

19/12/07

### **December newsletter**

The next edition of best times should give you some excellent reading as you relax on your summer holidays. This edition includes articles from Mathew Johns on his World's experience, Peter lines on his 175 km run odyssey, and Chris Rawling on what he has been up to. If you have any contributions you would like to make for the next edition please send them in.

[Click here to read.](#)

### **Total Immersion course is full**

Thanks to everyone who has registered. If you have registered but have not received a confirmation email by the end of the week please let me know.

### **Runaway Bay ITU junior Australian Triathlon Series results**

Results are a little thin at present, but it seems as if Alex Wilson and Jason Bartram came, 6th and 7th respectively in the B final, while Rory Dyus scored a 4th in the C final. I think the feedback will be that more swimming is required!

### **State Series**

Last weekends JT Cycles triathlon was the fourth race of this year's Triathlon SA state series. Chris Hill has been able to update all of the results for the first 4 races so you can now see where you are sitting.

The rankings table has also been updated, so you can see not only where you rank in your age group but this time where you rank in the state for your performance.

Follow the state series link on [www.triathlonsa.org.au](http://www.triathlonsa.org.au) for more info.

The next big point scoring race is the State Aquathlon Championships on Saturday December 29 at Glenelg, follow the links to Event Strategies on the TriSA website for more info. This race features a multi-loop swim, run format for age-groupers, while the elite race is always a highlight of the year.

### **Triathlon SA cycling outfits**

Diagrams of the cycling outfits discussed last week have now been added to the news section of the website if you have any comments or are interested in the suits, please let me know.

### **Looking for a challenge over winter**

SA long course event on March 2nd at Murray Bridge is a selection race for this years world long course championships in Almere Holland. If after reading Matthew Johns account of what it is like to race for Australia, you think you want to give it a try this one way to get a spot.

To find out more about the world championship events log onto the TA website [www.triathlon.org.au](http://www.triathlon.org.au) the link is on the right hand side titled "World Championships" – this offers access to any information that has been posted so far. The direct link to Almere is: <http://www.triathlon-almere-2008.org/>

### **Great SA results at Canberra ½ Ironman**

A quick glance through the results see some great SA performances. Ryan Milton was 34th in 4.37, Adriano Pavia just broke the 5hrs in 4.58, Brian Kennelley was second in the 55-59 age group in 5.05, while Travis McKenzie had an excellent 5.06 finish.

**Have a great Christmas**

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### **Total Immersion workshop**

A limited number of places have been made available for the TI workshop on Friday December 28 from 2-4pm. [If you are interested please complete the attached registration form with payment.](#) This is a fantastic opportunity that should not be missed.

### **Upcoming races**

This weekend is a busy one. We have the JT cycles event (race 3 of the Triathlon SA state series for elites and age groups- except JHPS) at the Rowing club at West Lakes, Rory Dyus, Jason Bartram and Alex Wilson are competing in race one of the National Junior Triathlon Series, and the Canberra ½ IM is also on for good measure.

### **Beginners and Teams triathlon**

Last weekend's triathlon went off pretty much without a hitch. The feedback on the race has been of the highest order, which gives us plenty of confidence for next year's race. Congratulations to the Lakers Triathlon Club on their management of the event as well as the event supporters

- Woolworths
- Adelaide Aquatic Centre
- Sportspower Glenelg (10% off if you show your TriSA membership card – some conditions apply)
- Gatorade
- Sustagen sport

While provisional results have been posted, the official results and race day photo's will be made available shortly.

### **Euston triathlon**

This is one weekend of racing not to miss. Get in early. [See the attached flier for more information.](#)

### **Murray Bridge Triathlon**

The Adelaide Vales triathlon club have announced the new home of the Triathlon SA long course championships. Featuring a 2 km swim, 60 km ride and 15 km run the race will be held in the beautiful waters of the river Murray on March 2nd. Stay tuned for more information.

### **Triathlon SA custom cycling outfits**

Triathlon SA is seeking feedback from members regarding the sale of Triathlon SA cycling outfits. Our juniors are looking to purchase such a uniform for their team based training however to make it worthwhile we are seeing if members are interested in purchasing such a uniform. Our thinking is that when members race interstate or overseas it would be especially good to ride around Triathlon SA gear.

Click the link on the name of the item to see the design and we will ask you for feedback once they are posted. The costs are as follows

- o [Short Sleeve Cycle Jersey](#) \$85 - Triflow fabric that wicks away moisture exceptional well. Side panels and 50cm hidden zip.
  - o [9 Panel Bib 'n' Brace](#) \$100 - 210g/250g lycra used for ideal muscle compression and durability with a high density chamois that maintains shape long term. Finished with a light and breathable mesh 'bib'.
  - o Elite Racer Bib 'n' Brace \$140 - 210g/250g lycra with flatlock stitching for increased comfort with dynamic curves in thigh panels.
- \$5 extra for full length zip (exposed) in jersey.

\$5 discount on each garment for 25+ orders.

Stay tuned for more info on this one.

**Selection criteria for major awards**

[Selection criteria for major awards will also be posted on the Triathlon SA website shortly.](#) If you have any questions please let the office know.

