**Hell of the West** - Including Guest and Support members MBRRs sent in excess of seventy of their finest by bus and car on the annual invasion of Goondiwindi to take part in the 2014 ‘Hell of the West’. Event organiser Jenny S worked her magic as usual arranging the accommodation, no mean effort, and Les T did a fine job driving the bus plus trailer. After a stop just outside Warwick for breakfast we arrived at the Macintyre Motor Inn, Goondiwindi, where most of the party would be staying. The Mac makes the ideal venue for the club as the bus & trailer is parked outside and cars accommodated in front of rooms. Once the luggage and bikes were unloaded and stored away most made their way to the race start area to register and site the club marquees. Some then went back to the hotel to sit around the pool, others to look around the town and visit the museum and Mick B, Baz R to the bait shop to buy the Macintyre fish their annual treat. This year we had two junior entries, Isabella Mather and Jessica Mikitis so I stayed on to take some photos, they were both impressive and loved the taking part. An interesting side note was that all seven year olds in swimming and cycling gear look alike. The next day, Sunday, was the main race day and nearly all the MBRR party arrived in the middle of the night (4am) at the ‘Muddy Macintyre’ for the start of the races to see the swimmers off. There were more competitors than ever this year and the starting ramp was a mass of people, impressive but confusing. At the end of the swim competitors had to run from the ramp to the transition area where bikes were waiting for the next leg of the race, this gave us the chance to recognise our members and cheer them on. The 80km cycle leg is mostly out of sight of supporters and is also the section in which most ‘withdrawals’ occur but our group, teams and individuals, all made it through. The final leg, 20km run, has the advantage to the spectators that it is run over three loops passing through the finishing area each time so photos can be taken and encouragement (between sips of wine) given out. At the final countdown all club members and associates (many competing for the first time) and in the true spirit of the club made it through to the end, very well done to all. That evening saw the introduction of a new element to the Goondi event and the reason most of us made the trip; the ‘Macintyre barbeque’. Jen and the girls bought in the food and wine and with Ed manning the barbie we finished with one of our best ever ‘Goondi nights’. This is just a brief outline to this years’ HOTW event, a much more emotive view of the trip can be found on the club ‘smugmug’ photo site. One final happening that cannot pass without comment – Mick Bostock finally caught a fish!!! Mick ever modest didn’t want to make a fuss but an eyewitness stated “After a 25min fight to the finish a perch (43grams) was hauled ashore”. To think I once doubted him…  

**Dusk to Dawn**  
Hi Everyone, we only had a few runners in this year’s Dusk to Dawn event at Caboolture, and Kerrie Williamson was selling hot-dogs & drinks to raise money for Oxfam – so AURA mentions it on their Facebook site at [www.facebook.com/AustralianUltraRunnersAssociation](http://www.facebook.com/AustralianUltraRunnersAssociation) Paula Lynch was there for her first-time at D2D, and thoroughly enjoyed the atmosphere of being there, and the undulating 500 meter track, in her own words “it’s not that bad! “ Paula was part of ‘Girl Power’ running 2hrs with Sue Jones and Lisa Clarke… Triple Zero was MBRR Ambo’s Team with Ian, Craig and John once again completing 99 laps, and the ‘Moreton Bay Marvels’ completed 96 laps with team members Lynne Davies, Darryl Woodgate and Roy Sharpe – Dazza was the Speed King! Also David Coombs completed the half-marathon on a dirt track in a respectable 2hrs:03mins. Wayne Gibbons finished 102 laps in his 6hrs, a good effort! Sue Gibbons completed her first marathon in six hrs.
### Coming up…

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<thead>
<tr>
<th>Upcoming</th>
<th>Runs &amp; Races – Queensland Calendar</th>
<th>March &amp; April 2014</th>
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<tbody>
<tr>
<td><strong>2nd Mar 2014</strong></td>
<td><a href="http://www.peak2park.org.au/">www.peak2park.org.au/</a></td>
<td>Picnic Point, Toowoomba</td>
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<td><strong>14th Mar 2014</strong></td>
<td>Mooloolaba Twilight Run</td>
<td>Mooloolaba Esplanade, Mooloolaba</td>
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<td><strong>23rd Mar 2014</strong></td>
<td>Twilight Running Festival</td>
<td>St Lucia, Brisbane</td>
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<td><strong>5th Apr 2014</strong></td>
<td>Minnippi Parklands Cross Country</td>
<td>Stanton Road West, Tingalpa</td>
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<td><strong>12th Apr 2014</strong></td>
<td>Pinnacles Classic</td>
<td>Brisbane Forest Park</td>
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<td><strong>13th Apr 2014</strong></td>
<td>Eungella Trail Run</td>
<td>Eungella National Park, Eungella</td>
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<td><strong>26th Apr 2014</strong></td>
<td>Yuleba Fun Run</td>
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<td><strong>27th Apr 2014</strong></td>
<td>ANZAC Run Brisbane</td>
<td>Anzac Square, Ann Street, Brisbane</td>
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<td><strong>27th Apr 2014</strong></td>
<td>Black Snake</td>
<td>Copperlode Dam, end of Lake Morris Road</td>
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<td><strong>27th Apr 2014</strong></td>
<td>Gold Coast Bulletin Fun Run</td>
<td>Skilled Park, Stadium Dr, Robina</td>
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<td><strong>27th Apr 2014</strong></td>
<td>Run Noosa</td>
<td>Noosa Parade</td>
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**NOTE ALL HYPERLINKED – CLICK & ENTER in SOFT-COPY (large URL’s)**

