

31/12/08

KIDS CLINICS will be conducted on Saturday 24/1/08, 31/1/08 & 7/2/08 in the lead up to the Weetbix Kids TRY-athlon on Sunday 15/2/08.

For full details and a registration form, click on 'Kids Clinics' under the Beginners tab.

19/12/08

OFFICE CLOSURE Please note that the TriSA office will be unattended next week (22/12/08 – 26/12/08), but you can still send emails or leave a phone message and I'll catch up the following week.

JT CYCLES TRIATHLON THIS SUNDAY 21/12/08 Don't forget race 2 of the JT Cycles Series is being held this Sunday at Midcourse Reserve, West Lakes, starting at 9am. Race 3 on 11/1/09 will be the State Sprint Championship.

CHIROPRACTORS ASSOC AQUATHLON 28/12/08 This will be the 21st anniversary of the Sam White Memorial Aquathlons. Held at Glenelg and starting at 11am, there's something for all the family, including a 1.6km Kids Fun Run.

WEBSITE UPDATES Please note that the website now has a Conditions of Use section that contains important information relating to use of the website – you should read these conditions before using the site.

These conditions were generously provided by Triathlon SA member and legal eagle Richard Pryor of Richard Pryor & Associates, IT Lawyers.

The For Sale section of the website (under the News tab) is flourishing – at the moment there are 5 bikes for sale, so it's definitely worth checking out if you're in the market for a 'new' bike at a great price.

You'll also find that the Photo Gallery has been updated and now includes the Triple Sprint photos taken on 23/11/08. There are some particularly good action shots of triathletes exiting the swim (and a couple of gorgeous pelican shots – not exactly part of the triathlon, but I couldn't bring myself to delete them!).

CONGRATULATIONS TO BRIAN GILLIES, 'LOCAL LEGEND' Our very own Brian Gillies is this week's 5AA Sports Show Local Legend. If you missed his radio interview, you can find it [here](#). (Sorry if this embarrasses you Brian, but you can blame SOB!)

Kids aged 7 – 17 will have a chance to meet the Legend in January, as Brian is conducting our Kids Clinics in the lead up to the Weetbix Tryathlon on 15/2/09 (Kevin Duffy of the legendary Duffy family will be taking two of the sessions in conjunction with Brian). Details and a registration form are on our website under Beginners, Kids Clinics.

SCHOOL SPORT SA TRIATHLON 18/2/09 –

VOLUNTEERS NEEDED The Secondary Schools Sport SA Triathlon will be held on Wednesday 18 February 2009. With an individual event followed by a teams event and a Come 'n' Try, over 400 students are expected to be racing over the course of the morning.

Although teachers and parents offer a lot of support, with an event this size Sport SA could really use some extra volunteers to help out on the day, in particular some experienced traffic marshals.

If you're interested, please send an email outlining what you're able to help with to admin@triathlonsa.org.au. I'll then collate the information and forward it to Sport SA.

WISHING EVERYONE A VERY HAPPY CHRISTMAS!

12/12/08

Lincoln Tri Club has announced that if you enter the Tunarama Triathlon by 10 January 2009 you will go in the draw to win a great SeaSA ferry voucher (Wallaroo to Lucky Bay & return) – [click here](#) for details.

CONGRATULATIONS TO BUSSELTON IM FINISHERS

There were some great results from our SA competitors (as always)! The fabulous Fezza (Dani Aves) has written a terrific race report on Busso, her first Ironman. If you'd like to share in Fezza's unbounded enthusiasm and amazing energy, there's a link to her report on our website under Racing, Race Reports .

GOOD LUCK TO RUNAWAY BAY JUNIORS

Best of luck to Alex Wilson, Emily Mahomet, Ella Holmes and Ryan Davison who are heading off to the Gold Coast today for the 2XU Super Sprint Race Weekend. Alex, Emily and Ella will be staying on for the Junior Development Camp. Hope you all have a great time and soak up the experience.

BRIGHTON JETTY CLASSIC

This iconic open water swim will be held on Sunday 1st February 2009. There's the 1500m Classic (minimum age 12) and a 400m swim around the jetty (minimum age 10). With over \$15,000 in prizes and live entertainment all day, it sounds like a great family day out. There were over 12,000 registered swimmers for the 2008 event, and 2009 promises to be even bigger.

