



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



Feature this week's newsletter:

Pre-Gold Coast Marathon Breakfast + Club AGM + Race bib collection
BRRC 10k Club Championship
Cross Country
Congrats Clay Dawson
Sandgate "Speedy Week" parkrun
Meet our Trail Coach
Parkrun Results

INTRAINING CLUB REPORT, 24th JUNE, 2022

There is a lot of important info here prepping for Gold Coast Marathon Weekend. Make sure you read through to get all the details.

Pre- Gold Coast Run, Brekkie + AGM & Race bib collection

Put this date in your calendar! June 26
Who says carbo loading starts only 2 days from your race??

Ok, it's not really carbo loading.
It's more important.... It's a pre-race celebration with your intraining running buddies.

June 26 is the club's annual pre-gold coast breakfast is an annual highlight where we come together for a short run and a big feed.



Most importantly you get to feel the race vibes early helping you prep for you big race the next week, or to just share the love of running with your community.



Here's the schedule for June 26

5:30 15k + runners

6:00 8-12k

7:00 The Feast!! (Aka brekkie)

7:30 intraining club AGM

P.S Help is needed with pre-prep, set up, fruit platter set up and clean up. If you can assist, please email [Laura](#) or message Laura speed via messenger if you can assist.

Club Annual General Meeting

June 26 @ 7:30AM, Riverside Green, South Bank

It's that time of the year to roll over our progress, celebrate the last year in a snapshot and put together our next committee for the coming year.

If you'd like to join our wonderful committee and help behind the scenes at intraining let us know [here](#).

To see what roles, you can take on [Click here](#)

Gold Coast Race BIB Collection

Gold Coast Marathon Race numbers collection will be available on Sunday at the pre-Gold Coast Run and AGM at South Bank.

You can check [intraining Facebook page](#) the attached list to see if your number will be there. Some runners had their numbers posted directly so will not be on this list but you should get them in the next day. If you cannot make it to this Sundays run then they will be available to collect from Sunday to Thursday at the intraining shop. We will then have them at the intraining tent on Saturday and Sunday mornings.

Help needed for GOLD COAST MARATHON

Thanks to everyone who has offered already. We still need a couple more volunteers.

If you can bring in one or more of the items to the tent or contribute your time it helps share a load of equipment and activity we need to set up our exciting intraining team space.

Thanks for your support.

FRIDAY SET UP

Help to set up tent, unload tables

Saturday

Equipment carrying to and from tent
Photographer

Sunday

Equipment carrying to and from tent
Photographer
Photographer
Can you offer your time and expertise to be our clubs official photographer at the club tent.

We need a one to four people people to cover
- Saturday's Half Marathon day &
- Sunday's Gold Coast Marathon & 10k.

Saturday all morning
Sunday all morning
Saturday shared time
Sunday shared time

You can take in the role for the day or share the day with a buddy.

[Click here to lend a help](#)



WHAT'S ON THIS WEEKEND

Attention all intraining Running and Triathlon Club Members PRE-GOLD COAST Breakfast + Club AGM

Sunday 26th June at 5:30am

Come and join us on Sunday 26th June at the Pre-Gold Coast Marathon 10km to 15km run, Breakfast and Club AGM. This breakfast also doubles as the Annual General Meeting for the club. Club run at 5:30am from Riverside Green, South Bank followed by breakfast kicks at 7am, with the AGM at 7:30am. You will find a link to the AGM agenda, committee roles and last year's minutes in this newsletter. We hope to see you all this Sunday

[More details can be check here](#)

Cross Country this weekend...

- **25 Jun – Capalaba State Collage**
 - 09 Jul – Minnippi Parklands
 - 30 Jul – QLD Cross Country Champs Greenfield
 - 27 Aug – Aust Cross Country Champs

Upcoming Long runs and club activities

- **26 Jun – Pre-Gold Coast 10 to 15km + AGM Breakfast, [view details here](#)**
- 17 Jul - Shop Long Run
- 31 Jul - Regional Long Run
- 25 Sep - Regional Long Run
- 09 Oct - Shop Long Run
- 16 Oct - Regional Long Run



Watch this space for more long runs and club activities update.