Happy racing

**11/12/07** [Here are the results of the TriSA Beginners and Teams Triathlon from last weekend](#)

**03/12/07** TriSA Beginners and Teams Triathlon 9am December 9, 2007.

You can enter online up to Thursday December 6, 2007. Otherwise you will be required to enter on the day and pay the late entry fee.

[Click here for the pre-event info that explains what you will need to do race morning](#)

[Swim and transition course maps](#)

[Bike course maps](#)

[Run course maps](#)

**20/11/07 Congratulations to Alex, Rory and Jason**

These three promising juniors have all been accepted to attend the Triathlon Australia high performance camp at Runaway Bay Qld in December. This camp was invite only for the 40 best junior triathlete's in Australia based on meeting strict qualification times. Hopefully next year we can grow the SA contingent again.

**Four races in four weeks**

This weekend's triathlon is the first in the Triathlon SA state Series. With 80 points for a win this is a great way to get some early points. Please note this race will be based at Midcourse reserve.

Next weekend is the Coomealla Triathlon – which will also be the Triathlon SA State Sprint Distance Championship and maximum state series points (100 for the win)

December 9 is the TriSA, Beginners and Teams triathlon, featuring the unique triple sprint course. This race will also be the Triathlon SA club championship event for this year. All clubs should be working hard to make sure they have as many athletes racing as possible.

December 16 is the 2nd of the JT Cycles series and another chance to score some big individual state series points.

2007 year rounds out with the State Aquathlon Championships on December 29 at Glenelg

After a winter of training it is time to see if it was all worth it

### **Coomiealla Triathlon 2007**

The Tasco Inland State Champs is looming and entries are online only at [www.coomieallatriclub.com](http://www.coomieallatriclub.com)

The Coomie Tri is very grateful to be rewarded with the state champs for the second year running, and will be going all out to ensure we put on the best possible race. With \$2200 up for grabs, great spot prizes & some classy new age group trophies for a change - it's a weekend not to miss.

The webpage race booklet contains accommodation details at the Coomealla Caravan PK & Motel.

The Pasta Party is booked for 7pm and is always good value. [Click here for a quick brochure.](#)

### **Port MacDonnell Triathlon**

The Mount Gambier Triathlon club are running their first club triathlon on January 6 as a part of the Bay side festival. If you are a member of a club you are welcome to participate. [See the attached flyer for more info.](#)

### **Volunteers wanted**

Triathlon SA and the Lakers Tri Club are looking for volunteers to help at the 2007 Club Championship event on December 9. If you can't race but would like to help out and raise some money for your club please contact Verity Pietsch on 0412 6789 42

### **Level 1 TO course cancelled**

Unfortunately the three attendees we had booked in were not able to attend the course scheduled for this weekend. A second date will be organised shortly. If you are interested in being involved please contact the office.

### **The SA armada invade Shepparton**

The Shepparton ½ IM race was the closest port of call for those SA athletes needing to verify their entry into the big dance at Port Macquarie in April. While you didn't need to compete for qualifying spots the racing was still high quality. Unfortunately the weather wasn't, with stormy conditions making the race one to remember for all the wrong reasons.

- o Matt white lead the way with a fantastic second place finish in 4 hrs and 3 minutes
- o Darren Morris and Danny Salter continued their ongoing battle with Darren coming out the victor in just over 4 hrs 30 min
- o Travis Hickman had a great race to record one of the fastest run times of the day
- o Husband and wife team Alan and Evarne Rees also put in huge performances.
- o Michael Tagell showed everyone he is far from retired finishing 2nd in the 50-55 age group
- o Craig Dunn lead home a huge team from Mt Gambier, with strong performances from Glen Leman, Toby Richardson, David Chant, Melissa McKinley, Gary Adam and Rachel Lemen
- o Craig Wilson from Waikerie, Darren Roberts and Phil Burton all came in under the 5 hr barrier
- o Griffie Weste scored a resounding victory in the 60-64 age group in 5hrs 7 min
- o Nancy Cullen bolted home on a dodgy hammy to win the 50-54 age group in 5.27
- o Chris Mehaffey and Darryl Tozer also came home in 4th and 5th place in their age group
- o Scott Corrie survived his first ever half after sliding out on a wet corner, puncturing, breaking spokes and his body. Just finishing was a huge result
- o Well done to all those who finished and happy training for the IM

### **Aussies continue dominance at World 70.3 Championships**

Well done to Miranda Carfrae in winning the 70.3 world champs on the weekend. Her time of 4.07.25 was a world best. She beat home Sam McGlone and Leanda Cave with Aussie Kate Major backing up after Hawaii finishing in 8th

In the men's race Andy Potts of America cleaned up in 3.42.33 just edging out Oscar Galindez and former Aussie Andrew Johns. Craig Alexander showed his class by backing up after his 2nd place in Hawaii to come home in 4th just ahead of fellow Aussie Richie Cunningham.