### Jeanette’s Recipe

**Baked Lamb Chops** - Combine ½ cup tomato sauce, 1 teaspoon grainy mustard, 1 tablespoon Worcestershire sauce in a bowl, set aside. Cook 1 sliced onion in a little oil (can use spray oil) for a few minutes til softened. Add sliced red capsicum and cook a further few minutes. Set aside in a bowl. Coat chops in combined ½ cup of plain flour and a ½ cup of brown sugar. Placing flour, brown sugar and chops into a plastic bag and shaking until chops are coated works well. Add a little more oil to pan and cook chops for 2 minutes each side until browned. Add ½ a cup of water to the pan and continue cooking until brown bits lift from the pan. Place chops and liquid into ovenproof dish. Place onion and capsicum mixture on top of chops followed by tomato sauce mixture. Cook for ½ hour with lid on. Remove lid and cook for a further ½ hour. Serve with mashed potato or lower GI alternative mashed sweet potato & variety of other vegetables.
Lynne Feeney has returned to New Zealand for a short stay with her NZ family and to recuperate from her recent hospitalisation in Thailand. We wish her a quick recovery.

Please send supporting letters to Mary Shaw for her parents Bernard & Marie Devine for forwarding to: The Hon Scott Morrison, MP, Suite 102, Level 1, 30 The Kingsway, Cronulla, NSW, 2230 in regards to her parents visa problem in Australia – contact Roy Sharpe for details if needed, thanks!

PS – if you need any help in composing the letter, please call Mary for assistance
mary.shaw@halcyonshores.com or mobile 0405 060 440

In the loop – General discussion from the MBRR meeting – February 2014

- **JETTY EVENT** - Race Director, Kate Jackson updated the team and two beneficiaries from local community have been nominated, Redcliffe SLSC and Endeavour Foundation. Different coloured bibs for each event will be introduced at this year’s event, and a great looking singlet design
- **UPCOMING EVENTS PLANNING** - NOOSA – Mick Bostock has again volunteered to organise a spot for the club tent. Twilight Run – Kate has set up MBRR as a team for members to use. Clean Up Australia Day – Sunday March 2, will also be the date of our annual Club relay. Warwick Pentathrun – May 24/25 Club sponsorship was discussed, ideas for funds welcomed. Jenny S. to discuss further with Ian Twomey.
- **GUEST SPEAKER** – Ed O’Connor discussed TRAQ Cooks Tour to be held Sunday May 18th at the Glasshouse Mountains and requested MBRR consider manning Checkpoints 7 & 8 for a fee of $2,000 to the Club. Jenny to discuss organisation of this further with Les Tobin.
- **OPEN ACTION ITEMS** – 1. Sue Gibbons to bring information to next meeting to assist in doing thumbnail profiles for Executive members for this year's AGM. 2. MBRR NEWSLETTER – Roy, Marc and Jim working on reviving the monthly club newsletter.
- **COMMITTEE MEMBERS ITEMS** - Jean is looking at the design of new singlets for the Club, Kate to provide ideas from J2J singlet designs. Terry requested we have MB Council delete current MBRR club member's phone numbers from the sign at the Jetty seating area & add email contact. Ed suggested we consider making an additional donation of Club funds to a local community beneficiary in the form of a student Bursary. A motion was carried and seconded to reimburse Committee Members who host Executive Meetings with $50 to cover costs of drinks and snacks.
- **NEXT MEETING** - Monday 10th of March @ 7.30pm – Jenny Stuarts home In Bell Street, Clontarf. Please send agenda items to MBRR Secretary at mbrr.secretary@gmail

Another Year Older & Wiser?

Congratulations to the following MBRR members

Murray Willson 02/03  Rick Morgan 06/03  Nici Plimmer 08/04
Suzy Mellor 13/03  Troy Sparks 15/03  Ed O’Connor 21/03
Elena Finley 28/03
**Introducing Your Newsletter Staff**

**Name:** Marc Barallon also known as Bondi Marc  
**Position:** Roving reporter – trail run specialist  
**About me:** I will be chasing up random club members and doing a little profile on them each month for the monthly newsletter. If you struggle to think of things that’s fine, I will just make them up 😊. If you have any funny stories or the like please grab me when you see me or email me at marc_barallon@hotmail.com and let me know.  
**Career:** Lift Mechanic at ThyssenKrupp Ltd.  
**Family:** Wife Elizabeth, and two daughters Jessica & Megan

**Name:** Roy Sharpe (committee member)  
**Position:** Sub-Editor of the MBRR Monthly Newsletter  
**About me:** I will be working with my colleagues Jim and Marc to produce a quality monthly running club newsletter. We really will depend on all of you for running stories, reminders, latest events and all the good goss, send in recipes, health tips etc…  
So, when you do a run or have something good to share, then please chat to me in The Coffee Club or email me at roy.sharpe@iinet.net.au thanks!  
**Career:** In between jobs… 😊  
**Family:** Wife Sharron and black cat Sachi…

**Name:** Jim Kearney  
**Position:** Vice-President of MBRR.  
**About Me:** I am the Editor-in-Chief of the MBRR monthly newsletter. We expect every member of the club will contribute at least one article, story or photo for at least one of the next 12 monthly editions. The club doesn’t ask much of you as a member, however this is one area where you are expected to contribute to your club.  
**Career:** Happily retired.  
**Family:** Wife Jeanette, five daughters and 11 grand-children and……is it any bloody wonder I am so poor.  
**Message from the Editor:** Greetings Comrades, and welcome to the new monthly newsletter…. This is the first monthly newsletter for 2014 and we have an editorial staff of three – Roy, Marc and Jim. We would like your feedback and in particular your contributions, that is, your take on events, stories and photos.