The entry fee of \$30 includes a kit bag valued at \$45, and the best bit is - \$5 of your entry fee will be donated back to your Club.

You can register online at www.brightonjettyclassic.com.

4/12/08

There's no excuse for getting fat over the Christmas / New Year period with a wide range of events on offer:

COOMEALLA TRIATHLON

Is on this Sunday, so good luck to all those heading over.

Best of luck to those travelling to Busselton for the IM this weekend too, looks like another large SA contingent.

JT CYCLES TRIATHLON Race 2 is coming up on 21 December 2008 at West Lakes.

CHIROPRACTORS ASSOC 21st SAM WHITE MEMORIAL AQUATHLONS are next on the calendar, on Sunday 28 December 2008 at Glenelg.

There will be a Kids Fun Run for 7 – 17 year olds as well as a range of aquathlon distances. The venue is Glenelg Jetty, South Side. Printed flyers are now available – either contact www.eventstrategies.com.au, or I have some in the office here in Wakefield St.

STATE SPRINT CHAMPIONSHIP

In case anyone missed the news, please note that this season's State Sprint Championship is the JT Cycles Triathlon on 11 January 2009 at West Lakes (Race 3 in the Gatti series).

URBAN OASIS CRAIG LACK MEMORIAL AQUATHLONS will be held on Sunday 18 January 2009 at Christies Beach, incorporating the 2009 State Aquathlon Championships (800m swim/ 5km run).

There are also shorter distance aquathlons, the Dash for Cash Surf Swim and the Dash for Cash Beach Run. Full details and online entry are now available.

AUSTRALIA DAY LONG WEEKEND

Triathletes will be spoilt for choice in January, with the Tunarama events on the January long weekend, and the JT Cycles Triathlon at West Lakes on Australia Day (Monday 26/1/09).

All the info for the Tunarama swim thru, triathlon, fun run and the Grand Slam are up on Lincoln Tri Club's website under the heading Tunarama Page. Offering \$2,300 in money and prizes for the 2009 events, it could be well worth while making the trip over there.

There are lots more events coming up in February and March – you can check out the full race calendar on our website under Events.

VICTOR HARBOR TRIATHLONS wins another award - congratulations Sid!

Victor Harbor Triathlons is the winner of the SA Great Regional Awards 2008 Nippy's Sport Award – well done to all involved.

1/12/08

A Messenger News photographer was at the Challenge event on Sunday and took some terrific shots, which can be viewed on their online [photo gallery](#).

30/11/08

ADELAIDE CHALLENGE - what a terrific weekend of racing, with some outstanding performances by our local triathletes, showing that Adelaideans are up there with the best in Australia. Check out the full results [here](#).

At a quick glance, some of the 1st place winners whose names I recognise from our members database are:



Kids Try-stars triathlon: Evie Hood 7-9 F (photo); Isabella Hood 10-11 F; Max Spurling 7-9M.

Enticer Distance: Catherine Clohesy 12-13 F (Tribe); Naomi Hill 25-29F (Lakers); Kyam Maher 35-39M (Cameron's brother, hon. Laker).

Sprint: Rebecca Copson 14-15 F (Meteors); Millie Allcroft 16-19 F (Meteors); Sarah Calton 20-24 F (Lakers); Britta Jensen 25-25F (Vales); Nathan Mercurio 25-29M (Vales); Michael Slater 30-34M (Meteors);

Lindy Kronen 40-44F (Tribe); Rosalind Weaver 50-54F (Meteors); Tony Brady 50-59 M (Lakers).

He's not a South Australian, but Radovan Leovic deserves a mention for winning the 80-84M category - just goes to show, ageing is an attitude!

Olympic: Kevin Fergusson 45-49M (Lakers legend); Peter Taylor 50-54M (Meteors);

Jan Daley 55-59F (Lakers); Dave Taylor 60-64M (Tribe, photo); Team Meteors.



A very impressive list, which is even more impressive if you take into account all the 2nd and 3rd place-winners who aren't listed here.

Congratulations to everyone who finished, and to the organisers and managers of the event who put in a huge amount of work to produce a fantastic, memorable weekend.

