazine!

The festive season has come and gone in the twinkle of an eye and here we are in a new year and a new decade. 2019 was a good one for the Club with many new members signing up and the Club Championships proving more popular than ever.

Many thanks to our president for the last two years, John Dempster, who did a sterling job supported by an enthusiastic and hard-working committee. At the Club's Annual General Meeting back in December, Andrei Wightman was elected as our new president and I'm sure that he will be a great asset to this club as we continue to be one of Queensland's most progressive and largest distance running clubs. Andrei is already known to many club members through his monthly email newsletter which serves as a great communication tool during the periods between editions of the BRRC magazine. At this stage, it is intended that there will be three editions a year of the BRRC magazine, so Andrei's monthly newsletters will provide current information about upcoming club events and a member's volunteer roster for upcoming events.

This edition includes an article by Katrina Crook on the Last One Standing endurance race and keeping with the ultramarathon theme, Clay Dawson has put together a report on the 100km Ned Kelly Chase held in Wangaratta, Victoria. There's always a light-hearted story or profile in most editions of this magazine but Irene Davey has written a poem about her efforts in completing the BRRC championship series and that ultimate prize – the BRRC towel! Unfortunately, I was only able to include a couple of member's profiles in this edition as several people who promised a profile did not respond. Hopefully, this can be rectified before the next edition.

2020 promises to be an exciting one for the Club with a new timing system up and running and plenty of new members out in force. The heat and humidity is always a factor in the early months of the year so we are very fortunate to have a shady course alongside the Brisbane River. Enjoy the new calendar of events that BRRC has on offer and don't forget to tell your friends. Finally, thanks to Betty Menzies, Bruce Smerdon and Kerri Hodge who have provided great support to me, ensuring that the content and photos used in the magazine present themselves in a reader-friendly format. Enjoy the read and hopefully the articles and photos will motivate you to plan for a successful and enjoyable 2020.



Robert Lofthouse

Editor

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2019 President's Report

by John Dempster

As another year of running at Brisbane Road Runners Club comes to an end and we reflect on the past year, the comments I hear mostly are that it is a very friendly club and that runners enjoy running at our events. It is not just the committee that makes this happen, it is the members of the Club that make it a friendly and enjoyable environment in which to run. I would like to thank the members for their contribution in helping to make 2019 a successful year for the Club.

The Club has seen many changes over the past 12 months. This includes the Club's affiliation with Queensland Athletics / QRun which has given the Club greater exposure and increased the insurance coverage for the Club, its members and visitors. Our AGM guest speaker Benita Willis assisted in the affiliation process with Queensland Athletics. A new fee structure was introduced, with an annual membership fee which included entry into all the club events during the year. This new fee structure has been well received by the members which has resulted in a 17% increase in membership numbers to 518 members for 2019 and the average attendance at our events over the year has also increased by an average of around 50 runners per event.

The introduction of pre-race registration for our events has helped to streamline the registration procedure on race days and reduced the queues. With the assistance of a State Government grant the Club was able to update our computers, purchase a new timing clock, camera and a new club tent with logo. The Club also has a new website with all the old features but with an updated look and more user friendly. Thanks to Betty Menzies for the registration system and Geoff Neil for the grant application and the new website.

The Club has purchased a new timing system which will be operational early in 2020. The new system will improve the capture rate of the chips during our events and make the processing of the results easier resulting in uploading of results to the website quicker.

Again this year the Club has received support and assistance from our sponsors, in training, NRChi, and Skirt Sports.

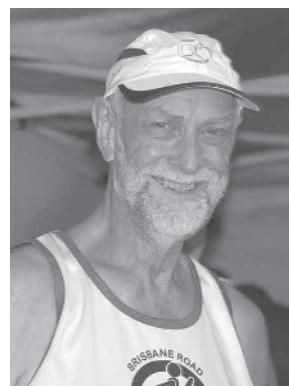
I wish to thank all the members for their support and volunteer participation throughout the year. The Club would not function without the help of the volunteers at our events. I particularly want to thank this year's committee: Andrei Wightman, Virginia Neil, Bruce Smerdon, Ruth Peacock, Tim Appleton, Darren Manson, Adrian Royce, Geoff Neil, Elizabeth O'Neil and Deirdre Westerdale. There are also a lot of other people who work in the background making things happen, they include: Robert Lofthouse (Magazine Editor), Katrina Crook (Facebook Administrator), Paula Treagle (Club Enquires/Keyboard Warrior), Gina de la Cruz (Uniforms), Brian McCarthy, Andrew Marrington, Derek Nixon-Smith, Russell & Carol Wilson.

This year has also seen the passing of the baton by one of our club's stalwarts; Betty Menzies has handed over the registrar and volunteer co-ordinator's job to Adrian Royce. Betty has been the club registrar for many years and I would like to thank her for her assistance and guidance not only to me but to all members over the years. Betty will continue to be part of the Club helping wherever needed and with the camera capturing those special moments which then appear in the magazine or on Facebook.

I have enjoyed being president over the past two years and look forward to continuing being part of a great club in 2020 and beyond.

John Dempster

President,
2018-19





MEMBER PROFILE

Name: Steve Pager

Age: 58

Occupation: Sales

How and when did you start running?:

I broke my foot in a car accident and I couldn't walk properly on it for quite a few years, so I thought I'd try and run instead.

Most Memorable Running Moments:

My first ever race.... which was the Perth City to Surf.

Favourite Running Distance and PB:

I used to run a lot of 5k races on the road when I was in Bunbury Runners Club. PB 17:40.

Running Goals:

Just to keep on doing it for the next 20 years!

Favourite Runs:

Sunday mornings from South Bank or West End.

Favourite Running Partners/Group:

Sherwood Forest Runners, and our Tuesday morning group.

Who is your running idol?:

Emil Zatopek....an amazing talent.

Favourite Sportsperson/s:

Can't go past Ashleigh Barty, she is such a good example of a great sportsperson.

Favourite Shoe Brand: Mizuno

Favourite Food: Pork rissoles with veges

Favourite Drink: Bubbles or Gin & Tonic

Favourite Movie:

So many great ones out there... but I remember end to end watching all of The Godfather series of movies when we were locked inside during a cyclone.

Favourite Music:

I enjoy a lot of 60s & 70s music, but my current favourite is anything from my sons' band Mantashade.... Check them out on Spotify!

Star Sign: Leo

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

The wisdom of my experience 40 years earlier!

Brisbane Road Runners Race Report

August to December 2019 by Robert Lofthouse

August 25th – 5km/10km/5km (63 finishers)

A clash with Bridge to Brisbane reduced the field considerably, but nonetheless there was still plenty of enthusiasm shown by those who did elect to run at West End on the morning.

15km – In this event, **Adrian Royce** was the standout winning in **59:01**. A fast first lap by Adrian gave him a lead of over a minute from Ben Hinterreiter and Nicholas Turner. Adrian continued to build on his lead, while behind him, positions changed as Nicholas Turner was able to catch Ben and by 10km had established a margin of over a minute. During the third lap, a withering 19:04 by Matthew Langmack enabled him to snatch third place behind Adrian Royce and Nicholas. In the ladies' race, **Leela Dilkes-Hoffman** led all the way to record a winning time of **1:10:27**. Marion Hermitage and Peta Dunne were second and third respectively.

10km – **Harvey Cramb** took the honours in the men's division with a **38:40** effort to oust Jason Troston by 20 seconds with Barinder Singh Kaila third. **Lauren Burraston** ran a very creditable **39:39** to win the ladies' race from Jenna Trelease and Felicia Elgey.

5km – **Isaac Murphy (20:48)** recorded an easy win in the men's event with Bruce Smerdon and John Eggleton filling the minor placings.

In the ladies' race, longtime club member **Anja Bion** took home the trophy winning in **24:51** from Solenn Bardy and Irene Davey.

Kerri Biggins was the race director on the morning, ably assisted by her enthusiastic and helpful group of volunteers.



Ron Peters



Felicia Elgey, Jenna Trelease & Lauren Burraston with Kerri Biggins



Anita Jarvis



Pam Peldan

September 8th – 20km/15km/10km/5km (128 finishers)

****Kerri Hodge Breaks 9-Year Course Record in 20km****

Excellent conditions for running with little humidity and a little more daylight for the 6.00am start. Four distances on the morning agenda ensured that runners had plenty of options.

20km – The men's race saw Berlin Marathon-bound **Derrick Leahy** and 2:30 marathoner Andy Dey wage a good tussle up front. Derrick had a nine-second lead after 5km but the two runners were together at the halfway point. Derrick managed to gain a 12-second lead by the 15km mark before unleashing a powerful 17:40 effort to take control of the race, winning in **1:11:48**. Andy produced consistent 18 minute laps during the event to claim second place with Atul Arora third. It was a similar story in the ladies' race with **Kerri Hodge** producing a strong last lap (her fastest of the morning) to win by a convincing margin in **1:17:30**. Courtesy of her fast last lap, Kerri was able to break the 9-year course record held by Gold Coast's Leisa Smith. Danielle O'Brien was second with Zoe Manning rounding out the top three at the presentations.

15km – Great to see 17-year old club member **Jasper Joyce** winning this event in the time of **1:03:48**. Verne Lowson was second with John Masters running a strong last lap to catch Robert Henderson around 12km, before surging away to be third male over the finish mat. In the ladies' race, **Thwane Fouche (1:06:09)** won by nearly four minutes from Marion Hermitage and Yvonne Paetz who regularly finish in the top three at BRRC events.

10km – BRRC newcomer **Keegan Jenkins** showed his pedigree in this race winning in a time of **35:57**. At the 5km mark, Keegan held a 14-second lead over James Davis but then kicked away, to end up winning by over two minutes from James with Isaac Gill third. At 20 years of age, Keegan has already represented Australia in Triathlon and is a very accomplished athlete. **Liz Grolimund**

claimed the winner's prize in the ladies' race with a **42:15** effort. This was Liz's third event win of the year at the Club, having won over the 25km and 20km distances earlier in 2019. Kylie Eastham and Cassandra Richardson crossed second and third respectively.

