

# NEWSLETTER

## RIVER CITY RUNNERS BRISBANE



GOLD COAST AIRPORT MARATHON

BRISBANE & TOWNSVILLE RUNNING FESTIVALS

NEW CLUB MERCHANDISE

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## LETTER FROM THE EDITOR



Hello Runners,

I have put this newsletter together as a recap of the last few months “major happenings” since I took over as RCR Newsletter editor and included race reports from members. A special thankyou to Leigh, Jodie, Maria and Neil for their contributions. If the feed back is favourable then it would be something I could look at doing again from time to time. It’s interesting to hear others race stories and I can’t help but be impressed when looking at what everyone has achieved.

In this edition we hear from Marathon first timer Leigh Hatha-way who finished the Gold Coast Airport Marathon in a shade over three and a half hours. We had an amazing number of RC Runners in the various events over the GCAM Festival weekend. Rie Sga finished in 10th place for the woman then backed up that effort with a podium finish in the Brisbane Half Marathon four weeks later. Rie’s form only seems to be improving with time and we will be looking forward to seeing more great results from her in the future. There were many other PB’s and category place getters.

The River Run 100 was a great display of the team spirit from the club with three RCR teams and some amazing individual results in the 50km and 100km events. Jodie Osborne continued with her good form taking out the 50km individual race for the woman and 2nd place out right.

The Sunshine Coast Marathon continues to grow in popularity almost selling out this year. The Half Marathon was far and away the most popular with our members. Sho Okura decided that his efforts earned him the right to a “Bloody cold beer” and rightly so I think. Last year the course took you rather unfairly past a bakery while they were baking, I still recall the aroma of cinnamon scrolls. You wont however have to endure the temptation of cinnamon scrolls if you enjoy the plethora of trail and non road races many of our members love such as, Lake Manchester or Misty Mountain. Jaimi Greenslade is showing solid form in the trails, Maria Laurito and Glenda also ran well at Lake Manchester. Still on the trails Maria Proctor and Mel Anson took out podium places at the Misty Mountain Trail Race even if they were distracted by a couple of Muppet's said to have been wandering around on race day.

Some may say that I swore never to run another trail race again after the Tarawera Ultra this year and they would be correct but it’s amazing how seductive a free race entry can be and if nothing else it convinced me to at least get a second opinion on trail running at the Surf Coast Century. I was not alone Pat Coglan, Jaimi Greenslade, Neil Tinknell and Glenda Branagan all enjoyed the 50km event. For the record I was officially 3rd over all and unofficially 4th, Neil has shared his race report with us since I can’t convince him to stick to the roads Ill see if he can convince me why.

So many events, so many great achievements, well done what ever your result on the day was. I know I had a bad day out at least once but with out them from time to time I doubt you would cherish the ones that go well or to plan, besides the stories about what didn't go to plan are often a great laugh. i.e. Mal and the garden he shouldn’t have been in after his Bear Grylls survival episode during Red Rock.

On a slightly different note I am pretty sure at times we could all put up our hands and say that we run for coffee or chocolate or the social interaction that being part of a running club brings. I believe the RCR does foster a culture of involvement and I know there are plenty of runners who will with out consideration forgo their own results to help another runner in need. That culture of inclusion extends to some more non running social events and has been driven over the last 12 months by our Social Committee members Sam Winnie and Amanda Neil. Sadly we said goodbye to Sam in August this year as she made the move back to the UK. Sam was the Queen of face book updates and her prolific facebook traffic will be sorely missed. The AGM saw the responsibility of the social activity baton handed over to Chris Batt and Heidi Gould for the next 12 months, I am excited about what that has in store for us as there have been murmurs of a social calendar in the making.

I have enjoyed the cooler months but keep reminding myself that it wont be long before the heat and humidity are back. Its been a great winter of social events, training & coffee, awesome running everyone.

