

If you have any pictures of this event please send them to info@baysiderunners.com

Hi All,

Just thought I'd take this opportunity to congratulate everyone who did so wonderfully well last Sunday on the Gold Coast. There were many standout performances, especially from those guys and girls attempting the marathon distance for the first time, well done to you all. Also someone who had been there before, Corina, who took a massive 18min off her PB, that was fantastic.

And Phillipe who scorched out an 85 min ½ marathon.

It was testament to all the hard work you guys put in that out of 53 starters we had 53 finishers. You should all feel as proud of yourselves as I know you all are.

So, after all that hard work surely we didn't use up all the benefits last weekend? The answer to that is probably not. Now is a great time to take that endurance you have in your legs and put it to good use by smashing a few PB's in shorter events.

What do we need to do? Well judging by the turn out yesterday morning I got the feeling everyone has recovered pretty well physically and couldn't wait to get back out there and hit the road. So if you're a marathoner who is going to do the ½ or a ½ runner who is going to do the 10 and so on the good news is long runs are a thing of the past for the time being. (Unless you're a marathoner who's going to do a 12hour, ah Eric).

What's needed now is to freshen up your legs and get those fast twitch muscles twitching again. Yeehaa bring on the intervals and speed work.

So starting this Thursday 15/7 at 6pm we will knock out some 800m repeats, meet at the end of Pt Ohallaron Rd Victoria Pt for 30mins of fun filled entertainment.

See you all there

Cheers
Mick Gill