

NEWSLETTER

RIVER CITY RUNNERS BRISBANE



LAMINGTON CLASSIC A TALE OF THREE HALVES

GOBI 50KM ULTRA

SHO "BAZZA" OKURA SAY'S GOODBYE

SWISS CITY MARATHON

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Front Cover: Amanda Neil enjoying the final km of the Melbourne marathon— 2015.

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LETTER FROM THE EDITOR



Hello Runners,

Well I only got positive feedback from the last special news letter so here is the next edition, if anyone didn't like it they didn't make any noise to me. Time for another wrap up of the last few months.

Firstly welcome to any new members that have joined our merry band. I hope by now you have realised we love to socialise as much as we do participate and or race in events. That's not to say we don't have members who relish competition and racing, some compete successfully at an international level.

We know people think because the membership fees are low the club mustn't be any good and the same can even be said of large clubs such as the Western Australian Marathon Club with it's 1500 plus members. I for one have not lost a moments sleep worrying about this. The belief that quality can come at anything other than high cost in this instance is counterintuitive but who could blame anyone for thinking so given the materialistic world we have found ourselves in.

Our club is gifted with its members having years of experience in racing, race organising and competing at local and international levels. For anyone that should so choose to seek assistance or advice it will be most readily available, all you have to do is ask.

The last newsletter ended with the Surf Coast Century and the pre Melbourne build up. The spring season of running kicked off with the Toohey Forest Trail run and the Melbourne Marathon.

Melbourne takes the place of the Gold Coast Marathon for the fourth quarter. A few less people made the trip but the level of fun had went up a notch by all accounts.

With a taste for trails some runners hit the mountains and decided the Lamington classic and some real technical racing on the Border Track was in order. Everyone relished the challenge and along with the rest of "Team RCR" that were race volunteers a great weekend was enjoyed by all. The highlight for me was Sho enjoying some single malt whiskey before seeing stars so he tells us. The whiskey might just have come in handy too if I had found myself injured and in need of on course evacuation from the RCR rescue team. Ewan Maddock Dam Trail run also proved very popular with good RCR representation if you survived the heat and humidity on the day.

The much anticipated start of the summer night series of runs brought to us by the social committee also kicked off in November with "Summer nights, city Lights". This really was a great little run thru the city along with the Roma St gardens and parklands. If you missed it I would highly recommend trying it out next time. To add to this "Doing Daisy in the Dark" offered a prime opportunity to end up lost in the bush at night but to the credit of the social committee this run went off with out an issue.

Rounding out a action packed year we had an electrifying End of Year party, Red Dress Run, 7 Bridges Classic and the Christmas Day Run.

We had runners in events all over the globe, Digger in Auckland with a text book pacing job, Jodie Osborne managed to fit a trip to the Gobi Desert in China for a 50km race before rounding out a busy year of international events with a win at the Soochow invitational 24hr race in Taiwan two weeks later. Garry Bourne found a race while on holiday in Switzerland while Muriel enjoyed the Great Barrier Reef Half Marathon. Kelly showed some great pace in Adelaide. I think its also worth mentioning the prolific running of Sarah-Jane who competed in over 20 events throughout the year.

We said goodbye to Sho and lost Kelly's record keeping talent, thank you to both of you for your contributions to the club.

A special thanks to Garry, Chris, Jodie and Carl for their great reports and contributions to this edition. No doubt I have missed mentioning someone or an event but by all accounts it was yet another great quarter of running.

As I mentioned in the first edition this is the clubs news letter aka yours so enjoy. Feel free to send in any race reports, I know first hand races don't always go as planned, these are often the most interesting ones to read about.

Tim Osborne.

SECRETARY'S REPORT

What a great year it has been, so many outstanding achievements with loads of fun and memories along the way. In my role would you see I have increased the posts on Facebook about all of the weekly runs that take place. This is so the new people who are joining and following our Facebook page each week will know what's happening from week to week.

Some of you would have heard me talk about a new River City Runners website page I have been working on with the help of Katie. This has taken a little bit more time than what I had first hoped as I have struggled to find spare time to finish it. Good news is however it will be going live shortly. It will continue to be a work in progress even after go live as we continue to build and add content to it. I have tried to load it full of lots of images as I think pictures help to give a good description of who we are as a club.

Wishing you all a Happy New Year and may you have a good year of running in 2016!

Amanda



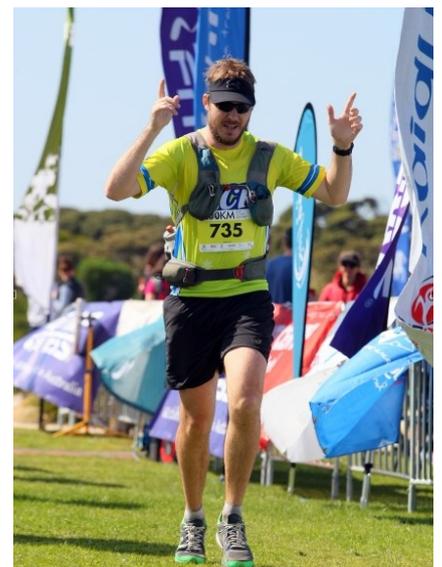
RCR CLUB MERCHANDISE

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. Children's sizes available too.

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



New RCR singlet designs



Above— Mt Gravatt Pat sporting the pink singlet, Amanda, Bernice and the Griffin Gorilla in singlets and Neil in the yellow men's tee shirt.

SOCIAL SECRETARY'S REPORT

THE SOCIAL PAGES

Despite having big shoes to fill (thanks Amanda and Sam!), we have managed some very successful social events in the latter half of 2015 / beginning of 2016. Chris masterminded the Summer Nights Under Lights evening runs. We started out with the Big City, Bright Lights run in November which attracted a good crowd, including a random snake in the botanic gardens. The water feature at Roma Street Parklands and the beer afterwards in particular were highlights. This was followed by Doing Daisy in the Dark in December which was also well attended and a great success, a big thanks has to go to Trish and Alex for hosting the runners for refreshments afterwards.

Other highlights on the social calendar included the Christmas party, which was organised by the committee, and once again kindly hosted by Trish and Don. To quote Trish, it was an “electrifying” event sure to “spark” up members who will be as “quick as lightning” in the new year. It was a fantastic night as always, and a great chance to relax whilst recognising all of our achievements throughout the year.

Other events masterminded by Chris (yes, there is a pattern forming here) include the Seven Bridges Classic and Kelly's farewell afternoon tea in the park. The Seven Bridges Classic exceeded all expectations and smashed the previous 2 years participation records! The huge group was led out by Brenton and Glenda (in Bernice's absence) as first across the imaginary line at the previous year's event. Chris excelled himself as Event Director, keeping the troops organised and delivering on the refreshments at the end. Thanks again to everyone who helped out, particularly Imogen and Leith.

Sadly we have had to say goodbye to Kelly Loffler who is moving to Adelaide in 2016, however, it was done in style with a wine and cheese picnic in the park at Graceville. There was an abundance of cheese and runner's talk, along with promises to descend on South Australia for a run or two in the near future.

The second last of the summer nights runs is happening on Wednesday 6th January, 7pm at the Salisbury Hotel (Orange Grove Road).

Thanks everyone for making this an awesome & social running club, looking forward to more frolics and fun in 2016!!

Chris Batt & Heidi Gould. ■

TOOHEY TRAIL RUN

October 11th

Toohey Trail Run

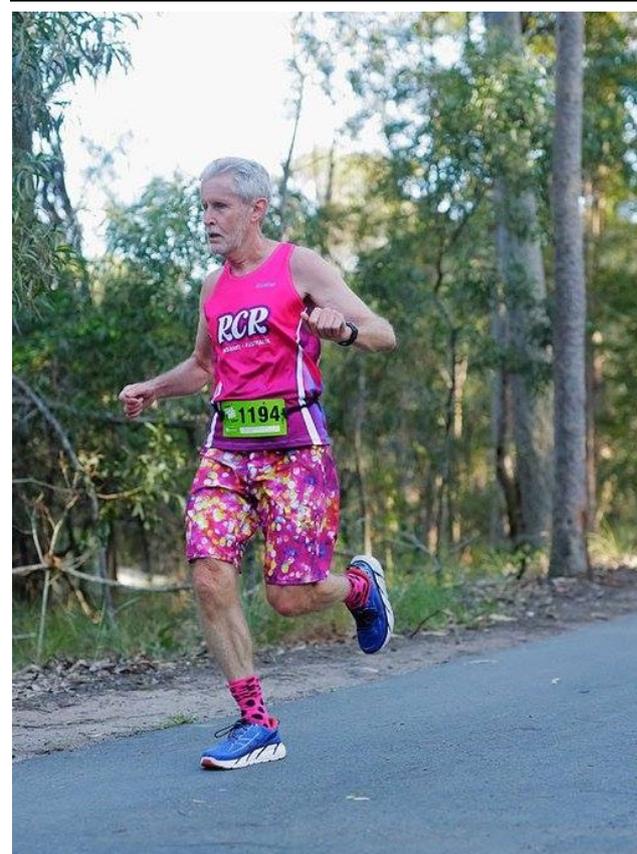
“Most fun had by a team” is the Team award the RCR’s should have won for the Toohey Trail run. The event organisers must have chosen different criteria for determining the team event awards but that didn’t dent our team spirit. This was a day for the young and not so young (chronologically gifted). Starting with the **5km** race and once again with a podium finish Maria Proctor showed the younger hipsters and generation Y punks what real talent is all about by setting the forest on fire to finish as 2nd Female in 23:44. In the **10km** event team RCR ended up with more medals than you could poke a stick at. Glenda Banaghan 49:47 and Trish Griffin 52:55 taking 1st and 3rd places respectively for the Female Masters category. Jodie Osborne 45:01 was 4th over all and 1st Open female, Kelly Loffler 47:29 was 3rd Open Female and just seconds later as 4th open female—was Alex Ralph 47:32. I am also thinking that Mount Gravatt Pat (Pat Coglean) 50:03 may not be able to rely on his wily cunning and experience for much longer to get him over the line ahead of Cale Osborne who was 1st Junior male in 50:59.

Well done to all the other runners; Tim Osborne 41:55, Neil Tinknell 43:39, Bernice Hills 52:04, Trisha Coonerty 57:02, Amanda (Zoomba) Neil 58:28, Katie Masterton 1:08:00 and Cassie Hart 1:21:03.

With the dust having settled on the results Team RCR was 3rd overall. Given we had a mixed team and were up against teams with all Male runners in their top 4, I think that speaks mountains for our collective talent.

As you can see from the photos it was a fun event and a nice little course—if there ever was an event that gave its members a home ground advantage this would be it for us.