Enjoy... Tim Osborne



*Q: Did you hear about the race between the lettuce and the tomato?*

*A: The lettuce was a "head" and the tomato was trying to "ketchup"!*

## SECRETARY'S REPORT

There have been lots of things going on behind the scenes. Mark Gilmour and I recently attended a training night with Queensland Athletics (QA) to learn the new IMG Sports Technology system. This is currently being implemented Australia wide for managing Club Registrations through each state in affiliation with Athletics Australia (AA). I think it will be an advantage for us as a club on many fronts as it gives us easy access to an administration system that would normally be out of reach for a smaller club as ours. Some of the advantages include:

- Online club membership registration and payment
- Member email distribution lists
- Listed on AA site for 'Find a Club' searches
- Set up and Run Events

I have also recently set us up a River City Runners 'Instagram' Page where we can post up club and event photos etc. Having a front out there in these types of arenas also helps us attract new interest and membership. Make sure you go and follow us on 'Instagram'! <https://instagram.com/rivercityrunners/>

We don't have any updates to give at this stage about the status on being able to have Club Brekie in the Carpark back again. I hope that we can come to some solution on this soon as I don't know about you, but I miss it!!

I have some other things brewing in the pipeline but will wait a bit longer before I share them.

Happy Running

Amanda Neil

Club Secretary



## RCR CLUB MERCHANDISE

The new Club Tee Shirts & Singlet's have certainly been well received as you can see from the reports many runners have already started running in them. So next time you are out running or racing and want to tell the world what club you belong too by running in your "colors" see Liz Russell our merchandise secretary. Tops are available in yellow or pink, men's and woman's cut, tees and singlet's.

Cost is \$50.00 each or \$90.00 for a tee shirt & singlet.



New RCR singlet designs



Above— Mal in Fuchsia not pink singlet and Leigh and Neil in yellow singlet and tee shirts respectively.

## SOCIAL SECRETARY'S REPORT

### THE SOCIAL PAGES

After taking a couple of weeks drinking and thinking time, Heidi and I have been busily filling out your social calendar. ...we have some big shoes to fill but we are enjoying the challenge.

Earlier in the month we had a great dinner at YUM CHA at Garden city... it was great night (our table had quite a few laughs, and there was a quite bit of a cackling going on at the other). Our lazy susan got full pretty quick, with the bulk of the dishes situated neatly in between Charles and Gary. Sho also received a number of new Aussie phrases courtesy of the Silver fox. I am sure that if you ask Sho he will be able to rattle them off like it was his native language.

October is a busy running month with a lot of you making your way to Melbourne. I am sure that you will all run well and enjoy socialising more. I look forward to hearing the stories. Then Lamington, another great get together. This is a fantastic weekend and if you have not yet done it, put it on your calendar for next year. Rainforest, campfire and beer...brilliant.

November sees the introduction of our Summer evening social runs ...or "Summer Nights Under Lights". Our first is a city run on Wed 4<sup>th</sup> November. They will be held on the 1st wed of each month and will be at different location each time. I can tell you that the December run will be on the trails.

The "Gentlemen Runners of RCR", shall be having a BONDing in the city in November. This is Secret Men's Business, and as such details will be sketchy at best, organised on the back of a beer coaster and take longer than planned. But, as all who can remember will agree our last outing in the Beermuda triangle was a fantastic time and I can't see this one being any less so.

Don't forget our Christmas party will be on Sunday 29<sup>th</sup> November. This is a wonderful time to celebrate our achievements (and some spectacular failures) and to acknowledge all who give so much of their time to make this club the joy that it is. Make sure you keep this date free.

If any of you have suggestions for a social gathering, or have any pics of RCR hijinks please let us know... we have so much going on amongst all our members it would be great to hear your stories.

*Chris Batt & Heidi Gould.* ■



# GOLD COAST AIRPORT MARATHON

2015 saw a huge number of RC Runners taking part in the GCAM. This year I decided to sit it out and help cheer on all the runners. I didn't think watching others start and finish their own journeys would be so much fun. Here are some pictures from the day thanks to Rie. Super thankyou to Amanda and Jason for driving the BBQ.



# GOLD COAST AIRPORT MARATHON

## RCR's Results GCAM 2015

Marathon	
42.2km	
Rie Sga PB & 10th Overall	2:55:59
Greg Ellett	3:16:23
Craig Millikan	3:17:16
Sean Sam Muller—Pacer	3:30:04
Leigh Hathaway—(Marathon PB)	3:30:05
Sho Okura	3:30:05
Michael Ford	3:39:57
Muriel McLean—3rd in Category	3:44:29
Maria Laurito	3:44:56
Emily Fraser	3:50:01
Jodie C Osborne	3:53:03
Gary Collins	3:59:33
Andy Steele	4:12:31
Andrew Smyth	4:14:40
Jude Waldburger	4:21:07
Mark Andrew Gilmour (Marathon PB)	4:28:37
Carol Wingreen	4:29:37
Shelley Marriot	4:43:45
Peiyi Wee	5:11:42
Chris Batt	5:11:42
Julie Ellet	5:37:56
Sarah-Jane Marshall	5:46:29
Neil Osmond	5:52:41
Rob Clancy	6:07:04

