



**Keep up to date...
intraining Running & Triathlon Club Weekly Newsletter**



COACHING REPORT, 29TH JULY, 2021

Being a Volunteer

“You make a living by what you get. You make life by what you give.” Winston Churchill

This past weekend I was immersed in the trail running community not as a runner but as a volunteer, so I would like to take the time to share the experience of volunteering and the benefits that it provides to a healthier you.



This has been the 3rd year that intraining have volunteered their time to man Checkpoint 5 (70km) of a 100k event, The Guzzler. It is such a privilege to be able to volunteer at an endurance event like this. As I sit and watch the Olympics, I thought about the race on the weekend. In what race would you be able to have a chat as a volunteer to the lead runner and get inside their head during their race, but trail running. Anyone on the first shift got exactly that. Shaun Pettit (30- 39yr) completed the course in 11 hours and 28 mins, breaking

the course record by 20 mins. This is a 6:39 min/km ... inspirational! Shaun took the time to chat while he refuelled at our checkpoint, and he spoke about the success of using poles. As volunteers, we left this checkpoint tired, humbled and inspired!

Congratulations to all our intraining runners who toed the line last weekend in the Guzzler 21km, 50km and 100km. Also, a special shout out to coach Susan McGee who cleverly executed the Flinders Trail (52km) in preparation for a much bigger event, the Last Man Standing, on Friday the 13th of August, held in our backyard at Oxley Common.



Tracy Baker – intraining Coach



WHAT'S ON THIS WEEKEND

intraining's Annual Handicap 10K Race and Predictor 10K for Sunshine Coast Marathon Festival.

Date: Sunday, 1st August, 2021

First runner starts at 6:30am

Location: Kedron parkrun starting point.

FOUR HELPERS NEEDED this Sunday:

Contact steve@intraining.com.au if you can help with one of the roles below.

- Drinks table
- Turn around
- Check-in
- Results



Course: The course will cover two laps of the Kedron parkrun course. We will endeavour to ensure it is measured accurately.

Register on the intraining wallet app under "Select Coach" choose 10K Handicap in the dropdown.

To join the handicap: email Steve Manning at steve@intraining.com.au with your predicted time.

[Read full details here.](#)

NEXT WEEKEND RUNNING

5000M on the Track

There is something different about running on the track. It's flat, fast and requires a more rhythmical running cadence. Plus, it's a lot of fun to try something different. It can help boost your running mojo.

The club has booked the UQ track for a 5000m track night on Saturday 7th August. Everyone is welcome to come and run. This is not only for the speedy runners.

The cost is \$13 (includes track fees).

There will be multiple races separated into pace groups. First race will be between 5:30pm and 6pm. Please email steve@intraining.com.au if you would like to run and what goal time will be.





MARK YOUR CALENDAR FOR UPCOMING RACES

07th Aug – Club 5000M Track Race (Saturday night)

15th Aug – Sunshine Coast Marathon

29th Aug – intraining Long Run and Bridge to Brisbane

11th Sep – intraining Track Meet 5k/10k

12th Sep – intraining Long Run

26th Sep – Twilight Bay Run – *Twilight Bay Run early bird registration is on! [Click here](#) to see full details and register.

03rd Oct – Regional Long Run



Twilight Bay Run is back 26th September, 2021

Early bird registrations are now open.

10% discount to all current intraining club members.
Register with this code **IRTC10**.

Plus, we're giving you the chance to win a massive \$800 prize pack. Register **before early bird entries close** on the 16th August 2021 to go in the draw to win:

- a \$250 Brook's shoe voucher
- a pair of Goodr Glasses
- Feetures Socks
- an Infit sample pack
- a \$100 intraining voucher (for training or podiatry), and
- a Coros Pace watch.



This is one you won't want to miss!

Enter today with early bird registration and you'll go in the draw to win. [ENTER NOW!](#)



MANY TRIBES, ONE COMMUNITY

Upcoming Trail Events

7th Aug - Rainbow Beach Trail Festival (10km, 21.1km and 42.2km)

13th Aug - Last Man Standing, Oxley Common. This is an amazing event of endurance to visit and cheer on our intraining runners.

22nd Aug - Surefoot Trail Run 21km, Mt Coot-tha

10th Oct - First race of South East Queensland Trail Series (9)



State Cross Country Championships

Good luck to all our junior and adult runners competing in the State Cross Championships this weekend.

Thank you to Kim Newsham

A huge thank you to Kim Newsham for your time to collate the weekly parkrun results, parkrun is a big part of connecting runners and it is always good to have the results from our club shown.

We need a new volunteer as Kim is stepping away from the role. It is not a huge job, taking only an hour per week. The system is set easily for you to take on. If you are keen, please email run@intraining.com.au.

Twilight Bay Run early bird registration is on! [Click here](#) to see full details and register.