5km – Leading Australian Masters athlete **Louisa Abram** made a good return to the Club by not only winning the ladies' 5km in **19:52**, but beating all her male counterparts to be first runner across the finish mat. Staunch BRRC members Anja Bion and Kerri Biggins were second and third. **Justin Grundy** won the men's one lap event in **20:30** with Lee Horobin second and Colin Chow a further two minutes back in third place.

Special thanks to Race Director **Michael Lytle** and his volunteers.



Jasper Joyce



Andrew Marrington and Andrei Wightman



Michael Lyttle, Louisa Abram and Anja Bion



Jurgen Paetz



Jean Luc Raud

September 22nd – Robin Flower 10 Mile Champs/10km/5km (185 finishers)

****Charlie Boyle and Olivia Lennon Take the Honours****

Current 10 Mile (16.1km) Course Record Holders:

Clay Dawson - 53:49 back on 25/08/2013

Nerissa Campbell - 59:59 back on 02/03/2014

This event has been held annually since 1990 to honour one of BRRC's great servants Robin Flower, who tragically died of cancer in the late 1980s. A perpetual shield was struck in his honour and every year the male and female winner of this race have their name engraved on the shield. The course consists of a 1.1km lap followed by three laps of the normal 5km circuit.

The men's race attracted a high quality field even with current club champion Clay Dawson being away in Stanthorpe for the weekend. Two-times Queensland Marathon Championship winner Charlie Boyle (from Logan City) was making his first appearance at the Club with Aidan Hobbs also back, as well as leading BERT runners including Daniel James and Elliot Carr. Another leading Queensland marathon runner Wayne Spies put in an appearance, only a week after having run a 2:28:30 marathon in Sydney! Charlie Boyle headed Daniel James and Aidan Hobbs through the 1.1km lap and then proceeded to build a handy 20-second lead over Daniel and Aidan, as he crossed the mat at the 6.1km stage. Charlie continued to build on that lead for the remaining 10km, to win and also break the course record (by 10 seconds), previously held by Clay Dawson. Charlie's impressive winning time was **53:39**. Aidan Hobbs and Daniel James had a good race for second with Aidan eventually claiming second place by a margin of 18 seconds over Daniel James. **Olivia Lennon (1:05:03)** was the standout in the ladies' 10 mile championship, establishing a 90-second lead by the 6.1km mark, before going on to claim the honours by over two minutes from Liz Grolimund. Katy

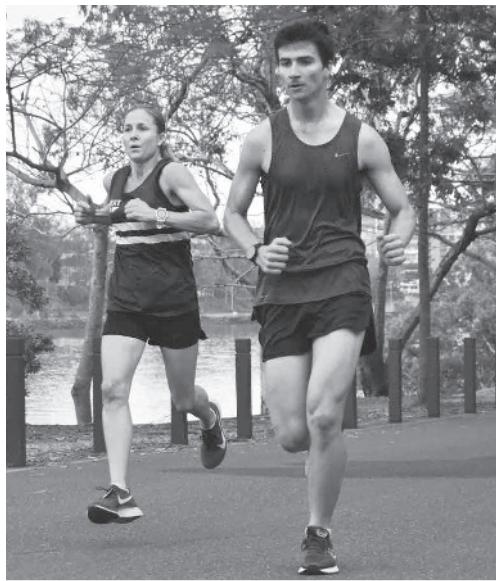
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Russell was third home in the championship. Apart from Charlie Boyle's course record, three age group records were broken on the morning with **Olivia Lennon (W40-44)**, **Daniel James (M25-29)** and **Wayne Spies (M45-49)** all breaking records.

10km – The men's division saw **Brad Ward** win in a dominant display, establishing a four-minute lead by the 5km mark, before finishing in a time of **35:21**. Aaron Green ended up second, running a negative split of nearly a minute, passing Anthony Poulton just before the 9km mark. Former Sydney runner **Jenna Trelease** won the ladies' 10km in 50:12 with Kay Troy and Alyssa Kennedy second and third respectively.

5km – **Louisa Abram** won the ladies' one-lap event and in the process beat all her male counterparts to be first runner to finish. Her winning time was **19:59**. Olivia Boyd and Georgia Ward rounded out the top three. **Andrew Kruck (20:17)** won the men's 5km from Lee Horobin and Thomas McNicol.

Thanks to Race Director **Adrian Royce** and his team of volunteers for a job well done. Also special mention to **Greg Beerling** from **NRCHI**, for once again being the race day sponsor.



Olivia Lennon and Ben Hinterreiter



Louisa Abram



Charlie Boyle, Aidan Hobbs and Daniel James



Renae Brown, Liz Grolimund and Belinda Tomlins



Peta Dunne, Felicia Elgey and Karen Rolff

October 20th – 15km/10km/5km (117 finishers)

With three distances on offer, it was good to see some new faces on the start line. Weather conditions were quite mild with the warmer conditions yet to hit Brisbane so it presented a good opportunity for runners to record some good times on the road before the usual summer humidity arrived.

15km – Longtime PCRG (Pat Carroll Running Group) members **Dan Galligan**, Ged Timbs and Matthew Langmack made an appearance at West End and after 5km it was Dan and Ged leading the field by over a minute from Matthew. At 10km, it was still Dan and Ged holding a comfortable lead over Neil Bath who had picked up his pace noticeably after cruising through the first five kms. The last lap saw Dan and Ged get out of their comfort zone as they both recorded low 20-minute efforts over the final five kms. Dan was able to pull away from Ged in the latter stages to record a winning time of **1:04:28** with Neil Bath taking out third place. No surprises in the ladies' three lapper with Kerri Hodge (1:09:12) gleefully accepting another BRRC winner's trophy. Solveig Litchfield and Yvonne Paetz were second and third respectively with both having performed extremely well in club races this year.

10km – The 10km attracted the largest field of the morning with 55 runners. The highlight of the men's race was the run by **Osman Saleh** who sped around the course in **33:50** to win by nearly a minute from Elliot Carr with Michael Devlin third. Osman is originally from Eritrea and has been living in Brisbane for ten years and is sponsored by intraining with a 5km PB of 15:30. Visiting Newcastle (NSW) runner **Kim Rackemann**, made her Brisbane long weekend worthwhile, winning the 10km in a time of **40:10**. Regular BRRC 5km winner, Nicole Mulholland stepped up to the two-lap journey and finished second with Nicole Robinson rounding out the top three at the presentations.

5km – Rising 15-year old triathlete **Thomas Feldmann** scooted round the course in a brisk **16:55** to claim the win by two minutes from Matt Naute and Alex Yashin. An interesting fact about Thomas is that he used to compete in BRRC's 2km Junior events as a 10-year old, so his progress as an athlete since then is great to see. The ladies' event saw **Solenn Bardy (25:41)** take the honours with Margot Manning and Alice Kulbat placed second and third.

Thanks to Race Director **Andrei Wightman** and the volunteers who did a great job on the morning.

November 3rd – 10km Novice/5km (155 finishers)

****Steve Barracough and Alyssa Kennedy win Novice Trophies on Bring A Friend Day****

To win a Novice event you must be a club member and not have won a previous BRRC event in 2019.

10km – At the 5km point in the men's race, Brendan Purcell held a handy 30-second lead over Steve Barracough and Ray Crilly, who were running together at that stage. **Brendan Purcell** continued to build on his lead in the second five kilometre lap to win in a time of 38:08. Ray shook off the challenge of Steve early in the last lap to finish second with Steve Barracough third over the line. **Lana Hahn** led the women's field at 5km and was never headed, being first over the finish mat in **44:13**. Teenager Alyssa Kennedy stayed with Yvonne Paetz for the first five kilometres but tired in the second lap, enabling Yvonne to claim second place by over two minutes with Alyssa just staving off the challenge by Lesley Motherwell to finish third.

From a Novice point of view, **Steve Barracough** was awarded the male trophy, being the first club member to finish. Steve was last year's Dash and Splash winner - the annual end of year event held by BRRC at Yeronga pool. The female trophy was awarded to **Alyssa Kennedy** with Lana Hahn not being a registered club member and Yvonne, a previous event winner in 2019, not eligible.

continued

5km – In the men's division, **Marty Kelly** was the winner, recording a **17:27** to win by a 30-second margin from Aran Sandrasegaran with Lee Horobin third. **Lucy Day** won her first BRRC race in a time of **23:36** from Susan Thornton and Megan Overell.

The Bring a Friend Day proved to be a great success with many new faces spotted out on the course. Thanks to Race Director **Adrian Royce** and his volunteers for providing a highly enjoyable morning.



Adrian Royce and Novice winner Alyssa Kennedy



Adrian Royce and Novice winner Steve Barracough

November 17th – 10km/5km Club Championship (189 finishers)

****Wayne Spies and Kerri Hodge Claim 5km Wins****

A great turnout for the last championship race of the year with 151 runners competing in the 5km Champs. The men's race featured

a good battle at the front with **Wayne Spies**, Clay Dawson, Yun Phua and Derrick Leahy testing each other out. Wayne proved to be the strongest in the latter stages, winning by four seconds from Clay Dawson with Derrick just two seconds back in third place. Wayne's time was **16:16**. Age group records were broken by Wayne Spies in the 45-49 age and Derrick Leahy in the 40-44 age. In the ladies' 5km, Olivia Lennon was just in front of **Kerri Hodge** for a fair portion of the race but Kerri's finishing strength shone to the fore as she crossed the mat as the winner in **18:27** with Olivia seven seconds behind. Zoe Manning rounded out the top three.

10km – In his first run with BRRC, **Abdy Mohammed** led from the get go with a strong **40:11** effort. Glen Falting was second with Jim Pickering third. All three runners were new to the Club so it was gratifying to see some new faces enjoying their success on the morning. **Liz Grolimund** was outstanding in the ladies' race recording **40:35** to win by over three minutes from Caitlin Murdock and Jane Miles.