Half Marathon	
21.1km	
Neil Anthony - PB	1:28:28
Jaimi Greenslade	1:38:30
Kelly Loffler	1:39:25
Graham Hill	1:42:21
Bernice Hills	1:42:45
Stuart Hill	1:48:47
Peter Richards	1:49:01
Trish Griffin (9th in Category)	1:49:28
Rita Barrett	1:52:25
Lara Ford	1:53:58
John Hills	1:55:14
Annette Comiskey - PB	1:56:02
Liz Russell	1:56:09
Gary Bourne	1:57:32
Simonna Godbold	2:00:32
Lisa Ray	2:02:32
Alex Ralph	2:03:59
Trisha Coonerty	2:10:04
Bonney Douglas	2:10:04
Dean Cullen	2:10:05
Adele Tennant	2:11:39
Graham Larsen-Smith	2:26:50
Alison Griffin	2:37:43

10 & 5.7km	
10km	
Ellen Christison	38:32
Niall Kennard	42:32
Grant Kennard	45:03
Heidi Gould—PB	51:43
Digger Hargreaves	54:41
Dianne Larson-Smith	59:03
Sarah-Jane Marshall	1:13:30
Kerin Cullen	1:04:31
5.7km	
Sarah-Jane Marshall	38:21

Kids Dash	
4km Kids Dash	
Sarah Hills	20:34
Joey Hills	21:41
2km Kids Dash	
Charlie Gordon	14:28
Alyssa Gordon	18:59

Q. How do you know when you are married to a running enthusiast?

A. When you have more running clothes than regular clothes in your laundry pile.

# GOLD COAST MARATHON JOURNEY

PERTH OFFERS RUNNERS SOME GORGEOUS SCENERY AROUND ITS RIVER AND COASTLINE. **STORY AND PHOTOS BY LEIGH HATHAWAY.**



City views around the Swan River in Perth.

## Gold Coast Airport Marathon 2015

The first question I get asked whenever I tell someone I ran in or was training for a marathon is, "Why?" There are a few answers I have to this;

1. I love to run.
2. I had run seven half marathons and wanted to see if I could complete a full marathon
3. The best answer I think though is pride - I shook hands with Mark Gilmour at the RCR dinner after GCAM14 and committed to running 2015. This happened after Digger tallied up all the marathon medals in the room and I couldn't even say I had one. Also I was so inspired after watching fellow club members Maria Laurito and Graham Hill run their maiden marathons at GCAM14 and I wanted to feel that sense of crossing the finish line after 42.2kms.

The training - 19 weeks out from GCAM15, I started researching training plans. I decided the best one for me was the Garmin program mainly because it would sync to my Garmin. So when I was away from home for work in Brisbane or Sydney, all I needed to remember was my Garmin. The program had recovery runs, cross training, rest days, intervals and long runs all on my wrist.

I struggled with the consistency of the training mentally, and Anita really helped motivate me when I wanted to hit snooze by reminding me how many weeks to go to the marathon - after I was out of bed and running though I always felt good, and glad that I had got out and ran.

I also tried out heaps of things on my long runs: different gels, water bottles, sports drinks, electrolyte tablets, belts. Everyone I have ever spoken said do not do anything on race day that you have not already prepared for and tried before.

It really helped moving to Perth for my training. I explored different parts of the city on my long runs, and saw some amazing things including many, many sunrises, dolphins, awesome beaches and a surfing contest. I also got to experience running in new conditions: really cold rain, real wind and some really hot and dry afternoons too.

The Race - By the time I got to the start line I felt I had done all I could to prepare for a good race. The only thing I had no idea about was what I would be feeling like beyond 35kms.....

My goal was to run under 4 hrs, but the competitor in me wanted to run 3hrs 30mins , so I decided to go out with that pace balloon and see how long I could hang on.

As it turned out, I finished in a time of 3.30.05.

