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



### Featured in this week's enews

The Club Awards Night Wrap Up  
Coached Trail Run for Runners & Walkers  
BRRC Event: 10K & 5K "Bring a Fried"  
Melbourne Marathon Race Report with Melissa Bates  
Bridge 2 Brisbane with Philip Teakle  
Summer Club Challenge

## COACHING REPORT, 27<sup>th</sup> October, 2023

### The Annual Club Awards Night

The annual awards night marks the end of the 2023 Road Running season by recognising some great achievements over the last year.

It starts with medals for the 19 debut marathoners, five debut 50km trail runners and the debut ultra 100km runner **David Murtaugh**. We already have more ultra runners for next week's awards after Blackall 100 the previous weekend.

We then move on to the 25 individual group awards nominated by each coach. The reasons for these awards are diverse. It can be the runner who has improved the most, or achieved a great performance, or been a major supporter of the other runners in their group. This is the longest part of the evening as each coach was able to give a short review of why these runners were selected. It really highlights the size and scope of the club when you learn about the many deserving runners winning awards.

We then present the Athletes of the year in the Junior, Open and Masters category. This award goes to the objectively best runners in their category. For the first time all of our winners had represented Australia in the last year.



Junior Female **Gabby Schmidt** represented Australia at the World Cross Country Championships in March. She has consistently performed at the highest levels, winning state and national championships. She has also been our winner over the last three years.

Junior Male **Zac Newsham** has steadily improved his performances every year. He went to the World Mountain Running Championships in Austria, placing a very credible 44th place.

Open Female winner **Elena Stephenson** also represented Australia at the World Mountain Running Championships. She also won the prestigious 28km Kunyuni Trail race in Tasmania.

Open Male winner was **Aidan Hobbs**. Even though he is now in the masters category, he is still running personal bests. He was the fastest club member over almost every distance from 1500M to the marathon. He also represented Australia at the World Trail Running Championships.

Masters Female **Krishna Stanton** had the distinction of running a world record in the London marathon for her age group. She also won her age group at the world cross-country championships. She has won international medals as an open athlete and has successfully maintained her performances as she got older.

Masters Male winner **Clay Dawson** was also our MC for the night. He entertained us all with some great running jokes to keep things moving between presentations. Clay went to the world 100km championships and has his target on the 24-hour race next.

Finally, it was time for the two most important awards of the night.

The Coaches Award went to **Susan McGee**. The importance of this award reflects our coaches' contribution to the club's ongoing success. Despite living and working at the Gold Coast, Susie travels to coach the New Farm Park Threshold group.

The President's Award is selected by club President David Jackson. He selects someone who has made a major contribution to the club. This year's winner was **Laura Speed**. Besides being the coach of the Toowong Thursday threshold session, she is also on the club committee managing the club uniforms. She raises her hand to help with everything from marketing to organising the club awards night.

Congratulations to all our award winners, and thank you for making the intraining club a success.

*Steve Manning – intraining Head Coach*



## Thank you, Clay Dawson

The last few years we have been privileged to have Clay Dawson MC our event. We truly appreciate the time Clay puts into preparing for this night and love his humour. Thank you Clay.



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## Welcome to the Awards night, from Club president, Dave Jackson



Thanks all for coming to this evening. It's a fantastic turn out with 130 people and the committee are really happy to see so many runners. Currently we are in an inflationary crisis so I apologise for the slightly higher price this year. I'm super thrilled it didn't reduce numbers.

Runners don't do evening well. Hands up if you woke up before 7:30? 6:30? 5:30? 5:00? 4:30? Those few people with their hands still up are at risk. Keep engaging with them and poke them if you catch them snoring at any point.

We have representation here from Chermside, Indooroopilly, New Farm, Tennyson, Toowong, Stones Corner, UQ, Wilston, Trail, Kids groups, Trail

I have to ask, are there any famous "running couples"? You know, those that are the same pace and run together on Tuesday, Thursday, Parkrun on Saturday, and their Long-runs on Sunday? I couldn't tell Lou and Keiran apart for 2 years. I thought they were the same person. My question to you is, "Do you spend more time together than with your own partner? Do you ever have arguments?"

For me it would be Craig Harbers. As a running couple, in peak training we would spend 6-8 hours side by side. Note, this is more quality time than we spend with our wives. He can be annoying though. In particular, from about 3 metres ahead of me while I am struggling behind, he turns his head over his shoulder and he often says, "Too fast, you are going too fast". He has less self-awareness than Neil Bath. Fortunately, on race day he is a master pacer.

Thanks to the committee for your work towards the club.

A particular thanks to Steve Davidson, our prior President. You did a great job and sort of slipped away in July. So, we wanted to say a big thank you in front of our intraining audience. Steve and Helen have made a big commitment to the club and continue to do so.