Toohey Trail Run	
5km	
Maria Proctor (2nd Female Overall)	23:44
10km	
Tim Osborne	41:55
Neil Tinknell	43:39
Jodie Osborne (4th Female overall & 1st Open)	45:01
Kelly Loffler (3rd Open Female)	47:29
Alex Ralph	47:32
Lawrie Thomas	47:10
Glenda Banaghan (1st Masters Female)	49:47
Pat Coglean	50:03
Cale Osborne (1st Junior Male)	50:59
Bernice Hills	52:04
Trish Griffin (3rd Masters Female)	52:55
Trisha Coonerty	57:02
Amanda Neil	58:28
Katie Masterton	1:08:00
Cassie Hart	1:21:03



TOOHEY TRAIL RUN



TOOHEY TRAIL RUN





SWISS CITY MARATHON

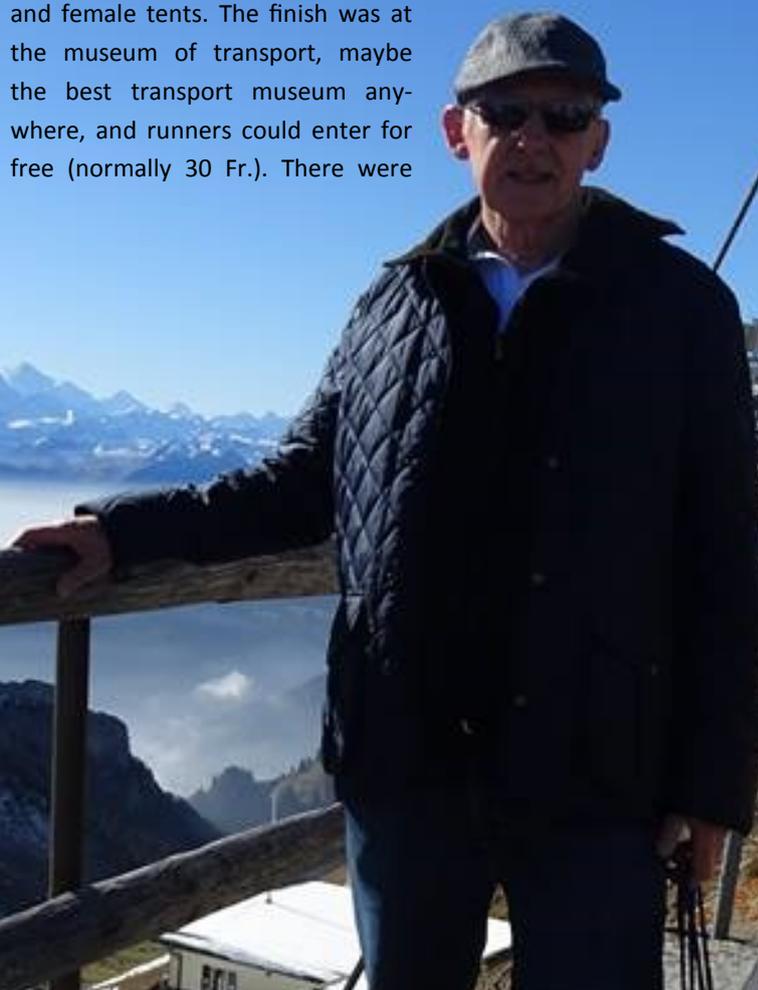
STORY & PHOTOS BY GARRY BOURNE

While on holidays in Switzerland, I happened to notice an ad for the Swiss City Marathon in Lucerne. I went to registration at the swank Schweizerhof hotel on Friday, and found half marathon entries were closed. I am still nursing a muscle injury, and was giving it a rest while on holiday, but with a highly promoted run going to happen close to where Lurline and I were staying nearby, I could hardly resist being involved, and entered the 5 mile event. Then after registration I found out it was 5 nautical miles or 9.3 km. I have only done the most minimal running in the last month, like some short runs along the beach path at Nice, on the French Riviera. I also discovered my event was at 1:30 in the afternoon, which is at a time I would never run in Brisbane, but the weather is cooler here. It seemed like the whole city came out in force today to line the streets, some in traditional costume. There were drums, horns, brass bands, and cowbells. We ran past a village with lots of veggie gardens, along tree

lined streets with autumn colours, then the path beside the lake with a backdrop of snow covered mountains. The terrain varied from stone track to bitumen to cobblestones. I completed it in 49:58 minutes, and I was happy with that. There were three of us older guys within one second of each other. The overall event attracted about 8,500 starters. Baggage collection was a long way from the finish at a large tent in a car park. Half the tent had tubes with water spraying from the ceiling, so people could have communal showers. There were separate male and female tents. The finish was at the museum of transport, maybe the best transport museum anywhere, and runners could enter for free (normally 30 Fr.). There were

buildings with trains, cars, boats and planes from various eras, and lots of interactive displays. There was a jet flight simulator that looked interesting, but when I saw that you would be in a confined space and tipped upside down and rolled sideways, I gave it a miss. I did operate the Bernina express train simulator, and had a guided tour of a submarine. All in all, it was a great day.

Thanks for the report Garry.



MELBOURNE MARATHON

October 18th

Melbourne Marathon

From all accounts the Melbourne **Marathon** looks to have been a great event for the large number of River city Runners who made the journey. To quote one member,

"Melbourne weekend is always heaps of fun, Lots of socialising, its what we do best!"

Craig Millikan ran a PB of 3:10:37 as looks to be shaving time off those PB's homing in on the magic 3:00:00, Mal Anson crossed the line 5th in his age group in 3:51:06. Trish Griffin is running very well at the moment and for the second week in a row finished 3rd in her age group in 4:06:43. PB's to Katie King 4:10:16 and Amanda Neil 4:18:03. It looks like Mt Gravatt Pat decided the course was too flat, didn't have enough hills and he had had enough fun for one day.

In the **Half Marathon** Glenda Banaghan was 10th in her age category 1:44:44 and in the 10km event Don Griffin was 8th in his age category 43:05.

Sho "Gun" Okura may not have cracked the 90 minute mark this time but I think he does deserve a mention for the best photo bomb effort below..

Melbourne Marathon	
Half Marathon	
Sho "Bazza" Okura	1:36:17
Glenda Banaghan (10th in category)	1:44:44
Steve Turner	1:59:35
Lara Ford	2:07:10
Heidi Gould	2:15:08
Marathon	
Craig Millikan	3:10:37
Mike Ford	3:29:11
Mal Anson (3rd in category)	3:51:06
Trish Griffin (3rd in category)	4:06:43
Scott Nield	4:07:32
Bruce Hargreaves	4:07:32
Katie King— PB	4:10:16
Amanda Neil— PB	4:18:03
Cathy Staite	4:24:19
Peter Richards	4:35:40
Liz Russell	4:40:09
10km	
Jaimi Greenslade	46:01
Don Griffin (8th in category)	54:05



LAMINGTON A RACE OF THREE HALVES

STORY BY **CHRIS BATT** PHOTOS BY RCR—NO SPONSORS, NO PLAN, NO BLOOD AND NO SELF WORTH. WE SHARE ONE MANS RACE ALONG THE EPIC BORDER TRACK TO FIND HIS SENSE OF PURPOSE, A SPONSOR AND ENJOY A BEER.

5, 4, 4, that was my score from the Lamington Classic of 2014. 5 rolled ankles, 4 hitting my head on low branches and 4 kick ass tumbles. Surely I should be able to do better than that this year (less not more is the goal here.) I have been running for longer, have spent more time on trails and have arrived with a much calmer and more realistic approach to this year's run. I am certain to do it.

FIRST HALF

It is with this calm relaxed approach in mind that I wake at stupid o'clock and head off to collect our passenger for the drive to the muster point at Canungra. My partner Maria is on the run as well this weekend, but not as a competitor, but as a sweeper and "apparent" first aider.

At the gather point there are always more people than I expect and the coffee is ok. It is here that people who are used to telling others what to do get all the competitors and their gear organised for the drive up to the start point at O'Reilly's. After 45 minutes of twisting and turning roads and a brief look at some Alpacas we arrive where we need to be.

It is at this point that I should note that the run is 21.1km over the Border track from O'Reilly's resort to Binna Burra. We all get to stay the night at Binna Burra and then do the return leg the following day. This obviously means that our camping gear, clean clothes and next day's race kit have to be waiting for us at Binna Burra and that we have to make sure that we leave our car keys at O'Reilly's to make sure that we do not lose them on the track and are able to make our way back

down the mountain when we want to go home. Congratulations to everybody on the run who understood the process and a big thank you to the organisers who made it so easy to understand.

We began the race in waves at 10 minute intervals, but before heading into the national park the rangers ensured that we all sterilised our running shoes. I began about 2/3'rds of the way through the runners list, as most of the faster runners had set off in the earlier groups. With a dogged determination not to go ass up I set off.

"By the time I got to the top, I was more calm and serene than last year, but still buggered. Plans are so overrated!"

The first part of the run is a steady climb of about 6 k's to Bithongabel. And is not particularly easy. Not very technical, but the climb just goes on and on and on. This year my hope was not to be as exhausted at the top as I was last year. So my plan was to set off at a nice steady pace. I walked some of the steeper parts of the climb and enjoyed the views and for the first 5 k's I felt really, really good. By the time I got to the top, I was more calm and serene than last year, but still buggered. Plans are so overrated!

At the top it was as though we were in the clouds, the track was wet and unless you like looking at grey mist, the view down the valley to the coast was rubbish.

The next section of the track is somewhat more technical and it was here that I suffered the majority of my mistakes last year. This part is mainly downhill, which for me being a somewhat larger bloke who tries to make the most of the law of gravity I tend to enjoy much more that the uphill sections. But... being a larger bloke who has sweet bugger all coordination and has trouble trying to put his feet where they are meant to go even when running on the road, having the track so slippery and muddy made this section not as enjoyable as it should have been.

I picked my way over the rocks and roots and negotiated this 6 or 7 k's without incident (woo hoo me!)

I have read a few runners race reports and noted they casually comment on the quality of their shoes that were kindly provided by sponsors and I would like to do the same, except I don't have any sponsors. I like most mug runners am completely self-funded. But it is here that I would like to make an observation about shoes.

My shoe buying routine is rather uncomplicated. I refuse to pay over \$200 for shoes, so my purchases happen like this. I make my way to the discount shoe store. Go straight to the size 12/13 section, find the type of shoe I want i.e. trail or road and buy the least ugly.

This method has me currently wearing some Adidas "somethings" for the road and some Mizuno Wave Kazan for the trail. After being told by some very attractive shoe shop girl that these will be just what I need, I brought my value for money shoes home and put them on and they felt good. I liked them so much that I thought I would read some re-

views on what people thought about these shoes. The said reviews were not glowing. Apparently these shoes have great grip at the front and the back of the shoe, but there is nothing in the middle when it comes to getting any purchase when you land mid foot. That didn't bother me, I thought, cos I have never consistently landed mid foot and even if I did I wouldn't need the grip when I decided to "push off" into the next stride.... And besides I had no real idea what he was talking about...that was athlete talk. It was in this section of downhill technical trail that I understood what he meant. Who knew that I landed mid foot so often and needed so much grip (not forthcoming) when I had to "push off" into the next stride.

This made my supposedly "enjoyable downhill section" a bit of a night mare the calm and serene state that I had had earlier had decided to go on ahead and wait for me in the beer Esky 7 km's away.

Anyway the last 7 km's were pretty uneventful... some lovely creek crossings, some gorgeous lookouts over the valleys and some pretty decent rainforest to run through.

I made the crossing in 2hrs 45min.

SECOND HALF

After Crossing the line I ran into last years winner Tim Coles who was waiting for me to finish and asked how I went (he really is a nice guy.... A bit of a wine hog though). I told him that it was absolutely fantastic and that he better watch out because I was coming to get him. He smiled politely and I could tell he was worried.... Even though he was over a full hour ahead of me. I am sure he could sense my steely determination to run really, really fast and to not fall over. And besides I had a plan.....

Those of you who have run with me have certainly heard the story of the "Tarawera incident" and for those who have not I shall just sum it up by saying that at the 48 km point of a 60 km race I had simply run out of energy and was unable to complete the race. So even though I had no real fear of not finishing the remaining 21 km the following day I was going to make sure that I was not to be depleted of energy at any point during the run home.

Hence began my program of calorie replacement and storage.

The Bunkhouse at Binna Burra was the headquarters and post run meeting point. Sandwiches and fruit were laid on and I certainly helped myself to that. There was also an Esky that was full of that well known post run healer, ice cold cans of coke. The Esky next to this was full of the other well-known post run healer Crown Lager... this Esky was also the place where my calmness and serenity that had left me hours ago was waiting for me.