I want to thank a few people—All the crew at RCR for posting your stories which helped keep me inspired and focused - Carl Shodde and Jodie Osborne you are both superhuman. Digger for being an inspiration. Mark for shaking hands and committing to the run 12 months out- I needed the additional motivation especially when I moved to Perth. Anita Hathaway - you are amazing, so patient, so reliable, and I could not have run that time without you pushing me out of bed a few times and then running the last 10kms with me on the day.



# RACE REPORTS

## Townsville Marathon:

For those that made the trip to Townsville you were rewarded with plenty of sunshine and as promised a very flat course. Michael Ford finished the **Marathon** in 3:32:51 and Tim Osborne in 3:31:47 after falling victim to the higher temperatures so he claims. The real RCR stars shone in the **Half Marathon**, when Bruce Hargreaves took out 3rd place in his age category in 1:52:14. Also in the **Half Marathon** Cathy Staite crossed the line in 1:59:03 closely followed by Liz Russell 2:03:34 & Lara Ford 2:09:48.

Townsville Marathon	
21.1km	
Bruce Hargreaves (3rd in Category)	1:52:14
Cathy Staite	1:59:03
Liz Russell	2:03:34
Lara Ford	2:09:48
42.2km	
Tim Osborne	3:31:47
Michael Ford	3:32:51

## Brisbane Marathon:

Rie Sga had another great run following her Gold Coast marathon effort in the **Half Marathon** to finish in 1:23:35 as the 2nd Female, close behind were Trish Griffin 1:51:43, Muriel McLean 1:53:41 & Jodie Osborne who ran a PB in 2:03:28. Katherine Stark and Carol Wingreen finished the **Marathon** together in 4:21:21. **10km** - Congratulations to Garry Bourne who finished 3rd in his age category in the 10km event in 54:31.

Brisbane Marathon	
10km	
Garry Bourne (3rd in Category)	54:31
21.1km	
Rie Sga	1:23:35
Trish Griffin	1:51:43
Muriel McLean	1:53:41
Jodie Osborne (PB)	2:03:28
Katherine Stark	4:21:21
Carol Wingreen	4:21:21



Rie Sga (far left) 2nd place female in the Brisbane Half Marathon.

# RIVER RUN 100

## River Run 100km.

It was a typical balmy Brisbane morning on the dawn of the River Run 100. The River City Runners established a base on the steps near the Start/Finish line, which was a prime viewing area with panoramic views of the River and City. The River City Runners fielded 3 teams and a few individual runners at this event. It was great to see Gary Collins all morning in a supporter role not being able to run after attempting a superman maneuver down some stairs at work.

Scott Nield and Carl Schodde filled in for Gary sharing the 50km between them with Matthew Harding left to run the final 50km in the heat of the day for the PBHS Old boys team. The Old boys ran the 100km in 8:59:04, not far behind them with a total time of 9:01:22 was the Not So Fast and Furious Team proving they are actually quite fast.

Bernice Hills started first setting a lightning pace for the first of two 10km laps before handing over to Trish Griffin. The great thing about this event is that you don't have to run your share in one block, which allowed Bernice the opportunity to have a wee break while Trish took the baton for 10km. Bernice finished her final 5km before handing the baton back to Trish. Unfortunately Lara Ford was not able to run on the day due to injury but was there all morning supporting runners. Fortunately her team mates Mike and Sho were able to pick up 5km each so Trish handed the baton to Mike Ford who ran a very evenly paced 25km. This left the final 25km leg to Sho just as the day was warming up. Sho took the baton from Mike and set off at a blistering pace running his 1st 10km in just under 50 minutes, his 2nd 10km was a little slower. Then it was time for the final 5km of the 100km for the team which all team members should complete together. Trish Griffin worried about holding up her team mates but her experience proved an asset on the day and Trish lead the team home with all 3 members completing the last 5km in 32:50. Sho feeling the effects of his fast start finished a little dehydrated and a little unsteady but quickly recovered.

The River City Runners MM Girls ran the 100km in a tidy time of 9:56:38. The MM Girls were lead out by Amanda. Amanda started with Bernice at 4:30am enjoying the early morning peace. Amanda, Liz and Katie decided to break their run up by each running 20km in succession, then 5km before handing over to Rose Jones to run the final 25km. All team members run together for the final 5km. This time Liz was worried that she would be the tail runner for the team leg but again experience proved to be an asset with Liz leading the MM Girls home with the team completing the final 5km in 29:06.