MANY TRIBES, ONE COMMUNITY

World Ultra 100Km Championships for Clay Dawson

“On a whim, I yearned for a new adventure, and that took the shape of something bigger”, Clay Dawson

Finally!

When the phone call came (a nervous day or so after the ‘official team announcement date’) I was driving my son to his swimming lesson.

To say I was relieved was an absolute understatement. This call was something I have been working a long time on, years in fact. It had started a few years ago when I became mentally fatigued at marathoning and felt I’d exhausted my capabilities (this might change though...especially after being inspired by athletes like Isais Beyn, Aiden Hobbs, and Wayne Spies!).

On a whim, I yearned for a new adventure, and that took the shape of something bigger. As a kid (long before I considered running a legitimate ‘thing’) I used to stare out the window of the school bus at random roads and wonder if I could run them, and keep going...Where would I stop? Where were the actual limits?! Ultras seemed to be the answer.

As 50km really wasn’t a dramatic enough jump from the 42.2, I decided to go big...just once. I tackled my first ultra in 2019 as part of the Australian 100km Championships in Wangaratta. Fortuitously I won, and in doing so, broke the course record, inserted myself into the top 10 (aus) of all time and earned an A-qualifier for the world championships!

The once, overweight, uncoordinated kid who used to drift off on the bus, was going to represent the country! I set my sights on the Netherlands and glory in 2020.

Then some stuff happened.

In the meantime, I ran two more national championships (another 1st and 2nd respectively) and earned a couple more qualifiers! I also trained...a lot.

So, when that call came and the confirmation came that I’d booked my seat on the team for the 2022 World 100km Championships in Berlin, I might have shed a tear.

Alas, I write this elbow deep in training, and with an unrelenting focus on representing all of us South East Queensland runners as best I can. I hope I can do my wife, children, family, coach and running buddies proud, and I hope in the next couple of months (until race day) no pandemic prolongs this journey any longer! Regardless, I’ll keep running for a bit.

Thanks!

Clay Dawson

Way to go, Clay. Huge congratulations from all of us at intraining.

We will be cheering you on and you always do us proud with every step of your journey. You’re a true inspiration.

Editor and your intraining family





Sandgate “Speedy Week” parkrun

Last Saturday was the annual Sandgate “Speedy Week” parkrun, in which the various local running clubs get together for a friendly but intense 5k race.

Conditions were perfect for some good times - about 11°C, blue sky and light winds – and sure enough both the existing male and female course records wouldn’t last the morning.

Like all parkruns, it was open to people of all ages and abilities, and the Sandgate volunteers are by now very good at managing the large mixture of fast and slow runners. The race director spent a lot of time carefully seeding the starters, commencing with people who were planning to finish under 15:30, then 15:45, then 16:00... This minimised the amount of passing on the narrow path. To avoid congestion, runners were instructed not to collapse at the finish but instead to take their token, stagger another 40 metres, *then* collapse.