Happy racing

### **31/10/07 Triathlon SA development month**

So far we have had terrific interest in the Beginners clinics, and a reasonable response for the underwater video and cycling sessions. If you plan on entering any of these sessions can you please get your entry in by this Friday to help me allocate times for the video session etc? Entry form can be found at [www.triathlonsa.org.au](http://www.triathlonsa.org.au)

The swimming session is a fantastic chance to have experts look at your swim technique. The DVD gives you something to take away to help you understand exactly what they are talking about. I highly recommend this session.

The cycling session is a great chance to work with Steve Nash a Level 2 cycling coach on your cycling skills. Too many triathletes worry only about heart rates and how fast they are going and spend little time on the actual skills of cycling. This is your chance to learn from the best.

### **Triathlon Membership Survey**

Thanks to all members who have completed the Triathlon Australia Member Survey thus far. This comprehensive survey will enable TA and Triathlon SA to better understand the profiles of its members. This in turn will enable us to make more educated and informed approaches to organisations to secure additional revenue streams and benefits. These new value streams will allow TA and TriSA to better resource its offices and provide better service levels and value in your membership. The detail requested is in depth but this will hopefully provide the competitive edge in the tough sponsorship market.

At all times TA and TriSA retains the information and this is only ever shown collectively. The reporting side of the survey does not allow individual identification of data i.e. who wrote/said what? You will not become a recipient of Junk Mail as a result of completing the survey.

If you have not completed your survey, it would be much appreciated if you could consider doing so as it will help the sport both nationally and at a level.

### **For Sale section**

Don't forget if you are looking for something or want to sell some of your old triathlon gear please consider using the TriSA for sale section on the website- this service is free for members.

### **Well done juniors**

The junior trials held a couple of weeks ago were an outstanding success. Based on times from the trials we can now announce our Junior High Performance Squad for this season is Jason Bartram, Alex Wilson, Rory Dyus, Ella Holmes, Krystal Smith, Ashleigh McDougal, and Ryan Davison. There were a number of juniors

who were either sick or only just missed the qualification times who can be upgraded based on early season form. Congratulations must go out to the Meteors and the Trikings on the quality of junior athlete they are producing.

Amongst the new comers Emily Mahomet's results were outstanding and we look forward to seeing Emily improve as she undertakes her first full season of triathlon.

Last weekend the juniors also braved the wintry conditions to be involved in the second running of the junior velodrome duathlons. A and B grades competed in three 15-20 minute races. The racing was fast and furious and gave everyone a good idea on where they are at for the season ahead.

### **Noosa is this weekend**

Many SA athletes are making the pilgrimage north to sunny Queensland for the Noosa Triathlon. This is the 3rd biggest triathlon in the world. Good luck to all.

### **Step into life**

As promoted last week Step into life a great supporter of Triathlon SA running an information night on November 10th. One of the great things about becoming a franchise owner is that you get free Certificate 3 and 4 qualifications through AIF, for more info call 8249 9466.

### **29/10/07 Changes to Step into Life information evening**

Step into Life a great supporter of TriSA have had to reschedule their next information evening. If you are interested [please refer to the attached flyer](#).

### **State Series 2007-08**

This year's state series will be confirmed next week following Monday's Triathlon SA committee meeting. However to get you thinking about your race season, I can let you know the JT Cycles event on November 25 will be a Super 8 event (max point score 80), Coomealla is the State Sprint champs (max point score 100) and the Triathlon SA 3 course and teams event on December 9 will be the state club championships.

The club championship will attract points for racing as a team of three as per the BRW or by racing as an individual. More details will be released next week. So if you are yet to rejoin TriSA now is the time.

### **Level 1 Technical course**

As Michael Haarsma put so brilliantly in his acceptance speech as Technical official of the year last season, being a technical official is all about giving back to the sport. It is far more than being a draft buster. As a TO you are an integral part of making the sport of Triathlon a real sport.

This year the level one course will be held on the weekend of November 24, 2007. [Please refer to the attached flyer for more information](#).

### **Under 14 state championship**

This year Triathlon SA have created a specific event designated for 10-11 and 12-13 year olds. The JT cycles event on January 13 has been earmarked as our state under age championship. As a one off 12 year olds who have competed regularly in triathlons who are members of Triathlon SA or an affiliated Triathlon club will be able to compete over the Tin man distance. To win the state championship you must be a member of Triathlon SA prior to the event.

This event will see all of our juniors racing over the Tin man event which should see some very fast and furious racing.

### **Wellsy is at it again**

This time David Wells has just completed the world long course duathlon championships coming in a very creditable 5th place after losing significant time after dropping his chain. Great work Dave.

### **Development month**

Time is running out to register for the various development sessions Triathlon SA has planned over the next month. Log onto [www.triathlonsa.org.au](http://www.triathlonsa.org.au) for the entry form for beginner clinics, under water swim video and stroke correction session and cycling skills session. Please refer to last weeks office update for information on the Steve Born hammer nutrition seminar this Monday.

09/10/07

### **Good luck Nathan**

This weekend is the big dance in Hawaii. You can tune into [Ironmanlive from 2.30 am on Sunday](#) to see our very own Nathan "Rambo" Warburton compete against the best Ironmen in the world.

### **Well done Adelaide Vales**

Well done to Adelaide Vales for running a fantastic master's games triathlon. This event has set a very high standard for triathlons this season.