Jodie Osborne participated in the 50km individual event running comfortably all day to finish 2nd overall and 1st female with a personal best time of 3:56:53. Sarah-Jane Marshall backed up yet again to run the 50km was 8th female overall. Cassie Smith finished the 100km in 14:38:46 that's after running and walking all night.

*Report by Jodie Osborne.*

RIVER RUN 100km	
100km Team	
RCR Not So Fast & Furious	9:01:22
RCR MM Girls	9:56:38
PBHS Old boys	8:59:04
50km Individual	
Jodie Osborne (1st Female) PB	3:56:53
Sarah J Marshall (8th Female)	6:30:06
100km Individual	
Cassie Smith	14:38:46



*Craig Mottram awarding Jodie her 1st place prize in the 50km.*



Team RCR The MM Girls - (Left to Right) Katie, Rose, Amanda & Liz.



Trish, Sho and Mark finish together for the Not So Fast & Furious Team

# MISTY MOUNTAIN TRAIL RACE

**MISTY MOUNTAIN TRAIL RACE AND THE HUNT FOR THE ELUSIVE SILVER FOX. STORY MARIA PROCTOR. PHOTOS RCR'S**



Jaimi Greenslade looking surprisingly fresh after 30km

### Misty Mountain – National Park Running

A small but enthusiastic contingent of River City Runners set their alarms for stupid o'clock for a day of running and fun at the 3rd Annual Misty Mountain Trail Run. A two hour drive from Brisbane the event takes place on private property inside the picturesque Wollumbin State Forest.

Misty Mountain is an event that offers something for everyone with options of taking part in 5km/11km/ 20km/ 30km/40km and 50km races. The challenging course provides runners with a chance to experience a variety of surfaces - single track, grassy paddocks, some sizable climbs and creek crossings. The stunning views on the run encompass a massive 20 million year old shield volcano and its outer rim.

RCR achieved several podium finishes at Misty Mountain. In a flash of fuchsia (not pink) t-shirt Malc was the 1st male and 1st runner across the 40km finish line. Sylvia Pfeffer remarked that she kicked her own butt in

order to finish the 40km run in a very respectable 4 hours and 43 minutes. I enjoyed the 5km course and surprised myself by finishing 3rd female.

Pat was up against some stiff competition and placed 4th male in the 30km. Jason Aloia gave a solid performance in the 20km race which marked his comeback from a recent injury. Jaimi Greenslade enjoyed the challenge of the 30km course and opportunity to make an investment in her training for the upcoming Surf Coast Century 50km.

Misty Mountain is a worthy candidate for a RCR date claimer. The variety of events provides a worthwhile training opportunity whatever your goals. No doubt the 4th Annual Misty Mountain will again tempt the unofficial RCR cheer squad of Waldof and Statler to make an appearance.

*Thanks for the great report Maria.*



Last minute race tips from the Muppet cheer squad.

Misty Mountain Trail Run	
40km	
Malcom Anson— 1st Male & Winner	4:34:47
Sylvia Pfeffer—2nd Female 3rd place	4:43:20
30km	
Pat Coglan—4th Male	3:27:57
Jaimi Greenslade—4th Female	3:35:35
20km	
Jason Aloia	1:53:03
5km	
Maria Proctor—3rd Female	33:41

Wollumbin State Forest 🌲

**MISTY MOUNTAIN**



“Looking good Mal, nearly there!”



The much coveted prize glass



Pat Coglan—finished in 4th place in the 30km race, we think he was running from a silver fox he might have seen here.



Winners are grinners—Malcom Anson wins the 40km



Sylvia Pfeiffer’s strong finish earned her 3rd place in the 40km and 2nd Female



Pat Coglan, Maria Proctor and Mal Anson celebrate post race.

# RACE RESULTS

## Sunshine Coast Marathon.

Vivienne Buss was our sole **Marathon** runner from the looks of it well done Vivienne 3:48:10, This year the **Half Marathon** was definitely the most popular, Jodie Osborne ran a PB in 1:29:07 to finish 4th female and cracked the 90 minute mark for the first time, Sho Okura 1:38:03 claimed the right to a “bloody cold beer” so he tells us, Alex Ralph 1:41:01, Graham Hill 1:42:39, Bruce Hargreaves 1:51:12 and Trisha Coonerty 1:58:58 may not have wanted a cold beer when they finished but they all looked to have enjoyed the event. Well done everyone. Bonza Sheila and Cameron finished the **5km** in 32:40 and Oliver Douglas ran 15:09 in the **2km** event.