Derrick Leahy, Wayne Spies and Clay Dawson



Olivia Lennon, Kerri Hodge and Zoe Manning

December 1st – 10km Handicap ‘No Watches’/5km (102 finishers)

A humid morning greeted runners for the 10km Handicap and 5km events – the last BRRC race at West End for 2019.

10km - Runners in the 10km were asked to predict their 10km finish time before the race and were not allowed to wear a watch. The person running a time closest to their pre-race predicted time would be declared the 10km Predicted time winner. As well, each BRRC member running in the 10km would start off on a handicap time depending on their times recorded in recent 10km events. i.e. the slowest runner based on previous 10km results would start at 6.00am with faster runners starting at various times after that. The first runner to cross the 10km finish mat would be declared the winner. e.g. a 75 minute 10km runner would start first, with a 35 minute 10km runner starting 40 minutes later.

Handicap - The 10km Handicap saw many runners leading the race at various stages but it was teenager **Alan Kennedy** who was first over the line and later declared the Handicap winner. The Kennedy family have been great supporters of the Club this year with father Peter and his wife Nittaya being flanked by daughter Alyssa and sons Alan and Alex. Alan's win in the Handicap came just a month after Alyssa won the 10km Novice event at West End so a memorable couple of months for the Kennedy family.

Closest to Predicted Time - Congratulations to **Will Towner** who predicted that he would run exactly 50:00 minutes for the 10km (without a watch) and that's exactly the time that he ran. Mark Robinson also was close with his prediction, being just two seconds quicker than his predicted time of 50:00.

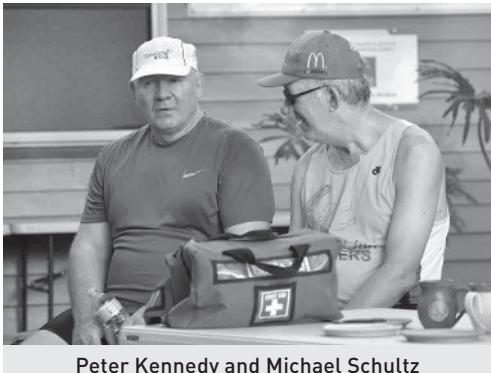
Fastest Time - **Daniel James (36:51)** recorded the fastest male time of the day ahead of Steven Yang and Greg Beerling. **Elizabeth O’Neil (47:25)** was the fastest lady on the morning just pipping Zoe Manning by the barest of margins with Alyssa Kennedy third fastest.

5km - In the men’s 5km event, **Mark Anthony** took the honours in **20:56** with Jurgen Paetz second and Lee Horobin third. **Yvonne Paetz (21:19)** had a resounding win in the ladies’ 5km over Karen Rolff and Helen Ridley Hanna.

Thanks to Race Director **Kerri Biggins** for her efforts on the morning and to all of the volunteers who ably assisted, ensuring another enjoyable Handicap event. **Greg Beerling** from **NRCHI** was the race sponsor and his generous donation of Massage/Acupuncture vouchers was much appreciated. All in all, a really enjoyable morning though the humidity ‘kicked in’ and made it very uncomfortable for many of the participants.



Race Director Kerri Biggins



Peter Kennedy and Michael Schultz



Karen Rolff



Alan Kennedy – 10km Handicap winner

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



AUSTRALIAN MASTERS ATHLETICS NATIONAL CHAMPIONSHIPS 2020

These will be held in Brisbane from 10 to 13 April (Easter)
There is a full track and field program including 5000 m and 10,000 m
on the track and an 8 km cross country (6 km if over 70)
All BRRC members 30 and over are eligible to enter.

For information and to register: <http://www.brisbane2020nationals.com.au/>

3 x 4.5k Relay Event – October, 2019

by Fiona Juppenlatz

This was my first experience of a Road Runners relay event and I was very excited to participate. It was another beautiful Brisbane morning and the stage was set for a competitive event. Once again, we all got up at the crack of dawn to make our way to West End, but this time for something a bit different. The course was set in the opposite direction to the usual loop and included some grass sections through Orleigh Park. Once again, it was superbly organised by the committee and we are all so appreciative of their efforts.

Being what you would call a bit of a plodder, I was a bit nervous about being placed in my team, and letting the fast and medium runners down. However, I didn't need to worry. They too were there for the fun and cheered me on. It was a bit daunting taking over from my first team member who had secured second position after his run. Needless to say, as I started my run, we didn't maintain this position, but I tried my best, and this is what Road Runners is all about. People enjoying running, jogging or plodding without any pressure to be an Olympian.



Adrian Royce starting his team off at a steaming pace

Next year it would be interesting to see if we could try something different!!! Instead of each participant running 4.5km and then passing on to the next runner, I wonder whether we could organise for each runner to run 1.5km x 3 and pass a baton to the next runner as per a real relay. This would create a great deal of excitement at the start and finish line and would

mix up the lead positions considerably as each runner had their turn of their 1.5km laps. It would also produce much quicker times for each team with the event turning into more of a sprint. Just a thought from a new participant and from a teacher who has been through 27 sports days at school. The relays are always the most exciting events, and it would be great to see the adrenalin pumping and cheering occurring non-stop at next year's event.



Jackson Moore racing to the finish

I joined Road Runners in January of this year and it has been wonderful to look forward to the fortnightly events. I think I have only missed about three Sundays and I am looking forward to next year and to improving my fitness with my own personal goals set.



Fiona Juppenlatz with Anja Bion hot on her heels

Last One Standing

by Katrina Crook

There's a new event on the scene and it's called Last One Standing. Put on by AAA Racing and Coaching it's a new concept here in Australia. Held at Oxley Common in Brisbane participants run 6.7km on the hour every hour. If you make it back within the hour you get the chance to line up again and repeat the process.

The distance comes from the fact that we ran out a 'Y' shape before returning to the start. The event started at 1am which was a little tough to deal with but, being a runner, we get used to these things! It's certainly not the earliest time I've been up for a run. Getting around 4 hours sleep made it easier to cope with the early start. I'd gone over to the Common the afternoon before and set up a gazebo in preparation for the event. Being that this event was close to home I was able to get some shut eye in my own bed before an early alarm and a return to the event grounds.

A briefing was held at 12 midnight with the rules made clear. They're strict on these as the event coincides with others worldwide. In a nutshell if you make the corral before the start whistle you get to run. We lined up at 1am and on the whistle we headed out into the dark and the cold. It was only to be 3 laps before we lost the first person with stomach issues. A few more fell quickly but most of us were having a great time. The cold was preferable to the heat which would come later!

I easily made it back for the first 7 laps keeping a consistent pace of around 45-47 minutes for the 6.7km. I was loving every minute of the run and getting about 15 minutes rest in between starts. This rest obviously appealed to me as I was up over 50km before my body even started to complain. Laps 8-9 I felt I was starting to slow up but the clock said I wasn't. I had friends

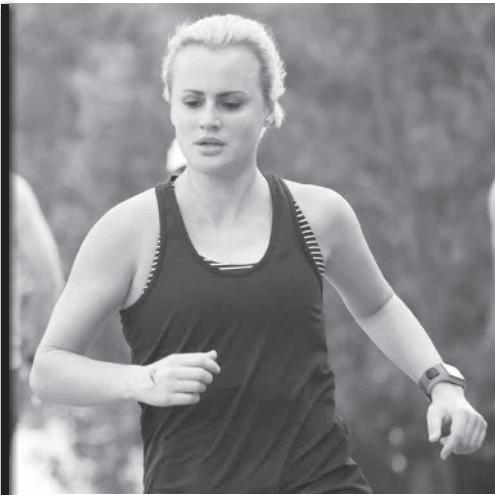
and family turn up early on the Friday morning which helped to keep the spirits up. By lap 10 I didn't think I could make it back but beat the whistle by about 4 minutes. After that it was all downhill for me with a failure to complete lap 11 in the 1 hour. I'd completed 74km in total for a 'race' I hadn't trained for. I'd take that!

With the race concept being only 1 winner, I was officially a DNF along with the others who had already fallen and those who would later fall. However, no one could have predicted just how this race would pan out. I bowed out Friday lunch but there were still runners on course through the Friday night. By Saturday morning they still had contenders in it! I watched the FB updates with interest through the day as slowly, one by one, they dropped out. It was getting dark Saturday night but there were still 3 in it, soon to be 2. Cam Munro and Kevin Muller duelled it out until Cam bowed out giving Kevin the win. He'd managed a total of 41 laps for 274km+. He looked like he could have gone a few more!

What I loved most about this race was that it typifies what running is. With a limit of 100 entries it was always going to be a small race and that meant that we got to know each other in the limited time we had together. The start

line was a really upbeat place to be. Runners I'd never met before were high fiving and congratulating me because I'd made the start line again, all because I'd said the round before I didn't think I'd make another one. Runners were chatting out on course to people only because they were running a similar pace. Friends and family dropped in through the day to say "Hi" and watch the festivities. Keep your eye on the calendar for this one. I had an awesome time and have already signed up for next year!!





MEMBER PROFILE

Name: Jenna Trelease

Age: 31

Occupation: Account Manager

How and when did you start running?:

I started running in 2011 training for the Auckland Marathon.

Most Memorable Running Moments:

Running in the 2015 New York City Marathon alongside Alicia Keys!

Favourite Running Distance and PB:

Marathon 3:45

Running Goals:

My next goal is to complete the 2020 Noosa Triathlon.

Favourite Runs:

Melbourne Marathon – I've done it 3 times!

