



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



COACHING REPORT 5TH AUGUST, 2021

Transcend your 'impossible'

The Olympic track and field competition is in full swing and there have been some really amazing results so far. While we cannot all be Olympic athletes there are lessons for all of us in their performances. Two races in particular illustrate how our fellow athletes can help to push us to places we never thought possible.

In the Men's 400M hurdles race on Tuesday, Karsten Warholm from Norway entered as the favourite after breaking the long standing world record only weeks before the Olympics. A week before he broke the record his closest competitor Rai Benjamin from the USA had come within five hundredths of a second of breaking the record. The previous record of 46.78 was set 30 years ago in the 1992 Olympics.

In almost a mirror situation the favourite for the Women's 400M hurdles race on Wednesday was American Sydney McLaughlin who was the first women to break the 52 second barrier when winning the US Olympic Trials. The world record she broke was held by her fellow countrywoman Dalilah Muhammad.

Expectations were obviously high that the world record would be broken in both of these events at the Olympics. What transpired was something else.

In the men's final Karsten went out fast with Rai following him closely. They moved ahead of the rest of the field and by the final hurdle the American had closed down the gap to within less than a metre. After a kick to the finish both runners smashed the 46.70 world record with Karsten winning in 45.94 and Rai second in 46.17. Even more amazing was that third place broke the world record from 1992 and six of the eight finalists broke national records. One athlete can break records but when multiple athletes work together then legendary performances can occur.



While it seems impossible that what many have called "*the greatest track race in history*" could be matched, that is what happened the next day in the Women's 400M hurdles.

Dalilah went out fast dragging Sydney and Dutch runner Femke Bol out with her. She led into the final hurdle before Sydney surged past her to finish in a new world record of 51.46. Dalilah also smashed the old record running 51.58 and in third Femke became the third fastest runner in history. To put these times in perspective, if Sydney ran 51.46 in the 400M heats at these Olympics she would have been the 19th fastest runner out of 46 jumping hurdles while everyone else ran without barriers. Her time was the 63rd best 400M flat performance this year.

In an interview after the race Sydney said racing Dalilah makes them both better.

"I think that's really just iron sharpening iron. You know, you need somebody who's going to push you to be your best. And I think that's what we do so well."

These two ladies have broken the world record in the last four major championships they have raced together. Before the race, Sydney was asked about the pressure she was undergoing in as world record holder. Her reply was that "pressure is an illusion".

As runners, we put so many hurdles in front of ourselves but these races prove that we can defeat our preconceptions and fears. For us, this could be breaking four hours for a marathon or finishing your first half marathon. The power we have as a running club is that we are all here to share the load together. Embrace the challenge posed by your fellow runners and you too can transcend the impossible.

Steve Manning - intraining Coaching Director

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!](#)





WHAT'S ON THIS WEEKEND

Our planned Club Handicap and Club 5000m Track Race has been cancel due to lockdown. Rest assured that our club committee will have new plans to have another Handicap or 5000m Track Race this year.

If ever you're running or whatever you are planning to do this weekend, be safe. Make sure to follow the safety protocol guidelines.



MARK YOUR CALENDAR FOR UPCOMING RACES

- 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
- 03rd Oct – Regional Long Run

Congratulations Catherine Stirling for another 5k PB 24:31. Happily celebrating here with Greg Bryson, intraining Stones Corner coach.

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



MANY TRIBES, ONE COMMUNITY

Qld Athletics State Cross Championships

Wow.... That was one race day that had to be pushed through fast! After the race day began, lockdown was announced and the organisers had to push forward race events as everyone checked in. It was a still a fantastic day of running and you will see how well all our runners did in the results list.

Congratulations to all our runners who competed.