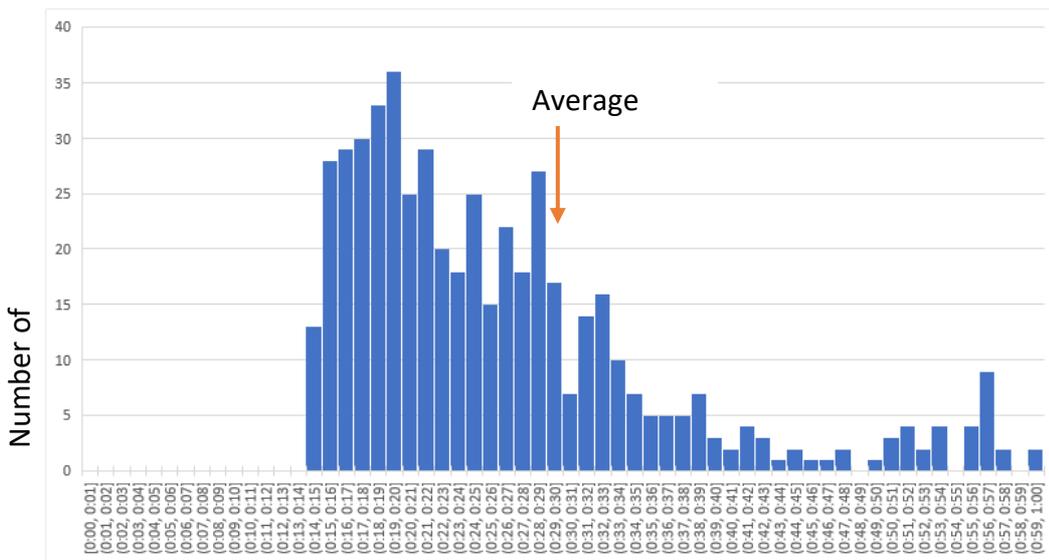
This event traditionally gathers the sub-20:00 finishers into a group photo. On an ordinary Saturday, there might be a dozen under 20 minutes, but on this day there was speculation there could be 200. I just wanted to make the photo and took my place well back from the start line.

Soon we were underway and I was on pace with fellow club members Stephen Walmsley and Cassandra Richardson just past the 2km marker when the lead group charged past us in the opposite direction. I glimpsed BERT club member Kieran Perkins in the lead and Aidan Hobbs and Gus Gannon in their Intraining singlets not far behind him. We turned around at 2.5km and headed back to the start/finish line. Intraining coaches us to try to maintain an even pace or a small negative split for the best result, but many others don’t do this and soon the three of us were overtaking tiring runners.

During the run I was impressed with how runners would take the trouble to alert each other to the presence of others on the course so we could give them a wide berth. As far as I am aware, there were no complaints or incidents.

Finishing, I stopped my watch at 19:20. Despite the respectable time, my token indicated I finished well back in 147th place. My squad mates Tim Leach and Neil Bath, who finished in an amazing 17:19 and 17:20 respectively, only got 85th and 86th place! Would this happen at any other parkrun in the world?

A university education has to be good for something, so I put mine to looking at the pace distribution in the race.



Finishing time (h:mm)



The finish times ranged from 14:14 to 59:45, but you can see from the graph that the finishers were skewed towards the faster end of the range. Some stats:

- New male course record: 14:14 (Kieren Perkins)
- New female course record: 16:18 (Cara Feain-Ryan)
- 12 runners finished under 15:00
- 69 runners finished under 17:00
- 169 runners finished under 20:00
- The 19:00-20:00 interval had the most finishers (36)
- The mean finish time was 24:35

intraining was well-represented, with some great performances:

PLACE	NAME	TIME	
2	Aidan HOBBS	14:16	Course PB
5	Max NEUMANN	14:39	
7	Gus GANNON	14:43	
14	Ryan Powell	15:01	
26	Brendan PRESS	15:35	
57	Ryan MOONEY	16:40	
72	Sebastian PINEL	17:03	Course PB
85	Tim LEACH	17:19	Course PB
86	Neil BATH	17:20	
104	Jamie DEROOY	18:04	Course PB
117	Warren MARSH	18:25	
121	Ruben RIPPER	18:31	
147	Philip TEAKLE	19:19	
148	Stephen WALMSLEY	19:20	Course PB
150	Cassandra Richardson	19:25	Course PB
183	Michael CASEY	20:39	Course PB
193	Matthew DAVIS	20:59	Course PB
237	Nick GENTNER	22:37	
272	Lisa BIRD	24:26	
278	Mina NASEH	24:42	
284	Laura HEINRICH	24:51	
377	Suzanne EAGERS	29:37	

It is exhilarating and inspiring to see the best runners in the region in action at close quarters. There is a real carnival atmosphere. Yet, true to the parkrun ethos, the slowest recreational walker is just as welcome as they are, and given just the same encouragement and support by the volunteers. If you missed it this year, I highly recommend checking it out in 2023.

