



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



COACHING REPORT, 26th AUGUST, 2021

Our runners on their virtual races

While the cancellation of our recent races has been dispiriting for many of us there are a few people who have been inspirational in completing some amazing virtual races.

Marathon Schooler Matt Hanlon was booked in to do his first marathon at Sunshine Coast on 15 August. Having completed all of his long runs and taper he had no desire to prolong the training to October 10th.

So, he mapped out a route set up his drinks and recruited Mum to help out the last 10km. Running alone he still kept to his plan and even had a little surge in the last 1.5km.

Matt said, "I've loved the training and feel accomplished not only in completing the marathon itself but also in everything I have learnt about running along the way and in the marathon school."



What was even more impressive was that he ran this marathon one day after coming out of quarantine! Talk about a super taper.

One week later Craig Harbers and Phil Teakle decided to attempt their virtual marathon. Craig had also been in quarantine and the extra week allowed him to get some running back into his legs.

They had a nice flat 7km course mapped out at UQ and recruited many of the UQ Tuesday runners to be pacers.

ANNOUNCING...

Craig & Phil's
Gold Coast
Sunshine Coast
Virtual
Marathon attempt
6am Sunday 22nd August
Near UQ Netball Courts

We'd love you to join in on foot or bike (restrictions permitting) or cheer from the sidelines as we finally put our training to the test. We are starting about 6am from the UQ Netball Courts, hoping to finish shortly after 9am and going to St Lucy's afterwards. Please note this is not an intraining event.



The goal was a sub 3:05 with a slow start moving on to 4:22/km. This was Craig's first marathon and would be a 7 minute PB for Phil.

With their own dedicated aid station tables and a phalanx of runners attending to their every need it could not have gone any smoother. All we needed was the laser lights from a lead vehicle and it would have put Kipchoge to shame.

Incredibly they were able to run together the whole way and finished in front of the cheering crowd in 3:04:16. After their great performance they now will be joining the intraining 2022 "sub 3 project".



Congratulations to everyone who completed a virtual event in the last few months. We still have a few major races to run this season. Join the [Twilight Bay Run](#) on September 26 with the club discount code **IRTC10**.

Steve Manning – intraining Coaching Director

WHAT'S ON THIS WEEKEND

No long run this coming weekend but whatever you are doing be safe and we're looking forward seeing you on the road. Watch this space for long runs and other races updates.

FUTURE RACES

"Road to 32" with Qld Athletics

Qld Athletics have established 32 competitions starting September.

The *Road to 32* competitions are open to all School and Club based athletes. As a guide, if you have or were about to compete at School District level then these meets, along with the QLD Schools Championships, would be ideal for you. [Read on full details here.](#)

12th Sept - [River Run 100](#)

This has all distances from 5K to the marathon. There will be a large number of intraining runners present. If you are looking for a way to complete your marathon, this is a great event to run your marathon at. Four laps along Coronation Drive path, with the support of so many more runners.

26th Sept – [Twilight Bay Run](#)

Test your Master pacer and master racer skills at Twilight.

This will be the race to test your master pacer and master racer skills because it is flat, and it will be fast. Here's your added challenge.... Maybe you'll want to add that extra element of no watch to the mix, just to see how well you run to your internal pace clock after all those months of training. Of course for all you tech and dataphobes, you can still wear your watch but with a cover. At this year's Twilight Steve has organised for timing mats to be at every kilometre so you will be able to see that in your official race results.

10th Oct – It's a full weekend...

Sunshine Coast Running Festival, Enduro Trail Series Race 1 and Melbourne Marathon.

7th Nov – [Bridge to Brisbane](#)

The Sunday Mail Transurban Bridge to Brisbane has been rescheduled to Sunday 7th November, 2021. Watch this space for more race updates.

MANY TRIBES, ONE COMMUNITY

A Virtual Marathon – better than the real thing?

By Phil Teakle – intraining Club Vice President & email contributor

When the Sunshine Coast Marathon was postponed, I decided to try to run a fast marathon anyway. I had been training for 26 weeks and was ready for a break. Rather than just take my foot off the gas, I thought I'd put all the hard work to the test and use the long recovery to refresh. Previous races indicated I could get close to 3:05:00 – a great stepping-stone on the way to 3 hours.

