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intraining Running and Triathlon Club Weekly Newsletter**



INTRAINING CLUB WEEKLY NEWSLETTER, 6TH MAY, 2021

Advance Happy Mother's Day to all running and non running mum's out there.

Thank you for every hug, word of encouragement, and acts of love you've given. For laughing in the best of times and sticking through the worst of times. You're all amazing, appreciated, the best and irreplaceable.

We're all so lucky to have such a wonderful mum's in our lives. Mum's unconditional love and care mean everything. Our heart can't thank you all enough for giving such a strong foundation.

Wishing you a calm, happy and relaxing Mother's Day.

Congratulations to Doug James and Justine for the birth of their baby girl, Elizabeth May. Enjoy your time with your little one.

Hazel Buscato – intraining Administrator



MANY TRIBES, ONE COMMUNITY

Intraining Trail Runners on Tour

Hamilton Island is one of the most scenic half marathon events in Australia, and we were lucky enough to share our favourite half marathon with 41 of our intraining running buddies.

Bob and I have competed in this event every year for the past ten years. Prior to 2014 we lived in Mackay and Hamilton island was in our backyard, so when transferred to Brisbane, we joined this great running club at New Farm Park and the intraining trail tour began.



In 2014 we traveled with 6 keen runners, last weekend we had 41 intraining members embark on the Hamilton Island trails. Ask anyone of our tour tribe to describe their weekend and you will probably hear these words: nervous, friendship, action packed, scenic, wet, muddy, tough, exhausting, belly laughs, determined, supportive, caring and book me in for 2022.

The weekend is a success because our tribes are flexible, love to run and enjoy a good time. This weekend is more than running though, it is a community of like minded people coming from their smaller training squads to be one, running and having a great time.

Congratulations Steve Davidson for placing 3rd in his age group and also Robert Jamieson placing 2nd in his age group. This race is tough with humidity, rain and mud and all our runners put in their best effort.

Big thank you to our support crew. If you want to get into the heads of some of our crazy trail runners watch this space for dates and time for our live panel '**Tales from the Trails**', our intraining trail runners have achieved amazing things. [View some photos here...](#)



Tracy Baker - intraining Coach



DEAD COW GULLY, BACKYARD ULTRA



Huge congratulations to John Pearson who completed 288.1km, John Whelan completed 33.5km, Eddie Pearson completed 87.1km, Vicki Pearson completed 53km and Trevor Allen, an intraining member was 5th overall who completed 174.2km. What a wrap!

Here's a shared post from DEAD COW GULLY:

“Without the ASSIST, big totals are not possible. JOHN PEARSON was the quintessential ASSIST. He was originally only intending on doing the 24, but with no other contenders in sight (and also wanting to support our event) ran an additional 19 LOOPS - the last 13 loops were slogged out with RYAN CRAWFORD. The grit and self sacrifice on display was inspiring to all. JP provided the ASSIST for Ryan, but it was the beautiful PEARSON FAMILY that provided the ASSIST for JP during his 43 LOOPS.



The PEARSON FAMILY also provided the ASSIST for our event by coming along to our first training run and spreading the good word throughout their running social network. We are ETERNALLY GRATEFUL for your support 😊😊😊”



Qld Athletics XC Short Course Champs

The short Course champs were run on the weekend.

Congratulations to all our runners who competed.

There were some great results including: Aidan finished second, Gus won the U20s and Marty came second in the masters 40+ race, Olivia Boyd fifth in open women and came first in open women's team results.

Next week is the Qld All school Cross Country Championships at Ipswich. Good luck to all our runners competing.



BRRC Champs HM

Congratulations and well-done everyone.

We have a total of 78 club members who participated in the BRRC Champs HM last Sunday morning. It was a great race for our club members.

[View some great results here](#) and see you again this coming weekend. Let's bring that smile and have fun. Whatever distance you are running, just enjoy and be safe. [Find more images here.](#)

WEEKLY ROUND UP

INTRAINING parkrun results for Saturday 1st May 2021.

Numbers were down this week with 212 runners taking part in parkrun, probably due to a huge crew at the Hamilton Hilly Half Marathon and possibly the wet weather.

Congratulations to Catherine Turton who set a new age category record for W45-49 at Kelvin Grove 20.44.

[View full results here...](#)





Runner Profile: Neil Bath

Neil has long been the hardest-working runner in the UQ Tuesday night squad. In any given session, he will be doing the maximum number of reps faster than just about everyone else. Getting lapped by Neil is just a normal part of training for most of the squad. His effort is reflected in his running stats. According to Strava, his PBs are:

- 5km 17:12
- 10km 35:29
- Half marathon 1:18:35
- Marathon 2:52:51

In the 90s Neil did triathlons, but stopped for a while due to back pain. About ten years ago he returned to running and to his surprise found his back improved.



He is an avid parkrunner, having recently celebrated his 350th parkrun and his 200th at Rocks Riverside. In fact, he was one of the small group of people who established Rocks Riverside parkrun, and was its first race director. It is now one of the largest parkruns in Brisbane and routinely has the largest contingent of intraining runners. He also has travelled widely, attending 80 different parkrun courses. Although he ran his first parkrun in 2011, he doesn't seem to be slowing down at all, with his annual PBs almost all well under 18 minutes.

Also notable is his rivalry with Zoe Manning. Although about 40 years his junior, she is similarly hard-working and competitive. Her high-spirited behaviour contrasted with Neil's usually dour demeanour makes this pair particularly entertaining to watch, and has been captured by the camera on a few lucky occasions.

Neil is also a generous supporter of other runners, taking a keen interest in how people are training and often pacing people in races. Last year when I found myself in a form slump I asked Neil to pace me to sub-20 parkrun. He asked what my PB was, which was about 19:46, but I stressed I was not at my best and just wanted a 19:59. When we met at Kedron his instructions were simple:

- put all negative thoughts out of my head
- trust him totally - don't look at my watch
- concentrate on my form and control my breathing

After 2km I wanted to stop, but I was conscious that Neil had sacrificed his own run for mine, and so I decided to go on until my body gave out rather than just my will. It didn't, and when we finished, I had a new PB – 19:42. I asked why he didn't follow my instructions, and he said





he wanted to show me I could do better than I thought I could. After that run, I set PBs in all distances from 1km up to marathon, some of them also paced by Neil.

Long runs with Neil are a good chance for serious discussions about running, but his banter is also most entertaining. In my case it is expressed as disappointment or incredulity at most things I do or say, no matter how trivial. I shall never be allowed to forget the time I actually answered my phone during a run. Fortunately, he is as good at taking it as dishing it out, and a “Bath Bingo” card that we created gives some flavour of what long runs with Neil are like.

Neil is once again training hard for the Gold Coast Marathon, where he is on track for another stunning performance, and on the way he will surely inspire many others to their best performance too.

Let's play...

BATH
BINGO

Exceeds 4:50/km	Complains about a selfie	Mentions a hill
Mentions someone's lack of Strava feed	Comments on the weather	Remarks on the number of drink stops
Speeds up when someone is lagging	Mentions a recent or upcoming shoe purchase	Says how busy he is
Disagrees about when to turn around	Accuses someone of not really trying	Mentions Richmond or Collingwood

Phil Teakle - intraining Club Vice President and Email Contributor



WHAT'S ON THIS WEEKEND

BRRRC RACE 15k and 30k

Come along, have fun and celebrate Mother's Day this weekend on BRRRC Race. Run with your family and friends.

- When: Sunday 9th May
- Where: West End
- Time: 6am
- Distance: 15k and 30k

[Click here to find out when our club long runs and other races.](#)