

Buses will not stop for Adele

BRISBANE Lord Mayor Graham Quirk is confident there will be no impact on bus commuters next Monday after the massive Adele concerts.

Fears were raised last week that concertgoers might have to allow three hours to ensure they arrived for the singer's weekend shows at 7.30pm.

Sellout crowds of 60,000 meant the city's public transport system would struggle to ship audiences to the Gabba. The venue is designed to cope with up to 42,000 people.

To service the biggest music event in Queensland's history, council has asked drivers to work at the weekend. But there were concerns it could affect operations on Monday because drivers require a 10-hour break between shifts. "My expectation is that commuters will not experience impacts as a consequence of the Adele concerts," Cr Quirk said

TOM SNOWDON

Rugby star on charges for cocaine

RUGBY bad boys James O'Connor and Ali Williams have been formally charged with drug offences after spending a night in Paris police cells.

Former Wallaby star back O'Connor, 26, and former All Black Williams, 35, were released from custody on Sunday night, after being charged over 2.4g of cocaine allegedly purchased outside ritzy Paris nightclub L'arc at 3am on Saturday.

O'Connor, who has lived in France for several years while playing for glamour club Toulon, reportedly will be fined for the lesser charge of possession of cocaine.

Williams will face court at a later date charged with the more serious offence of buying the drug, for about \$250.

Paris police officers allege the incident occurred on a night out when France's Top 14 rugby tournament had a bye weekend.

NO HICCUPS AS KATE BREAKS BURPEE RECORD

CLARE ARMSTRONG

A BRISBANE personal trainer has smashed the world record for most burpees completed in an hour.

Kate Beeley, 40, completed 1321 burpees yesterday, averaging one every three seconds and burning about 14 calories per minute.

"I had a strategy to get through the hour, and although I didn't reach the pace I originally set for myself, I'm still really proud of the result," she said.

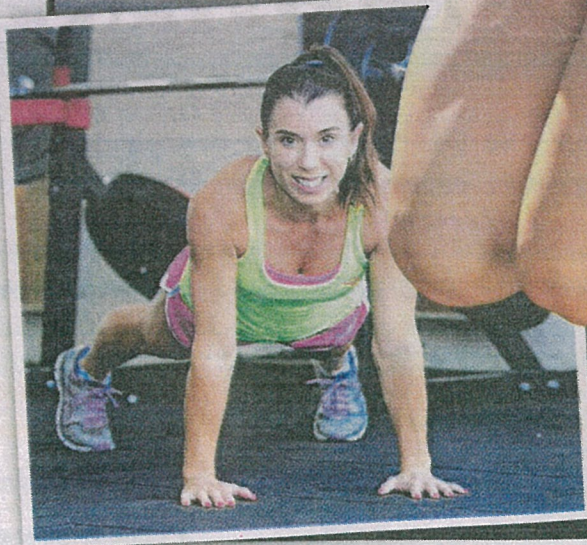
Ms Beeley, who owns MissFit PT in Coorparoo, said she "wanted to do something that was a little crazy" to inspire her fitness clients.

"I decided to set myself a training goal just like I encourage my own clients to do for themselves ... I'm hoping with the certificate on the wall it will motivate the rest of the crew to think outside the square."

Despite training since October, Ms Beeley said breaking the previous record of 1272 reps was "tough going".

"It's a long hour but especially today it was really mentally challenging. I'd done a lot of training for it but that doesn't fully prepare you."

Officials from Guinness World Records will review video footage before formally recognising the record.



JUMP TO IT: Personal trainer Kate Beeley, who has broken the world record for most number of burpees completed in an hour. Pictures: Annette Dew

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JESSICA MARS

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