### **Thanks to Triathlon SA's major sponsors.**

- SPORTSMED-SA and in particular Anthony Spriggins orthopaedic surgeon
- Bicycle Express
- Step into Life Group Personal training ([see the attached document for more info](#))

Without such great support we would find it very difficult to keep our sport as vibrant and exciting as it is.

### **Good luck Juniors**

Good luck to all of our Junior Triathletes competing for the various squads and scholarships over the next 5 days.

It will be particularly interesting to see who is awarded the triathlon scholarships to participate in the Triathlon Australia junior camp in December.

### **04/10/07 Development month**

November is development month at Triathlon SA. Please see the attached form to register your interest.

Please note- we have just signed up the legendary Steve Born from HammerGel to present on Monday October 29th. Thanks to Malcolm Robertson from Event Strategies for his assistance on this one. Stay tuned for more information.

### **Best Times Newsletter**

It's been a while in the coming but [please enjoy our latest Best times newsletter offerings](#). Anyone keen to contribute to future editions please let me know.

### **Masters Games This weekend**

This weekend the Adelaide Vales are hosting the Australasian Masters Games Triathlon at West Lakes. I think you may still be able to enter, so if you are keen

give the Vales a call. Otherwise it would be great to see as many spectators as possible.

### **Gold Coast ½ IM**

Well done to the SA athletes at who braved the very hot conditions on the weekend.

Steve Diamond 5.13

Chris Mehaffey 5.26 2nd in age group

Mary Mitchell 5.41 – 7th in age group

Damien White 6.23

David Adams 5.25 in his first ½

### **Junior Time trials**

Trials to select our junior squads and also to award our scholarships to attend the Australian Junior Camp in Queensland start from next Thursday with the 5km run at Santos Stadium. Saturday is the 1km TT at Unley pool and Sunday the 20km ride at Edwardstown velodrome.

All junior members of TriSA are welcome to join in.

[Please click here for the entry form](#)

Good luck to all those racing on the weekend.

**17/09/07**

### **Run for a great cause**

The Coomealla Tri club, in support of founding member and Triathlon SA and Triathlon Australia stalwart, Peter Mills, are running the Olivia Newton John Cancer Foundation 5k Fun Run & Walk on Sunday 14th October 2007

9.30am race briefing

10.00am start

Mildura River Front – Tennis Club Lawns

\$15.00 runners

\$10.00 walkers

Great spot prizes

All proceeds will be going to the Olivia Newton John Cancer Foundation. This is the place Millsy is being treated. For those that are not aware Peter Mills is currently undergoing extensive cancer treatment. Please click [here for the flyer](#) and [here for the entry form](#).

### **Clubs working with clubs**

The Meteors triathlon club don't want to have all the fun. In the spirit of developing strong relationships between all clubs the Meteors triathlon club are opening up a couple of their training sessions to anyone who is a member of Triathlon SA.

Their tour de Yorke has been run for 10 years and is a fantastic trip away. While it is very short notice anyone looking for a unique experience should [get in touch with the club](#).

Also Shepparton ½ IM is going to be an important validation race for many wishing to compete at Port Mac this year. As a final hit out prior to the race they have organised a pre-race simulation on the 28th of October at West Lakes. [Contact the club for more info](#).

### **Triathlon Australia AGM- Board Nominations**

Anyone wishing to nominate for a position on the Board of Triathlon Australia must do so by Friday September 21. Please contact Andrew Hamilton at TA for more information.

### **Bicycle Express bargains**

Looking for some new Triathlon clothes and suits etc for next season. Bicycle Express are currently running out their last seasons stock at 15-25% off. Get into 123 Halifax Street and check out their great range.

### **Hamburg, Singapore, City bay wash up**

Well done to all Triathlon SA athletes over the past few weeks. We have been represented far and wide with some fantastic performances. I still haven't been able to get my hands on results from the world's event at Hamburg and will endeavour to do so over the next few weeks. From all reports everyone had a great time, except Jan Daley who had to have 15 stitches in her foot prior to the race. A big congratulations to Andrena Moore on her outstanding Bronze medal performance and Sarah Crowley on her 4th placing.

There were too many City bay results to go through but well done to all who competed.

### **Changes to the race calendar**

If you did the city to bay you would have received a copy of the Triathlon SA calendar in your kit bag. Please note the following changes

Unfortunately Clayton bay triathlon has been cancelled for the upcoming season. Problems with the boat club made running the event from the current location was impossible.

Victor Harbor Olympic distance triathlon is back on the calendar on March 9

Also while it is not an open event, the Mount Gambier Tri club are running their inaugural Port MacDonnell club race on January 6th. AS per all club events this event is open to all TriSA club members.

### **State Championships**

This years state championships will be held at

Sprint Distance December 2nd Coomealla

Aquathlon December 29th Chiropractors Association, Sam White memorial aquathlon

Olympic distance triathlon January 26th or 27th – JT Cycles Australia Day Triathlon

Long course triathlon – Adelaide Vales March 2nd

### **Triathlon and Multi-sport Magazine offer**

All Triathlon SA members are eligible for a greatly reduced subscription to Multi-sport magazine. All you have to do is complete and return the attached flyer, quoting your Triathlon SA number to receive this great offer.