The next six or so hours are truly the best part of the Lamington Classic. This is the time that you relax, replace calories and enjoy the company of other like-minded idiots. Everyone was incredibly friendly and chatty, happy to talk about that days run, how sore they are and difficult it will be tomorrow. There is an open fire which we all manage to congregate around and watch the smoke drift into other peoples faces.

After having set my tent I had a shower and cleaned up. I ramped up the calorie replacement program, the first part of which was to be in purely liquid format.

Crown Lager fulfils the basic requirements of calorie replacement and is a locally made product. I have found the German engineered refreshers have a much greater quality to them. They have style and elegance just not found in some of the Australian products. Yes they are more expensive for essentially the same thing, but seeing as I saved so much money on my shoe purchase I am able to fit this extravagance into my running budget. I did also have a couple of Japanese products to try and shared these with our Japanese friend Sho Okura, who highlighted the various flavour profiles that are occurring within said products... and while they were good and represented excellent value for money, for me they just weren't up to the standard of their European counterparts.

Dinner and awards happened in the evening...It was a fantastic roast meal I made the most of the buffet as I needed as many calories as I could get if my plan to beat Tim Coles back to O'Reilly's was to succeed. The dinner was a laugh and spooky at the same time. Malcolm, one of the intrepid time-keepers and stretcher bearers and I were



Athlete Bio

NAME: Chris Batt

DATE OF BIRTH: 29th May 1967

PLACE OF BIRTH: Sydney

CLUB: RCR

COACH: None (although Dustin Hoffman in Marathon man showed me a couple of things.)

SPONSORS: None

CURRENTLY LIVING: Wishart

RELATIONSHIP STATUS: In Relationship

OCCUPATION: Sales Rep

HEIGHT: 6'3"

WEIGHT: A gentleman runner never discloses

SHOE SIZE: 12

HAIR COLOUR: worryingly greyer than last year.

FAVORITE RACE: 7 Bridges Classic (although technically not a race) otherwise The Lamington Classic

TOP THREE RUNNING EXPERIENCES: Water taxi ride on the glorious lakes of New Zealand, My 2nd Gold Coast marathon...1st was bloody awful, Half time at the Lamington Classic

PERSONAL BESTS: Marathon 4:07

TRAINING WEEK: Sunday 12 -15km, Tuesday 9km trails, Thursday "Speed session", Saturday 10-12km Toohey Run.

sitting across from our new friend Maria, who had just moved up from down south. Maria mentioned that she had only been in her new apartment in a very well to do suburb of Brisbane when all of a sudden there was the murder of a well-known socialite right across the road. As far as we know, there have been no major crimes in this part of town EVER. Is this just an unfortunate coincidence or is there something more? None of us are brave enough to speculate.

Anyway, those who deserved their awards received them and the rest of duly applauded, but the biggest clap of the night deservedly went to the volunteers especially Marilyn and Gloria, as well as Malcolm, Maria, Cathy, Amanda, Andy, Frank and Pat. It goes without saying that along with Bruce, the work put in by these few make it such an enjoyable event.

After dinner I had some ice cream (not in the plan...but we shall call them bonus calories) and went to the bunkhouse to have a cup of tea a chat and to retire for the evening...feeling rather full.

THIRD HALF

A good night's sleep, breakfast and pack up the tent and we are ready for the final leg.

Looking around at the other runners some are looking pretty tired and under stress... there is a fair bit of rock tape being used... and there are a few limpers amongst us. I fortunately am

not one of them. I am feeling really quite good my head is clear, my eyes are bright and I am raring to go.

The beauty of the second day is that it has a very relaxed and casual approach to the start times... A few of the first days runners are not returning and injuries and general wellbeing determine your start time. The run home takes slightly longer than the first day and we are not allowed to be at O'Reilly's until 11.30 am.

This time I leave about ½ way through the group of runners, who again leave in waves at 15 minute intervals. And to be perfectly honest there is a not a lot to report the run home is pretty uneventful...beautiful, but uneventful. The track had dried a little and was not quite as slippery the technical section didn't seem that technical and my shoes still didn't work when I landed mid foot.

I was however a good hour ahead of Tim Coles. My goal was to stay there (as it turned out dear reader even if I had have been 2 hours ahead it still wouldn't have been enough. I wonder what shoes he wears?)

The long 7 km run down from Bithongabel was brilliant. I ran really rather fast and this time gravity got a real chance to be of benefit to me... and I stayed on my feet through this section, last year I fell down twice.. Both proper ass up stacks.

I got to the end having been passed by a bucket load of people who started well behind me... I am so glad I made such a good bunny.

The finish time was 3 hours or there about's, I felt fantastic. I quite liked the way my plan had gone. I ran well on the first day, had a rollicking goodtime in the evening and ran well on the second day, perfect.

After a dip in the pool, lunch and presentations happened. Again the winners, both individuals and teams received what they deserved. Wine and trophies were passed around and everyone that I chatted to on that afternoon had a wonderful weekend and are all keen to do it again

So once again Thankyou Digger and crew for organising such a fun event, I shall be returning.

Oh, and my score this year was 1,1,1 an absolute WIN.

Chris.

Post Script: The author would like to point out that at no point during this test of human endeavour did he ever feel like, or even entertain the thought of pissing blood. He never once questioned his self-worth, or contemplated how far he had come, or reminded himself of the fact that he was "just a Dad". His Injinji socks performed admirably by not allowing blisters his Diadora compression shorts stopped chafing. He thinks Gels are crap.

He has no current equipment sponsors.



"I am sure he could sense my steely determination to run really, really fast and to not fall over."



GOBI 50KM ULTRA MARTHON

CHANGAN FORD—GOBI 50KM ULTRA MARATHON JUIQUAN CHINA - JODIE OBORNE

On the 8th November 2015 over a hundred runners assembled on the edge of the Gobi Desert in China to run 50km. Runners had come from all around the world for this experience. For an inaugural event it was extremely well organized with all the runners needs catered for.

My journey to the race in northern China began on the morning of Friday the 6th November and my travel plans and race preparation was immediately thrown into disarray by my flight's delayed departure from Brisbane. I spent over 3 hours trapped inside the plane on the ground and had enough time to watch a movie and enjoy the inflight meal before we finally took off for the 8 hour flight to Guangzhou, China. This meant I missed my connection that night to Lanzhou and instead stayed the night in Guangzhou. A lovely Chinese woman an event volunteer had waited into the night for my arrival in Lanzhou. The race organisers soon worked out via the airline that I was booked on the next available flight the following morning.

I finally made it to Lanzhou in the middle of

China and it was snowing. After a few warm humid days in Brisbane this was a nice change. Ada who had waited at the airport the night before was there to meet me the following morning. She was very pleased to locate me, this international athlete was not lost somewhere in the

“we ran off into the Gobi Desert while fire crackers and rockets were fired off in our wake which made for quite an electric atmosphere.”

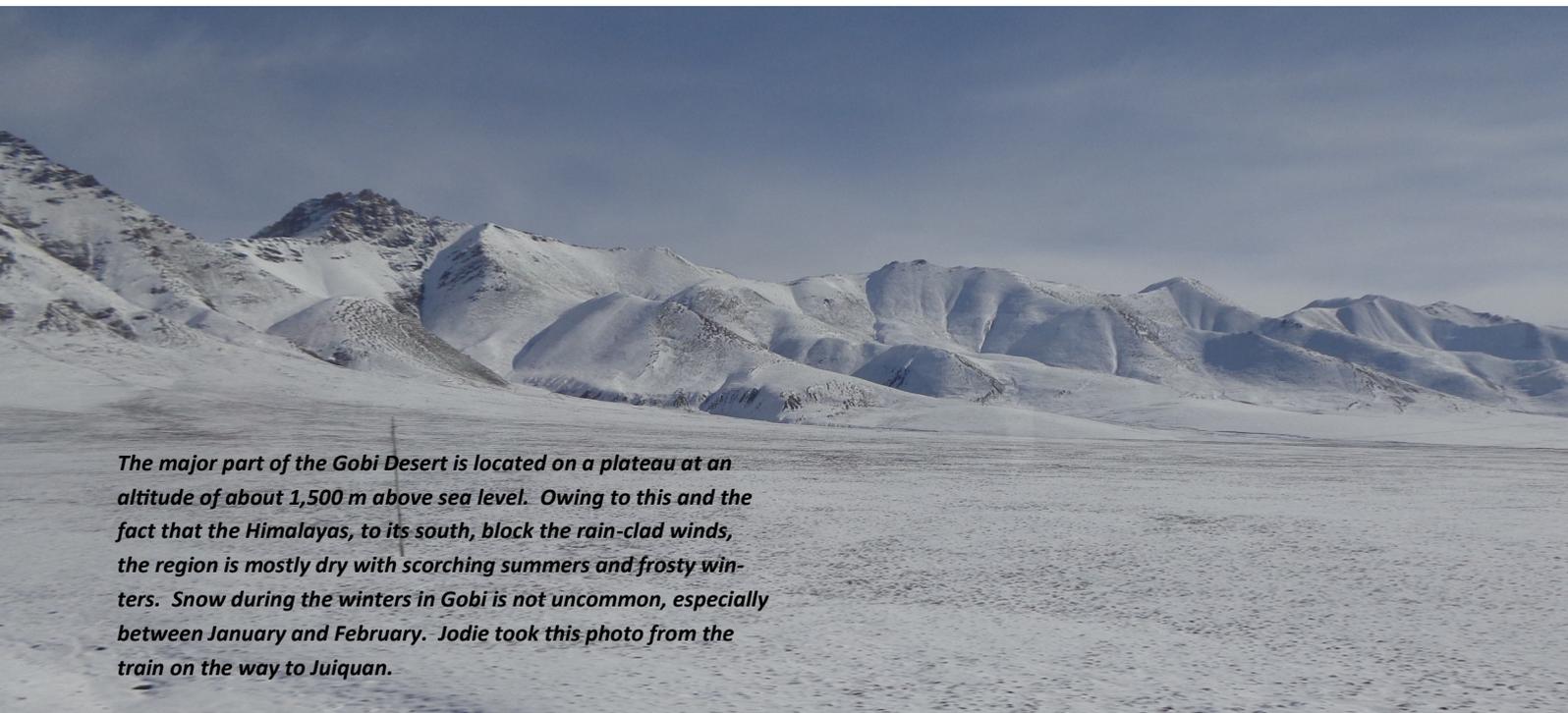
middle of China. We waited for a Japanese runner on a different flight and then the final leg of my journey was a 4 hour high speed train ride to in northern China. I had of course missed my earlier train and caught the last train of the day, which didn't arrive at my final destination until 10:00pm. I arrived late at the hotel in downtown Jiuquan which doubled as the race headquarters and sadly missed the

press conference, a tour, race briefing and an evening meal. I did have the essential information my race kit and my roommate USA athlete Meghan kindly updated me.

There were only a few mandatory items, 2 race bibs (1 front, 1 back), a timing chip and a whistle. We were strongly advised over and over and over again to wear running gear that covered our legs. One section of the course passed through thorn bushes and the event organisers did not want anyone to be badly scratched up. I had planned to wear my running skirt which has plenty of pockets to stash my nutrition and my whistle so I didn't need to wear a race vest. So now I had to seriously reconsider my race outfit.

Race morning there was a minor delay as all athletes were taken by bus to the race precinct a 30 minute drive from downtown Jiuquan. Thankfully I was able to enjoy a light breakfast before we were on a bus heading to the race start. The morning was cold which I enjoyed and it was clear and sunny, great conditions for racing.