Thanks to Steve and Margot for creating the larger organisation "intraining" and all that goes with it. Since July when I took over as President of the club I have spent more time with them, and I can tell you they work extremely hard behind the scenes. It has been a particularly busy year with the closure of their retail shop. So, thanks to them from everybody.

*The club and the broader intraining brand is about physical exercise and connection. "You are never alone in the red and white", and there is nothing more important to mental health than exercise and connection with people. Everybody here should be very proud of that. This club and this brand has real impact and I encourage you to share it with others. Get them to join the club!*

So welcome again. Congratulations to all the award winners. Have a really fun night.

*David Jackson, intraining Club President*



## The Coach of the year

*Author, Tracy Baker*

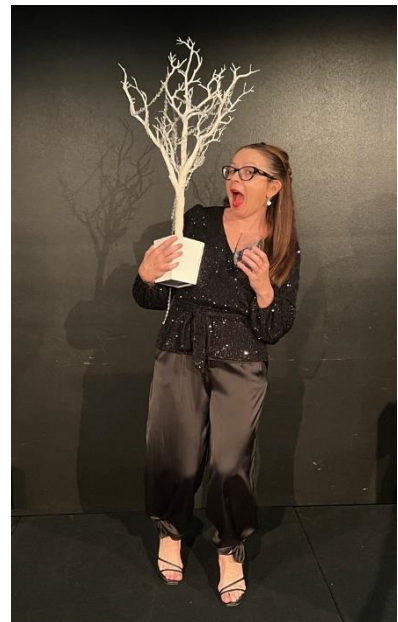
Susan McGee our running coach divine,  
Thursday nights become so fine,  
Not just for our passion for running embrace,  
But for the presence of our beloved Suzzie's grace.

No whip or harsh words do you ever hear,  
But a friendly, pleasant approach that's crystal clear,  
She lifts us up with every stride we take,  
Her coaching style a refreshing break.

Suz is always supporting our dreams,  
With goals and aspirations she gleams,  
She keeps tabs on each one of us just right,  
Always there keeping us in sight.

Here's to Susan McGee our remarkable coach,  
With her guidance we've grown and approach,  
Every run with passion, determination and pride,

Thank you for being our running companion, our guide



## The list of Award Recipients for 2023

Every coach knows the dilemma... How do we choose one runner from our wonderful group of runners? Throughout the year our runners achieve amazing goals - time, distance, training and personal ones that bring huge satisfaction to not only them, but to us, as coaches. The best part is listening, on the evening to what the coaches say about each of their chosen athlete.

Here is the list of our wonderful recipients for 2023.

### Debut Marathon

Lisa Bird  
Julia McKenny  
Sally Stampfli  
Erik Isokangas  
Liz Gamin  
Lydia Isokangas  
Caroline Maia  
Andrew Goodchild  
Matt Davis

Elke Pettitt  
Louise Zimmerman  
Therese Jensen Griffiths  
Mitch Stark  
Lauren Stark  
Piero Hidalgo  
Aaron Dighton  
Jamie Bleumink  
Savannah Forth  
Rowan Cassidy





### Debut Ultra 50km Runners

Piero Hidalgo  
Bob Sainsbury  
Caroline Knight  
Grant Castner  
Dinesh Chand

### Debut Ultra 100km Runners

David Murtagh

### Coaches Awards

Bevan Webber  
Nicole Andrews  
Kate Tanner  
Jen Downie  
Nicholas Mykolayenko  
Leigh Cavanagh  
Alice Dabelstein  
Magnus Tapper  
Michelle Robinson  
Scott Simpson  
Erik Isokangas  
Liz Ryan  
Therese Daniel

Angela Knight  
Marnie Wood  
Phil Anderson  
Matt Davis  
Edward Curl  
Delilah Johnson  
Jack Harding  
Jeanette Solley  
Peter Clarke  
David Murtagh  
Linda Graham  
Louisa Gordon

### Athlete of Year

U20 Athlete  
Gabby Schmidt  
Zack Newsham

Masters Athlete  
Krishna Stanton  
Clay Dawson

Open Athlete  
Elena Stephenson  
Aidan Hobbs

### Coach of the Year

Susan McGee

### President's Award

Laura Speed





## WHAT'S ON THIS WEEKEND

### Coached Trail Run for Runners and Walkers With Tracy and Bob Baker

*Sunday, 29<sup>th</sup> October, 6am at Hoop Pine Overflow Carpark Mount Cootha*

This Sunday Tracy and Bob will be coaching two groups.... these runs will be approximately one and a half hours.

1. Coach Tracy - Designed for runners new to the trails, or runners who have entered SEQ short course or trail runners who feel comfortable on the road and would like to try the trails. You need to be running (and it does not have to be fast) close to 5km on the road. If you need to walk a lot or all of this session that is ok.
2. Coach Bob- Designed for runners who have entered SEQ long or short course or trail runners who feel comfortable on the road and would like to try the trails. You need to be running (and it does not have to be fast) at least 10km on the road comfortably. If you need to active hike the hills in this session that is ok.