Sunshine Coast Marathon Community Run Festival	
Marathon	
Vivienne Buss	3:48:10
Half Marathon	
Jodie Osborne PB & 4th Female	1:29:07
Sho Okura	1:38:03
Alex Ralph	1:41:01
Graham Hill	1:42:39
Bruce Hargreaves	1:51:12
Trisha Coonerty	1:58:58
5km	
Bonza Sheila	32:40
2km	
Oliver Douglas	15:09

Sho's hard earned "bloody cold beer".



## Bridge 2 Brisbane.

For those that took part you raced for the last time over the bridge as I hear the course is being changed for next year. Carle Schodde and Spencer completed the **5km** in - 37:34. **10km** - Tim Grosser must have been worried about being chicked to finish in 44:47 only 3 seconds ahead of Muriel McLean who won her age category in 44:50. Annette Comiskey also ran a PB in 51:09.

Bridge 2 Brisbane	
10km	
Tim Grosser	44:47
Muriel McLean—1st in Age Category	44:50
Annette Comiskey PB	51:09
5km	
Carl Schodde and Spencer	37:34



Sho Okura earned his finishers towel with a 1:38:03 Half Marathon.

# RACE RESULTS

## IAU 100km World Championships:

The Australian team members competing in the world championships enjoyed great results, Marita Eisler finished as 2nd Australian female & 19th overall in 8:06:42 and Jodie Osborne as 3rd Australian female with a PB of 8:34:45 and 30th overall.

IAU 100km World Championships	
Australian Woman	
Kirstin Bull (8th) - PB	7:39:28
Marita Eisler (19th)	8:06:42
Jodie Osborne (30th) - PB	8:34:45
Nikki Wynd (35th)	8:55:26
Sonia McDermott (46th)	9:42:21
Australian Men	
Brendon Davies (19th)	6:56:38
Barry Keem (25th)	7:01:50
Andrew Heyden (43rd)	7:25:06
Gary Mullins (55th)	7:34:14
David Overend (60th)	7:42:39

## Surf Coast Century 50km & 100km:

Touted as a highlight on the Australian ultra-marathon calendar the now iconic Surf coast century proved fruitful for those RC runners who made the journey to Anglesea. In the 50km event Neil Tinknell ran a text book race, pacing it clinically to finish in 4:49:55, Jaimi Greenslade keeps getting better, after negotiating the technical rock and beach sections Jaimi blazed thru the trails and single track to finish in 5:45:18 building on her recent form and reaping the rewards of her training. Pat Coglan 6:15:59 2nd in age category and Glenda Banaghan 6:15:59 1st in age category crossed the finish line together, both smiling. Tim Osborne 4:08:50 took 3rd place out right. Sylvia Pfeffer finished the 100km in 13:36:36.

Surf Coast Century 100	
50km	
Tim Osborne 3rd & 1st Age category	4:08:50
Neil Tinknell	4:49:55
Jaimi Greenslade	5:45:18
Pat Coglan 2nd in Age category	6:15:59
Glenda Banaghan 1st in Age category	6:15:59
100km	
Sylvia Pfeffer	13:36:36



Left—Right Garry Mullins, Barry Keem, Sony McDermott, Brendan Davies, Jodie Osborne, Marita Eisler, David Overend, Nikki Wynd, Andrew Heyden, Kirstin Bull

# SURF COAST CENTURY 100

BEACH, ROCKS, HILLS AND SINGLE TRACK WHAT MORE COULD A TRAIL RACE OFFER THE SURF COAST CENTURY HAS IT ALL. REPORT NEIL TINKNELL



*Blood, sweat and tears. Just a few of the things that went in to trying to meet Tim's deadline of writing a Surf Coast Century race report the day after going to watch the Cowboys beat the Storm to make it an all QLD Rugby League Grand Final which demanded to be celebrated in a big way.*

The Surf Coast Century had always looked like a great run and with Jodie talking up the event from last year, I thought it would be a great event to do one day. Earlier in the year I was considering running the Sydney Marathon on the weekend of 18th & 19th of September but as fate would have it I found myself working in Melbourne. With a crew of RCR runners organised for the trip down, I couldn't resist a late entry and chance to catch up.