I asked Craig Harbers in my training group whether he wanted to do one too. We were a similar pace with similar goals, and he was easygoing with a dry wit and fun to run with. I don't think a virtual run was how he had intended to make his marathon debut, but after some hesitation he agreed.

Very quickly we had people offering to run with us, help out with drinks or cheer us on, as well as posting messages of support.



1. I posted a notice on our group's Facebook page.

One of the mistakes I made in my first couple of marathons was not carb-loading sufficiently, which resulted in my hitting the wall badly at about 32km. I don't know whether he needed it, but I urged Craig to strictly follow the advice on this, no matter how wrong it felt.

I hardly slept at all the night before. I arrived at UQ at 5:25am and found Craig and his young family setting up drinks and tables. During our brief warm-up, Craig and I agreed we didn't want the other to slow up if we couldn't maintain the target pace. We had also agreed that if an injury appeared it was not worth continuing and risking a long recovery.

Steve Manning urged us to get going quickly as the day was going to get warm; otherwise, I would have been happy to put off the moment of truth indefinitely. Craig and I went to the start line and found ourselves joined by club members Hanne Schoofs and Sebastian Pinel, with Adrian Morrison taking photos. I told them our plan was 5 km at 4:30/km, then 4:20/km for as long as possible, and we set off! Shortly afterwards we were joined by Cassandra Richardson, Jade Graham and Tim Leach.



2. Waiting for the starter's signal

Seb, Hanne, Cassie and Jade all have elegant and easy-looking running styles which I found relaxing. There wasn't much talk, mainly brief comments on the split times when our watches beeped. I found myself breaking up the run into the 6 x 7km laps, which were easier to count than the kilometres.

Neil Bath and Michael Cnops looked about to join us and asked whether we had completed two laps, but we let them know we had just finished the first lap. Neil's loud protest at our lack of progress caused some laughter



and we looked forward to picking them up on the next lap. Jade dropped out to go to work, and Hanne and Cassie stepped off for a break after Neil and Michael joined us.

After the 3rd lap, Craig reported that we had reached halfway in 1:32:10. Sebastian said that this was exactly where we wanted to be at this stage of the run, which was very reassuring. Although I was starting to feel a bit tired, I was happy there were no aches or pains.

Each lap, when we approached the drinks tables we were asked for our “orders”. We would say which gel we wanted (black or white for me, and green or brown for Craig, for non-caffeinated or caffeinated) and whether we wanted water or Staminade. People would go ahead and collect the items off the table and hand them to us when we wanted them. We were glad to not have to slow down at the table and to carry too much. Even Kipchoge didn’t get that service in the Olympics!

Every couple of laps we would pass club member Karen Spencer on her long run, who would call out an inspirational or amusing saying each time. All the way through there were doubts trying to force their way in:

- “I never train at 4:20/km, always faster or slower; my body isn’t used to this.”
- “I couldn’t do this pace for 5km at the end of an easy 32km. I’m trying to do it continuously for 42km?”
- “1:32:10 is a fast half marathon! And I need to do another one back-to-back?”



3. Not a club event but we showed up in our colours anyway

I was careful not to share them. But I remembered on a previous run Neil had told me to push all negative thoughts out of my mind. And I remembered Steve telling me, “Forget what you’ve done before, you’re a different runner now.” I also thought of the predictor races which indicated our goal was realistic. All these were effective in keeping the doubts at bay, but I could feel them out there.

Sebastian took his leave after the 4th lap and delivering us to 30km right on schedule. I felt the 5th lap would be ok but the 6th and final lap would be the challenge.

We were joined by Hanne, Cassie and Kyle Richardson on the last lap. By this stage I didn’t care much what pace I was doing as long as I finished. I was breathing loudly, both my hips ached, I could feel pains in my quads with each step, and my left calf spasmed if I loaded it too much. Each kilometre seemed longer than the last one. My watch beeped at 40km and I waited what I thought was a very long time before I looked at it again: only 40.4km – I groaned in despair. To my amazement we stayed pretty much on pace.

