



## Keep up to date... intraining Running and Triathlon Club Weekly Newsletter



**IMPORTANT ANNOUNCEMENT:**  
**intraining Running & Triathlon Club AGM & Pre Gold Coast Marathon  
Breakfast, 27<sup>th</sup> June, New Farm Park.**  
[CLICK HERE TO MORE DETAILS](#)

### COACHING REPORT, 24<sup>TH</sup> JUNE, 2021

#### Runners are such great people

I feel gratitude every day that I get to spend my life around runners. Even when I cannot run, I can live vicariously through my runners.

While many sports are focussed on defeating an opponent, I feel like running is about helping your fellow participants to reach their goals. We train together to make training easier and more fun. Our running mates, commitment to training maintains our own dedication when races are a long way off and it feels too dark and cold to get out of bed.

In races, we help each other stay on pace and keep in control. Until we get to a point in a race where our individual fitness, ability and luck separates us so that we can all reach our best potential performance. In my group, there are many examples of this. I have one pair of runners aiming to break 4 hours at Gold Coast and another pack aiming for 3:05. They have done all of their long runs and lead up races together. One person's Personal Best spurs the others onto their own bests.

Wilston Coaches Matty Horsten and Paul Broad met this way on a training run. They found out they were both at a similar level and had the same goal race. Not only did they find a training partner but they also made a lifelong friend.

*Steve Manning – intraining Coaching Director*

#### WHAT'S ON THIS WEEKEND

This transcends personal backgrounds. Work, education, age all become irrelevant when you find a running partner.

There have been many instances of faster or more experienced runners helping their friends achieve their goal times. Robert Jamieson from the Chermerside group has frequently done this. At the recent Brisbane Marathon, he paced Deb Woodward through to a half marathon PB with PB's at every distance over 10km on the way.

This weekend an unusual pacing job will occur when Hanne Schoofs will be pacing club vice-president Phil Teakle to break 19 minutes for 5km. What makes this so special is that in January this year Phil paced Hanne to her first sub 20minute 5km. Instant Karma is a beautiful thing when the hand you extend to help out ends up helping you too.

Our major goal race, this year is in a bit over a week. Come along to the club run at New Farm Park this Sunday and find some people to run with for Gold Coast. You will have a much better chance of achieving your goals and make your race that more memorable by sharing the experience with a fellow runner.

6 am for the run | 7 am for the free breakfast | 8 am for the club AGM



## Club AGM and Breakfast This Sunday, 27<sup>th</sup> June, at New Farm Park 6 am run | 7am breakfast | 8am AGM

**Attention all intraining Running and Triathlon Club members.**  
Join us this Sunday, 27<sup>th</sup> June for our annual Pre Gold Coast Marathon Run and Breakfast. You will find a link to the AGM agenda, committee roles and last year's minutes in this newsletter. [Click here](#). If you are interested in being a club committee member, or to nominate for an executive position, please email our club secretary, Kare van Huffel: email: [kvanhuffel@gmail.com](mailto:kvanhuffel@gmail.com)

[CLICK HERE FOR MORE DETAILS](#)

## intraining Community parkrun Tour @ Wishart parkrun

**Don't forget this Saturday 26<sup>th</sup> June at 7am**  
Come join our intraining Stone's Corner running group for this month's parkrun.  
**Plus, we are looking for volunteer pacers for 30 mins, 35 mins, 40mins and a photographer.**  
Pacing at parkrun is a perfect to support other runners but also an opportunity for you to practice and hone your own pacing skills. It can be an excellent way to prepare yourself for future racing.

If you are keen to volunteer, please leave your [comment here](#).

[CLICK HERE](#) TO VIEW LONG RUNS AND OTHER RACE INFO.



## Important information to read about club uniform purchases

### intraining Members,

Earlier this month we received correspondence from our clothing supplier, On The Go Group. The purpose of the email was to inform us that they had placed their business into voluntary administration.