26/11/08

CHALLENGE SERIES on-line entries close at midnight Thursday 27/11/08. If you're planning to enter the Sprint or Olympic distances, you can only enter on-line and the cut off time of midnight 27/11 is STRICT – there will be no late entries taken.

The Friday night fun run, and Saturday's Kids Tri and Enticer distance can be entered prior to the race (or on-line until midnight Thursday as well).

We have a strong contingent of junior females in the Enticer, with Evie Allcroft (who came a very close second in her age group, just 43 seconds behind the winner Ellen Fraser, and 4th overall in the 2 lap Triple Sprint last Sunday); Zoe Clippingdale (3rd in her age group in the 2 lap); Catherine Clohesy (2nd overall in the 1 lap Triple Sprint) and Holly Takos (overall winner of the 1 lap). What an amazing depth of talent, and just 13 years old – GO GIRLS (and remember to have fun out there, it will be a great experience).

At 400m/ 10km/ 2.5, the Enticer is certainly not just for juniors – the majority of entrants are well past adolescence! A 400m swim is about 200m longer than I can manage (sad but true), so I'll just be doing the Fun Run on Friday, but will definitely be out there supporting all those racing on Saturday afternoon and hope lots of others will come along to cheer on all our South Aussie entrants.

GET WELL WISHES TO RITA BENNINK Rita has the dubious honour of joining that (far too large) club of cyclists who have been hit by a car and broken something as a result – in this case, her collarbone and pelvis. The 'accident' (negligent driving) occurred yesterday morning when she was out for a training ride. Rita was going through a roundabout on the Patawalonga road when a car turned left into the roundabout and rammed her from behind.

Injuries like this never happen at a good time, but this was particularly bad timing as Rita had entered the Olympic Distance on Sunday and stood a good chance of qualifying for the Worlds again (she competed in the Worlds in Hamburg last year).

Resting (but not very comfortably) in the RAH, Rita was in remarkably good spirits when I visited earlier today. Disappointed at being unable to race on Sunday, she is nevertheless determined to get over this hurdle and be up and training again as soon as possible.

Speaking like a true triathlete, Rita said she would make good use of her recovery time, researching a new bike!

Hope you get well soon Rita, all the best to you & Frank -our sympathies should go out to her husband Frank as well, as being married to an injured triathlete is almost as painful as being injured yourself (I know this from experience, actually several experiences...).

PORT LINCOLN TEAMS CHALLENGE TRIATHLON

Peter Sheridan of Lincoln Tri Club reports that "the Teams Challenge Tri on Sunday 23/11/08 was another great day with perfect weather and 21 teams competing over a "triple sprint" course.

There were 75 competitors in the teams with 30 of these being juniors, under 16 years of age!

Fastest time in this first event of the season went to the male team "Tri-One" of Chris Marlow, Greg Eden and Shaun Parkinson in a time of 1:15:46. Second fastest was the

"Golden Trio" team of juniors who have stepped up to the male category of Kieran Whait, Josh Nisbet and Wade Hansen in a time of 1:21:50."
Sounds like a fantastic turnout and a terrific start to the season - race results can be found under 'Racing' , 'Results'.

DANI STEPHENS RETIRES Our commiserations to elite athlete Dani Stephens, who has had to retire from her triathlon career for medical reasons. Dani will no doubt excel in whatever pursuit she takes up next. All the best to Dani and her husband Matt.

FOR SALE ITEMS If you haven't yet had a look at the For Sale section of our website (under the News tab), it's worth checking it out as there's quite a variety of items for sale at the moment (including Dani Stephens' gear).

23/11/08

TRIPLE SPRINT RESULTS

Many thanks to all the participants, volunteers and spectators who came along to the Triple Sprint Triathlon this morning and contributed to making it a great day with an atmosphere of fun and friendly rivalry. It was especially satisfying to see all the Tristart members out there competing in their first triathlon. The terrific results they achieved are testament to Nigel's coaching skills in guiding them through the Beginners' Clinics over the past 5 weeks.