Favourite Running Partners/Group:

Springfield Runners Group

Who is your running idol?:

Jess Stenson

Favourite Sportsperson/s:

Brisbane Broncos

Favourite Shoe Brand: Nike, On

Favourite Food: Licorice

Favourite Movie: Lion

Star Sign: Pisces

AT THE RACES

News from around Australia and the World

Compiled by Robert Lofthouse

SYDNEY MARATHON - 15th September 2019

Kiprotich and Barsosio break respective course records

Pre-race favourite **Felix Kiprotich** (Kenya) is probably the best credentialed runner to have competed in the Sydney Marathon, going into the race with a PB of 2:05:33 set at Daegu in Korea. No one had ever gone sub 2:10 on the tough Sydney course. At the halfway mark Kiprotich and fellow Kenyan Michael Kunyoga headed a group of four that included Japanese runner Satoru Sasaki and 2018 winner Elijah Kemboi. It wasn't until 30km that Kiprotich started to surge and no one went with him. He ended up running the last 12km alone, crossing the finish in a course record time of **2:09:49**. Kunyoga finished 16 seconds behind in second place with Japan's Satoru Sasaki taking out third place ahead of 2018 winner Elijah Kemboi who faded back to fourth place nearly two minutes a drift of the Japanese runner.

The ladies' race also saw the Sydney course record being broken by over three minutes by one of Kenya's leading runners **Stellah Barsosio**. Barsosio had finished second in Rotterdam earlier in the year recording a PB 2:23:36 so was in good form going into Sydney. She lived up to her credentials, running away from the field in the last 10km to record a winning time of **2:24:33** – an outstanding run on a reasonably tough course!

On the morning 40,500 people competed in one of the events as part of the Sydney Running Festival. The Sydney Marathon also doubled as the Australian Marathon Championship with Queensland's Isaias Beyn winning the Australian title with his 2:21:16 performance.

Sydney: Men/Women Results

1 – Felix Kiprotich (Kenya)	2:09:49 Has PB of 2:05:33
1 – Stellah Barsosio (Kenya)	2:24:33 Has PB of 2:23:36
2 - Michael Kunyoga (Kenya)	2:10:05 PB
2 – Josephine Chepkoech (Kenya)	2:26:43 Has PB of 2:25:20
3 – Satoru Sasaki (Japan)	2:11:02 Has PB of 2:08:56
3 - Tejitu Daba Chalchissa (Bahrain)	2:28:22

Leading Queensland Results

Isaias Beyn	2:21:16
Wayne Spies (BRRC)	2:28:29
Yun Phua	2:32:27

BERLIN MARATHON (Germany) - 29th September 2019

Kenensia Bekele misses world record by two seconds

The man who has held the 5,000 and 10,000 metres world records since 2004 and 2005 respectively, made a sensational return to the marathon after battling hamstring injuries for the last two years. The 37-year old Ethiopian set a national record and only his great Kenyan rival, Eliud Kipchoge, who ran a 2:01:39 world record in Berlin last year, ranks above him in the world. At the halfway point of the race there was a lead group of five runners clocking a remarkable 1:01:05. The group included three Ethiopians Sisay Lemma, Birhanu Legese and **Kenensia Bekele**. At the 31km mark, Bekele dropped off the pace and was 15 seconds behind as he struggled with a tight hamstring. His chance of winning looked gone but he managed to overcome his problem and passed the second placed Lemma at 34km and a kilometre later caught up with the leader Birhanu Legese. Legese could not match Bekele's sustained surge and at 40km

Bekele was two seconds ahead of Kipchoge's world record run. From then on, it was touch and go and in the end, he missed the world record by two seconds, crossing the finish in **2:01:41**. Bekele's second half time was 1:00:36, a negative split of nearly 30 seconds. Both the second-placed Legese (2:02:48) and third-placed Sisay Lemma (2:03:36) also recorded personal bests.

The women's contest was close with Ethiopia's **Ashete Bekere** out sprinting Mare Dibaba over the last 300 metres to take the title in **2:20:14**. Bekere had won at Rotterdam earlier in the year but achieved a personal best at Berlin. Kenya's Sally Chepyego was third with three-times Berlin Marathon winner Gladys Cherono dropping out just after 30km.

A record field of 46,983 runners from 150 countries entered the 46th edition of the Berlin Marathon.

Congratulations to leading BRRC runners Derrick Leahy (2:32:21) and Kerri Hodge (2:51:43) for their efforts on the day.

Berlin: Men/Women Results

1 - Kenenisa Bekele (Ethiopia)	2:01:41 PB
1 - Ashete Bekere (Ethiopia)	2:20:14 PB
2 - Birhanu Legese (Ethiopia)	2:02:48 PB
2 - Mare Dibaba (Ethiopia)	2:20:21 Has PB of 2:19:52
3 - Sisay Lemma (Ethiopia)	2:03:36 PB
3 - Sally Chepyego (Kenya)	2:21:06 PB

41 pacemakers were assembled to help Kipchoge achieve his goal with teams of seven interchanging every 5kms. Four Australians took part in the event Jack Rayner, Stewart McSwyn, Brett Robinson and Toowoomba runner Patrick Tiernan.

Back in 2017, NIKE sponsored Eliud Kipchoge's first attempt to break two hours with this being held on the Monza car racing track in Milan. On that occasion Kipchoge recorded 2:00:25, so he was keen to have another go at achieving what many thought was impossible – breaking two hours for the marathon.

The event started just after 9.00am Vienna time in perfect conditions with a temperature around 9 degrees and no wind. The seven pacemakers formed a V shape around Kipchoge during the event to protect him from any wind. As well, there was an electric pace car in front which emitted a green laser beam flashing the time elapsed at regular intervals. Kipchoge reached the halfway point in 59:35 which was 11 seconds ahead of the required time and he showed no signs of tiring. He maintained his 2:48-2:52 km average for the entire race and crossed the finish line in Prater Park in **1:59:40.2**. An elated Kipchoge likened the achievement to man first landing on the moon saying that "no human being should be limited in what they can achieve".

Because of the number of pacers used and the way that it was staged, World Athletics (formerly the IAAF) will not ratify the time as an official world record for the marathon.

INEOS 1:59 MARATHON CHALLENGE (Vienna, Austria) - 12th October

****Eliud Kipchoge runs a sub two (2) hour marathon****

Petrochemical giant, INEOS, sponsored this event with the aim of helping Kenyan marathon great Eliud Kipchoge become the first person to run a sub two hour marathon. The event was conducted on a tree-lined course which consisted of a 4.4 laps of a 9.6km flat circuit.



Eliud Kipchoge - Sub 2 Hours

continued

CHICAGO MARATHON (USA) -

13th October 2019

Brigid Kosgei breaks women's world record with 2:14:04

Paula Radcliffe's world record for the marathon (2:15:25) was set in London back in 2003 and had stood for 16 years but on a stellar weekend for breaking records, Kenya's **Brigid Kosgei** put in a superb effort at Chicago winning in the time of **2:14:04**, only a day after Eliud Kipchoge broke the two hour marathon barrier in Vienna. Kosgei set a blistering early pace and with two pacers, went through the 5km in 15:28 and the 10km in 31:28. Commentators feared that she would slow up by the halfway point but after recording a 1:06:59 half she only lost six seconds in the second half, winning by a margin of over six minutes. She collected prizemoney of \$100,000.00 US for winning the race and a \$75,000.00 bonus for breaking the world record. Australia's **Lisa Weightman** was coming fourth at the halfway point in 1:11:44 but faded to ninth, finishing in 2:29:45. Brigid Kosgei has been in great form over the last 12 months having won Chicago in 2018 and London this year, both in 2:18, so to run four minutes quicker was an outstanding achievement.

The men's race was a much closer contest and at 41km there were still four runners together at the front and in contention for the win. Kenya's Bedan Karoki dropped off with 500 metres to go and it all came down to the last 200 metres with Lawrence Cherono (Kenya) winning the sprint to the finish by a mere one second with his Ethiopian rivals Dejene Debela and Asefa Menstu just metres behind him. Cherono previously won Boston back in April.

45,000 runners took part in the 2019 edition of the Chicago Marathon.

BRIGID KOSGEI'S TIME SPLITS FOR HER WORLD RECORD (2:14:04)

5km – 15:28

10km – 31:28

Half Marathon – 1:06:59

30km – 1:35:18

35km – 1:51:14

40km – 2:07:11

Chicago Marathon: Men/Women Results

1 – Lawrence Cherono (Kenya)	2:05:45 Has PB of 2:04:06
1 – Brigid Kosgei (Kenya)	2:14:04 WORLD RECORD
2 – Dejene Debela (Ethiopia)	2:05:46 PB
2 – Ababel Yeshaneh (Ethiopia)	2:20:51 PB
3 – Asefa Mengstu (Ethiopia)	2:05:48 Has PB of 2:04:06
3 – Gelete Burka (Ethiopia)	2:20:55 Has PB of 2:20:45

BRRC Performance

Steven Yang	2:59:23 PB
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Brigid Kosgei - World Record

MELBOURNE MARATHON -

13th October 2019

A record participation of 37,185 runners took part in the Melbourne Marathon Festival. The marathon was won by Kenyan runners Isaac Birir (men) and Naomi Jepkogei Maiyo (women). Isaac Birir is now living in Perth whilst waiting for Australian citizenship. Melbourne turned on ideal weather for the event with runners enjoying finishing their event inside the famous Melbourne Cricket Ground (MCG).

Melbourne Marathon: Men/Women Results

1 – Isaac Birir (Kenya)	2:16:31 Has PB of 2:14:08
1 – Naomi Jepkogei Maiyo (Kenya)	2:35:34 Has PB of 2:31:30
2 – William Chebon (Kenya)	2:17:53 Has PB of 2:08:21
2 – Nera Jareb (Perth)	2:36:41 PB
3 – Reece Edwards (Coffs Harbour)	2:19:00 Has PB of 2:16:43
3 – Marnie Ponton (Sydney)	2:37:21 PB

BRRC Performance

Pam Peldan	4:48:20
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Half Marathon

1 - Thomas Do Canto (Sydney)	1:04:29
1 - Makda Haji Harun (Melbourne)	1:11:12
2 - Nic Harman (Perth)	1:04:31
2 - Tara Palm (Adelaide)	1:11:25
3 - Brady Threlfall (Bendigo)	1:06:16
3 - Lauren Reid (Sydney)	1:12:35

BRRC Performance

4 - Aidan Hobbs	1:06:26 PB
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NEW YORK MARATHON (USA) – 3rd November 2019

Current World Records:

MARATHON

Men – Eliud Kipchoge (Kenya) 2:01:39

Women – Brigid Kosgei (Kenya) 2:14:04

HALF MARATHON

Men - Geoffrey Kamworor (Kenya) 58:01

Women – Joyciline Jepkosgei (Kenya) 1:04:51

The world's largest official marathon finish field of 53,627 runners was recorded in this event.