Athletes milled about inside the runners marquee going through their race prepara-



The major part of the Gobi Desert is located on a plateau at an altitude of about 1,500 m above sea level. Owing to this and the fact that the Himalayas, to its south, block the rain-clad winds, the region is mostly dry with scorching summers and frosty winters. Snow during the winters in Gobi is not uncommon, especially between January and February. Jodie took this photo from the train on the way to Jiuquan.



L: Chinese drumming display as pre-race entertainment and western runners are the spectacle not the drummers. B Western runners receiving celebrity status.



"The desert was vast, desolate but beautiful. Small hills could be seen in the distance. We passed some ancient ruins just visible between some dunes."



GOBI 50KM ULTRA MARTHON

tion. I stepped out to take some photos of the race precinct and was soon asked to have my photo taken with locals. It seemed EVERYONE wanted a photo with us (the western athletes) we were certainly a novelty in regional China. I am pretty sure I did not have my photo taken that often on my wedding day. After watching a traditional Chinese drumming display we made our way to the start line only to be told that the race start had been delayed as they were still waiting for athletes to arrive via bus.

I enjoyed the pre-race entertainment, found it was warmer if we stood up next to the white marquee in the full sunlight and chatted to the other international athletes. This also gave people opportunity to gesture at the uncovered skin on my legs and to urge me to cover it up otherwise I would be injured. In the end I told them I would collect some tights at the major checkpoint at about halfway.

Finally the race start was rescheduled one hour later for 10:00am. We huddled on the start line where 5 officials were poised with starter pistols. The countdown in



Runners about to set out on the Gobi 50km Ultra desert race. Nov 2015

Chinese started the starter pistols fired, not exactly simultaneously and we ran off into the Gobi Desert while fire crackers and rockets were fired off in our wake which made for quite an electric atmosphere.

The course was well marked and easy to follow, the course markings consisted of two pegs hammered into the ground marking the shortest course through the desert. From time to time large flags were on the rises. The course did not follow a road or

trail for the most part we simply picked our way through the low scrubby bushes, over the sand dunes and through the fine powdery sand of the desert. Timing mats were placed at strategic turns which meant it was impossible to cut the course short. In fact it was often faster to run longer and to skirt around the short steep sand dunes and this was well within the rules. I soon adjusted my expectations when I found the running particularly over the first section of the course quite challenging.



View of the GOBI desert from the race course.

GOBI 50KM ULTRA MARTHON

长安福特

2015酒泉国际戈壁超级马拉松



CHANGAN FORD
GOBI ULTRA-MARATHON
2015 JIUQUAN

The desert was vast, desolate but beautiful. Small hills could be seen in the distance. We passed some ancient ruins just visible between some dunes, a stone marker I had no idea of its significance but it was quite distinctive and seemingly in the middle of no where. We came across a lake surrounded by some trees and tall reed like plants and some buildings but it was otherwise fairly sparse and rocky. Near the lake we passed through two round concrete pillars at the top of a small rise and enjoyed running on a paved road for a short period before crossing another timing mat and heading again off through the desert following the posts.

I finally came across what I thought was the section with the dreaded thorny bushes. Instead of being waist height as I imagined they were remarkably similar to vegetation we had encountered earlier and it was easier and possibly faster to take the gravel road around it rather than run the shortest route between the wooden pegs. I am glad I didn't decide to change my race outfit. The vegetation soon thinned out

again and imagine my dilemma when I needed a comfort break and there was nowhere to hide. There was about 5km to go and I was sure I wasn't going to make it to the finish. Fortunately I came across a small mound of dirt that hid me from on-coming runners. My modesty was intact. I crossed the final timing mat on the course and headed for the finish which I could clearly see in the distance 2km away. Often on the course a white marquee set up for aid stations could be spotted in the distance and often it was several kilometers away.

I crossed the line in 4th position. A volunteer immediately offered me a bag of ice and a towel and I was handed my medal. My volunteer escorted me to the runner's recovery tent keeping an arm on me to ensure I did not fall over. While this was not necessary I expect she had been instructed to do so. She stayed with me as I made my way to the runners marquee to collect my drop bag. Again security was great as only runners were allowed in here and while I had simply left my bag on a chair in the runner's marquee someone checked that the bag I was collecting which had my race number securely fastened to it made sure the number matched my race bibs. The recovery tent was well equipped with massage tables and therapists, mats and foam rollers, chairs and more bags of ice and the runners tent had a table full of recovery snack food and bottles of water.

Chinese race recovery food at this event included small bread rolls, packs of savory crackers, tins of soup that were served at room temperature, which a British athlete said was 'extremely unappealing' and long skinny sealed sticks of processed chicken meat. I settled for the bread roll which was slightly sweet and the crackers and plenty of water.



The Chinese definitely have a strong running community, there was also a large contingent of Japanese runners as well as the other 'invited' runners from right around the World that included this athlete all the way from Australia. The Gobi Ultramarathon 50km is sure to be run again in 2016 the race organisers are keen to improve on this years experience and hope to see me again.

Absolutely.

Please note the following memo so that you can run well the Gobi Ultramarathon 50k.

- 0-6k** フラットながらも細かい砂の上に小石が乗っている路面 The surface of the road is flat but covered by many small stones.
- 15-16k** とげのついた枯れ木地帯（ひぎ下）乾燥しているため肌に擦過傷ができる Area with many dead wood with prickles. May cause you abrasion-causion
- 16-20k** 砂・枯れ草・アップダウンのある変化にとんだ地形地帯 Area the shape of the land is in variety with sand dead leaves
- 36.5-40k** 葦の群生5mの道幅の中で葦をよけながら走る There are reed with 5m high. You must run avoiding them
- 40-44k** 細かいアップダのある地帯 Frequent small up and down
- 44-50k** スタートと同じ場所です。Start and Finish points are the same point

枯枝には棘がありますので下肢を露出しないほうが良いです。

Recommend that your legs must cover wear or socks because there are some places with prickles of deadwood

SHO “BAZZA” OKURA



Name: Sho Okura

DOB: 29th April 1991

Hometown: Matsumoto

PB:

21k: 1:36:17 (Melbourne Half Marathon 2015)

42k: 3:30:35 (Gold Coast Airport Marathon 2015)

With fond memory's we say good by to Sho who after completing his study's in Brisbane is returning to Nagano Japan. I thought we would grab him for a moment before he leaves us and get his thoughts on a few things and also say thank you for his entertaining and happy demeanor, its been a real pleasure to have you with us Sho.

RCR: Sho can you tell us what your fondest memory's will be from your time with the RCR's ?

Sho: "Sam's going away weekend at Bunya Mountains"

I really enjoyed boozing, singing and running together around Bunya,

Needless to say, I enjoyed running with you before, but at that point I realised you guys are like family to me.

RCR: While running with the group have you achieved any goals that you set for your self? and can you tell us about them?

Sho: At the beginning of this year, I set a goal to finish a full marathon in 3:30, and I finished in 3:30:35 on Gold Coast.

I was satisfied with the result right after the race but not any more. Next time, I want to finish in 3:20.

RCR: Sho your home town is Nagano in Japan. Can you tell us about the marathon there, when it's on and where the best place for a group of runners from Brisbane to stay will be ??

Sho: There are 2 full marathons in Nagano, Nagano Marathon in April and Omachi Marathon in October.

In addition, we have many trail runs since Nagano Prefecture is surrounded by mountains over 2000 or 3000.

I'll run the following races next year, so I'll update info on my FB page.

- June: Azumino Half Marathon(21k)
- July: Shiga Kogen Mt Trail(40k)
- September: Togakushi Trail Run(45km)

I recommend you to stay in Matsumoto, Hakuba or Nozawa, because you can enjoy hot springs in those areas.

RCR: What was your favorite race or event and why ?

Sho: Gold Coast Airport Marathon.

Because it was the first time to be cheered up from roadsides by teammates. In Japan, I ran by myself, so I didn't know how encouraging it is.

I'm building up a website of Castle City Runners which will be a sister team of RCR.

Only 2 members now, but I'm going to make the team bigger.

Let's see and run together, sometime, somewhere.

RCR: We have been teaching you lots of Aussie slang what is your favorite so far ?

Sho: "Wouldn't be dead for quid's."

Before coming to Brisbane, I didn't expect I could have such bloody brilliant experiences.

Thanks heaps, guys! When you come to Japan in the future, just let me know.

I'll live in Tokyo or Nagano, so I can show you around those areas.

Thanks a lot Sho - I am looking forward to seeing you on the start line of the Nagano or Omachi Marathons sometime in the future.



RACE RESULTS

October 25th

Logan Running Festival

Sarah-Jane Marshall followed up her marathon at Lamington on Saturday with a marathon at Logan on Sunday 5:59:49. Alex Ralph ran the half finishing on the podium as 2nd Female 1:39:09, Neil Osmond 1:52:02 & Trish Coonerty 2:00:37

Logan Running Festival	
Marathon	
Sarah-Jane Marshall	5:59:49
Half Marathon	
Alex Ralph (2nd Female)	1:39:09
Neil Osmond	1:52:02
Trisha Coonerty	2:00:37

Great Springfield Run for Life

Great runs from Simonna Jansky 58:04 and Lisa Ray 56:22 in the 10km event.

Great Springfield Run for Life	
10km	
Simonna Jansky	0:58:04
Lisa Ray	0:56:22

Renmark Rose Festival Rose Run

Kelly Loffler finished on the podium in the 10km event 3rd overall and 2nd Female with a 45:31 finish.

Renmark Rose Festival Rose Run	
10km	
Kelly Loffler 3rd (2nd Female)	0:45:31

Swiss City Marathon

Garry Bourne completed the 5 Nautical Mile event while on holidays in Switzerland that was part of the Swiss City Marathon in Lucerne 49:58.

Swiss City Marathon	
5 Mile 9.6km	
Garry Bourne	0:49:58

November 1st

Auckland Marathon

Bruce Hargreaves was the 4:30 pace runner in the Auckland Marathon and no doubt those that finished on his bus would have been happy with their times, (4:28:50) professional pacing work indeed.

Auckland Marathon	
42.2km	
Bruce Hargreaves	4:28:50

Great Barrier Reef Half Marathon

Muriel McLean is also enjoying some great form at the moment with a 1st in category finish and 5th female over all (1:45:02).

Great Barrier Reef Half Marathon	
21.1km	
Muriel McLean (1st in category)	1:45:02

Survival Run

In what looks to be the toughest event to be attempted this year Carl Schodde got two of the four tokens



SURVIVAL RUN 2015

STORY BY CARL SCHODDE—BUCKLEY'S CHANCE SURVIVAL RUN 2015



we haven't packed our last minute food items and they are sitting at our B&B for the night. With my constant state of nerves I then being to worry about what would happen if we went tonight. This was made even worse when at race briefing we discover that we need to lay out all of our gear as if we are going tonight. With the key to survival race being 'adapt or die' they don't commit either way about whether we will start tonight or the scheduled 4am start tomorrow. Race briefing involves passing around a 50lb (22.7kg) rock. We are told that nothing in the race is given, everything has to be earned. When they say go we have to run down to the creek about 150 metres downhill and find a rock that weighs at least 50lb. After racing the 100 metres down the hill to the creek and tentatively getting into the water up to mid-thigh I find a rock within a few minutes that feels heavy enough to meet the criteria. Carrying it up to get weighed I see others already on the way back with larger rocks than mine that they say are too light. I am quietly optimistic. After carrying my rock all of the way up the hill I find out that my rock is only 45lb. No good. There is no such thing as close enough is good enough. I have to carry my rock all of the way back down the hill and put it back. I have to repeat this exercise 3 more times before I find a rock that is 53lb (24kg). Each rock felt heavier as the body started to become exhausted. I have now earned my race number.