### **Development month**

November is development month and there are plenty of opportunities available for all triathletes. For more information please refer to the home page of the Triathlon SA website.

### **Beijing Test event**

Well done to Emma Snowsill and Courtney Atkinson on their silver medals at the

Beijing test event. Both had great races but couldn't match the two world number one athletes Javier Gomez and Vanessa Fernandes.

Don't forget the Masters games triathlon on October 7- you can still get your entry in.

With the way the weather is going, this may well be our only wetsuit swim in West Lakes for the year.

Happy training

**30/08/07**

### **Junior Time trials**

The Triathlon SA junior program offers all junior members aged 13-19 years the chance to develop their triathlon skills in one of two squads

- 1- Junior High Performance Squad
- 2- Junior Emerging Talent Squad

A 1 km swim, 20 km ride and 5 km run time trials are used to select the squads. This year's trials will be held on October 11, 13 and 14.

If you are yet to receive the registration form and would be keen to be involved please email the office. Otherwise you should be able to download it shortly from the TriSA junior section on the website.

### **At the races**

This weekend the world championship Olympic distance event will be held in Hamburg. The Aussies will be well represented in the men's and women's event with Brad Kahlefeldt and Emma Snowsill two of the race favourites. You can see the results on the ITU website- follow the links from the TriSA website.

Ironman Korea proved to be one tough experience for four TriSA athletes. Defending champ Scot Green succumbed to the heat to finish in 14 hrs 36, Peter Lines crossed the line in 14.03, Tameka Mybus came in 4th in her age group in 14.17 and Narelle Pollock was 5th in her age group in 14.25. With less than 800 out of 1200 starters finishing this was one tough event. Raynard Tissink won the men's while the performance of the day went to Christine Wellington to win the women's race and finish 7th overall

The SA marathon festival saw some great performances by SA triathletes with Matt White winning the men's race in a very fast 2 hrs 39 min (you can read more on the TriSA forum), Mark Bloomfield 2nd in 2.49, Scott Hartwig scored a 3.06 to edge out his brothers 3.07 and Mike Gallasch did a solid 3.12. There were too many other great performances to mention. In the half Kevin Tankard won in 1 hr 16, while Maria Kostovtis won the women's 10 km in 39 minutes.

Full results can be found at <http://www.sarrc.asn.au/07/SMisc/Se09MaLs.html>

At Ironman Louisville last seasons Meningie half Ironman winner Chris McDonald won in 8.38 from former winner of the Adelaide National Duathlon championship Craig McKenzie. In the women's Heather Gollnick destroyed the women's field including Nina Kraft.

At IM Canada it was a win for Chris McCormack protégé Keiran Doe of NZ, with Lisa Bentley winning the women's event.

### **Masters games**

Entries are still being taken for the master games triathlon on October 7. With the way the weather is already looking this will probably be the only wetsuit legal race in West Lakes this year. Follow the club link to the Vales site for more information.

### **Last few days for early bird membership**

Welcome to all of TriSA's new members for this season and a big thanks to all of our renewing members. So far we are well ahead of last seasons membership numbers at this time and with a full calendar of racing and a pumped up state series this season is going to be great. If you are yet to join do so before Sunday to receive the Early bird rate.

This will be the last time we will use last years data base, so if you haven't renewed you will be relying on the website for your information.

Don't forget to drink and slip slop slap with this unusually hot weather we are experiencing.

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### **Last chance to get the Early Bird benefit**

If you are yet to join Triathlon SA, this is your last chance to get the early bird discount- fees go up on August 31st.

If you haven't joined by this date you will also have to rely on the website for your office updates as we will no longer be emailing updates to 2006-07 members.

So log on now to [www.triathlonsa.org.au](http://www.triathlonsa.org.au) it couldn't be easier.

### **World Championships**

With just over one week until the world championships in Hamburg, Germany there are many SA triathletes walking around wrapped in cotton wool. This year's team is the biggest for many years and I am sure they will do us all proud. Good luck to Sarah Crowley, Craig Newton, Matt Johns, Craig Ward, Roy Chesters, Frank and Rita Bennink, Peter Franklyn, Jan and Rick Daley, Andrena and Trevor Moore, Lawrence Perressin and Sarah Martin. With a

little luck we should see one or two of our athletes medalling and plenty of PB's from a group who have been training the house down.

Most fly out early next week so wish them luck if you see them before they fly out.

### **Good luck Scott and Peter (Again)**

This weekend is Ironman Korea and Triathlon SA's treasurer Peter Lines has decided that New Zealand, Port Mac, Roth and climbing Mera peak is not enough so he will be taking to the start line in the always hot and humid conditions of Korea. Peter is simply hoping to finish this one however as he injured his ankle rock climbing in Austria after Roth.

Former South Aussie, Scott Green is looking to finish his Ironman career on a high by defending the title he claimed last year in Korea.

### **Marathon Weekend**

Good luck to all of our triathletes who are testing themselves over the full or ½ marathons this weekend in Adelaide- get along to Santos stadium to see them all

cross the line.