The men's race was still close at the 40km mark with three contenders for the win but in the last 500 metres, it was the speed of the world's fastest half marathoner **Geoffrey Kamworor** that gave him the edge as he crossed the line as the winner in **2:08:13**. This was Kamworor's second New York win. Fellow Kenyan runner Albert Korir was second, after winning a sprint finish over unheralded Ethiopian runner Girma Bekele Gebre. Gebre paid his own way into the race and did not start as an elite, instead starting with the masses behind the elite athletes. After their excellent efforts earlier in the year at the London Marathon, Australian runners Jack Rayner 22nd and Brett Robinson 23rd were below their best.

The women's marathon featured a great

debut by half marathon world record holder **Joyciline Jepkosgei** who won in the time of **2:22:38** from one of the world's best Mary Keitany, who has won New York four times. The winning margin was almost a minute with Ethiopia's Ruti Aga, a further two minutes back in third place. Special mention to leading Australian runners Sinead Diver (5th) and Ellie Pashley (8th) who acquitted themselves admirably in New York.

New York Marathon: Men/Women Results

1 – Geoffrey Kamworor (Kenya)	2:08:13 Has PB of 2:06:12
1 – Joyciline Jepkosgei (Kenya) 2:22:38	Marathon debut
2 - Albert Korir (Kenya)	2:08:36 Has PB of 2:08:03
2 - Mary Keitany (Kenya)	2:23:32 Has PB of 2:17:01
3 – Girma Bekele Gebre (Ethiopia)	2:08:38 PB
3 - Ruti Aga (Ethiopia)	2:25:51 Has PB of 2:18:34

Leading Australian Results:

Women

5 – Sinead Diver	2:26:23 Has PB of 2:24:11
8 – Ellie Pashley	2:27:07 Has PB of 2:26:21

Men

22 – Jack Rayner	2:16:58 Has PB of 2:11:06
23 – Brett Robinson	2:17:50 Has PB of 2:10:55

Berlin Marathon, 30 September 2019

You win some; you lose some.

by Kerri Hodge

*"I know what that cold, post-marathon feeling is like...completely wasted. You didn't let either of us down. You had a red hot crack and it just wasn't your day. Take the great along with the not so great, Kerri. You'll bounce back – **you love running far too much.**"*

Pat Carroll, Coach, post-race debrief.

Rewind 6 months and I'd just come off a successful marathon (2:45 PB) in Japan. After a short break I was ready to move on to the next campaign - Berlin Marathon 2019. There was a degree of trepidation as I looked at my new program knowing how much work lay ahead. Typically, twice a day, seven days a week, on repeat. *Can I do all this again? At what point will I stop improving?* Like all overwhelming tasks in life, I tried not to look too far ahead, and I tackled it one week at a time. It was an 'all eggs in one basket' approach, and I only raced other events during this period if it complemented the major goal.

My target was 2:43 - the Australian W45-49 age record. It would require a perfect race, but it was a calculated risk I was prepared to take. I'd have to run 3:53/k pace for the first half with a negative split. For me, the challenge of the marathon lies in the unpredictability of the outcome. You can work hard and do everything correct in the lead up, only to be dealt an undeserving knock-out punch on race day. Although Berlin was marathon #29, every race is unique and I often still make mistakes. There are always decisions to make on the fly and there is always more to learn.

Fast forward to race day and the early damage. The 5km split averaged 3:47/k. I should know better than to get caught up in the atmosphere at the start of a race. *How could I be impatient and foolhardy?* The on-

course traffic was so busy, and my heart told me to ride the wave of people around me; today could be one of those magical days. However, my watch repeatedly told me I was going too fast. 5 secs/km under pace in the early stages would most certainly hurt me later. By 15km it felt harder than it should, and by halfway my hips tightened and the pace slowed. I tried to draw on the crowd, the occasion and the mantras, but no amount of positive head talk was going to turn this race around. I was cooked and it was game over. *Just follow the blue line.* It was a long, painful slog to the finish. I no longer cared about anything. I just wanted it to end.

In those final stages with my goal time long gone and every muscle screaming at me, I shifted to a mindset of appreciation. I observed how few other 40+ year-old women were around me. I felt grateful to be blessed with a healthy body and full life. At the 42km mark, I allowed myself to enjoy the last stretch through the Brandenburg Gate to the finish line. The moment was all I imagined it to be. It was a magnificent sight which typified the incredible city. I was proud.

The hours immediately following the race were perhaps more distressing than the race itself. It was raining. I was wet and shaking from the cold, saved only by the plastic sheet we were given in the recovery area. Derrick (Leahyl) and I had arranged to meet at a certain location, but despite my best efforts and enquiries, I could not find



the spot. I wandered hopelessly and alone for a couple of hours. I didn't know what to do. My heart was numb, my body was broken, and I needed food and dry clothes. Common sense eventually prevailed and I made the difficult decision to leave the race precinct; I hoped Derrick had already done the same. It was a slow and sorry 3km-trudge on foot back to our hotel. Finally, inside the solace of the apartment, I broke down and sobbed. For most of us, running is much more than physical exercise. When you invest so much of yourself into an endeavour, there is a myriad of emotions that flow in reflection, even on the triumphant days.

The final result of 2:51 is not disastrous in many people's eyes, but an 8-minute positive split was not the way to get there. My biggest question in the aftermath: 'Was it all worth it?' Looking back, I'm still not sure. So much time, money and energy is spent getting to the start line of a European or U.S. race. If

you're after the spectacle and experience, then go for it. The memories last a lifetime. However, if you're chasing a PB, I think a destination closer to home is a better option. One thing's for sure, a runner's mind doesn't linger in self-pity for long and the question soon moves to, 'what's next?' After two weeks of complete rest and a post-race holiday in the Netherlands, I booked a flight to Japan to do it all again in January. Simply, **I love running far too much** to do anything else.

Derrick Leahy, congrats on your 2:32:21 PB and thanks for an amazing trip.

Result: 2:51:43 (1:21:49, 1:29:54), 3rd W45-49, 72nd female.

Training mileage: 28-week training block averaging 145kms/week (excluding race week). Peak training week, 6 weeks out, 180km.

NED KELLY CHASE - Australian 100km National Championships

Held in Wangaratta, Victoria – October 26th-27th, 2019

by Clay Dawson

It was a little over twelve months ago at a Brisbane Road Runners event that I happened to have a conversation with (the iconic) John Shaw. He was gushing over an event he had run in Victoria, a picturesque, fast, flat idyllic 50km ultra. I remember at the time thinking that all of the adjectives, up until the words '50km' and 'ultra' sounded VERY appealing. Strange how this sport has a habit of shifting our parameters isn't it? Because (around) 12 months later I was not only lining up at this event, but for the 100km! So, I guess the idea of running an ultra-marathon debuted there? Maybe in its smallest form (as morbid curiosity). Maybe it occurred earlier, when I heard of a good friend (and international superstar) Moritz auf der Heide.....won the inaugural 'Ned Kelly Chase'. Certainly at THAT time when it came to the idea ME running 100kms; space travel was a more foreseeable option. Either way the idea and plan was hatched shortly around a disappointing run at this year's Sunshine Coast Marathon (8th place) where for the first time I had cramped terribly for a solid 10kms.

My mentor, mate and coach Peter Reeves mentioned that he could see me running successfully over longer distances. Normally, I would have laughed this off, but after battling through pain during the marathon, I began to fantasize that maybe I did have what it takes? So, as I continued training (for no specific goal or target) I researched, and discovered that this year's Ned Kelly Chase was the AURA Australian 100km National Championships. On paper it seemed perfect, there was (maybe) enough time to ramp up the training, I was mentally as tough as I've been, the course was paved and flat, and it was a low-key enough event that I could enter (and fail) without the ego taking too much of a battering. It was go time.

Fast forward a month or so and I was waiting at the airport with my wife (Michelle) and son (Jasper). Another key part of the plan to not be intimidated by the distance was to plan other non-running events around the race. That way, if I failed, the trip wasn't wasted because Michelle could see Harry Potter at the theatre in Melbourne, and (animal mad) Jasper could visit the Melbourne Zoo! That little 100km race at the start of the holiday was (supposedly) inconsequential. Training leading up to the race was eerily similar to regular marathon training for me. Averaging between 140-160kms with a peak holiday-week blowout of 190km (which included a 60km slow run and a 40km slow run in the same week to perk the numbers up). The sessions remained the same (it's all on Strava, I won't bore you), and as much training was undertaken with my Ipswich buddies to keep a focus on relaxing in recovery. Coach (Peter Reeves) and I incorporated a two-day taper before the event, with conscious 'easing' of hard sessions in the week prior.