*'No runner gets left behind', we always round up our tail, come and see how it is done, we can guarantee fun.*

[Check more details here!](#)

### Brisbane Road Runners Club Event 10k Novice & 5k "Bring A Friend"

Date: Sunday 29<sup>th</sup> October

Time: Starts at 6am

Location: West End

[View Course Map here](#)

Come along this Sunday for a fantastic day of fitness and fun at the BRRRC Event 10K Novice and 5K "Bring a Friend"

Bring your friends, family, and running buddies to experience the thrill of the race together. Whether you're a seasoned runner or a novice, this event is designed for all levels. **ALL VISITORS RUN FOR FREE.**

Registration is open until Saturday 7pm. Join now to secure your spot and have fun with your running buddies this weekend.

[More details here!](#)





## MANY TRIBES, ONE COMMUNITY

### Shout-Out to Our Incredible intraining Runners!

To all our dedicated and passionate runners who conquered the Melbourne Marathon, Bridge to Brisbane, Blackall100, SEQ Trail Series, Trail Run Australia and other races - we're absolutely thrilled and proud of your outstanding achievements!

Remember, it's not just about the finish line; it's about the journey itself. Your dedication is an inspiration to us all, and we can't wait to see where your running adventures take you next.

Keep reading... Melissa Bates shared Melbourne Marathon experience and Phil Teakle shares about Bridge 2 Brisbane event.

### Wilston Crew Race 2023 Melbourne Half Marathon

A group of runners from Wilston intraining were riding a high the day after 2023 Gold Coast Marathon weekend and whilst chatting over a coffee with endorphins & caffeine pumping through our bodies, we threw around the idea of running 2023 Melbourne half marathon with this not yet being a race we had run and Melbourne being one of the last races on the 2023 run race calendar...a destination run to end the Wilston crew run race season. Days after the body had recovered from GC, and thanks to the motivation of fellow running friends over messages, we had secured our race entries for Melbourne (fortunately, too as all races sold out soon after GC!); flights & accommodation were also booked in advance. Wilston crew were set to go...aside from the most important part of running a half marathon, training!



The remarkable young Stephanie 'Stepho' Lawrence who I'm sure many runners in the intraining community have seen striding out on various run race courses, is one of Wilston's quite achievers, admired by the Wilston group, an absolute power runner and a delight to watch in action had asked for her birthday gift to be running Melbourne Half Marathon - and Steph got thrown what could be the biggest birthday party in her lifetime by the 30,000 runners of Melbourne Marathon Festival.

Steph ran side by side coach, Marty Nguyen in Melbourne half marathon race - seeing these two race together is most inspiring...fitting, too was they both celebrated their birthdays days around the Melbourne race. One Wilston runner is quoted as saying "crashing Stepho's birthday party was fun". (In case you're wondering, nutrition the day before the race was thanks to birthday cake, donuts, pizza and beer! A runner's smorgasbord, body fuelled with all the things: carbs + sugar + 'hydration'!)

Deals were done the day before the race down Melbourne alleyways by a certain runner to sell her race bibs after scoring a last-minute entry from the wait list - the Coach travelling with us decided attaching an air tag to her was his version of a security measure should anything happen to her (maybe she should have paid him \$8 for her security!). In good news, she did the deal selling her spare entries and scored \$\$\$ cash in hand...win! This runner also did a PB in the half, what a remarkable inspiring runner she is! (As a side note, should you decide to run Melbourne Marathon festival in the future, they don't allow transfer of race entries).



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Laying out the race gear the night before any race event always brings a runner excitement and nerves. But it's the intraining shirt that builds the buzz feeling with getting ready to race. Turning up together to a race away from home, all decked out in the intraining shirt turns a head or two and 'Victorians' are left wondering "who are these intraining runners?", especially when we were relaxed, laughing and having fun walking to the race start line! This is what makes running with the Wilston group most special!

We all got to crash former Wilston coach Matty Horsten's hometown race and he still managed to throw out coaches words of support (once a coach, always a coach) in the moments before the race gun! Shout out to Matty for getting back to sub 2 half marathon.

Race conditions were perfect - NO HUMIDITY, cool temp hovering around 12-15, slight cloud cover, Melbourne weather is renowned to be unpredictable, but we sure did score a cracker of a day to race! We all went out there on the day to have fun and enjoy the race - that's what running means to many of us.