### **Ride to work day**

Wednesday October 17th is ride to work day, log onto [www.ride2work.com.au](http://www.ride2work.com.au) for more information. This is our chance to show Adelaide just how many cyclists there are in the state.

### **Change of date for Port Macquarie half Ironman**

It has just been announced that the Port Macquarie half Ironman has now been moved forward one week to November 4th. Please contact race director Ken Baggs for more information.

### **Well done at Yeppoon**

Three South Aussie athletes made the trip north to score an early validation for the Ironman at Yeppoon. Well done to

- Richard Pryor 5 hr 34
- Leon Crossins 5 hr 37
- Phil Crossley 5 hr 51

### **A worthy cause**

Can you please put this one in your diaries and if anyone can get to Mildura to participate, it would be fantastic for us and Peter Mills who is battling some serious health issues at the moment.

Olivia Newton John Cancer Foundation 5k Fun Run & Walk

Sunday 14th October 2007

9.30am race briefing 10.00am start

Organised in support of Coomealla Triathlon Club founding member, Peter Mills  
Mildura River Front – Tennis Club Lawns

\$15.00 runners

\$10.00 walkers

Great spot prizes

All proceeds will be going to the Olivia Newton John Cancer Foundation. This is the place Millsy is being treated.

### **14/08/2007 Sponsorship Opportunities**

Rebel Sport Rookies (RSR) Talent I.D Program officially opens to the public on August 1. The initiative, now in its 8th year, aims to unearth and support the next generation of Australian sporting champions by recognising the accomplishments of upcoming athletes in their sporting field of choice. The program is open to young Australians between the ages of 12-21 and includes winning prizes of \$4000 in cash and equipment from Rebel Sport, with a total sponsorship pool of \$30,500. Visit [www.rebelsport.com.au](http://www.rebelsport.com.au) for more info

### **2 weeks left before Early Bird Membership discount runs out**

If you plan on joining this season, join online at [www.triathlonsa.org.au](http://www.triathlonsa.org.au). If you join before August 31st you benefit from the early bird discount.

With a great season of sanctioned racing planned, this promises to be a year not to miss.

### **Carlee Taylor racing in Mexico world junior championships**

Carlee, a member of Triathlon SA Junior squad last season, has just completed her first cycling world championships event. Held in Mexico the races were hot and

hard, with the events held at altitude. Carlee logged at 20th in the Time trial (1.56 off the pace) and 30th in the road race at 5.39. Well done Carlee.

### **Around the races**

Javier Gomez continued his dominance of the BG Triathlon World cup with another win at Tiszaujaros. Putting his foot down over the last 4 km to outlast Kiwi- Kris Gemmell. Young Aussies Brendan Sexton and Dan Wilson showed their potential finishing 10th and 11th respectively.

In the women's race Sam Warriner of New Zealand continued her fantastic form since the Melbourne commonwealth games, to cross the line 20 seconds ahead of Australia's Emma Moffat.

With the ITU world Championships just 3 weeks away and the Ironman Hawaii World championships 9 weeks away, the focus for most professionals is on peaking their fitness for the big day

Unfortunately Australia will be without some of their best athletes. Peter Robertson, 3 times world champion in 01,03,05 has withdrawn from the team after a bout of food poisoning affected his preparation.

Felicity Abram has also been forced out of the team through injury.

### **Masters Games**

The deadline for registrations has been extended. If you want to avoid late fees log on today. See the TriSA website for more info.

### **Junior Program**

In preparation for the October squad selection time trials , the TriSA junior program is kicking off with a series of swim, bike and run training sessions over the next 3 months. If you have not received any information and would like to know more please contact the Triathlon SA office. The junior program is open to anyone aged 19 or younger on 31st Dec 2007.

**24/07/2007**

### **Triathlon SA memberships**

Renewal of your Triathlon SA membership is now available online. Follow the membership links on [www.triathlonsa.org.au](http://www.triathlonsa.org.au)

This year there will be three changes that will affect a few individuals  
1- This year we will be offering a restricted membership for country club members. This allows country members who only compete at a local level to enjoy the benefits of TA and TriSA membership, including training and race day insurance at a reduced cost. Restricted members are not eligible for state series points or One Day Race Membership Discounts at open events (other than those run by their club).

2- This year there will be a reduced membership fee for children aged under 14

3- This year our non-competing technical officials will not be required to pay a membership fee to join TA or TriSA. Rather than have you join online we will enter your details ourselves. Please contact the office so we can process your registration.

There are a few bugs we are sorting through to get these in operation, therefore if these changes do not seem to have taken place please try again shortly.

Otherwise there is no easy way to join TriSA, Triathlon Australia and your club than via the web. The cheapest option by far is to

- Do it online – save \$5
- Before August 31st – save \$10
- And be a member of an affiliated club – save \$15

For those TriSA members not a part of a club it is worth investigating, some of the club fees are actually less than \$10!

This means you can actually save \$5 and get the benefits of joining a club at the same time. Even if you are not going to train with them it is well worth the effort to join and be a part of their competing membership.