With a staggered start (to enhance the 'chasing' nature of the race) there were five of us standing in 2 degrees at Apex Park in Wangaratta. Amongst us was a good mate of mine, Dion Finocchiaro, who was the race record holder, expected favourite, and probable World Championship Qualifier and record breaker. Although he'd run a fast (for mortals, slower for him) Melbourne Marathon just weeks prior, he is always dangerous and has a recovery capacity that borders on miraculous. I consciously tried to focus on the race being between me and the distance. When I finished; my goal would be met. In terms of pacing, Coach and I had theorised that starting and trying to hold onto 4:10-20 min/km pace would be achievable... however this plan went out the window as I

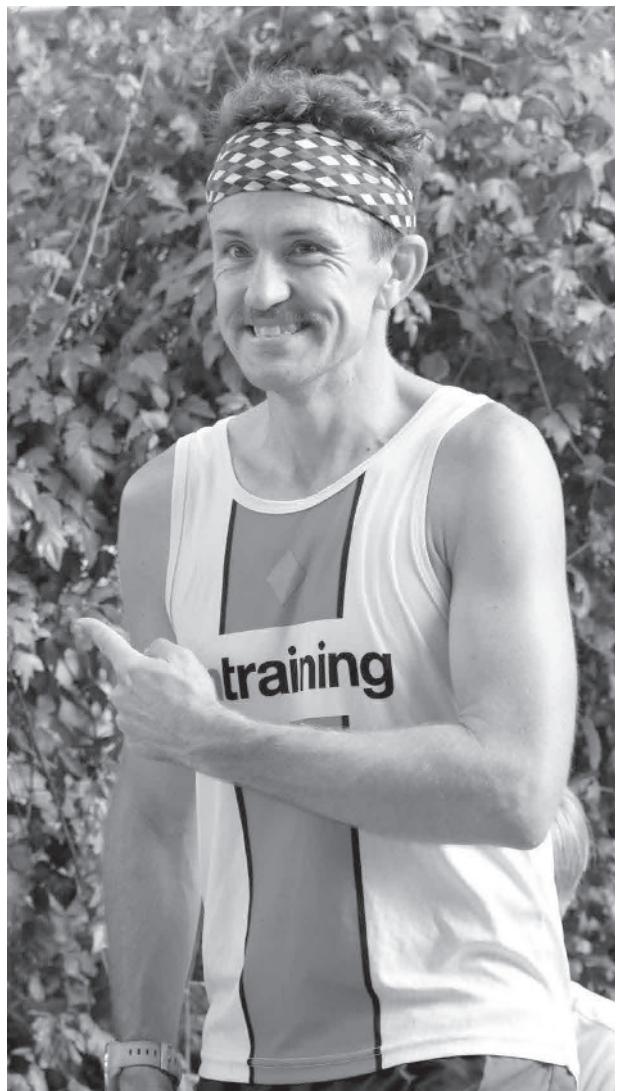
(in a moment I regret now) had set my GPS watch to 'battery save mode' and 'medium GPS', which practically rendered it useless for pacing. I decided to run 'to feel', perhaps more on the cautious side. Everything was magical. As I ran (largely alone) for the first 25 kilometres, the Milky Way opened up above me, and the pitch blackness of the landscape (otherwise) took away any distractions. Wild rabbits, kangaroos and possums peppered the areas within a few metres of the path, and the silence was other worldly.

Rather than drag this report on, the rest of the race went well. Apart from being attacked by the same malicious magpie twice and a touch of delirium in the last 15kms, the race itself was a pleasant adventure. Upon arriving back, I'd been fortunate enough to win outright, securing something alien to a kid who'd been completely un-athletic, and consistently overweight; a legitimate OPEN Australian title! To make the trip even more special, I was told (upon return to my hotel ON THE SECOND STOREY!) that in breaking seven hours, I'd secured an A-qualifier to represent Australia at the World Championships! All in all, I'm very grateful. In a sport where (as we all know) 99.9% of runs are imperfect, I've experienced one that was as close to perfection as I'd dare to wish for.

Special thanks to everyone who has said kind things, told me their journey, and shared those 'knowing' looks during a race (along the Brisbane River or otherwise). Also, much love to my brothers and sisters in 'The Road Runners' (what a club!). Who knows where we'll all go from here?

Clay Dawson (follow me on Strava, Instagram and Facebook).

N.B. Clay's winning 100km time was 6:54:03 with a winning margin of nine minutes over leading Victorian distance runner Dion Finocchiaro.





MEMBER PROFILE

Name: Nat Konners

Age: 44

Occupation: Teacher (Primary)

How and when did you start running?:

I started running back in 2013, I needed to do something to pick my life up a bit and motivate myself. I started running a few metres up and down my street and graduated to 3kms when a friend encouraged me to enter a local 5km fun run. I entered the run and loved it so much that I joined parkrun soon after and I haven't ever looked back.

Most Memorable Running Moments:

Definitely my first marathon. It's a defining moment that made me realise that I can achieve anything I set my mind to, and completing it with my best friend was icing on the cake. It's an empowerment I will never forget.

Favourite Running Distance and PB:

I love them all for different reasons! But I do enjoy a good 50k Ultra marathon distance on the trails the most. My favourite PB is when I finally cracked the sub 22:30 at parkrun.

Running Goals:

Hard to top the one I just achieved a month ago, and that was completing a 100km Ultra marathon at the Blackall100. I guess next year I will focus on completing the Great Wall of China Marathon and maybe get another sub4 at Brisbane and the ultimate goal of a 6hr 50k Ultra marathon would be a dream!

Favourite Runs:

The Warwick Pentathlon Run is one of my most favourite events of the year. A weekend away with friends doing nothing but running, eating, sleeping and laughing! Doesn't get much better than that. Also the Beerwah@Night Half Marathon Trail Run is a great one. Running from light to dark is always a good challenge. And the atmosphere at the event is great.

Favourite Running Partners/Group:

My parkrun family and my Girls Run This Town tribe!

Who is your running idol?:

My closest running friends who inspire me every day, so much, and for so many reasons. I take a little piece of each of them into every run, every event, every challenge that I do. I do what I do and I achieve what I achieve because I am surrounded by amazing people!

Favourite Sportsperson/s:

My son, Dylan, who worked hard to achieve Level 10 gymnastics and represent Australia, where he won a Gold medal. Watching his dedication and achievement to his sport over the many years drives my motivation every day.

Favourite Shoe Brand: Inov8

Favourite Food: A beautifully cooked salmon fillet

Favourite Drink: Baileys.... yep!

Favourite Movie: Ever After

Favourite Music: Pink

Star Sign: Cancer

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

To make a positive impact in the lives of others.

Results of 2019 BRRC Championship Series

by Bruce Smerdon



Overall Club Champions

Clay Dawson and Kerri Hodge

Age Group Champions

FEMALE		MALE	
Age Category	Name	Age Category	Name
0 - 19	Zoe Manning	0 - 19	Ben Hinterreiter
20 - 25	Emma Robertson	20 - 24	Aran Sandrasegaran
30 - 34	Jessica Tomlins	25 - 29	Daniel James
35 - 39	Solveig Litchfield	30 - 34	Rowan Johnson
40 - 44	Olivia Lennon	35 - 39	Clay Dawson
45 - 49	Kerri Hodge	40 - 44	Derrick Leahy
50 - 54	Katy Russell	45 - 49	Wayne Spies
55 - 59	Marion Hermitage	50 - 54	Tony Stanley
60 - 64	Helen Ridley Hanna	55 - 59	Neil Bath
65 - 69	Mary Ashton	60 - 64	Greg Coulter
70 - 74	Irene Davey	65 - 69	John Shaw
		70 - 74	John Sheer
		75 - 79	Ron Vines
		80 - 84	Jack Marsh

Consistency Champions – “The Commitments”

Congratulations to the 41 members who completed all seven championship events in 2019 and earned the fabled Brisbane Road Runners Club towel – Ness Allen, Mary Ashton, Virginia Barbour, Julia Briskey, Leanne Brown, Renae Brown, Katrina Crook, Jenny Deag, Peta Dunne, Felicia Elgey, Stacy Gardner, Megan Goodley, Jessica Hewish, Nat Konners, Clare Mitchell, Virginia Neil, Yvonne Paetz, Jayne Riethmuller, Emma Robertson, Belinda Tomlins, Jessica Tomlins, Matt Allen, David Barker, Roger Black, Greg Campbell, Christopher Dalby, John Harris, Paul Hewish, Ben Hinterreiter, Marty Kelly, Brad Lye, Michael Lyttle, Andy Marrington, Geoff Neil, Stephen Peach, Peter Riethmuller, Erkki Ryhanen, Stuart Simmons, Anthony Smith, William Towner & Stephen Walmsley



The Commitments – Class of 2019

THE COMMITMENTS

by Irene Davey

They brave the heat and humidity

They run in the rain

They go out when it's cold and dark

For more than a run in the park

They are the 'Commitments'

Who aspire to win a 95 km towel

Some say 'They ought to be committed!'

But I say 'They ought to be congratulated!'

For their Commitment

After the 5 Mile Championship, at the 8 km mark

There were 175 Commitments

Including me

That many towels will almost bankrupt BRRC!

At the 23 km mark, after the 15 km Championship

There were 115 Commitments

Including me

I scored a towel two years ago - how hard can it be?

Next the Half Marathon Championship

Takes us to the 44 km mark

Only 70 Commitments have made it

Not including me!

Eliminated by a post-China upset tummy

The BRRC and QMA 10 km Championships are so exciting

Held as they are in the dark of the winter solstice

But the Commitment list we're writing

Now stands at only 64

It makes an interesting graph – this score

It's the end of July – not quite so cold and dark
20 km Championship takes us to the 74 km mark

But only 52 Commitments were up to this challenge

I am no longer in the running for the coveted towel

But in the running for a coveted age group record

There is always another challenge

September Memorial to Robin Flower

The weather threatened to shower

But didn't for the 10 Mile Championship

So who knows why 10 of the Commitments

Lost their mojo today?

Leaving 42 with the towel almost in their grasp

An awful morning for the 5 km Championship

Hot, humid and smokey

But we all said okey-dokey

And got out of bed and put on our racing gear

It's the last Championship for the year!

The final count is 41

Commitments who have run

All the kilometres to 95

Just 23.43 percent of the original 175

BRRC coffers might just survive

The purchase of so many beautiful towels

Treasurer Bruce will be very relieved!