At the final turn I saw Craig stumble but stay on his feet – he looked at least as tired as me, but he put on a burst of speed for the last few hundred metres and I was surprised I could stay with him. Our crew slowed up to let us finish first. I noticed Steve Manning had set up a large clock which was stopped at 3:04:16 – I was delighted! A PB of nearly 8 minutes for me and a terrific debut for Craig. Craig headed immediately for the grass on the side of the road, but I thought if I lay down, I wouldn’t get up for a long time. Someone, I think Hanne, presented us with small trophies on ribbons so we could hang them



4. Just under our goal of 3:05:00



around our necks - it was a nice touch! Then we headed to St Lucy's nearby for a celebratory brunch and drinks.

Afterwards, Craig and I reflected on how unlikely it was that we would finish together under our goal time. We also thought that if our goal races hadn't been cancelled we would not have had this unique, positive and memorable running experience – a virtual marathon that in many ways was better than a “real” one.

I think I can speak for Craig to when I say we can't adequately express the appreciation we feel to everyone who supported us: our training buddies who ran with us for 10, 25 or 30 kilometres at our race pace while providing us with encouragement and assistance on the course, and the supporters off the course. We did not organise any of it – it seemed to just happen. Despite being an unofficial run so many of our club mates showed up proudly wearing their singlets. I think our families, who were also there, could see what a great club we're a part of and why we love our running so much.



5. Celebrating at St. Lucy's

Phil Teakle – intraining Club Vice President & email contributor

A quick snippet about one of our club members/runners 5 minutes with DAVID JACKSON

Club president, Steve Davidson, had a quick chat with David Jackson.

Steve: Which is your typical training group?

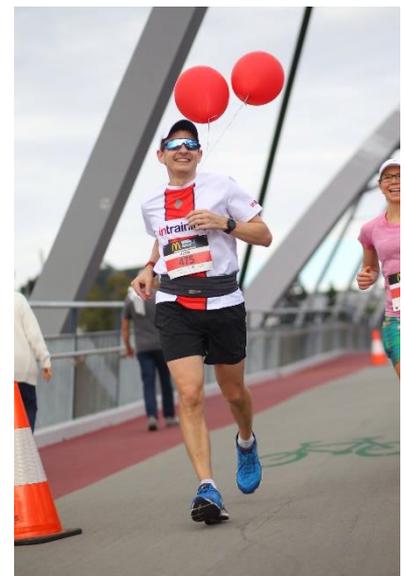
David: It's complicated to fit in around my family activity, but currently it's Tuesday morning with Margot at the watertower and then Thursday morning at UQ. When I can, I go to Steve's evening UQ Session.

Steve: Is there one run or race that you completed that stands head and shoulders above the others?

David: Doing a half marathon PB at the 2019 Jetty to Jetty or maybe when I've been a pacer at the Brisbane Marathon.

Steve: Besides family and running family, who would you love to do a ling run with next weekend and why?

David: Michelle Obama, based on her podcast she'd be riveting to talk to.





Steve: If the time and money were no object what's a destination run you'd love to do?

David: A return to Tokyo Marathon. I did it in 2013. What an amazing crowd.

Steve: If we asked your running buddies to describe running with you, they'd say?

David: Below potential *(ED. I'm sure that's not true)*

Steve: Favourite post run- treat?

David: Coffee is a must but I've been enjoying the baked eggs and beans at the Good Grace Café in Kenmore lately.

Steve: Your opinion... Every teenager should be able to what?

David: Express empathy

Steve: Any advice for people thinking of joining intraining?

David: You'll realise that you're much more of runner than you think you are.

Steve: When you were at school what was your dream job?

David: Fighter pilot

Steve: Best or worst investment you ever made in terms of running or exercise?

David: Moving away from my old favourite Brooks Adrenalines. I've had a set of nearly every release.

Steve: What's an underrated TV show?

David: Iron Chef

Steve: What's good on a run... music, podcast, chitchat with mates or serenity?