Next step is to make my pack. With the 4.5 metres of fabric and the countless metres of thread I have to sew up a backpack that is capable of carrying all of the mandatory gear and any other items that I deemed may be able to assist me with the adventure ahead. So

THE MENTAL GAMES

Leading up to Survival run 2015, the games had started. The initial gear list required a handmade water carrier made of natural products (leather and wax) that had at least a 3 litre capacity. This was followed by requirements for an 18 inch machete, 4.5 meters of heavy fabric, heavy duty survival blankets, survival knife and 30 metres of rope. Whilst spending the many hours collecting the gear and making/testing/remaking my water bladder the mental games had begun.

What have I signed myself up for?

Yes, I have completed some very long and tough runs in the past but leading up to those I knew roughly what to expect, running. Leading up to Survival Run, I knew nothing. I assumed that I would have to swim, run/trek and carry heavy things for long distances. But what else? How tough a climb? Climbing of ropes or trees? How high? How

heavy were the objects? What is the chance of getting lost or seriously hurt? If I got lost or hurt what would I do since I wasn't allowed to carry a phone, map or compass. How do you train for that?

Next came the last set of requirements with only 3 weeks till race day, know how to design and build hunting and returning boomerangs, woomeras, know about message sticks and how to carry fire embers using a fire bundle. Also how to identify and use Typha Orientalis, Nymphaea Gigantea and Melaleuca Quinquenervia. Not to mention Witchetty grubs. Now I was having to balance, strength training, endurance training, gear preparation, researching all of the new requirement as well as training to keep the nerves under control about what lied ahead.

T- ?? DAYS

So we are prepared for the 4pm race briefing on the Friday night for our gear check. As we drive there we realise that



with a leatherman and a machete, I start cutting/hacking up my fabric into something that could be sewn together to form a backpack. My early high school sewing classes really paid off. After more than an hour, I am finished. I now have a pack that is big enough to carry everything that the race can throw at me. I have gone for a simply design that has an overlap at the top to prevent anything falling out. I have stitched up each side a few times to prevent me having to stop mid race to make running repairs. I pack up all of my gear that has now passed the gear check and I am informed that we are to leave our packs where they are and to return for a 4am start tomorrow.

RACE DAY

After getting back to the accommodation and having a shower, something to eat and laying out my gear I get 6 or so hours sleep. I wake up before my alarm full of nerves about what is to come. Will these nerves ever calm down. Breakfast is cooked up by Katie and then we are one the way to the race start. I re-check my gear for the tenth time or more and then get ready for the race start. Lots of nervous people just like me. I start at the back of the pack as I am not sure what lays ahead. We start with a gentle jog and then we are already walking as we wind our way through lantana and steep pinches in

the dark. Within 30 minutes or so we are at the first challenge.

We are informed that in a triangle area of trees there are some trees marked with caution tape. We are to cut one down below knee height and bring it back. It has to be at least as big as their example. I follow the lead of some of the others and carefully measure the tree using my feet. 17 lengths of my

“With the key to survival race being ‘adapt or die’ they don’t commit either way about whether we will start tonight or the scheduled 4am start tomorrow.”

shoe, about 5-6 metres long. I don’t want to bring back something that is too short and then be forced to find another one. It is still pitch black at this stage and I am wandering through the thick bush looking for a little bit of tape. After trekking about 200 metres I am pointed to a tree. I pull out my machete and look at the task at hand. The tree is over 10cm thick and well over 8 metres tall. Whilst hacking into this tree with my machete I realise that the machete

that I have been sharpening over the last couple of weeks at home is not up to the task of cutting down this tree. The edge starts to blunt without getting too far into the tree. More force is required to continue hacking away. Eventually I get a point that I can topple the tree. Carl 1, Nature 0 (although I do now have that start of a couple of blisters on my machete wielding hand). I triple measure the length of the tree and the trim it to size. A bit longer than required but there was no way that I was going to cut down another one. We now have to drag it back through the thick bush back to the checkpoint so that it can be measured and marked. When I get back I realise that I have moved up a few places and there are about a third of the field behind me. I am happy with that. We are now to take our log and continue onto the next checkpoint. They won’t tell us how far ahead it is or what to expect.

The scramble to the next checkpoint takes almost 2 hours. Along the way my log has jammed between trees countless times as I try to weave through the lantana and constant vines. I am forced to use the log to climb and descend hills and valleys that are too steep and slippery to scale without assistance. I encounter mud up to thigh depth that forces me to a slow crawl where I just push the log forward and then crawl forward to continue the process again. Finally during this trek we get the sunrise and the task of finding the marker tape is so much simpler than in darkness. Just when we thought it would never end we arrive at the next checkpoint.

We have now earned our first wrist band. We are also tasked with our next challenge. We read from the laminated A4 page that we are to cut our log into at least 4 pieces and then build a raft with the use of 2 extra pieces of bamboo. More cutting with the machete.... By now the machete is far from sharp and even more force is required to make any inroads into cutting up my

log. At this point I also get to utilise another of the seemingly odd things that were on our gear list, at least 30 metres of rope. 8 square lashings later and nearly all of my 33 metres of rope consumed (I still have enough to tie my pack to the top of the raft and a few metres of rope to create a tow rope for myself to make it easier to swim with). We now have to swim the 500 metres or more up the lake with our raft towards whatever lies ahead. Try Survival Run style, we can only see the first 100 metres or so when we start swimming and have no idea from anyone about how far we actually have to go. With the cold water and the time in the water there are people cramping along the way but with no real area to stop along the way it is simply a case of swim and then float for the seemingly forever until we can get out of the water. Another wrist band earned.

When we get out we are left with a tough decision, untie all of the rope on the raft and take it with you or leave it there and save lots of time but run the risk of needing it later and not having it. My risk adverse nature takes over and since I am not worried about time at this point I take the time and undo all of my endless metres of rope and continue on my adventure with it. We only have to go a few kilometres until we get to our next challenge. We are to make and throw a hunting boomerang to

knock a piece of wood off the top of a stump. After a scavenge through the bush for something that could be crafted into something big enough to be a hunting boomerang. At this point I wish that I was further ahead in the field because it seems that all of the good sticks are already gone. My eagle eye eventually spots something that could be crafted to fit my purpose. After carving it into shape and having quite a few practice throws my hunting purpose decided it wasn't fit for purpose and broke into two. The search for a new hunting boomerang begins all over again. More carving and more practicing to make sure it flies as desired. After way too many practice throws and the clock incessantly ticking along I finally take the punt and I decide to go for broke and attempt one of my 3 'real' throws. Bingo. First throw hits the target and knocks it off the stump. A huge worry is gone because only a very small amount of the practice throws hit the target. I get another wrist band and I am now I on my way. 3 wrist bands from the possible of 3. Can't be happier than that. I trek on with Dave Abrey for the next 5 kms or more which is mostly walking as it is rough and steep going both up and down. We are enjoying it at this point making good time with both of us being fast walkers and a bit of running when we can. Before we know it we are back to home base.

We are now reunited with our rock. It has my race number nicely spray painted onto it. We now find out that we will pick a rock from a bucket and depending upon the rock we will have to memorise an aboriginal dot art painting. No further info than that is given. I am assigned a picture of a fish that has 3 colours. I spend a few minute memorising every detail in my mind and try to use whatever mind techniques I can to have it burnt into my mind for when it is needed, if it is ever needed. We are now able to refill our water bottles before taking our rocks and continuing on our way. By this stage it is starting to warm up and we start the slog of carrying our rock to wherever the trail takes us. I use a bit of ingenuity by using some of my left over fabric to craft a sling to carry my 50lb rock. This is a life saver as my shoulders are well and truly tenderized from the log carry earlier in the day and everything is simply hurting. We trek on for about 90 minutes regularly stopping to get some relief from carrying the heavy rocks. The trek is mainly one never ending hill that just continually goes up. We are very ecstatic to see a building with some of the volunteers manning it. The checkpoint also has a huge pile of rocks that look like they have been left behind by some of the other competitors. Great news. We won't be taking our rocks behind this point.



There is bad news though.. we now have to recreate the artwork that we were assigned at the last checkpoint. I thought I knew this picture inside out but it still takes over 30 minutes of painting and only getting a yes or now about the correctness of the entire picture. Not half measures or close enough works here. Seems my picture didn't have the tail of the fish being curvy enough. The whole process had me severely mentally exhausted that I was actually happy to then be tasked to climb a tree 5-6m high that doesn't have branches. I start the task and after a bit of sliding and losing my grip early on am able to climb straight up in only a minute or two to get another wrist band. Dave isn't far behind me in climbing the tree but it is at this point we see some of the others struggling. One guy Matt Bell from Melbourne is afraid of heights and is left wondering how to climb the tree and conquer his fears. Another guy from Canada has struggled all morning. He started the raise with a water bottle that doesn't hold any water. When he gets back to home base, he is able to earn a new plastic water bottle. He only has to get 250kg of rocks from the river up to the shelter (100m away), get it weighed and then take it all back to the river. After this mammoth task he is able to carry water again. The problem is that his upper body is so exhausted that he isn't able to carry his rock to the checkpoint and he also can't climb the tree. Now that is a tough day at the office. The last instructions that we get before leaving the checkpoint is that we must make a woomera before we get to the next checkpoint and we are provided with a couple of examples.

On we go to the next checkpoint (without the rock :-)) and in hunt of suitable sticks to make a woomera. It doesn't take too long to get to the next checkpoint and we are both in good spirit after finally not having to carry heavy weights once again. When we get to the

checkpoint we are given our next challenges. We are to climb 15-20 metres up a huge pine tree and also we have to use our woomera to throw a spear 20 metres. I start immediately on the tree climb. I am not too keen on huge heights but just block out everything and just climb. Lots of climbing up a prickly pine... I eventually make it and find the next arm band and then I look down, Wow. I can't even see the base of the tree. Time to block everything out again and carefully climb back down. Another challenge that I am glad to see the back of. With the spear throw I only need 1 practice throw to get my technique right and then the spear sails well over the 20 metres mark. If only they were all that easy. Dave takes a few more attempts at the spear throw before he finally gets the technique dialled in to get the arm band.

Another short trek (an hour so) to the next checkpoint and we encounter 2 more obstacles. Another boomerang throw (this time returning) and the creation of a bush shelter. We get straight onto the boomerang throw. The boomerangs they had were very cheap and light and it takes quite a few throws and in various directions before we decide to attempt the real throw. I get mine on the second attempt and Dave also gets his after a few more throws. Onto the bush huts. it is at this point that we are told that we are only a couple of hours in front of the checkpoint cut offs. We are to dig a bush shelter at least 20 cm deep, 50cm wide and 150cm long. Again the machete is called into action. This is very slow work with regular stops to pull off leeches. After digging about half of the required size hole I call it quits. Time wise I have spent 45 minutes and have about 90 minutes left of work to complete the shelter. It is starting to rain and not far from sunset. My thinking was that I wasn't going to make the next cut off so why am I digging this hole in the rain and waiting for darkness.

After a short wait, I am picked up and

we start making our way back to the main base. We make a short stop at one of the next checkpoints I would have gotten to and see what the challenge is. They are to swim a hot coal along with some kangaroo meat and an egg across a dam and then light a fire and cook them up along with the root of some water lillies. I am not disappointed that I missed doing this at sunset as the temperatures were dropping. Reports are that they even had grown men in tears whilst doing this task with many failures.

After getting back to base I discover that I am only 1 arm band short of the requirements for the third medal and could have in fact skipped nearly all of the following activities after pulling out. The things you learn in hindsight.. I discover lots of tales of the various pains that people have gone through over the course of the day. I didn't finish but I am glad of the journey I made to get to the start and for the distance I did cover. Was it tough? Hell yeah. Will I do it again? Maybe...