### **TriSA presentation night**

Thanks for everyone who attended to make Saturday's presentation night such a great one. It was good to see a plenty of people relaxing and enjoying themselves, even if it did result in a few sore heads the following day.

Triathlon SA would like to once again thank their major sponsors

- Bicycle Express
- SPORTSMED-SA
- Step into life – group personal training
- Sports Power Glenelg

For those that missed the night the major award winners were

Male Triathlete of the year Matt Stephens

Female Triathlete of the year Jackelyn Prentice

Junior Male Triathlete of the Year Chris Rawling

Junior Female Triathlete of the year Krystal Smith

Age Group athlete of the year Male Dave Taylor

Age group athlete of the year Female Andrena Moore

Most improved male Nathan Warburton

Most improved female Michelle Hebart

Junior encouragement award Rowan Hundertmark

Presidents award Brian Gillies

Technical Official of the year Michael Haarsma

Outstanding Achievement Award Griff Weste, Kevin Fergusson, Scott Green

Life Membership David Wells, David Wilkinson

Overall Club State Series Champion Lakers

Handicap Club winner Adelaide Vales

Race of the year Kingston and Clayton Triathlons (tied)

Adam Johnson Award Kathleen Bouchier

### **New President for Triathlon SA**

Lin Green: recently retired CEO of Uniting Care Wesley, father of Scott Green and experienced triathlete, has taken on the role of Triathlon SA president. Much of the 2007-08 committee has remained and all are excited about working under Lin's leadership.

### **TriSA calendar**

It's almost ready for release.

Dates for next season's triathlon season are almost finalized and will be

released hopefully next week.

A glossy calendar will be made available to clubs for distribution.

The website will be updated shortly.

State titles will not be announced until August.

### **New Date for Australian Duathlon Championships**

Dear all,

You would recall that the above event was cancelled a few weeks ago by the Newcastle police due to the ship and weather.

Since that time, we have received an offer from Triathlon ACT to hold the 2007 national champs within their state champs on 23rd September in Canberra. TACT has also kindly extended free entry to all pre-entered competitors in the Newcastle race and Jenny Mann as the head of the Newcastle event LOC, has offered some additional items from their event.

We have had to work through a process with Newcastle Council before we have been able to make any further comment. Newcastle Council has approved the proposal as long as the promotional material and race clarifies that this is a reschedule of the Newcastle event, that the event will be only the Oz champs and not the Oceania champs and that we heavily promote that the 2008 event will be back in Newcastle (date TBC).

The TA Board is supportive of the offer and our thanks are extended to TACT for the offer and being proactive under the circumstances.

If you have any comment in relation to this proposal or a preparedness to discuss offering a similar proposal, I would welcome any comments by COB next Wednesday.

After that, we will be advertising these arrangements to the Newcastle competitors as well as the general membership.

Regards

Andrew Hamilton

### **New TA marketing manager**

We wish to welcome David Hurley to the TA team and triathlon family as TA's Marketing Manager. A new role and initiative within TA, David aims to combine his knowledge and passion to increase revenue streams and brand awareness for TA and will be responsible for directing the marketing and sponsorship activities in the areas of events, membership and of TA in general. With a background in sports marketing and sales that included time as the Marketing and Communications Manager at Swimming Australia and Branding and Sponsorship Manager with the Sydney Turf Club, David aims to further raise the profile of the sport in Australia. David has a Bachelor of Science (Hons) in Sports and Leisure and an understanding of the sport having competed in age group triathlons since 1992.

We expect that David will be in contact with you at some stage and any support that you can provide in response to his requests would be appreciated.

Regards

Andrew Hamilton

### **Level 2 coaching principles and assessors courses**

The office for rec and sport are accepting registration for people

interested in attending these courses. For more details please see the TriSA website

**12/07/2007**

### **Presentation Night**

More information and a RSVP form can be found by clicking [here](#).

### **Congratulations to Nigel and Verity**

on the birth of Oscar Oscar Edward Pietsch who was born at 10.24pm on the 5th of July. At birth he weighed 3.56kg

**19/06/2007**

### **Port Lincoln wins back the title**

The Lincoln Triathlon Club SA has been triumphant over the UK Lincoln Triathlon Club in the annual Ashes Challenge held last week. The converted urn will be returning to Port Lincoln after the Poms won last year. Each club competes over the same length course, 400/24/5, and the first five males and females have their total times combined to find the winning club. This year we didn't need the age factor to be taken into account (where the ages of each team member are added and the younger team has one minute added for each year difference). Results: SA 13:24:41(476 years), UK 14:22:15 (336 years) we won by 57:19 and 140 years !! More on [www.lincolntri.com](http://www.lincolntri.com)

### **Presentation night Major Awards**

Nominations are now being accepted for Triathlon SA's major awards. Please see the website for more information. Nominations must be in before June 28 to be considered.

### **Office for Rec and Sport Coaching Scholarships**

Congratulations to Brian Gillies on being awarded an Office for Recreation and Sport coaching Scholarship for the upcoming season.

### **Days are getting longer**

June 21st is the winter solstice. Mentally I use this date as the sign that summer is on its way. While there may be still be a few more months of cold and wet weather the good news is that Thursday is as dark as it gets. With every morning and night getting just that little bit lighter each day from then on.