The Committee unanimously agreed that the wider membership should be informed of this issue prior to the AGM, hence this email has been prepared.  
We have contacted the Administrator seeking further information about our orders but to date no response has been received.

Members can be assured that the committee are giving this issue the utmost attention and will be keeping members informed of facts as they come to hand.

We understand that many members will be keen to know more about the situation, however the details are limited to those above. While there maybe little that we can add at this stage, myself and the wider committee will be ready to discuss the situation on Sunday at the AGM.

Steve Davidson – intraining Club President



## MANY TRIBES, ONE COMMUNITY

### Brisbane Road Runners 10k Championships and Gold Coast Marathon Predictor

#### Running in Packs

Sunday morning turned on perfect weather for the Brisbane Road Runners 10km Championship race at West End, and it appears not many intraining runners wasted the opportunity for a shot at a PB or strong run.

It was also an opportunity for those racing at the Gold Coast in a fortnight to gauge their level of fitness.

Despite the very large turnout – about 307 starters – the race was as usual well-organised and went smoothly. Judging from the photographs and comments after the race, many intraining runners appeared to be working together in groups.

This was certainly the case with my own run, in which a group of seven of us were targeting either sub-39 or sub-40 minutes for the 10 km race. Working together, every one of us except for Neil Bath who was taking it easy and helping us out, achieved a PB.

Five of us trained together regularly on Tuesday nights, including club President Steve Davidson, who is notable for being able to talk under any circumstances. Despite the breathtaking (for us) 3:54/km, if there was a pedestrian ahead or the “ding” of a bicycle bell behind, we were treated to a full-throated “Walker up!” or “Bike back!” Every kilometre he’d make us jump with a “Two seconds too quick!” or “Bang on!” Mercifully however, some of his longer stories were absent.

The overall female winner was Kerri Hodge in 38:14, with intraining’s Hanne Schoofs coming in second place in 38:40 and lowering her age category record by more than two minutes.

intraining’s Isaias Beyn and Michael Cnops were 1<sup>st</sup> and 3<sup>rd</sup> in 32:51 and 33:26, respectively.

As well as these outstanding performances, it was great to hear and read the many comments concerning personal bests, comebacks and simply enjoyable runs that so many club members had; as well as the excitement for the upcoming Gold Coast Marathon Festival.

*With Philip Teakle – intraining Club Vice President*

[CLICK HERE TO VIEW CLUB RESULTS](#)





## BVRT 100s (marathon) race report

AAA Racing's BVRT (\*Brisbane Valley Rail Trail) event gives you the choice of 200 miles, 100 miles, 50 miles, the marathon and a new distance this year, the half marathon.

I've been loving supporting the smaller local event organisers lately and decided the marathon distance was good timing for a couple of future events I've got booked in. This event is pretty flat and fast for a trail event - not a technical course and not many hills to hike for a rest!

My training buddy and I had an early start on Sunday morning to make the 6 am start at Coominya, a 1-hour drive from Brisbane.

It was a chilly start (7 degrees according to Strava) but with headlamps and hi vis vests on (due to the number of road crossings we were doing) and a 'follow the rail trail signs' race briefing we headed off into the early sunrise towards our first checkpoint 20kms away at Fernvale.

I had in mind that a good day out would be around a 4hr 30min finish time so settled into a slightly too quick of a pace, interrupted by a number of cattle grid crossings.

My pacing and nutrition seemingly went to plan and all of a sudden, I was back in suburbia heading to the finish line at Ipswich Grammar School.

With a smaller field, my official finish time of 4hrs 23mins gave me 3rd lady home / 8th overall (from 6 ladies / 18 runners in total). My training buddy placed 2nd lady and 5th overall.

The added bonus from this event is the stop at the Fernvale Bakery on the way back out to collect the car from the start line - there is always a line but it moves quickly and is worth the wait.