RACE RESULTS

November 7th

Tour de Tamborine

No rain this time in the 15km trail event that is the Tour de Tamborine, Sho Okura enjoyed the hills coming 2nd in his age category and 12th overall 1:43:50, Pat Coglán 1st in age category 1:54:17 and Marelda Ward 3:07:21.

Tour de Tamborine	
15km	
Sho Okura (2nd in category)	1:43:50
Pat Coglán (1st in category)	1:54:17
Marelda Ward	3:07:21

November 8th

Changan Ford Gobi Desert 50km Ultra

This was the inaugural event setup in the GOBI desert in northern China. Jodie Osborne qualified and was selected as one of the 81 international runners invited to compete. After some initial travel delays leading up to less than ideal pre race preparation Jodie ran well coming in 4th place female and even beating the “queen of the runners world Meghan Arbogast from the US”.

Changan Ford GOBI 50k mUltra	
21.1km	
Jodie Osborne (4th Female)	4:53:08

BTRS Bayview

A popular shorter event on the trail running calendar well supported by us, Alex Ralph continued her good form 59:59, Jason Aloia 56:49, Maria Gordon 1:03:15, Pat Coglán 1:03:17, Glenda Banaghan 1:10:30 and Trish Coonerty 1:16:33.

BTRS Bayview	
11.2km	
Alex Ralph	59:59
Jason Aloia	56:49
Maria Gordon	1:03:15
Pat Coglán	1:03:17
Glenda Banaghan	1:10:30
Trisha Coonerty	1:16:33

Smiddy Fun Run

Kelly Loffler once again finishing on the podium as 3rd female in the 5km event in a great time of 20:36. Could this be the start of a healthy challenge to Maria Proctor - both of these ladies now have a taste for Podium finishes.

Smiddy Fun Run	
5km	
Kelly Loffler (3rd Female)	20:36

Q1. After a Sunday morning run from Dock St which runner stated. “I forgot my emergency bathers” ?

Q2. Which two runners managed to get lost running along the Bulimba Creek Bikeway?

Q3. Which runner would win an award for the least matching running outfits ?

Answers Page 29.

RACE RESULTS

November 21st & 22nd

Soochow International Ultra-marathon 24hr Race

Like a good wine age seems to be improving Jodie Osborne with an impressive result in the Soochow 24hr Ultra to finish 7th place outright and 1st Female. Jodie ran 227.429km in the 24hrs setting a new 100 mile Australian record in 15:33:56, 40—44 12hr record of 128.209km and 40-44 200km record in 20:25:09.

Soochow 24hr	
227.429km	
Jodie Osborne (1st Female)	24:00:00



Top: Jodie Osborne first female in the Soochow 24hr ultra. Bottom: L-R Rose, Maria, Amanda, Bernice, Maria & Sho before the start of the Ewan Maddock Dam trail run.

November 29th

Sunshine Coast Trail Running Series - Ewan Maddock Dam

All the reports I heard back about this race were good apart from the heat and humidity on the day. Well done to those that got up at “stupid o’clock” and drove up to the event.

It looks like age and experience worked for Neil Tinknell 1:09:14 to hold off what I hear was an extreme positive split start from Sho Okura 1:21:26. While Sho may have been thrown by the heat, humidity & choice of race tactic he was undeterred and at the end of year party applied what could be argued was the same race tactic to his rehydration plan. *(“Go hard or go home.” - Super effort Sho)*

Excellent runs from Pat Coglan 1:22:02, Maria Gordon 1:23:36, Rose Jones 1:27:04, Maria Proctor 1:29:04, Glenda Banaghan 1:34:11, Mark Gilmour 1:34:11 and Amanda Neil 1:44:07.

Rumor has it that Bernice Hills got a bonus km out of the 8.3km course to finish in 50:51, I don’t think you can top Chris Batts bonus water taxi ride though.

Ewan Maddock Dam	
14.7km	
Neil Tinknell	1:09:14
Sho Okura	1:21:26
Pat Coglan	1:22:02
Maria Gordon	1:23:36
Rose Jones	1:27:04
Maria Proctor	1:29:04
Glenda Banaghan	1:34:08
Mark Gilmour	1:34:11
Amanda Neil	1:44:07
8.3km	
Bernice Hills	50:51



RACE RESULTS

December 12th

Coast to Kosci

Well done to Laurie Lane for completing the 240km event in 36:32:28.

December 13th

Run 4 Kids

A fund raising event that you could enter as an individual or relay team with 2, 4 or more runners. The race lasts 3 hours and the object is to complete as many laps as you or your team can in that time. Or as was the case be the best coordinated and presented Christmassy person or Super hero. Jodie Osborne finished 23 laps while Sarah-Jane Marshall finished as 2nd Female with 20 laps.

Run 4 Kids	
3 hrs	
Jodie Osborne (1st Female)	23 laps
Sarah-Jane Marshall (2nd Female)	20 laps

Kurrawa 2 Duranbah

The 30km event was well supported with Karen King finishing in 3:06:14 only seconds ahead of Judith Ebrington in 3:06:21, while the unstoppable Sarah-Jane Marshall finished in 3:20:55. Michael Ford ran a great 50km finishing in 4:42:11 while Katie King and Carl Schodde finished the 50km relay in 4:50:41.

Kurrawa 2 Duranbah	
30km	
Karen King	3:06:14
Judith Ebrington	3:06:21
Sarah-Jane Marshall	3:20:55
50km	
Michael Ford	4:42:11
Katie King & Carl Schodde (Relay Team)	4:50:41



INDIVIDUAL RESULTS - 2015

Adele Tennant	Gold Coast - 1/2 Marathon	2:11:39	Chris Jacobson	Hares & Hounds	4:59:00
Alex Ralph	Australia Running Festival, Canberra - Marathon	3:21:51	Chris Jacobson	Tarawera Ultra, New Zealand - 100km	11:10:50
Alex Ralph	BTRS Bayview - 11.2km	0:59:59	Craig Millikan	Gold Coast Marathon	3:17:16
Alex Ralph	Gold Coast - 1/2 Marathon	2:03:59	Craig Millikan	Melbourne - Marathon	3:10:37
Alex Ralph	Griffith Sport Toohey Trail Run - 10km	0:47:32	Dean Bradford	Run Noosa - 10km	0:44:41
Alex Ralph	Jetty 2 Jetty - 1/2 Marathon	1:45:52	Dean Cullen	Gold Coast - 1/2 Marathon	2:10:05
Alex Ralph	Logan running festival - 1/2 Marathon	1:39:09	Dennis Fitzgerald	Australian Mountain Running Championships - 13.2km	1:01:51
Alex Ralph	Sunshine Coast - 1/2 Marathon	1:41:01	Dennis Fitzgerald	Gold Coast - 10km	0:32:56
Alison Griffin	City2South - 14km	1:38:55	Dennis Fitzgerald	K/Q of the Range, Toowoomba - 7.2km	0:32:55
Alison Griffin	Gold Coast - 1/2 Marathon	2:37:43	Dennis Fitzgerald	Walkabout Creek trails (TRAQ)	Won
Alison Griffin	Parkrun	0:33:11	Dianne Larsen-Smith	Gold Coast - 10km	0:59:03
Amanda Neil	Australia Running Festival, Canberra - 50km	5:40:36	Don Griffin	Geelong Half Marathon	2:02:01
Amanda Neil	Comrades (up run)	10:50:21	Don Griffin	Melbourne - 10km	0:54:05
Amanda Neil	Ewan Maddock Dam - 14.7km	1:44:07	Elaine Withers	Comrades (up run)	10:24:15
Amanda Neil	Griffith Sport Toohey Trail Run - 10km	0:58:28	Elaine Withers	Maidenwell - 56km	5:40:44
Amanda Neil	Maidenwell - 1/2 Marathon	3:40:03	Ellen Christison	Australian Mountain Running Championships - 8.2km	0:42:10
Amanda Neil	Melbourne - Marathon	4:18:03	Ellen Christison	Gold Coast - 10km	0:38:32
Amanda Neil	Parkrun	0:26:10	Emily Fraser	Gold Coast Marathon	3:50:01
Andrew Smyth	Gold Coast Marathon	4:14:40	Emily Fraser	Gold Coast Super Sports Centre Series 1/2 Marathon	1:42:12
Andy Steele	Comrades (up run)	11:37:43	Emily Fraser	Great Ocean Road - 1/2 Marathon	1:48:18
Andy Steele	Gold Coast Marathon	4:12:31	Franki Chan	Convicts and Wenches - 10km	0:43:38
Andy Steele	Hares & Hounds	7:09:00	Franki Chan	Gold Coast - 10km	0:39:00
Andy Steele	Pinnacles Classic	2:17:08	Franki Chan	Twilight (10km)	0:41:05
Andy Steele	Tarawera Ultra, New Zealand - 60km	9:30:11	Garry Bourne	Brisbane Marathon Festival - 10km	0:54:31
Andy Steele	Waterworld Red Rock to Coffs Harbour	5:29:14	Garry Bourne	City2South - 14km	1:18:56
Anita Hathaway	HBF Run for a Reason (WA) - 1/2 Marathon	1:42:10	Garry Bourne	Gold Coast - 1/2 Marathon	1:57:32
Annette Comiskey	Bridge to Brisbane - 10km	0:51:09	Garry Bourne	Queensland Half Marathon (Deagon) - 10km	0:52:49
Annette Comiskey	City2South - 14km	1:13:02	Garry Bourne	RBWH Physios Run - 8km	0:40:34
Annette Comiskey	Gold Coast - 1/2 Marathon	1:56:02	Garry Bourne	Tour of Duty - 11.4km	1:00:45
Annette Comiskey	Lamington Classic - 1/2 Marathon Sun	2:50:28	Gary Collins	Beerwah at Dawn - 30km	2:51:18
Bernice Hills	City2South - 14km	1:09:37	Gary Collins	Beerwah at Night - 30km	4:25:42
Bernice Hills	Ewan Maddock Dam - 8.3km	0:50:51	Gary Collins	City2South - 14km	1:04:35
Bernice Hills	Gold Coast - 1/2 Marathon	1:42:45	Gary Collins	Gold Coast Marathon	3:59:33
Bernice Hills	Griffith Sport Toohey Trail Run - 10km	0:52:04	Gary Collins	Hares & Hounds	7:04:00
Bernice Hills	Parkrun	0:22:24	Glenda Banaghan	BTRS Bayview - 11.2km	1:10:30
Bonney Douglas	Convicts and Wenches - 10km	1:00:54	Glenda Banaghan	Convicts and Wenches - 10km	0:50:44
Bonney Douglas	Gold Coast - 1/2 Marathon	2:10:04	Glenda Banaghan	Ewan Maddock Dam - 14.7km	1:34:08
Brenton Garlick	Run Noosa - 1/2 Marathon	1:42:45	Glenda Banaghan	Gold Coast - 1/2 Marathon	1:41:35
Bruce Hargreaves	Auckland Marathon	4:28:50	Glenda Banaghan	Griffith Sport Toohey Trail Run - 10km	0:49:47
Bruce Hargreaves	Australia Running Festival, Canberra - Marathon	4:29:46	Glenda Banaghan	Lake Manchester 22km	2:41:36
Bruce Hargreaves	City2South - 14km	1:11:50	Glenda Banaghan	Maidenwell - 14.2km	1:13:25
Bruce Hargreaves	Comrades (up run)	DNF	Glenda Banaghan	Melbourne - 1/2 Marathon	1:44:44
Bruce Hargreaves	Gold Coast - 10km	0:54:41	Glenda Banaghan	Nerang Forest - 25km	3:11:03
Bruce Hargreaves	Melbourne - Marathon	4:07:32	Glenda Banaghan	Parkrun	0:22:37
Bruce Hargreaves	Sunshine Coast - 1/2 Marathon	1:15:12	Glenda Banaghan	Run Noosa - 1/2 Marathon	1:41:53
Bruce Hargreaves	Townsville Marathon Festival - 1/2 Marathon	1:52:14	Glenda Banaghan	Surf Coast (Half) Century	6:15:59
Bruce Hargreaves	Two Bays - 56km	DNF	Glenda Banaghan	Tarawera Ultra, New Zealand - 60km	9:51:31
Cale Osborne	Gold Coast - 10km	0:48:05	Graham Hill	City2South - 14km	1:07:00
Cale Osborne	Griffith Sport Toohey Trail Run - 10km	0:50:59	Graham Hill	Gold Coast - 1/2 Marathon	1:42:21
Callum Miller	Gold Coast Marathon	4:25:54	Graham Hill	Pinnacles Classic	2:16:32
Carl Schodde	Bridge to Brisbane - 5km	0:37:34	Graham Hill	Scottish Half (Edinburgh)	1:44:57
Carl Schodde	Hares & Hounds	5:49:00	Graham Hill	Sunshine Coast - 1/2 Marathon	1:42:39
Carl Schodde	Tarawera Ultra, New Zealand - 100km	12:38:05	Graham Larsen-Smith	Gold Coast - 1/2 Marathon	2:26:50
Carol Wingreen	Brisbane Marathon Festival - Marathon	4:21:21	Grant Kennard	Gold Coast - 10km	0:45:03
Carol Wingreen	Caboolture Dusk to Dawn - Marathon	4:09:25	Greg Ellett	Gold Coast Marathon	3:16:23
Carol Wingreen	Convicts and Wenches - 10km	0:53:04	Heidi Gould	Beerwah at Dawn - 20km	2:20:40
Carol Wingreen	Gold Coast Marathon	4:29:37	Heidi Gould	City2South - 14km	1:19:33
Carol Wingreen	Koala/Redlands 1/2 Marathon	1:48:42	Heidi Gould	Clare Valley Half Marathon	2:07:51
Carol Wingreen	Two Oceans, South Africa - 56km	5:08:24	Heidi Gould	Gold Coast - 10km	0:51:43
Carol Wingreen	Waterworld Red Rock to Coffs Harbour	4:33:39	Heidi Gould	Hares & Hounds 10km	1:05:00
Cassie Hart	Griffith Sport Toohey Trail Run - 10km	1:21:03	Heidi Gould	Melbourne - 1/2 Marathon	2:15:08
Cathy Staite	Australia Running Festival, Canberra - 1/2 Marathon	1:55:08	Heidi Gould	Parkrun	0:25:40
Cathy Staite	Convicts and Wenches - 10km	0:55:51	Heidi Gould	Sydney Running Festival - 1/2 Marathon	2:01:00
Cathy Staite	Gold Coast - 1/2 Marathon	2:03:23	Heidi Gould	Twilight (10km)	0:53:05
Cathy Staite	Melbourne - Marathon	4:24:19	Jaimi Greenslade	Emu Creek Trail Run - 30km	3:48:19
Cathy Staite	Townsville Marathon Festival - 1/2 Marathon	1:59:03	Jaimi Greenslade	Gold Coast - 1/2 Marathon	1:38:30
Chris Batt	Convicts and Wenches - 10km	0:52:51	Jaimi Greenslade	Lake Manchester 22km	2:36:19
Chris Batt	Gold Coast Marathon	5:13:26	Jaimi Greenslade	Melbourne - 10km	0:46:01
Chris Batt	Lamington Classic - 1/2 Marathon Sat	2:46:37	Jaimi Greenslade	Misty Mountain - 30km	3:35:35
Chris Batt	Lamington Classic - 1/2 Marathon Sun	3:01:03	Jaimi Greenslade	Pinnacles Classic	2:02:09
Chris Batt	Tarawera Ultra, New Zealand - 60km	DNF	Jaimi Greenslade	Surf Coast (Half) Century	5:45:18
			Jaimi Greenslade	Tarawera Ultra, New Zealand - 60km	8:36:04
			Jaimi Greenslade	Up the Buff - 25km	3:16:00