David: For me the order will be chitchat, podcast, serenity and music last

Steve: Biggest mistake as a teenager?

David: Climbing up the inside of a tree and becoming stuck.

If you have a story from someone you run with or want to share your own run adventures, email us [HERE](#).



NEW REGISTRAR NEEDED

Are you keen to help with a small job for your club?
It only takes about an hour a week, and it's very easy to administer.

Your role would be to:

1. Do a monthly reconciliation of memberships. This is a download of the file from the Qld Athletics platform and an update on new members.
2. Email send to the committee for tracking, the coaches for training group updates, and the shop for club discounts.

Time per week: about an hour.

If you have often thought you'd like to contribute to the club and running community but didn't want to a big commitment, this is a perfect opportunity to do so. You do not have to be on the committee for this role.

If you are interested or curious about the role, please email Steve Davidson at club@intraining.com.au.

Thank you.

Best Regards,
intraining Running and Triathlon Club Team



REGISTER & ORDER YOUR SINGLET PRIOR SEPTEMBER 1ST

Don't miss out our early bird entry and singlet order...

Register for early bird entry and secure your singlet prior September 1st.

Plus, exclusive for intraining club members only, you receive a discount for your entry code is **IRTC10**.

Hurry!! Save your spot and add the Twilight singlet in your collection.
Promise it's one of a kind and for keeps.

[Register and secure your singlet now!](#)

**Orders for singlets must be no later than 9am September 1st.*





BRRC RESULT 22/08/21

Congratulation to all our intraining runners who participated and get back on the road last weekend on BRRC race. Screenshot below is club results.

Place	Name	ChipTime
5km Female		
7.	Middleton, Janita	0:32:17.0
9.	Leslie, Nicola	0:39:30.0
10.	Riethmuller, Jayne	0:39:32.0
11.	Rainbow, Kylie-Anne	0:49:05.0
5km Male		
2.	Rolff, Kelsey	0:21:32.0
5.	Coman, Alexander	0:23:06.0
8.	Abrahams, Anthony	0:25:54.0

Place	Name	ChipTime
10km Female		
2.	Lawrence, Stephanie	0:46:04.0
5.	Kinlay, Christine	0:52:33.0
12.	Toy, Kay	1:01:21.0
13.	Fox, Carmel	1:03:08.0
19.	Downie, Jenny	1:11:24.0
21.	Watts, Michelle	1:23:25.0
10km Male		
6.	Wightman, Andrei	0:43:38.0
11.	Strout, Philip	0:46:03.0
18.	King, Mark	0:48:20.0
23.	Leslie, Cameron	0:52:36.0
28.	Webber, Bevan	0:56:34.0
30.	Rainbow, Shane	0:57:06.0
31.	Jackson, Matthew	0:57:31.0
34.	Ashton, Peter	1:10:13.0

Place	Name	ChipTime
15km Female		
2.	Hewish, Jessica	1:13:31.0
4.	Mann, Eimear	1:19:22.0
7.	Ridley Hanna, Helen	1:25:44.0
8.	Taafe, Kelley	1:26:11.0
9.	Razzaq, Ayesha	1:27:37.0
10.	Maney, Kath	1:31:06.0
11.	O'Brien, Jo	1:32:41.0
15km Male		
15.	Hewish, Paul	1:13:30.0
23.	Smerdon, Bruce	1:25:58.0
24.	Robinson, Mark	1:26:38.0
26.	Smith, Anthony	1:30:09.0

NEW ASICS Platinum Collection NOVABLAST 2 INSTORE NOW!

Here's a shoe to brighten every run. The energetic ride of their updated midsole and the bright new holographic accents of the NOVABLAST 2 shoe are going to make your runs look as good as they feel.

Try them on at intraining Running Centre's indoor 25m track.



NEED TO WORK ON YOUR ITB?

Here's a quick little video from Doug James to remind you how to do this, [click here!](#)

Need hands-on help?

Our physio and podiatry team has appointments available this week and happy to help you.

To book, call our friendly team on 3367 3088 now!

Did you miss reading our previous club newsletter?

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