Philip Teakle – intraining Club Vice President & email contributor



Some of Sandgate parkrun social snapshots



Photo credit: Sandgate parkrun



Some of the intraining contingent



1st (Kieran Perkins) and 2nd (Aidan Hobbs) finishers



Photo: Sandgate parkrun



BRRC 10K Champs

Congratulations to all intraining runners who participated in last week's BRRC 10 Championships event.

Congratulations to:

Womens

Amy Riethmuller 1st Under 19 1:03
Isabel Bryson 1st 20-24 1:04
Laura Daly 1st 25-29 42:31
Hanne Schoofs 2nd 30-34 38:37
Solly Litchfield 2nd 40-44 41:51
Margot Manning 3rd 50-54 43:00
Krishna Stanton 1st 55-59 38:22
Muriel McLean 2nd 60-64 48:13
Helen Ridley Hanna 2nd 65-69 53:50

Men

Ruben Ripper 1st Under 19 41:28
Andy Lumsden 3rd 20-24 42:14
Michael Cnops 1st 30-34 35:43
Neil Bath 1st 55-59 38:36
John Lavery 2nd 70-74 1:04



[More results can be check here.](#)

Meet Trail Coach: Emma Skirving

The third trail coach that I'll introduce you to is a long time, intraining member and coach in our intraining community, Emma Skirving or fondly known as Skirvo.

If you have been lucky enough to have run with Emma on a trail adventure you would know that there is always a laugh involved, some great trail running tips and a coffee at the end.

Emma runs trail events for the challenge and the scenery, two of her favourite races are Rainbow Beach Running Festival and NZ Shot Over Mountain.

One thing Emma promises to assist you with is keeping you level headed under pressure (distance or time) this is a skill that can always be improved.

Keep an eye at in coming weeks as I have six more trail coaches to introduce to our intraining tribe. Don't forget to keep Sunday morning the 31st of July free for the trails with all your intraining trail coaches, a slick looking group on show. In coming weeks, I will be letting you know our key trail races for the year so you don't miss out on entries. Please don't hesitate to contact me if you need some direction in choosing the best suited trail race for you as a beginner or experienced trail runner. *See you on the trails*



Tracy Baker - intraining Trail Tribe Coach



Parkrun Results

By Dale Murray – intraining Club Member

Last **Saturday 18th June 2022**, intraining had **183** participants (**170** runners and **13** volunteers) across **50** locations.

BIG SHOUT OUT to all our **intraining parkrun volunteers**. Unfortunately, the names of volunteers are not included in the parkrun report these weekly results are extracted from, so they cannot be published. It is hoped this anomaly will be rectified by parkrun HQ soon.

Pictured this week is **Robert Jamieson** who, along with a number of other intraining members, perform one of the many available volunteer roles by assisting **visually impaired** parkrunners participate in parkrun to enable them to enjoy the parkrun experience. This exemplifies the intraining spirit. **Well done everyone.**

Podium Finishers:

First Finishers

Ashley O'LOUGHLIN

Emily GILMORE

Mark EVANS

Nicky DAVISON

Second Finishers

Aidan HOBBS

Brian PACK

James REES

Louise MACDONALD

Nicola BLORE

Third Finishers:

Hannah TERRY



[View full intraining's result here.](#)

*Please let us know if you ran your **250th** parkrun or volunteered for the **50th** occasion so we can celebrate your amazing achievement.*



Race day ready?

Grab your next pair of Super Shoe... Shop Online or Instore!

Don't run in pain! The GC Marathon is just around the corner. Get your new shoes fitted properly by the experts. Want a PB? Check out our huge range of Super Shoes. You can take them for a test run on our 25m track. While you're in - grab your last minute supplies for the marathon! [SHOP HERE](#)



Niggles or Injury Concerns

The countdown is on!
ONE WEEK until Gold Coast!!

For any last minute niggles or injury concerns book in to see one of the intraining Podiatry & Physio team ASAP. We want to ensure you all get to the start line and enjoy your Gold Coast experience!

Call our friendly reception team to make an appointment on 3367 3088 or [Book online.](#)

Did you miss reading our previous club newsletter?

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