The pinnacle of running an event at Melbourne Marathon Festival is finishing the race in the MCG! That feeling when you start running into the chute that will carry you into the MCG is unlike anything any of us have ever experienced...spine chilling, goose bumps, thrilling and simply WOW WOW WOW! Everything people says about finishing the race in the MCG is absolutely true, a phenomenal experience! Despite the legs being tired and the finish line within sight, the pace automatically picks up in your legs as soon as you see and hear the crowd. To think what a sports player must experience playing on the pitch when the MCG is filled with a crowd of people is mind blowing...what a stadium! To run into the MCG is its own race experience and will remain with us.

The fun flared element for the short recap of Wilston crew running 2023 Melbourne Marathon Festival is a way of reminding why us runners share our love of running. Every runner has their own personal goals, but the thrill is training together with your running friends, over chats and laughs, whilst enjoying our shared passion of running. Thanks to the support of intraining coaches and training us to be ready for race day.

Now to planning the 2024 Wilston intraining crew destination race...watch this space

*Melissa Bates, intraining Wilston Runner*







## Bridge 2 Brisbane

The Bridge to Brisbane is Queensland's largest fun run and one of the largest in Australia. This year there were about 20,000 finishers in the 10km event, 5,000 finishers in the 4.5km event and two wheelchair finishers.

### Getting there

This year the event was held in October, rather than in August. My wife, daughter and I had signed up for the 10km event. We intended to catch the train but missed it due to a timetable-reading error (no names, to protect the guilty party) so drove to near Murrarie station. Upon reaching the start precinct we observed by far the longest portaloos queues I had ever seen. I didn't even consider joining them.

A number of runners appeared to be making alternate arrangements, which will hopefully be reflected by particularly healthy and vibrant shrubbery in the area this spring.



*Phil Teakle, Sebastian Pinel, Tim Leach, and Doug James at the start.*

### It was hot

The morning was already warm – no need to bring jumpers for the charity bins at the start as in previous years - and the sun was already beating down on participants despite the 6:15am start.

### Surprise start

Well, the schedule on the website and on the back of our bibs said it was a 6:15 start, but at 6:09am the starter shouted, "One minute to go!". I believe only the wheelies were supposed to go at 6:10, but no one corrected the starter. I was in the first wave and thank goodness I decided to head to the mustering point early, rather than leaving it to last minute as usual. So, we were off and heading up the bridge at 6:10am. I did see some faster runners frantically trying to thread their way through the field, perhaps caught by surprise.

### Did I say it was hot?

After the bridge, the course was flat and straight on Sir Kingsford Smith Drive. I was just behind the 40-minute pacers. After about 5km a few runners dropped out of our group. I was hot and tired, and despite drinking a lot of water beforehand I was already feeling thirsty. I had just run a hot and somewhat disappointing half-marathon the previous weekend in Perth, and was not happy about this encore. The legs however kept on going at about 4:00/km. I knew that there would be a dip in the course under the Inner City Bypass at 8.5km then a series of steep climbs to the finish, but I didn't feel I had much left in the tank. As usual, there was an opera singer under the ICB performing something suitably dramatic for the climb ahead, and I leaned into the hill. I could hear a couple of runners starting to retch nearby, and I overtook at least one fast-looking runner who was walking. I wasn't looking at my watch anymore, as I feared that any discouraging feedback would be the last straw for my will to continue.

### The finish

As in past years there was a sign saying, "1km to go: the finish is in sight!" which was a lie, and there was a spray station at about 9.5km that looked like a finish arch but wasn't. The road climbed further than I remembered, then abruptly turned right and steeply downhill. Several people overtook me at this point, but I wasn't willing to risk my legs, which felt like jelly, to save a few seconds and a few places.



I stopped my watch at 39:41 – happy to finish under 40 minutes. I was in 306<sup>th</sup> place. As soon as I had recovered a bit, the runners high hit hard and I was chatting animatedly to friends and strangers. Sunday being typically my long run day, I planned to get a few extra kilometres in by running back to the car after the finish. I was delighted to find fellow UQ Squad member Tim Leach had the same idea, and I enjoyed a chatty return to Murrarie with him along the opposite side of the river.

*Philip Teakle – intraining Club Vice President and email contributor*

## The intraining Club Summer Challenge Starts Saturday, November 4.

Gather your run buddies, plan your parkrun tours, and shine your speedy shoes.... It's time for the Club's annual Summer Challenge. Look out for next week's email with the updated point score system and what you need to do.

Most importantly,  
You **MUST** be a current Club member.

To check this, go to your EMAIL and look for your renewal notice from Qld athletics or [renew your club membership here!](#)



Podiatry and Physiotherapy  
available now at iHealth



## WE HAVE MOVED to iHealth Centre, Indooroopilly

intraining Podiatry and Physiotherapy has moved to iHealth Centre, Indooroopilly (above Bunnings).

We offer a 20% discount for club member appointments and orthotics, plus get a 20% discount at Athletes Foot Indooroopilly.

[Book Here for an appointment](#) or call 07 3870 2525

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