RACE RESULTS

Jason Aloia	Beerwah at Night - 50km	6:49:57	Mal Anson	Comrades (up run)	10:00:16
Jason Aloia	BTRS Bayview - 11.2km	0:56:49	Mal Anson	Hares & Hounds	6:11:00
Jason Aloia	Misty Mountain - 20km	1:53:03	Mal Anson	Melbourne - Marathon	3:51:06
Jason Aloia	Numinbah to Polly's - 35km	3rd	Mal Anson	Tarawera Ultra, New Zealand - 100km	14:04:22
Jason Aloia	Pinnacles Classic	1:41:15	Mal Anson	Waterworld Red Rock to Coffs Harbour	5:06:17
Jason Aloia	Wild Horse at Night - 25km	2:09:00	Malcolm Anson	Misty Mountain - 40km	4:34:47
Jodie Osborne	Australian Mountain Running Championships - 8.2km	0:44:58	Marelda Ward	Gold Coast - 1/2 Marathon	2:39:58
Jodie Osborne	City2South - 5km	0:28:54	Marelda Ward	Lamington Classic - 1/2 Marathon Sat	3:40:18
Jodie Osborne	Convicts and Wenchies (Tasmania) 50km	4:32:10	Marelda Ward	Tour de Tamborine - 15km	3:07:21
Jodie Osborne	Gobi Desert 50km Ultra Marathon	4:53:08	Marelda Ward	Twilight - 10 km	1:05:50
Jodie Osborne	Gold Coast - 100km	DNF	Maria Gordon	BTRS Bayview - 11.2km	1:03:15
Jodie Osborne	Gold Coast Marathon	3:53:03	Maria Gordon	City2South - 14km	1:03:17
Jodie Osborne	Griffith Sport Toohey Trail Run - 10km	0:45:04	Maria Gordon	Ewan Maddock Dam - 14.7km	1:23:36
Jodie Osborne	Hares & Hounds	5:29:00	Maria Gordon	Gold Coast Marathon	3:44:56
Jodie Osborne	IAU 24hr Road World Championships, Turin	230.244 km	Maria Gordon	Lake Manchester 22km	2:42:59
Jodie Osborne	IAU World 100km road championships	8:34:45	Maria Gordon	Sydney Running Festival - 1/2 Marathon	1:45:41
Jodie Osborne	River Run - 50km	3:56:53	Maria Gordon (Laurito)	Griffith Sport Toohey Trail Run - 10km	0:51:05
Jodie Osborne	Soochow invitational 24hr	227.429km	Maria Gordon/Laurito	Run Noosa - 1/2 Marathon	1:37:59
Jodie Osborne	Sunshine Coast - 1/2 Marathon	1:29:07	Maria Proctor	"Briswich" 1/2 Marathon	2:02:36
Jodie Osborne	Tarawera Ultra, New Zealand - 100km	11:10:33	Maria Proctor	Ewan Maddock Dam - 14.7km	1:29:04
Jodie Osborne	Trail des Cagous, New Caledonia - 80km	11:01:00	Maria Proctor	Griffith Sport Toohey Trail Run - 5km	0:23:44
Jodie Osborne	Brisbane Marathon Festival - 1/2 Marathon	2:03:28	Maria Proctor	Hares & Hounds	DNF
John Hills	Gold Coast - 1/2 Marathon	1:55:14	Maria Proctor	Misty Mountain - 5km	0:33:41
John Hills	Parkrun	0:24:50	Maria Proctor	Tarawera Ultra, New Zealand - 60km	11:51:39
Jude Waldburger	Bribie Beach Bash - 50km	5:13:11	Maria Proctor	Waterworld Red Rock to Coffs Harbour	5:26:07
Jude Waldburger	Coastal High 50	7:05:25	Mark Gilmour	Beerwah at Dawn - 30km	2:27:54
Jude Waldburger	Gold Coast Marathon	4:21:07	Mark Gilmour	Beerwah at Night - 30km	4:25:42
Judith Ebrington	Kurrawa 2 Duranbah - 30km	3:06:21	Mark Gilmour	Ewan Maddock Dam - 14.7km	1:34:11
Julie Ellett	Australia Running Festival, Canberra - Marathon	5:38:02	Mark Gilmour	Gold Coast Marathon	4:28:37
Julie Ellett	Beerwah at Dawn - 30km	4:25:28	Mark Gilmour	Maidenwell - 14.2km	1:21:04
Julie Ellett	Gold Coast Marathon	5:37:56	Mark Gilmour	Run Noosa - 1/2 Marathon	1:47:49
Julie Ellett	The North Face (Blue Mountains) 100km	WD @ 78km	Mark Gilmour	Twilight (10km)	0:49:36
Karen King	Kurrawa 2 Duranbah - 30km	3:06:14	Matthew Hitchcock	Convicts and Wenchies - 1/2 Marathon	1:56:07
Katherine Stark	Brisbane Marathon Festival - Marathon	4:21:21	Michael Ford	Gold Coast Marathon	3:39:57
Katherine Stark	Caboolture Dusk to Dawn - 12 hr	111.9 km	Michael Ford	Koala/Redlands 1/2 Marathon	1:38:22
Katherine Stark	Comrades (up run)	DNF	Michael Ford	Townsville Marathon Festival - Marathon	3:32:51
Katherine Stark	Convicts and Wenchies - 20 mile	2:58:43	Michael Ford	Kurrawa 2 Duranbah - 50km	4:42:11
Katherine Stark	Hares & Hounds	6:01:00	Mike Ford	Melbourne - Marathon	3:29:11
Katherine Stark	Koala/Redlands 1/2 Marathon	1:52:44	Muriel McLean	Bridge to Brisbane - 10km	0:44:50
Katie King	Australia Running Festival, Canberra - Marathon	4:39:43	Muriel McLean	Brisbane Marathon Festival - 1/2 Marathon	1:53:41
Katie King	Melbourne - Marathon	4:10:16	Muriel McLean	City2South - 14km	1:11:50
Katie King	Parkrun	0:24:20	Muriel McLean	City2Surf	1:04:55
Katie King	Tarawera Ultra, New Zealand - 60km	10:06:02	Muriel McLean	Comrades (up run)	9:49:14
Katie Masterton	Griffith Sport Toohey Trail Run - 10km	1:08:00	Muriel McLean	Gold Coast Marathon	3:44:29
Kelly Loffler	City2South - 14km	1:04:13	Muriel McLean	Great Barrier Reef - 1/2 Marathon	1:45:02
Kelly Loffler	Clare Valley Half Marathon	1:37:19	Muriel McLean	Hares & Hounds	5:49:00
Kelly Loffler	Gold Coast - 1/2 Marathon	1:39:25	Muriel McLean	Tarawera Ultra, New Zealand - 100km	12:58:50
Kelly Loffler	Griffith Sport Toohey Trail Run - 10km	0:47:29	Neil Osmond	City2South - 14km	1:28:45
Kelly Loffler	Parkrun	0:21:39	Neil Osmond	Gold Coast Marathon	5:52:41
Kelly Loffler	Smiddy Fun Run - 5km	0:20:36	Neil Osmond	Logan running festival - 1/2 Marathon	1:52:02
Kerin Cullen	Gold Coast - 10km	1:04:31	Neil Osmond	Park2Park, Ipswich - 10km	1:02:25
Kira Osborne	City2South - 5km	0:28:53	Neil Osmond	Twilight - 10 km	0:59:41
Lara Ford	Convicts and Wenchies - Marathon	4:48:41	Neil Osmond	Twilight (10km)	1:15:40
Lara Ford	Gold Coast - 1/2 Marathon	1:53:58	Neil Tinncknell	Beerwah at Dawn - 30km	2:37:57
Lara Ford	Koala/Redlands 1/2 Marathon	1:58:47	Neil Tinncknell	City2South - 14km	0:55:41
Lara Ford	Melbourne - 1/2 Marathon	2:07:10	Neil Tinncknell	Ewan Maddock Dam - 14.7km	1:09:14
Lara Ford	Townsville Marathon Festival - 1/2 Marathon	2:09:48	Neil Tinncknell	Gold Coast - 1/2 Marathon	1:28:28
Laurie Laine	Caboolture Dusk to Dawn - 12 hr	70.5 km	Neil Tinncknell	Lamington Classic - 1/2 Marathon Sat	1:50:51
Laurie Laine	Gold Coast - 100km	8:37:39	Neil Tinncknell	Lamington Classic - 1/2 Marathon Sun	1:58:57
Laurie Laine	Coast to Kosci - 240km	36:32:28	Neil Tinncknell	Maidenwell - 1/2 Marathon	2:15:42
Lawrie Thomas	City2South - 14km	1:05:41	Neil Tinncknell	Surf Coast (Half) Century	4:49:55
Lawrie Thomas	Griffith Sport Toohey Trail Run - 10km	0:47:10	Neil Tinncknell	Tarawera Ultra, New Zealand - 100km	14:17:58
Lawrie Thomas	Parkrun	0:21:47	Neil Tinncknell	Waterworld Red Rock to Coffs Harbour	4:17:18
Leigh Crozier	Comrades (up run)	10:30:24	Neil Tinncknell	Wonderland Trail Run (Grampians) - 36km	4:05:57
Leigh Crozier	Two Oceans, South Africa - 56km	5:51:54	Neil Tinncknell	Griffith Sport Toohey Trail Run - 10km	0:43:39
Leigh Hathaway	Gold Coast Marathon	3:30:05	Neil Tinncknell	Run Noosa - 10km	0:39:14
Lisa Ray	Gold Coast - 1/2 Marathon	2:02:32	Niall Kennard	Gold Coast - 10km	0:42:32
Lisa Ray	Sunshine Coast - 1/2 Marathon	2:00:00	Pat Coglan	Australia Running Festival, Canberra - 1/2 Marathon	1:39:28
Lisa Ray/van Gorp	Greater Springfield Run for Life - 10km	0:56:22	Pat Coglan	BTRS Bayview - 11.2km	1:03:17
Liz Russell	City2South - 14km	1:20:31	Pat Coglan	Ewan Maddock Dam - 14.7km	1:22:02
Liz Russell	Gold Coast - 1/2 Marathon	1:56:09	Pat Coglan	Griffith Sport Toohey Trail Run - 10km	0:50:03
Liz Russell	Great Ocean Road - Marathon	5:02:41	Pat Coglan	Hares & Hounds	6:20:00
Liz Russell	Jetty 2 Jetty - 1/2 Marathon	2:02:53	Pat Coglan	Maidenwell - 14.2km	1:13:28
Liz Russell	Melbourne - Marathon	4:40:09	Pat Coglan	Melbourne - Marathon	DNF
Liz Russell	Parkrun	0:28:58	Pat Coglan	Misty Mountain - 30km	3:27:57
Liz Russell	Townsville Marathon Festival - 1/2 Marathon	2:03:34	Pat Coglan	Nerang Forest - 25km	2:59:14
Liz Russell	Twilight (10km)	0:57:33			

