



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



Features in this week's enews:

Club Challenge Result
Bridge to Brisbane Report
SEQ Trail Series Shout out

COACHES REPORT, 11th NOVEMBER, 2021

It has been great to see how our training groups have got behind the intraining intra-Club 5km challenge.

It is hard to maintain motivation and training consistently over the summer holidays and the challenge is designed to help. If you know any club members who have not attended for awhile then contact them to get them involved.

It is not too late to add your result to the competition. There can be a delay from when runners rejoin the club through the QA portal and when your membership is updated through the intraining training App. If you have rejoined then send a message through the App using the help button. If you paid non member fees then we can reimburse you through the back end. Runners who have not renewed will now be paying more for training and will not be able to gain points in the intra-Club 5km challenge.

This weekend is the first double points possibility. You can get your Parkrun Points on Saturday and then run the BRRC 5km champs on Sunday. You must pre-register for the BRRC race online. For the BRRC it is 2 points for participation, 6 points for a 2021 best time in any 5km and 10 points for an all-time PB.

This Sunday is also the deadline for entries for the Qld Athletics state track relay championships. There are Masters, Junior and Open races over 1500M, 800M and 400M. Please email footman@intraining.com.au if you want to participate. You can also post on the event created on the club [Facebook page](#).



Good luck also to our runners who are doing the state 5000M track championships on Saturday night. 12.5 laps on the flattest course possible. Just need to hope for some good conditions.

Steve Manning – intraining Head Coach

WHAT'S ON THIS WEEKEND

Brisbane Road Runners Club

5k Championship, 10k & AGM

Come along and have fun. Runners who are not BRRC members can run on this weekend, but must register prior the event day.

Members can [register here](#)

Visitors fee [click here](#)



UPCOMING RACES AND CLUB ACTIVITIES

- 13th Nov – parkrun, Week 2 November Club Challenge
- 14th Nov – BRRC 5K Champs, Week 2 November Club Challenge
- 19th Nov - Trail Running Session 5:30am, JC Slaughter falls.
- 20th Nov - Trail Techniques Session 3:30pm, JC Slaughter falls.
- 20th Nov - QA Track Relay Register for club team by Saturday 13th November, [Post up here](#). [Draft Timetable here](#).
- 21th Nov- Round 4 SEQ Trail Series Race
- 27th Nov – parkrun, Week 3 November Club Challenge
- 28th November – Gold Coast 50
- 3rd Dec - Trail Running Session 5:30, JC Slaughter falls.
- 4th Dec -parkrun, Week 4 November Club Challenge
- 5th Dec - Club Christmas Run, Week 4 November Club Challenge
- 17th Dec - Trail Running Session 5:30, JC Slaughter falls.



Reminder: We need your nomination by this weekend for the Qld Athletics Relay Championships. [Draft Timetable here](#). Email footman@intraining.com.au.



MANY TRIBES, ONE COMMUNITY

November Club Challenge Week Two

Yay!!... Week one of the November Club Challenge had a huge kick start.

I was excited and thrilled to see the points come in and the fun chatter in your Facebook groups. It had me thinking about the different ways you all can contribute to your points to boost your groups' overall score. Well done to all of you and to the coaches.

[You can check your team's results in your training wallet.](#)

Week two is coming! Head to parkrun or the BRRC 5k Champs where you can score double points. The more runners that run in your group, the more chances of boosting your group points and win the overall prize.

I can't wait to see which intraining group will take the prize?

Hazel Buscato – intraining VA and one of your biggest fans!!



Bridge 2 Brisbane 2021 With Phil Teakle

Sunday saw the running of the much-anticipated Sunday Mail Transurban Bridge to Brisbane 10k and 4.5k races. I first ran this course about 20 years ago as a fun run with friends, long before I did any training. I think I finished in about 52 minutes. The course back then was pretty much the same as it was this year, starting at the southern end of the Gateway Bridge, going along Kingsford Smith Drive and finishing at the Ekka Showgrounds. In the intervening years the course had been very different, taking in several bridges in the city.

My wife and I rose early and departed on foot for the free train at Toowong station at about 4:45am. As we walked I saw more and more people, all wearing B2B bibs, converging on the station. I realised this must be happening all over the city, and started to appreciate just how big this event was. It was standing room only on the train, and we saw a few familiar faces, including Paul and Jessica Hewish.



Getting to the start

This year the event had been postponed from August, and the muggy November weather was not ideal for racing. A few of us in the UQ evening squad were bold enough to nominate for the “Elite” sub-40 minute start group. I trotted from Murarrie Station as a sort of warm up, with a detour via one of the portaloos stations. Time was running short and I jogged past thousands of people towards my start zone, where I eventually found Gerard Ryan, Hanne Schoofs, Tim Leach and Chris Dixon.