Category	Age place	Name	Time
Open Women	9	Kate Watson	43:31:00
Open Men	4	Aidan Hobbs	31:28:00
Open Men	6	Ryan Powell	32:14:00
Open Men	13	Liam Woollett	34:15:00
U 17 Boys	4	Joseph Saunders	19:54
U 17 Boys	21	Oscar Rayner	23:20
U 18 Boys	9	Thomas Prole	20:34
U 18 Boys	10	Zack Newsham	20:36
U 18 Boys	12	Jack Crome	21:06
U 18 Girls	6	Olivia Boyd	15:39
U 18 Girls	10	Yasmin Doherty	16:34
U 15 Girls	10	Talise Lynagh	16:21
U 16 Girls	4	Gabrielle Schmidt	14:52
U 16 Girls	7	Phoebe Oliver	15:25
U 15 Boys	6	Hugh White	14:06
U 16 Boys	21	James Prole	14:44
U 16 Boys	24	Findlay Booker	15:06
U 20 Men	3	Gus Gannon	26:48:00
U 20 Men	12	Jordan Chugg	29:31:00
U 20 Men	17	Robert Stringer	30:33:00
Master Men 30-39	1	Aidan Hobbs	27:40:00
Master Men 50-59	6	Peter Schmidt	41:14:00
U 20 Women	7	Ella Horn	25:15:00
U 20 Women	8	Elsa Chan	25:23:00
U 12 Boys	9	Kelsey Rolff	12:02
U 13 Girls	1	Saffron Jenkinson	10:45
U 13 Girls	12	Emily Boyd	12:24
U 13 Boys	7	Harry Prole	10:58

Running in a lockdown

Philip Teackle - intraining Club Vice President & Email Contributor

It's very fortunate that even in a strict lockdown we can still meet up with a friend and go for a run. The disruptions to work and family life make me appreciate this freedom all the more. I do miss the organised training sessions but I try to make up for it by taking the opportunity to run somewhere special. Favourite places for me are the UQ running track or scenic routes around Fig Tree Pocket, Long Pocket, Oxley Common or over the Story Bridge to New Farm Park – which is about the limit of my 10km radius, otherwise I'd get out to Nudgee and Sangdate. I try not to overuse my usual local routes along Coronation Drive and Riverside Drive in case I ever get tired of them – if such a thing is possible.



Personally, I try to avoid speculating about whether a lockdown will be extended or another event will be cancelled. I feel my guesswork won't make any difference to the result. I respect that others might like to do it or feel the need to have some idea about what's coming up. I do however like to have a Plan B in case something is cancelled, so that I will have something to look forward to whatever the authorities decide. Between events, I find it good to have a training plan so I am never wondering what I should be doing, although I don't feel compelled to stick to it too rigorously.

Although I enjoy running on my own, I prefer to run with someone else. Again, it seems very lucky to me that we're allowed to do this during a lockdown. I find running a powerful social lubricant, better than a glass of bubbly, and after a few kilometres or a few reps I am fascinated by what the other



person is saying and have no trouble contributing to the conversation. If it's a tough workout, having someone else there who might ask how that rep went always extracts a little bit more effort from me, and it's always so easy to give up when there are no witnesses!

The running doesn't stop when I am back at home: I can watch the experts do it on the TV with the Olympics, which were well-timed with this lockdown. It has also provided many topics to discuss online with running buddies, keeping us connected while the squad training is cancelled.

It's been great to see on the intraining Running Centre Facebook page what other club members have posted about their favourite runs. I am grateful that being in the club provides so many opportunities to stay active and connected during a lockdown.

Philip Teackle – intraining Club Vice President & Email Contributor

OPENING HOURS THIS WEEK

Our podiatry and physiotherapy are open to support you if you get injuries and niggles while running at the moment. Our practice is following safety protocol guidelines.

Online appointments are also available.

For bookings or running shoe queries, call 3367 3088 or email shop@intraining.com.au

intraining running & triathlon club
PODIATRY & PHYSIOTHERAPY

CLINIC APPOINTMENTS AVAILABLE

Wed 10am - 4pm
Thur 10am - 4pm
Fri 10am - 4pm

Ph 3367 3088 to book

A COVID SAFE CLINIC

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





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NEW TO THE ASICS RANGE:

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.

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We're here to help keep you running.



ITB INJURIES... WHAT'S NEW

What's new research about ITB injuries, plus, get Doug's 3 Tips to stop that niggle on the outside of your knee turning into a nasty injury.

[FIND OUT MORE...](#)

YOUR RUNNING INJURY HELPLINE

PH:3367 3088 | E: clinic@intraining.com.au

Did you miss reading our previous club newsletter?

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

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intraining THE ONE STOP SHOP
FOR RUNNERS