### **At the races**

#### **Roth**

This weekend is the Roth triathlon. This is probably the biggest triathlon in the world with an estimated +200,000 spectators massing around the course. Participants are made to feel like they are in the Tour De France as thousands of people cheer them up anything even resembling a hill on the course. This year South Australia's Peter Lines, fresh from IM OZ and a 6,400m climb up Mera peak in the Himalayas is ready to enjoy some of the German hospitality - Good luck Peter

### **Des Moines BG ITU Triathlon World Cup**

The sports biggest ever payday saw over \$700,000 in prizes awarded last weekend. Laura Bennett, wife of Aussie Greg Bennett, outsprinted Australia's Annabel Luxford to take home over \$265,000 in cash and prizes (including a Hummer). Emma Moffat came home in 8th.

In the men Rasmus Henning of Denmark beat home Bevan Docherty and Javier Gomez. Greg Bennett was the best placed Aussie male in 5th.

### **IM Japan**

Kate Major scored a second place finish on the weekend.

Happy training

### **Nominations open for TriSA major award winners**

[Please use the attached form to nominate those who went above and beyond this season.](#) This is your chance to highlight the achievements of your club members and fellow competitors. For most awards nominations must be received so don't rely on someone else to do it for you. More information on this year's presentation night, July 21st at the Sturt Football club will be made available shortly.

### **Sportspower Glenelg sponsors the Age-Group athlete of the year award.**

This year's winner of the male and female age group athlete of the year award will win a pair of ADIDAS supernova shoes courtesy of Triathlete and owner of Sports power Glenelg Dave McGlashen. Dave is also a great supporter of a number of clubs and the Triathlon SA junior squads. If you are in the need for some Triathlon gear then pop down to Jetty road Glenelg for a look, telephone Dave on 8295 1714 or email [Glenelg@sportspower.com.au](mailto:Glenelg@sportspower.com.au)

### **At the races**

#### **Meteors Mountain bike duathlon**

Well done to Trevor Skewes and the Meteors triathlon club on another great event. Race organisers were caught a little short by the huge turn out with just under 80 competitors. This year Matt White managed to hold off a number of Mountain Bikers to claim the men's victory while Sarah Crowley dominated the women's field. Check out the meteors website for more information and race results.

#### **Eagleman 70.3**

Natasha Badmann set a world best mark over the 70.3 distance finishing in just over 4 hrs and 8 minutes. Proving she will once again be a force in Kona this year she demolished a top field. Aussie girls dominated the minor placing's with Miranda Carfrae in 2nd, Pip Taylor in 3rd and Rebecca Keat in 5th.

TJ Tallakson beat home Aussie Richie Cunningham to win the means event, with Meningie ½ IM winner Chris MacDonald in 5th.

#### **Baja 70.3**

Aussie men went 1, 2, and 3 at the Baja 70.3 triathlon on the weekend.

Chris McCormack just edged out Craig Walton with Luke McKenzie a further 4 minutes back in 3rd.

### **Canada BG ITU World Cup**

Kiwi Samantha Warriner claimed an impressive victory. Current world under 23 champion Erin Densham picking up a 3rd placing to be the best placed Aussie.

Simon Whitfield, Sydney Olympic gold medallist scored another hometown victory to show he will still be a force come Beijing in 2008. Simon Thompson and young gun, Brendan Sexton were the best placed Aussies in 8th and 9th respectively.

### **Newcastle Oceania duathlon championships cancelled.**

After a few days of wild weather, the police were left with no choice but to call of this year's Duathlon championships.

08/06/2007

### **Presentation night**

After yet another mix up regarding dates, I can now confirm that this year's presentation night will be held on Saturday July 21st at the Sturt football club. Full details will be made available next week, but after my inspection today I think the menu and venue perfectly suit our needs, style and budget.

### **AGM**

This year we will combine the AGM with the presentation night. The plan will be to holds the AGM about 1 hr before the presentation night. Given most AGMs only last 30 minutes or so, Triathlon SA will be providing free drinks after the AGM through to when the presentation night begins.

### **At the races**

#### **Hawaii 70.3**

Chris McCormack further developed his love for the island by cruising to victory over Australian Ironman champion Patrick Vernay.

In the women's Samantha McClone (70.3 world champion) passed 2006 Hawaii champion Michelle Jones late in the run to claim victory.

### **Escape from Alcatraz Triathlon**

Imagine what it is like to jump from a boat with 1,597 others into 12 degree water. Swim to shore, only to have to run for over a mile just to get on your bike. While the ride is picturesque the hills are torture. Then when you finally start the run you realise what hills are all about especially when you are confronted with the infamous sand hill. Such is the seriousness of this sand steps even the pro's are reduced to a walk. Last weekend this dream became a reality for Stan Garland and Mark Kirtland.

In the end Stan cam home in 229th overall 40th in his age group while Mark was 328th and 29th in his age group. Pretty impressive considering Mark had knee surgery just weeks before the race.

**Madrid ITU BG World Cup**

Filip Ospaly spoiled the party fo