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Knox Roadrunners

October 2013

Welcome to **“What’s said on the run” #49**. This is the Melbourne Marathon edition – our main event with 58 KR’s competing.

Spartans’ Day

We had a special speaker this year in Tristan Miller. In 2010 Tristan sold up and travelled the world running a marathon every week – 52 marathons in 40 countries – and he didn’t jog, he actually raced them all. An amazing story that he has written a book on “Run Like Crazy”.



Pete Forrest is running his 10th MM and will be our next Spartan



Bret welcoming Tristan



John Dobson, Blackie, Milan & Jay



Richo and the girls

We had our usual 14km run to UFTG and return followed by breakfast and lots of chatter. Tristan was a fantastic guest, giving insights and autographs to all.



Rob, Brian, Jim and Gav

their preparation and all delivered the goods on the day.



Tristan gave a cracker speech

We had three big milestones. Doc became a Spartan upon completing his 10th MM – a really determined effort. Milan and Pete Mitchell ran their 20th MM and they claim it will be their last – we'll see.

Melbourne Marathon



Another big day for KR



Pete Forrester is now a Spartan – well done Doc!



Traditional photo before we boarded the bus



Top 10 for Shelley - looking fast (and happy)

Where do we start? KR was on display again and we looked pretty good. MM rookies Brian, Nicola, Kerry, Robbie K, Patrick, Brad and Trevor - all did a fantastic job with



Kerry did it!

There were some huge PB's.
Hernan savaged his 3:48 PB to do
3:22 in 2013 – wow.



Hernan – a huge PB

Big Dave steered the bus to and
from the MCG for the 10th time – a
Spartan driver? We love this guy.
Dave spent the day in the bus
taking care of us and our gear.



Robbie did a great time for his rookie marathon

Marathon:		
Patrick	2.54.22	Rookie
Brad	3.17.22	Rookie
James Sloane	3.17.38	PB
Laurie	3.18.21	PB
Mark Boyle	3.18.24	PB
Anthony	3.21.07	
Sandy	3.21.52	
Hernan	3.22.44	PB
John Sig	3.25.33	
Michelle	3.25.43	7 th F45
Pete Mitchell	3.27.43	Spartan
Richard	3.29.09	
Robbie K	3.30.07	Rookie
Pete Seymour	3.34.38	
Trevor	3.38.47	Rookie
Milan	3.41.36	Spartan
Pete Bignell	3.44.13	Spartan
Nicola	3.46.33	Rookie
Brian M	3.47.56	Rookie
Mark P	3.51.54	
Geraldine	3.52.04	PB
Grant	3.53.55	
Adam	3.55.30	
Danni	3.56.41	PB
Anja	3.57.10	
Bret	3.58.17	Pacer 4h
Carolyn	4.11.32	PB
Gavin	4.18.37	
Rob Howarth	4.21.37	
Stacey	4.21.56	PB
Jay	4.25.36	Spartan
Kerry	4.38.53	Rookie
Pete Forrest	4.39.10	New Spartan
Russell	4.45.32	PB
Louise	5.04.21	

Gutsy runs by Pete Bignell, Pete
Mitchell & Pete Seymour who were
injured, and several who were
underdone but gave it their best.



Danni sub4

Half Marathon:		
Clarkey	1.22.36	
Bryan	1.30.05	Pacer 90m
Dave G	1.43.41	
Rebecca	1.44.38	
Emma	1.44.42	
Kathy	1.45.43	Spartan
Mike	1.49.21	Spartan
Sheena	1.54.42	
Dave Rolfe	1.55.20	Spartan
Georgie	1.57.59	
Peter Vince	1.58.00	Spartan
Greg	1.58.20	Spartan
Phillip Dawkins	2.05.20	Rookie
Derek	2.12.15	
Odette	2.19.17	PB
Lesley	2.19.17	
Lars Oiseth	2.21.19	



Johnny Sig is in great form – and always a smile



Vincey at the start



The finish inside the MCG



Lesley & Odette ran the Half together

The KR family award goes to the Dawkins family with Derek, Phillip & Erica completing their events.

10km:		
Lis Dalton	48.19	5 th F50
Kate	54.53	
Peter White	59.14	Spartan
Miranda	63.18	
Erica Dawkins	83.42	
Bridgit Rolfe	93.49	



Some of the Half runners & supporters



Nicky is happy – job done.



How does he do it? Gav was sensational



Bad boys on the bus – Guinness?



Maybe one more Milan?



Find the 7 KR's



Milan's greasy mates think so



Patrick – ran 2:54 as a rookie!

Lavinia – Two world records

Lavinia Petrie turned 70 in September. Time for a rocking chair? If you said yes, you don't know this lady well. Lavinia is highly regarded in athletic circles for her speed and performance over many years. Turning 70 means a new age category. Lavinia planned her assault on age records at the Masters Games in Geelong in October.



Prior to the Games, Lavinia tested her track endurance by competing in the Doncaster Masters 1 hour track event on 23 September.

Lavinia's stunning results:

Event	Time	Result
1500mt	6:11	Gold Medal Aust record F70
5k	21:34	World Record F70
10k	46:27	Gold medal
1 hour	13.04km	World Record F70



World Ironman @ Kona

Our own Ross Kinsella has been building to this for a couple of years. Start with a talented athlete, and a supportive partner plus some obsession. Add supreme dedication and a diet to give you nightmares. Learn to swim fast, buy an amazing bike and then train yourself into the ground. That's what Ross has done for a couple of years. He qualified for the World Ironman in Kona, Hawaii on 13 October. Rosco smashed it in 10:08



Ross at Kona – World Ironman



Bang!

New members

Welcome to Rebecca Bethune,
Sheena Appleyard & Mark Boyle.



Bec & Sheena



Mark



Grant, Neil, Kim & Miranda



Kate, Stacey & Carolyn



John, Derek & Adam



Gavin & Bret

KR AGM - 19 October

On the week after MM we had our AGM. After 3 years of being a superb President, Bret retired from the role. Our new committee:

President	Grant Scurry
VP & Treasurer	Neil Woods
Secretary	Kim Wright
Assistant Treasurer	Miranda Price
Committee	Stacey Morrison Carolyn Lightfoot Kate Lafferty Derek Dawkins Adam Searby John Signorini Gavin Morton Bret Butler

Other photos:



Some run with KR every week and never pay their fees. Liz pays but Bubby is a freeloader. We'll let him off. Awww.



Dave & Kathy ran the Sydney Half in September



MM 2010



MM team 2006 – are you there?



MM 2011



MM 2008



MM 2012



MM 2009



Thanks Bret – good job

