

LATEST NEWS

Hello Runners.

Well done to the Melbourne Marathoners great to see the results coming back for everyone. Well done to Trish Griffin running Melbourne Marathon number 10 to become a Spartan runner and marathon number 52 overall.

Best of luck to those in The Lamington Classic or The Blackall 100 this weekend, or any other events you so choose to enjoy.

Don't forget the up coming night runs on the 4th of November & 2nd Dec still a run but with a social atmosphere to it.

The RCR night of nights is almost upon us again the Christmas Dinner and Awards Evening will be held on the 29th of November more details to follow.

Lastly for the Gentleman runners amongst us for whom the world is not enough it looks to be that the 21st of November will be the likely date we gather as a group to bond and help shake off the spectre of modern day life with the aid of some fine repartee and whiskey. You will know we succeeded if you wake up with a hangover that makes you wish you could die another day. Stay tuned for updates.

MEMBERSHIP FEES DUE—OCT 1ST

The system for online membership payment and renewal is now up and functional at <https://memberdesq.onesporttechnology.com/1776/org>

Standard Adult Membership is \$35.00 per year, Concessional Membership is \$25.00 per year (students, persons under 18 or over 65). Our membership year starts on 1st October and goes through until 30th September 2016.

\$10.00 of your total membership fee goes to Queensland Athletics. This is for insurance cover and enables

us to continue to run at QE2 Stadium. The remaining amount comes directly back to the club.

Financial membership stands at 33 and increasing.

Also note there has been a change to the RCR account details for those using direct transfers for tops etc. please use the following;

Name: River City Runners Inc

BSB: 484 799

Account No: 053140881

UPCOMING EVENTS

The Lamington Classic: Sat and Sun Oct 24th & 25th

So long as you have read the encyclopedia of instructions you will get to the right place at the right time for this, it should be a great weekend.

The Blackall 50 & 100: 24th October

Wed Night RCR Events — 4th Nov & 2nd Dec

Gold Coast 50 (Kurrawa to Duranbah) 13th December

7 Bridges Classic: Sunday 20th December this is the last Sunday before Christmas.



RACE RESULTS

October 11th

Toohey Trail Run

“Most fun had by a team” is the Team award the RCR’s should have won for the Toohey Trail run. The event organisers must have chosen different criteria for determining the team event awards but that didn’t dent our team spirit. This was a day for the young and not so young (chronologically gifted). Starting with the **5km** race and once again with a podium finish Maria Proctor showed the younger hipsters and generation Y punks what real talent is all about by setting the forest on fire to finish as 2nd Female in 23:44. In the **10km** event team RCR ended up with more medals than you could poke a stick at. Glenda Banaghan 49:47 and Trish Griffin 52:55 taking 1st and 3rd places respectively for the Female Masters category. Jodie Osborne 45:01 was 4th over all and 1st Open female, Kelly Loffler 47:29 was 3rd Open Female and just seconds later in 4th was Alex Ralph 47:32. I am also thinking that Mount Gravatt Pat (Pat Coglan) 50:03 may not be able to rely on his wily cunning and experience for much longer to get him over the line ahead of Cale Osborne who was 1st Junior male in 50:59.

Well done to all the other runners; Tim Osborne 41:55, Neil Tinknell 43:39, Lawrie Thomas, Bernice Hills 52:04, Trisha Coonerty 57:02, Amanda (Zumba) Neil 58:28, Katie Masterton 1:08:00 and Cassie Hart 1:21:03.

With the dust having settled on the results Team RCR was 3rd overall. Given we had a mixed team and were up against teams with all Male runners in their top 4, I think that speaks mountains for our collective talent.



Toohey Trail Run	
5km	
Maria Proctor (2nd Female Overall)	23:44
10km	
Tim Osborne	41:55
Neil Tinknell	43:39
Jodie Osborne (4th Female overall & 1st Open)	45:01
Kelly Loffler (3rd Open Female)	47:29
Lawrie Thomas	47:??
Alex Ralph (4th Open Female)	47:32
Glenda Banaghan (1st Masters Female)	49:47
Pat Coglan	50:03
Cale Osborne (1st Junior Male)	50:59
Maria Gordon (Laurito)	51:05
Bernice Hills	52:04
Trish Griffin (3rd Masters Female)	52:55
Trisha Coonerty	57:02
Amanda Neil	58:28
Katie Masterton	1:08:00
Cassie Hart	1:21:03



RACE RESULTS

October 18th

Melbourne Marathon

From all accounts the Melbourne **Marathon** looks to have been a great event for the large number of River city Runners who made the journey. To quote one member,

“Melbourne weekend is always heaps of fun, Lots of socialising, its what we do best!”