On a side note - I feel like I've turned a corner with my running lately with great results and I put that down to getting to the intraining sessions during the week and trying to make sure that they are quality sessions, a bit of strength training and yoga, incidental exercise (I walk 3.5ks from work to training a few times a week), the support and encouragement from my coaches, training buddies and most of all family and friends. Keep at it friends as there will always be peaks and troughs.

\*A bit about the Trail - currently the longest rail-trail in Australia, the 161 km Brisbane Valley Rail Trail (BVRT) follows the disused Brisbane Valley rail line that winds its way up the Brisbane valley, traversing farmland, forests, picturesque rural settings and country towns.

Fernvale is a great spot to do an out and back, run, walk or bike and finish with a visit to the bakery.

*Susan McGee – intraining Coach, Marathoner & Trail runner*

## CROSS COUNTRY RELAY

The Qld athletics and All schools Cross Country Relays were on last weekend.



Congratulations to all the intraining junior teams, and junior athletes who competed for their schools that raced. This is a fun meet and a great way for the kids to run collectively as teams.



## PARKRUN RESULT 19/6/2021

The Australian Parkrun Record was broken this week at Kedron by 19 Year Old Jude Thomas with a time of 14.02. Whilst none of our intraining runners came too close to this massive effort – we did have plenty of PB's and a few Age Records were achieved.

INTRAINING had 229 runners for Saturday 19th June 2021. Shout out to Shane Rainbow for reaching his 100<sup>th</sup> parkrun last weekend.

### New Age Records were achieved by:

Olivia Boyd – JW15-17 – Kelvin Grove  
Zack Newsham – JM 15-17 – Kelvin Grove  
Cynthia Cliff – VW65-69 - Glasshouse Mountains

**Our FASTEST MALE runner was:**  
ZACK NEWSHAM – KELVIN GROVE – 16.21

**Our FASTEST FEMALE runner was:**  
OLIVIA BOYD – KELVIN GROVE – 18.57

### Podium Finishers

**First finishers:**  
HANNAH TERRY – ROCKHAMPTON  
HAMISH HAMILTON – GOLDEN BEACH  
OLIVIA BOYD – KELVIN GROVE  
ZACK NEWSHAM – KELVIN GROVE  
CAROLINE PIGERRE – ST LUCIA  
WARREN MARSH – BEGA  
ASHLEIGH HARDING – GRAHAM ANDREWS

**Second Finishers:**  
KALINA BENNETT – GOLDEN BEACH  
JILLIAN ANDERSON – CENTRAL LAKES  
ED CHAMBERLAIN – WARNER LAKES  
ASHLEY O'LOUGHLIN – KELVIN GROVE  
CYNTHIA CLIFF – GLASSHOUSE MOUNTAINS

**Third Finishers:**  
ISABELLE PICKETT – NEW FARM  
RYAN KENT – CLEVELAND  
ALEC LYTTLE – ST LUCIA  
GARTH KLEE - UNDERWOOD

[VIEW RESULTS HERE.](#)





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## The latest Super Shoe: BROOKS AURORA Instore at intraining now!

**Don't miss out! These are collector's shoe  
and only very small delivery into Australia.**

Super shoes are proving to help give PB'S!!  
With the Gold Coast Marathon just around the corner, you  
have got to come and try the latest at intraining

It is worth coming in to test run in them on our 25m track.

See you in the store.



## HOW TO AVOID CALF INJURY?

[Read](#) intraining's latest news about the **Four Tips to avoid getting calf injuries.**

It's race season!! You want to stay strong, and injury-free.

The intraining Podiatry & Physio Clinic have appointments available six days a week with free parking and no referral necessary.

Call our friendly reception team to make an appointment on 3367 3088.

Find us at 535 Milton Road, Toowong.

Did you miss reading our previous club newsletter?

You can easily find it [HERE](#).

**intraining** THE ONE STOP SHOP  
FOR RUNNERS