

Hi all,

A bit of a wrap up on Bayside Runners performances yesterday during Race 1 of the Corporate Challenge in Runaway Bay.

A crisp mild morning greeted me as I walked out the front door at 5:00am Sunday morning, waiting for Jackie to pick me up. Although I've run this event for the last 3 years, a total of 13 races, I still had butterflies in my stomach that made the slight breeze seem a little cooler than normal. This is a good sign as it means we'd get our race done before it really warmed up.

We picked up James and Corina, made the 45min drive to Runaway Bay Sports Centre where we met up with the rest of the Bayside contingent - Jo, Jayne and Nicole. It was great to have a bunch of friends there before the race to have a laugh with and share some war stories.

After a good warm up we made our way down to the start line, this is about 500m from the athletics track where the race finishes. A light jog, few more stretches and we were all ready to go.

The 5km course is a pretty flat, except for 2 sharp small rises, the first just after the 2km mark and the other at about 3.5km, this one is only about 10m long but it goes up about 4m to put you onto the cycle track and can take your HR to the limit if you're getting close to having it there anyway.

My plan was to finish as close to 20min as I could by running even 1km splits. I was more than happy with my 20:32. My 5, 1km splits all within a few seconds of each other.

A big well done to James, who is suffering a leg problem but still finished in 21:08 just 10secs outside his PB, James planned to start out hard and try to hold on, when it started to hurt. James was going strong at 3km when I came up behind him and it was only that nasty little hill that took the wind out.

The highlight of the day must go to Corina who carved out a 2sec PB to finish in 22:54 (official time), and pick up 7th place in her age group as well as a top 10% finish in the females. Although her net time was 22:44, with these smaller events everyone's time starts when the gun goes, so it pays to be a bit pushy and get your self up near the front.

What can I say about Jackie, Jo, Jayne and Nicole, you ladies are amazing. It wasn't good enough for you all to do your marathon long run of 22km+ on Saturday morning, but back it up Sunday morning with a 5km race. You all run a great race, well done, truly an inspiration.

Now the fun continues, with more speed sessions, hills, tempo runs and our regular Saturday morning run.

Train Safe

Mick