Craig Millikan ran a PB of 3:10:37 as looks to be shaving time off those PB’s homing in on the magic 3:00:00, Mal Anson crossed the line 5th in his age group in 3:51:06. Trish Griffin is running very well at the moment and for the second week in a row finished 3rd in her age group in 4:06:43. PB’s to Katie King 4:10:16 and Amanda Neil 4:18:03. It looks like Mt Gravatt Pat decided the course was too flat, didn’t have enough hills and he had had enough fun for one day.

In the **Half Marathon** Glenda Banaghan was 10th in her age category 1:44:44 and in the 10km event Don Griffin was 8th in his age category 43:05.

Sho “Gun” Okura may not have cracked the 90 minute mark this time but I think he does deserve a mention for the best photo bomb effort below..

Results by Kelly Loffler.

Melbourne Marathon	
Half Marathon	
Sho “Bazza” Okura	1:36:17
Glenda Banaghan (10th in category)	1:44:44
Steve Turner	1:59:35
Lara Ford	2:07:10
Heidi Gould	2:15:08
Marathon	
Craig Millikan—PB	3:10:37
Mike Ford	3:29:11
Mal Anson (5th in category)	3:51:06
Trish Griffin (3rd in category)	4:06:43
Scott Neild	4:07:00
Bruce Hargreaves	4:07:32
Katie King— PB	4:10:16
Amanda Neil— PB	4:18:03
Cathy Staite	4:24:19
Peter Richards	4:35:40
Liz Russell	4:40:09
Pat Coglan	xx:xx:xx
10km	
Jaimi Greenslade	46:01
Don Griffin (8th in category)	54:05



The addition of speed training usually results in faster race times but the benefits go much farther than that.

- Obviously, **increased strength and speed**. The intent is to break you out of the “marathon shuffle” and comfort zone.
- Improved **efficiency in oxygen delivery to your muscles**. In other words, your muscles will be able to function more efficiently with less oxygen, a huge bonus in regards to training your body.
- **A higher lactic acid threshold**. Lactic acid comes from a lack of oxygen in your muscles which then leads to a burning feeling. If you don’t train your anaerobic system you will reach your lactic acid threshold faster which will slow you down and tire you out faster. With speed workouts your anaerobic system learns how to use glycogen as a fuel source pushing back your lactic acid threshold and allowing you to run longer, faster.
- One of the things I focus on is **improved running form**. This translates to better arm swing, stride length, raised head and hence better breathing.
- The ability to **run faster with less effort** and hence maintain higher speeds for greater distances.
- Seeing good results through speed work is highly **satisfactory and gives you a mental edge**. Who said running isn’t psychological? Well at least racing definitely is to an extent! Speed training gives you a mental edge as you push and challenge yourself to your body’s limits. This gives you a mental toughness and a huge advantage in competitions and even when the training gets rough.
- Speed workouts **helps you work out your race day strategy**. It will give you a good perception of what pace you should set for your race. This is incredibly important to figure out well BEFORE your race and speed work will help you figure this out. Keep it realistic!
- **Increases your stamina** – your ability to run an even pace without becoming too tired at the end.

Quality, not quantity. There is no point in having long speed sessions. It needs to be short and intense. Unless you specialize in speed events (5 or 10Ks etc) there is far more benefit in doing a 2 to 3K total speed session and finish strong than doing 4 to 5K sessions and run out of steam in the last few reps.

Risks of Speed Training

With all the benefits of training for speed come risks that can be prevented if you are careful. The benefits definitely outweigh the risks as long as you are aware of when you are increasing your vulnerability in regards to injuries.

- **Pushing yourself too hard.** Yes, the goal of speed workouts is to push and challenge yourself but there is a point where you cross the line and can become injured. There is a limit to what your body can perform. It should be difficult but you shouldn’t be in pain or close to it by the time you stop your workout. Listen to your body’s signals!
- **Too many days of speed work in one week.** Since it is highly stressful you should be doing no more than **1-2 days of speed exercises a week**. Your body will begin to lose its benefits of the training if you do more than 1-2 days a week because it makes it more prone to injury and you are not allowing it enough time to rest and repair. For our group, with all the other runs we do, you should not do more than **one** day of speed work per week.

Failing to warm-up or cool-down. You must allow your muscles adequate time to warm up before workouts since you are going from a state of rest to all out muscle exertion. Your body can’t handle this load without warming up properly so make it a crucial part of the training! That’s why we spend a good 15mins in warm up, a few run throughs and a decent warm down period.

Thanks Peter (RCR Speed Coach) As a reminder the weekly training sessions are shown below.

Weekly Training Sessions		
Tuesday	6:00pm	Tempo 35 Herrick St
Thursday	5:30am	Speed QSAC 5:15am warm up
Thursday	6:00pm	Speed QSAC 5:45pm warm up
Friday	5:00am	Social Blackberry St
Saturday	6:00am	Social QSAC
Sunday	5:00am-6:00am	Varies – check Face book