Straight after the start we had to climb the bridge and I knew to let my pace drop. I was still a bit dismayed at my first split, but I found later that my grade-adjusted pace indicated that I was still using too much effort. The descent on the other side went for about 2km and everyone seemed to be going very fast. I have always been careful running downhill since I acquired an ITB injury bounding down Highgate Hill, an event which caused me to join intraining to stop injuring myself again.

The course was quite flat and straight along Kingsford Smith Drive. I stayed about 10 metres behind the 40-minute pacers, who seemed to be doing a good job. I felt that I was running slightly within myself, which was fortunate because at about 8k the course dropped under a bridge and rose steeply on the other side. This was a nasty surprise, and I noticed many runners ahead struggling up the incline. I made it ok to the top but there was still a slight rise and no finish in sight. There was an ineffectual spray tunnel which I thought was the finish, but was crushed to find it wasn't – I think the sponsor wasn't aware they were creating such negative associations! The course then turned sharply right, where to my relief I found it descended towards the finish line and I crossed in 39:28, which I was very happy with. It was also a big improvement on my time from when I was in my early 30s!

Everyone in my squad seemed to have a good run, and we regrouped in the showgrounds for a happy group photo.

It was the first very large event in a long time – nearly 16,000 entrants in the 10k race and over 4000 entrants in the 4.5k race. It felt a bit strange to be allowed to be in such a large group!

There were some notable results (my apologies to anyone I've overlooked):

- Aidan Hobbs placed 3rd in the 4.5k race in a large and strong field
- Michael Cnops and Marty Kelly finished in 20th and 26th place, respectively in the 10k race
- Cassandra Richardson placed 2nd out of over 1000 entrants in her category in the 10k race.



Happy finishers!

Congratulations to everyone who had a good run or simply enjoyed the atmosphere. Congratulations also to the organisers and supporters, and a special shout out to Linda Ripper for her terrific photography, [you may check it here](#). Let's hope there are more of these events next year!

Phil Teakle – intraining Club Vice President and email contributor

Reminder: We need your nomination by this weekend for the Qld Athletics Relay Championships. [Draft Timetable here](#). Email footman@intraining.com.au.

SEQ Trail Series 9: Pomona

It was so lovely to see you all have such fun on round three of the SEQ Trail Series.

Pomona it was! Good weather, beautiful trails!!

Outstanding effort by Alanna Dicks to finish as first female in the short course. Siobhan Fitzsimons and Julia Briskey also podiomed in their age groups. Well done to our trail running tribe. Rest up and recover well.

We'll see you in the next round.



PARKRUN RESULTS

Saturday 6th of November, intraining had 213 participants (189 runners and 24 volunteers) this week across 39 locations with 11 PBs being achieved.

Parkrun results compiled by Dale Murray (intraining member from Toowoomba & Darling Downs regional parkrun director)

Podium Finishers

First finishers: 🥇

Brian PACK
Catherine TURTON
Craig HARBERS
Jack BOYCE
John PEARSON
Neil BATH
Nicole ROBINSON

Second Finishers: 🥈

Ashley O'LOUGHLIN
Sue BOYCE

Third Finishers: 🥉

Margot MANNING
Stephen WALMSLEY
William LAWRENCE

Personal Bests



Ashby PEARSON	36:28	Maleny Trail parkrun
Blair MILNE	27:50	Rocks Riverside parkrun
Cameron LESLIE	23:35	Paradise Point parkrun
Craig HARBERS	19:06	Stanthorpe parkrun
Erin LEE	25:20	St Lucia parkrun
Jacqui DONALDSON	35:33	Kelvin Grove parkrun
Kyle RICHARDSON	20:50	St Lucia parkrun
Liz ADAMSON	42:52	Chermside parkrun
Peter CLARKE	22:10	Sandgate parkrun
Shane RAINBOW	27:58	South Bank parkrun
Steve MANNING	35:10	St Lucia parkrun

[View intraining results here](#)



AVAILABLE at INSTORE & ONLINE

BROOKS GHOST 14... LIMITED EDITION BEER SHOE

The perfect shoe for beer lovers...

Be the sharpest looking runner toasting a post-run pint. Lace up these limited edition beer themed Brooks Ghost 14 runners and enjoy the attention from your mates. There's only a limited number available.

Available in mens only....

Don't worry ladies.... A fancy one for you is coming soon!!

Tip: To secure your limited shoe, go to our [online shop](#) and select Men's Brooks Ghost 14 - Beer colour variation.



8 tips to keep your running mojo

"After a big year, we need fun."

When you are training for events, running take up a lot of your mental and physical energy...

[Listen](#) to Steve and Margot's latest RunTalk series to hear their 8 top tips to reinvigorate your running mojo and be refreshed for the 2022 year.

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