And 41 Commitments will be congratulated

And presented with their towels

At Dash and Splash 2019.



West End Race Records

Compiled by Rob Lofthouse (As at 31st December 2019)

History -

The Brisbane Road Runners Club (formerly Q.M.R.R.C.) moved to its current site at West End on January 8, 1989.

The first race on that day was conducted over a 5.5km loop.

After a few events were conducted on this loop it was decided to change to the more accepted 5km course.

March 19, 1989 was the Club's 30km Championship – the first race held on the now famous 5km West End loop.

Since then, many fast times have been run on this course over a variety of distances.

After careful examination of all race results since then, I have compiled a list of the three (3) best times over each distance.

As of **August 27, 2006**, new 5km & 7km loops were used. Safety of the runners was the main criteria for the revised loops.

On **June 29th, 2008**, a new 5km course was trialled starting at the South Brisbane Sailing Club. The course proved popular with club members so the decision was made to move there officially on **September 21st, 2008**.

****A new set of records is now included to cover the new course****

5KM

Shane George	14.53 [24/07/94]
Shane George	15.09 [14/07/96]
Shane George	15.11 [26/07/98]
Felicity Abram	17.12 [28/11/04]
Alison Lapinski	17.41 [05/01/97]
Vivien Pott	17.46 [28/11/04]

NEW COURSE – From 27/08/2006

Christian Cobbold	15.27 [22/10/06]
Aidan Hobbs	16.04 [22/10/06]
Aidan Hobbs	16.12 [03/02/08]

Sarah Bouchard	17.11 (15/04/07)
Sarah Bouchard	17.20 (20/05/07)
Clare Geraghty	17.31 (22/10/06)

NEW COURSE – From 21/09/2008

Liam Woollett	15.33 [13/10/13]
Matthew Hawke	15.38 [19/06/11]
Peter Ross	16.10 [19/09/11]
Clay Dawson	16.10 [27/11/16]
Brittany Zendler	17.01 [27/11/16]
Clare Geraghty	17.02 [28/11/10]
Brittany Zendler	17.21 [14/02/16]

7KM (Held on 7km loop)

Shane George	21.58 [24/03/02]
Shane George	22.14 [19/09/99]
Shane George	22.17 [25/07/04]
Clare Geraghty	25.49 [21/05/06]
Marion Hermitage	26.43 [21/05/06]
Marion Hermitage	26.45 [01/05/05]

NEW COURSE – From 27/08/2006

Dan Wilson	22.53 [08/07/07]
Ricardo Barbosa	23.14 [08/07/07]
Shane George	24.01 [11/05/08]
Melanie Kaasinen	26.25 [13/07/08]
Leesa White	26.51 [08/07/07]
Karen Seymour	27.53 [27/08/06]

NEW COURSE – From 21/09/2008

Shane George	23.02 [15/05/11]
Shane George	23.30 [10/05/09]
Andrew Fuller	23.44 [15/05/11]
Melanie Kaasinen	25.03 [10/05/09]
Melanie Kaasinen	27.35 [16/05/10]
Melissa Watson	28.02 [05/05/13]

5MILE

Shane George	25.43 [20/01/02]
Shane George	25.48 [21/01/01]
Paul Dodd	25.56 [16/01/00]
Jackie Gallagher	28.01 [20/01/02]
Margot Manning	29.54 [17/01/99]
Anna Kostilek	30.00 [30/01/94]

NEW COURSE – From 27/08/2006

Alun Williams	28.21 (18/02/07)
Grant Coleman	29.38 (24/08/08)
Michael Bray	31.17 (18/02/07)
Trineane Patch	34.23 (24/08/08)
Leigh Coleman	36.17 (24/08/08)
Perri Newman	37.00 (17/02/08)

NEW COURSE – From 27/08/2006

Shane George	48.56 (21/01/07)
Paul Dodd	49.48 (11/05/08)
Ron Peters	49.50 (11/05/08)
Clare Geraghty	50.37 (01/04/07)
Bethany Van Loenen	55.08 (21/01/07)
Marion Hermitage	57.25 (20/01/08)

NEW COURSE – From 21/09/2008

Peter Bracken	26.12 (11/02/18)
Clay Dawson	26.13 (17/02/13)
Clay Dawson	26.19 (17/02/19)
Clare Geraghty	28.33 (13/02/11)
Clare Geraghty	28.57 (28/02/16)
Brittany Zendler	29.16 (28/02/16)

NEW COURSE – From 21/09/2008

Jonathan Peters	49.08 (18/01/09)
Stephen Courtney	49.19 (13/05/12)
Cameron Munro	50.29 (15/05/11)
Melanie Kaasinen	53.54 (17/01/10)
Jacqui Kelly	56.06 (16/05/10)
Marion Hermitage	56.46 (18/01/09)
Clare Williams	56.46 (16/10/11)

10KM

Ian Kent	30.50 (12/06/94)
Craig Mead	31.18 (05/01/97)
Craig Mead	31.23 (29/03/98)
Felicity Abram	34.27 (26/06/05)
Krishna Stanton	36.22 (07/04/03)
Kerry Schreiber	36.25 (10/07/94)

15KM

Michael Inwood	46.59 (20/05/90)
Bruce Jones	47.06 (20/05/90)
Ian Eckersley	47.12 (20/05/90)
Carole Connolly	53.02 (20/05/90)
Carole Connolly	53.48 (19/05/91)
Rina Hill	55.31 (19/05/91)

NEW COURSE – From 27/08/2006

Christopher Reeves	31.46 (30/09/07)
Ian Hornabrook	32.22 (30/09/07)
Christian Cobbold	32.46 (24/09/06)
Sarah Fien	38.37 (30/12/07)
Marion Hermitage	39.31 (04/02/07)
Sarah Fien	39.36 (18/11/07)

NEW COURSE – From 27/08/2006

Ricky Swindale	52.30 (15/06/08)
Brendan Whelan	53.06 (03/02/08)
Andrew Clowes	54.02 (04/02/07)
Clare Geraghty	58.42 (04/02/07)
Bethany Van Loenen	1:00.03 (22/07/07)
Sarah Fien	1:00.06 (21/10/07)

NEW COURSE – From 21/09/2008

Jonathan Peters	31.59 (15/02/15)
Isaias Beyn	32.12 (17/06/18)
Isaias Beyn	32.17 (29/11/15)
Clare Geraghty	35.28 (02/01/11)
Roxie Schmidt	35.53 (29/06/08)
Clare Geraghty	36.13 (29/01/12)

NEW COURSE – From 21/09/2008

Joe More (USA)	48.07 (08/08/10)
Ben Macronan	49.20 (11/08/13)
Liam Woollett	49.47 (27/10/13)
Mel Panayiotou	54.53 (16/02/14)
Leisa Smith	56.31 (08/08/10)
Kerri Hodge	56.54 (31/03/19)

14KM (Held on 7km loop)

Brad Smith	44.15 (15/07/01)
Salim Rane	45.49 (30/06/91)
Ian Kent	45.52 (30/06/91)
Clare Geraghty	53.53 (15/01/06)
Bethany Van Loenen	55.43 (26/03/06)
Robyn Meadows	55.48 (19/09/99)

10MILE

Shane George	53.06 (09/08/98)
James Ottaway	53.21 (17/06/90)
James Ottaway	53.23 (16/06/91)
Liz Hepple	1:01.05 (17/06/90)
Clare Geraghty	1:01.09 (12/02/06)
Jodie Willett	1:01.48 (13/02/05)

NEW COURSE – From 27/08/2006

Aidan Hobbs	57.11 [26/08/07]
Christian Cobbold	57.26 [18/02/07]
Aidan Hobbs	57.34 [17/02/08]
Glenda Banaghan	1:01.23 [17/02/08]
Clare Geraghty	1:02.44 [18/02/07]
Marion Hermitage	1:07.11 [24/08/08]

NEW COURSE – From 27/08/2006

Steve Turner	1:33.21 [01/04/07]
James Fitzsimon	1:36.29 [01/04/07]
Alan Raud	1:36.56 [01/04/07]
Linda Watson	1:42.53 [01/04/07]
Tania Shipton	1:44.23 [01/04/07]
Monique Werda	1:47.08 [01/04/07]

NEW COURSE – From 21/09/2008

Charlie Boyle	53.39 [22/09/19]
Clay Dawson	53.49 [25/08/13]
Liam Woollett	54.26 [25/08/13]
Nerissa Campbell	59.59 [02/03/14]
Glenda Banaghan	1:00.24 [15/02/09]
Clare Geraghty	1:01.37 [28/08/11]

HALF MARATHON

Michael Inwood	1:09.13 [06/04/97]
Brad Smith	1:09.50 [06/04/97]
Steve Manning	1:09.58 [21/03/93]
Samantha Hughes	1:17.32 [12/03/00]
Clare Geraghty	1:18.10 [12/03/06]
Linda Fox	1:21.50 [26/04/98]

20KM

Ian Kent	1:05.49 [02/02/92]
Laurie Adams	1:05.57 [02/02/92]
Michael Inwood	1:06.10 [03/10/99]
Clare Geraghty	1:15.04 [09/04/06]
Christine Ware	1:18.00 [22/10/95]
Bethany Van Loenen	1:18.56 [09/04/06]

NEW COURSE – From 27/08/2006

Aidan Hobbs	1:12.26 [02/03/08]
Shane George	1:17.38 [02/03/08]
James Bayliss	1:18.02 [02/03/08]
Clare Geraghty	1:16.29 [18/03/07]
Glenda Banaghan	1:19.27 [02/03/08]
Muriel Cummins	1:23.38 [02/03/08]

NEW COURSE – From 27/08/2006

Nori Ueda	1:12.51 [07/10/07]
Christian Cobbold	1:15.19 [08/10/06]
Tim Molesworth	1:15.50 [08/10/06]
Sarah Fien	1:27.27 [07/10/07]
Sharee Andersen	1:28.13 [08/10/06]
Felicity Ward	1:33.49 [16/03/08]