I managed to get myself out of work on Friday to head down early and enjoy the best weather I have seen since being in Melbourne. While others were off on a road trip to the 12 Apostles (Pat, Jamie and Glenda) and flying down that morning (Osborne family), I managed to have a bit of a look around Torquay and Anglesea and enjoying the sun before quickly falling asleep on the couch.

The couch was to become my friend, as Pat's previous comment "I have shared a bed with plenty of the RCR ladies



before running events, about time I share with one of the guys" was promptly retracted on my arrival. Perhaps not shaving for a month had diminished my looks in the eyes of Pat.

Saturday morning quickly came and the RCR team were quick to flock to around the gas heaters to find some warmth. Cold was an understatement as my previously tightly packed mandatory running gear including thermal top and rain jacket were quickly taken out and put on. The mandatory gear requirements were subject to much discus-

sion the night prior and seem a bit over the top for a run along the beach and a bit of bush that seemed very accessible.

Quick hello to a few Brisbane Trail Runners at the start line, then we were off running South along the beach to start with the sun rising over the ocean. Beautiful! The sand was generally nice and flat and very firm which actually really good to run on. After only a few hundred meters we came to the first section of rocky headland to go around, it would be a bit of a slow start as we moved across the slippery rocks. After a couple of km on the sand heading south, the course takes you up a headland to turn around and head back to the North. This starting loop and running back through the start line seemed a weird concept when I heard about it, but to experience it was actually fantastic. As we went back through the start line, there was a line of people on both sides cheering and offering a huge amount of sup-

port. The beach section was 21km and I managed to settle in to a nice comfortable pace that was occasionally broken up with sections of rock where care was required. I hadn't seen any of the RCR crew since the start and was hard to know what sort of position in the field I was as there were 50km, 100km and relay runners in the mix.

I arrived at the 21km checkpoint at Torquay in a touch over 2hrs feeling great. Jodie was there waiting and as she filled up my water bottles (what a champ!) told me Tim was in

# SURF COAST CENTURY 100

about 5th or 6th position. I couldn't help but wonder what Mr "I hate hills and trails" was thinking about the course. I am sure he was loving how flat and compact the sand was but maybe not having to stop and start over the rocks. After this checkpoint I was keen to keep pushing on and maintain a good pace once off the beach. Plenty of runners around me seemed to decide this was where they would make their move and seemed to do plenty of huffing and puffing. As we made our way into the hills there were plenty of views on offer to look out across the ocean and see the beach that we had just been running along. With the sun out, it had started warming up for the locals with a few comments from runners around me that being from Brisbane I must be loving it. And loving it I was! Beautiful weather and running on a stunning course. After the last checkpoint at the 32km mark, we moved from the open trails of the ridgelines into some tight single track which mixed things up but did mean lots of tight corners and a bit of undulation. I generally had a few runners not too far away including a few 100km runners who were just cruising along so strongly and were more than keen to have a chat.

Although it was a fairly long stretch into the finish from the last checkpoint, there were plenty of places where support crews had access to the trail and were offering plenty of support. With a long downhill stretch to the finish and with a few km to go I thought I was going to struggle to hit my 5hr target. After pushing hard I was starting to struggle a little when I came out onto the beach. My watch said we still had about 2km to go, and initially on the beach I couldn't see the finish. Dread starting to seep in that the cruel organisers were making us finish with a 2km section of beach which by that stage was actually quite soft. Fortunately just a couple of hundred meters more round the corner and I could see the inlet and the crowd. Pushing through the sand into the finish I knew I would sneak in under 5hrs.

Big double fist pump across the line feeling strangely a little emotional, I think just ecstatic that I had run so consistently and finished strongly. Hug from Jodie and a couple of finish line photo's before being told Tim had come 3rd. How good is that!! I knew he would have a cracker of a race and just proved how good he is at pushing himself, even over terrain that wouldn't be his first choice. Watching Jamie finish was another fantastic moment as the emotion of the achievement was clearly evident after a great build up in training. Pat and Glenda came across the line together after playing cat and mouse for most of the morning, both glad the run was over. With all of the RCR 50km runners home, thoughts turned to Sylvia running the 100km event. She quickly passed through the 50km checkpoint and continued on looking very strong, running nice and consistent.