PARKRUN RESULTS 24TH JULY 2021

The intraining parkrun Results for Saturday 24th July. We had 202 runners, last weekend.

Our FASTEST MALE runner was: BRENDAN PRESS – KEDRON – 15:56

Our FASTEST FEMALE runner was: OLIVIA BOYD – KEDRON – 19:10

Podium Finishers

First finishers:

KALINA BENNETT – SOUTHBANK
NEIL BATH – ROCKS RIVERSIDE
ASHLEY O'LOUGHLIN – CHERMSIDE
BRENDAN PRESS – KEDRON
OLIVIA BOYD – KEDRON
RUBEN RIPPER - LOTA
JOHN PEARSON – NORTH HARBOUR
ASHBY PEARSON – NORTH HARBOUR
NICKY DAVISON – QUEEN ELIZABETH

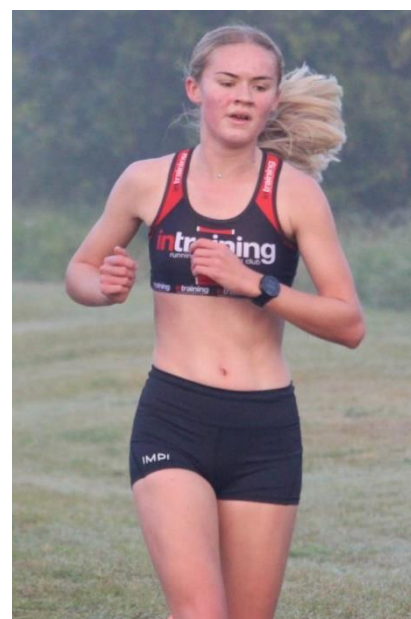
Second Finishers:

LEA LEKIEFFRE – ROCKS RIVERSIDE
ED CHAMBERLAIN – BUNYAVILLE
SIBO MAPHOSA – CALAMVALE
RUSS TREMAYNE – YEPPON
BRIAN PACK – MANSFIELD
EDDIE PEARSON – NORTH HARBOUR

Third Finishers:

WARREN MARSH – ROCKS RIVERSIDE
AMANDA DUNNE – TAMBORINE MOUNTAIN
CLIARE GOING – WISHART
CATHERINE TURTON - KEDRON
VICKI PEARSON – NORTH HARBOUR
BYRON SHERLOCK – ZILLMERE
JENNI DOSEETTO – KATE REED

[View full results here.](#)



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The intraining results at BRRC 25th JULY, 2021

Shout out to all intraining runners who participated in BRRC race last weekend.

PLACE	NAME	CHIP TIME
Female 20km		
3.	Bell, Robyn	1:49:46.4
7.	Fine, Jennifer	1:58:25.9
8.	Spencer, Karen	2:00:39.5
12.	Leach, Tim	1:37:49.7
Male 20km		
27.	Dunn, Les	1:52:58.9
28.	Law, Rodney	1:59:42.5
Female 10km		
3.	Pinel, Pamela	0:49:27.0
6.	Mann, Eimear	0:54:11.9
9.	Razzaq, Ayesha	0:56:04.1
12.	McLean, Muriel	0:56:52.8
14.	Stirling, Catherine	0:58:04.6
15.	Taaffe, Kelley	0:58:36.8
19.	Allan, Danica	1:00:01.3
28.	Chen, Jiefei	1:07:33.0
29.	Downie, Jenny	1:10:23.3
Male 10km		
5.	Pinel, Sebastian	0:38:26.2
13.	Wightman, Andrei	0:44:50.4
22.	King, Mark	0:49:54.7
24.	Hutchins, Ant	0:50:46.1
25.	Smerdon, Bruce	0:50:46.2
30.	Donegan, Tony	0:56:45.7
31.	Smith, Anthony	0:57:08.0
35.	Webber, Bevan	1:00:47.9
36.	Rainbow, Shane	1:01:23.8
37.	Lyttle, Michael	1:02:44.9
Female 5km		
1.	Robinson, Nicole	0:23:54.9
Male 5km		
2.	Russell, Adam	0:20:08.7
3.	Rolf, Kelsey	0:20:53.9
4.	Bell, Nikolas	0:21:36.9

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The GEL-KAYANO Lite 2

Embraces a sound earth, with a focus on sustainability. The engineered mesh upper is made with a high percentage of recycled materials than the previous model. It has a full contact outsole that provides a stable platform with a gender specific 3D space construction pillars to provide support for pronation.

Flytefoam cushioning is lightweight, improves shock absorption allowing for a smooth and stable ride.

GRAB YOURS NOW at INTRAINING STORE!



Pain free and do what you love

At intraining Running Injury Clinic our goal is to see you free of pain and doing more of what you love.

[Book an appointment](#) with our trusted podiatrists and physio. Spots available this week. Be quick!

Call 07 3367 3088.

Did you miss reading our previous club newsletter? You can easily find it [HERE](#).

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