RACE RESULTS

Pat Coglan	Oranage - Half Marathon	1:48:05	Tia Jones	Berlin 100 mile	20:39:xx
Pat Coglan	Parkrun	0:22:52	Tia Jones	Comrades (up run)	8:31:06
Pat Coglan	Run Noosa - 1/2 Marathon	1:37:17	Tia Jones	Winery Running Festival, Hunter Valley 52.5km	4:27:01
Pat Coglan	Surf Coast (Half) Century	6:15:59	Tim Grosser	Bridge to Brisbane - 10km	0:44:47
Pat Coglan	Tarawera Ultra, New Zealand - 60km	8:56:44	Tim Grosser	Flinders' Tour - 25km	2:28:38
Pat Coglan	Tour de Tamborine - 15km	1:54:17	Tim Grosser	Twilight - 1/2 Marathon	1:46:05
Pelyi Wee	Gold Coast Marathon	5:11:42	Tim Osborne	City2South - 14km	54:50
Peter McKenzie	Comrades (up run)	11:55:36	Tim Osborne	Griffith Sport Toohey Trail Run - 10km	0:41:55
Peter McKenzie	Waterworld Red Rock to Coffs Harbour	5:13:10	Tim Osborne	Hares & Hounds	5:15:00
Peter Richards	Gold Coast - 1/2 Marathon	1:49:01	Tim Osborne	Lamington Classic - 1/2 Marathon Sat	1:47:43
Peter Richards	Melbourne - Marathon	4:35:40	Tim Osborne	Lamington Classic - 1/2 Marathon Sun	1:51:11
Rie Sugaya	Brisbane Marathon Festival - 1/2 Marathon	1:23:35	Tim Osborne	Surf Coast (Half) Century	4:08:50
Rie Sugaya	Convicts and Wenches - 1/2 Marathon	1:37:54	Tim Osborne	Tarawera Ultra, New Zealand - 60km	6:28:03
Rie Sugaya	Gold Coast Marathon	2:55:59	Tim Osborne	Townsville Marathon Festival - Marathon	3:31:47
Rie Sugaya	Koala/Redlands 1/2 Marathon	1:24:39	Tim Osborne	Zurich Marathon	2:54:53
Rie Sugaya	Rotary Fun Run St Lucia - 10km	0:39:12	Trish Griffin	Brisbane Marathon Festival - 1/2 Marathon	1:51:43
Rita Barrett	Gold Coast - 1/2 Marathon	1:52:25	Trish Griffin	City2South - 14km	1:11:02
Rob Clancy	Gold Coast Marathon	6:07:04	Trish Griffin	Geelong Half Marathon	1:51:09
Rose Jones	Comrades (up run)	10:30:58	Trish Griffin	Gold Coast - 1/2 Marathon	1:49:28
Rose Jones	Ewan Maddock Dam - 14.7km	1:27:04	Trish Griffin	Griffith Sport Toohey Trail Run - 10km	0:52:55
Rose Jones	Hares & Hounds	6:20:00	Trish Griffin	Jetty 2 Jetty - 1/2 Marathon	1:51:45
Rose Jones	Maidenwell - Marathon	5:03:30	Trish Griffin	Melbourne - Marathon	4:06:43
Rose Jones	Tarawera Ultra, New Zealand - 100km	15:15:09	Trish Griffin	Parkrun	0:24:01
Sam Evans	Australia Running Festival, Canberra - Marathon	4:39:25	Trish Griffin	Queensland Half Marathon (Deagon)	1:55:00
Sam Evans	Maidenwell - 1/2 Marathon	3:40:03	Trish Griffin	Run Noosa - 1/2 Marathon	1:48:24
Sam Evans	Orange - Marathon	4:57:23	Trish Griffin	Twilight (10km)	0:50:50
Sam Evans	Tarawera Ultra, New Zealand - 60km	10:05:34	Trish Griffin	Australia Running Festival, Canberra - Marathon	4:26:40
Sam Winnie	Comrades (up run)	11:54:32	Trisha Coonerty	BTRS Bayview - 11.2km	1:16:33
Sarah Jane Marshall	Caboiture Dusk to Dawn - Marathon	4:59:22	Trisha Coonerty	Gold Coast - 1/2 Marathon	2:03:59
Sarah-Jane Marshall	Berlin Marathon	4:36:06	Trisha Coonerty	Griffith Sport Toohey Trail Run - 10km	0:57:02
Sarah-Jane Marshall	Bridge Marathon	4:12:00	Trisha Coonerty	Logan running festival - 1/2 Marathon	2:00:37
Sarah-Jane Marshall	Brisbane Marathon Festival - Marathon	4:54:13	Trisha Coonerty	Sunshine Coast - 1/2 Marathon	1:58:58
Sarah-Jane Marshall	Coastal High 50	8:31:27	Vivienne Buss	Sunshine Coast - Marathon	3:48:10
Sarah-Jane Marshall	Convicts and Wenches - Marathon	5:44:10			
Sarah-Jane Marshall	Glasshouse Trails - 100km	18:26:52			
Sarah-Jane Marshall	Gold Coast - 10km	1:13:30			
Sarah-Jane Marshall	Gold Coast - 50km	6:39:55			
Sarah-Jane Marshall	Gold Coast 5.7km	0:38:21			
Sarah-Jane Marshall	Gold Coast Marathon	5:46:29			
Sarah-Jane Marshall	Hares & Hounds	7:51:00			
Sarah-Jane Marshall	Jetty 2 Jetty - 1/2 Marathon	1:59:22			
Sarah-Jane Marshall	Lamington Classic - Marathon	6:54:08			
Sarah-Jane Marshall	Logan running festival - Marathon	5:59:49			
Sarah-Jane Marshall	Maidenwell - Marathon	6:33:47			
Sarah-Jane Marshall	Pinnacles Classic	2:26:38			
Sarah-Jane Marshall	River Run - 50km	6:30:06			
Sarah-Jane Marshall	Six Foot Track	6:45:00			
Sarah-Jane Marshall	Sydney Running Festival - Marathon	4:42:59			
Sarah-Jane Marshall	Twilight (10km)	1:09:00			
Sarah-Jane Marshall	Kurrawa 2 Duranbah - 30km	3:20:55			
Scott Nield	Australia Running Festival, Canberra - Marathon	3:36:10			
Scott Nield	Convicts and Wenches - 1/2 Marathon	2:06:37			
Scott Nield	Melbourne - Marathon	4:07:00			
Seamus McCabe	Tarawera Ultra, New Zealand - 100km	15:16:10			
Seamus McCabe	The North Face (Blue Mountains) 100km	18:33:17			
Sean Muller	Gold Coast Marathon	3:30:04			
Shelley Marriot	Gold Coast Marathon	4:43:45			
Sho Okura	Brisbane Marathon Festival - 1/2 Marathon	1:37:04			
Sho Okura	City2South - 14km	1:03:44			
Sho Okura	Ewan Maddock Dam - 14.7km	1:21:26			
Sho Okura	Gold Coast Marathon	3:30:35			
Sho Okura	Lamington Classic - 1/2 Marathon Sat	2:17:28			
Sho Okura	Lamington Classic - 1/2 Marathon Sun	2:24:49			
Sho Okura	Melbourne - 1/2 Marathon	1:36:17			
Sho Okura	Sunshine Coast - 1/2 Marathon	1:38:03			
Sho Okura	Tour de Tamborine - 15km	1:43:50			
Simon Bell	Convicts and Wenches - 10km	0:57:52			
Simonna Godbold	Gold Coast - 1/2 Marathon	2:00:32			
Simonna Godbold/Jansky	Greater Springfield Run for Life - 10km	0:58:04			
Simonna Jansky	Sunshine Coast - 1/2 Marathon	2:00:03			
Steve Turner	Melbourne - 1/2 Marathon	1:59:35			
Steve Turner	Townsville Marathon Festival - 1/2 Marathon	2:01:09			
Stuart Cottee	Twilight (10km)	0:46:50			
Stuart Cottee	Waterworld Red Rock to Coffs Harbour	5:17:19			
Stuart Hill	City2South - 14km	1:07:47			
Stuart Hill	Gold Coast - 1/2 Marathon	1:48:47			
Tamyka Bell	Tarawera Ultra, New Zealand - 100km	13:51:01			

River City Runners

BRISBANE • AUSTRALIA

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 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).