The afternoon was spent relaxing and getting reacquainted with the couch again. Keeping track of Sylvia via online updates we headed down to the finish line to see her finish. Watching all of the 100km runners come in was fantastic and I was in awe of all of the finishers. Sylvia came into the finish looking remarkably fresh and well within her target time. Great achievement!

All done and dusted, I had a fantastic weekend with great results achieved by the RCR team. I am sure there will be plenty of interest in the event next year and with relay options there is plenty on offer for everybody.



# RACE RESULTS

## Wynnum Twilight Race

Tim Grosser looks to be enjoying the road races, 1:46:05 in the Twilight Half Marathon, while Neil Osmond 59:41 & Marelda Ward 1:05:50 both ran in the 10km race.

Wynnum Twilight Race	
Half Marathon	
Tim Grosser	<b>1:46:05</b>
10km	
Neil Osmond	<b>59:41</b>
Marelda Ward	<b>1:05:50</b>

## Sydney Running Festival:

Sarah-Jane Marshall ran 4:48:49 in the Marathon after running the Glasshouse 100 last weekend in 18:26:52 and the Coastal High 50 the weekend before that, while Muriel McLean finished in 3:30:36. Maria Laurito 1:45:41 and Heidi Gould 2:01:00 both ran the Half Marathon.

Sydney Running Festival	
Marathon	
Muriel McLean	<b>3:30:26</b>
Sarah-Jane Marshall	<b>4:48:49</b>
Half Marathon	
Heidi Gould	<b>2:01:00</b>
Maria Laurito	<b>1:45:41</b>

## Who are we, and who make up our members?

We are a social (semi-competitive) running club based in the southern suburbs of Brisbane, Australia (Mt Gravatt/Holland Park/Sunny bank Area).

Our members come from a broad cross section of the community, and range in age from their late teens to 70 years old.

We have a male to female ratio of about 50/50.

## New to running? We will not leave you behind!!

Join us at 6am on Saturdays and one of our experienced members will walk or jog with you over the 4-6km course until you gain more confidence and build your fitness.

## First 3 sessions free!

We will not charge any membership fees while you are trying us out. Once you have decided you would like to join the club we have an annual membership fee of \$25 which goes towards social gatherings etc. This membership fee will also make you eligible for club discounts on most major QLD running events.

We now have a new 30min/walk jog run on the 1st Saturday Morning of each month, at 6:30am from the QE11 Stadium (Nathan). This is ideal for those who want to start running, and don't want to run alone, or for those who have been away from running for awhile, and want to ease back into it.

The meeting point is the same as our longer 6am Saturday run, only it starts 30 minutes later at 6:30am.

Please email or text us if you are coming along. (There are both toilets and showers available at the start/finish.)

## Annual membership

Standard Adult Membership is \$35.00 per year, Concessional Membership is \$25.00 per year (students, persons under 18 or over 65). Our membership year starts on 1st October and goes through until 30th September 2016. \$10.00 of your total membership fee goes to QA. This is for insurance cover and enables us to continue to run at QE2 Stadium. The remaining amount comes directly back to the club. If you have any problems registering through the site please contact Amanda Neil—RCR Club Secretary.

<https://memberdesq.onesporttechnology.com/1776/org>

**Further information** is available from the web site [www.rivercityrunners.net](http://www.rivercityrunners.net) and face book page has up to the moment details on events etc.

**Accredited Coach**—The club does have an Athletics Australia Accredited Coach as a member - Jodie Osborne: *Athletics Australia Accredited Level II Intermediate Club Coach and Level II Intermediate Recreational Running Coach.*

## Club Runs

**Tuesday** evening from Diggers. 6.00pm sharp. (or 5.00pm if you want to do more).

Wednesday mornings: 9.00am Top of Mt Gravatt hill for an easy run through Toohey. (Coffee afterwards).

**Thursday** speed work. 5.45pm for a 6.00pm start at ANZ Stadium.

**Saturday** morning from QE2 Stadium: 6.00am sharp – mainly trails. (coffee afterwards).

**Sunday** morning – Details change weekly. Join RCR Facebook for weekly details. (usually we have a group leave from Southbank at 5.30am for a run along the river. (and of course, obligatory coffee afterwards).



Jaimi Greenslade all smiles after finishing the Surf Coast Century.