NEW COURSE – From 21/09/2008

Jonathan Peters	1:12.13 [01/03/09]
Clay Dawson	1:12.34 [21/04/13]
Clay Dawson	1:13.56 [09/04/17]
Leisa Smith	1:19.14 [01/03/09]
Kerri Hodge	1:21.22 [25/03/18]
Clare Geraghty	1:22.10 [26/02/12]

NEW COURSE – From 21/09/2008

Patrick Nispel	1:07.31 [12/06/16]
Clay Dawson	1:08.32 [28/07/19]
Patrick Nispel	1:08.51 [03/03/13]
Kerri Hodge	1:17.30 [08/09/19]
Leisa Smith	1:17.53 [02/05/10]
Brittany Zendler	1:17.56 [24/07/16]

25KM

Rob Crosato	1:23.19 [03/06/90]
Paul Ashford	1:24.01 [03/06/90]
Brad Smith	1:24.19 [04/04/93]
Margot Manning	1:36.23 [10/04/94]
Liz Hepple	1:36.47 [03/06/90]
Margot Manning	1:39.25 [04/04/93]

21KM (Held on 7km loop)

Rob Crosato	1:09.52 [18/02/90]
Ian Kent	1:10.00 [18/02/90]
Tony Kleiner	1:10.36 [18/02/90]
Robyn Meadows	1:25.06 [18/02/90]
Leanda Cave	1:26.44 [03/05/97]
Vivian Pott	1:27.37 [24/04/94]

NEW COURSE – From 27/08/2006

Ron Peters	1:31.41 [10/09/06]
Nick Schilling	1:34.45 [10/09/06]
Tim Molesworth	1:34.51 [10/09/06]
Clare Geraghty	1:42.51 [10/09/06]
Karen Seymour	1:48.28 [10/09/06]
Theresa Fabian	1:58.23 [10/09/06]

NEW COURSE – From 21/09/2008

Jonathan Peters	1:26.44 (13/03/16)
David Sweeney	1:30.46 (21/05/17)
Peter Run	1:32.27 (15/03/15)
Kerri Hodge	1:39.18 (11/03/18)
Kim Knox	1:41.13 (23/04/17)
Clare Geraghty	1:43.15 (12/04/15)

20MILE

Tony Kleiner	1:53.44 (20/06/93)
Paul Houston	1:55.20 (16/06/91)
Paul Dodd	1:55.55 (14/06/92)
Jo Sherman	2:14.21 (30/05/04)
Linda Fox	2:15.16 (20/06/99)
Marianne Kramer	2:19.53 (30/06/96)

28KM (Held on 7km loop)

Brad Smith	1:37.32 (01/04/01)
Graeme Orange	1:39.51 (30/06/91)
Steve Armstrong	1:41.32 (30/06/91)
Clare Geraghty	1:52.44 (26/03/06)
Lisa Barton-Polizzi	1:58.02 (24/03/02)
Sue Pearson	2:02.02 (25/04/93)

NEW COURSE – From 27/08/2006

Stuart Morrison	1:56.51 (01/04/07)
Conrad Yoong	2:02.44 (01/04/07)
Malcolm Anson	2:05.17 (01/04/07)
Theresa Fabian	2:20.32 (01/04/07)
Michelle Williams	2:43.51 (01/04/07)
Anne Crawford-Nutt	3:22.47 (01/04/07)

35KM

Brad Smith	2:03.06 (24/04/94)
Paul Dodd	2:03.30 (25/04/93)
Brad Smith	2:04.15 (24/03/02)
Margot Manning	2:23.08 (24/04/94)
Linda Fox	2:25.44 (09/04/00)
Verity Tolhurst	2:29.53 (09/04/00)

30KM

Tony Kleiner	1:46.19 (18/03/90)
Ian Kent	1:48.00 (07/04/91)
Paul Houston	1:48.36 (29/03/92)
Cathy Grattan	2:00.40 (19/03/89)
Liz Hepple	2:02.31 (09/04/89)
Robyn Meadows	2:04.22 (18/03/90)

NEW COURSE – From 27/08/2006

Ron Eglinton	2:19.57 (15/06/08)
Ron Peters	2:20.42 (01/04/07)
Steve Gurr	2:22.03 (01/04/07)
Carley Ekert	2:43.14 (01/04/07)
Parmy Atcheson	2:51.43 (15/06/08)
Linda Watson	2:58.17 (15/06/08)
Karen Wiersma	2:58.17 (15/06/08)

NEW COURSE – From 27/08/2006

David Warren	2:06.11 (30/03/08)
Stuart Morrison	2:09.42 (30/03/08)
Atul Arora	2:22.09 (15/06/08)
Cathy Grattan	2:34.40 (30/03/08)
Karen Wiersma	2:35.51 (30/03/08)
Skye Howie	2:36.11 (15/06/08)

NEW COURSE – From 21/09/2008

Mark Ainsworth	2:14.42 (09/06/13)
Craig Pascoe	2:16.32 (13/06/10)
David Reesby	2:17.32 (12/06/16)
Mel Panayiotou	2:13.47 (08/06/14)
Clare Williams	2:30.50 (12/06/11)
Kerri Hodge	2:31.51 (12/06/16)

NEW COURSE – From 21/09/2008

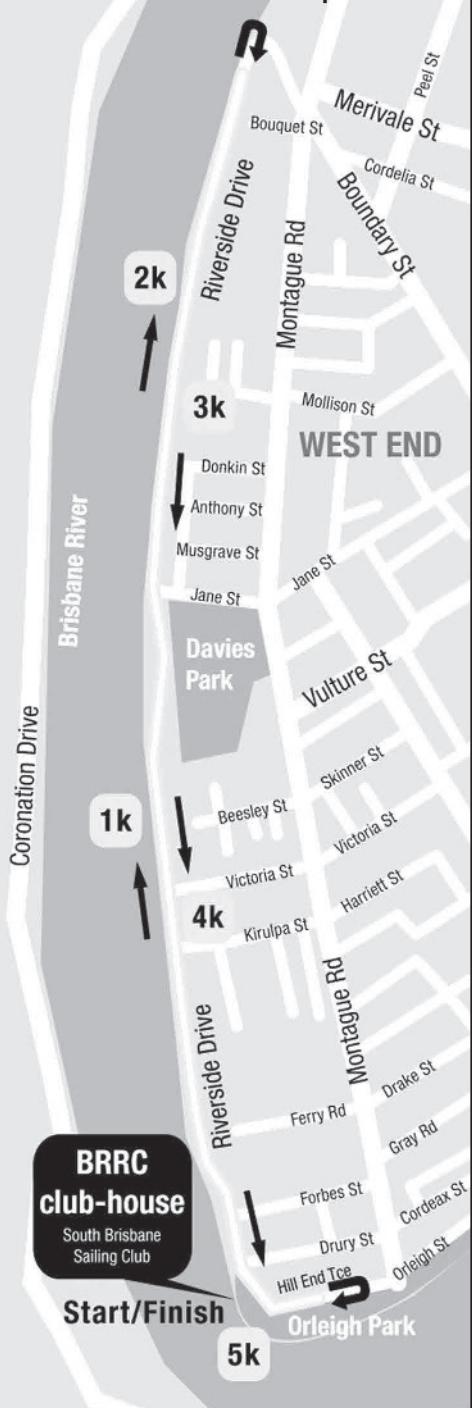
David Sweeney	1:51.36 (04/06/17)
Derrick Leahy	1:51.39 (03/06/18)
Derrick Leahy	1:56.36 (04/06/17)
Aarthi Venkatesan	1:59.21 (08/06/14)
Kerri Hodge	1:59.50 (03/06/18)
Kerri Hodge	2:05.37 (04/06/17)

MARATHON (Held on 6km loop)

Ian Kent	2:28.16 (23/04/89)
Tony Kleiner	2:37.17 (22/04/90)
Derek Nixon-Smith	2:37.46 (22/04/90)
Alison Coleman	3:10.23 (22/04/90)
Alison Coleman	3:13.05 (21/04/91)
Wendy Chrisp	3:28.08 (23/04/89)

*The last Q.M.R.R.C. Marathon at West End was conducted on 21/04/91.
From then on, it became known as the Brisbane Marathon*

BRRC Course map



**Thank you to our Sponsors and
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support during 2020**

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CALENDAR of EVENTS 2020

ALL RACES START AT 6:00AM*

DATE	EVENT
5 JAN	5k Predictor & 10k Predictor (No Watches)
19 JAN	5k, 10k & 15k
2 FEB	5k, 10k & 15k "Bring A Friend"
16 FEB	5 mile Club Championship, 5k & 10k
1 MAR	5k, 10k, 15k & 20k
15 MAR	5k, 10k, 20k & 25k
5 APR	15k Club Championship, 5k, 10k & 20k
19 APR	5k, 10k, 15k & 20k
3 MAY	21.1k Club Championship, 5k & 10k
17 MAY	4k, 12k & 20k "Riverbank Run"
31 MAY	5k, 10k, 15k, 20k, 25k, 30k & 35k
21 JUN	10k Club Championship, 5k & QMA 10k Championship
5 JUL	Gold Coast Marathon
12 JUL	5k, 10k & 15k
26 JUL	5k, 10k & 15k
9 AUG	20k Club Championship, 5k & 10k
23 AUG	5k, 10k & 15k
6 SEP	5k, 10k, 20k & 25k
20 SEP	10 mile Club Championship (Robin Flower Memorial), 5k & 10k
4 OCT	5k, 10k, 20k & 25k
18 OCT	3 Person X 4.5k Relay
1 NOV	10k Novice & 5k "Bring a Friend"
15 NOV	5k Club Championship & 10k
29 NOV	10k Handicap (No Watches), 5k & AGM
13 DEC	Dash & Splash, Yeronga Pool
3 JAN 2021	5k Predictor & 10k Predictor (No Watches)

*CHECK WEBSITE TO CONFIRM