The Vales did a tremendous job with the registration and electronic timing, and the Lakers threw themselves wholeheartedly into setting up (and packing up) the transition area and bike and run courses. There really is a huge amount of work involved in holding a triathlon and it simply couldn't happen without so many willing and able helpers, so a big thank you to everyone who pitched in. I think our whole triathlon community deserves to be proud of itself for working together with such a spirit of cooperation and camaraderie -it's a pleasure to work for an association whose members show so much energy, enthusiasm and commitment to their sport.

The final results have been added to the website for your viewing pleasure (thanks to the Vales for compiling the reports so quickly on their new super-software). Congratulations to everyone who completed the race, and particularly to our Elite winners: (Female) Emily Mahomet, Danni Stephens & Annette Eastwood; and (Male) Matt White, Shane Johnson & Ryan Johnson.

NEWSFLASH!! THE STATE SPRINT CHAMPIONSHIP IS...

I am extremely pleased to be able to announce that the State Sprint Championship Race (complete with prize money) will be the JTCycles Triathlon on Sunday 11th January 2009 at West Lakes.

20/11/08

TRIPLE SPRINT TRIATHLON IS THIS SUNDAY –

It will be a fantastic day, with electronic timing (so results can be put out quickly); prize money for elites; a roaming photographer recording the event for our website; pancakes; coffee van; Verofit sports drink & recovery drinks; medallions for age group winners; random draw prizes – you get the idea. It's also a 100 point State Series Race, and the Club Championship Event. Why would you miss it??

JHP SCHOLARSHIP WINNERS

Congratulations to ALEX WILSON and EMILY MAHOMET, winners of this year's TriSA Scholarships for the best male and female athlete in the time trials who met the performance criteria. They will each receive a funded trip to the Runaway Bay ITU junior race weekend as well as participation in the TA national junior camp in December.

Although only 2 scholarships were available, ELLA HOLMES has also been given a wildcard entry to the TA National Junior Camp due to her outstanding performance in the time trials.

Well done all of you.

JT CYCLES RACE 1

The first race of the series held last Sunday 16th November 2008 was a great success, with Gatti reporting record breaking numbers of 443 competitors.

Race 2 will be held on 21 December, 2008.

TA CHALLENGE SERIES

A reminder that entries for the Sprint & Olympic distance close at midnight next Thursday 27th November, and there will be no late entries available – so be sure to register online before then to avoid disappointment.

You can view the Race Day Schedule [here](#).

VICTOR HARBOR MINI TRIATHLON

Victor have added a mini tri (50/ 2km/ 400) to the calendar, to be held on 8th March 2009, the same day as the Olympic Distance State Championship. That should help keep the little ones happy!

SANFL UMPIRING

As the SANFL is seeking to recruit umpires for season 2009, their Umpiring Development Officer, Mark Hardham, will be distributing flyers at the Triple Sprint on Sunday. If anyone is interested in finding out more, look out for Mark on Sunday and have a chat (he will hang around after the race, you don't have to stop mid-race to catch him).

OUR FIRST RACE REPORT FOR THE SEASON (by David Wilkinson – thanks Wilko!)

Roxby Downs Red Dune Triathlon 25th Oct 2008

Luckily the races started at 7.15am and the last wave started at 8.30am so everyone was off the course before 10.30am as the cloud cover lifted and the wind started along with the dust and 35 degree heat. But that is just a normal day this time of the year at Roxby Downs. John Csongei took out the Roxby Downs Red Dunes Triathlon by 7 minutes, and Naomi Hill from the Lakers finished Third in the Open Female. I believe it was only her second Triathlon.

The Swim was in the local open air pool with 2 competitors per lane for the wave starts before going out on a very open but flat 2 lap cycle course with fully closed roads (Except for emergency vehicles). The run followed part of the cycle course but on the other side of the road.

This was their second Triathlon but the first sanctioned race and it has the potential to become much bigger and better as they had amazing support from the local Businesses and locals willing to help.

A pool swim with 2 per lane – that sounds like my kind of swim course! You'll find the full race results on the TriSA website under Racing, Results, 2008/09.

ADELAIDE RACES

The first of the season is Race 1 of the JT Cycles Triathlon Series at West Lakes on Sunday 16 November 2008 (that's only a fortnight this Sunday). There's a choice of

Mini: 100m Swim/6.5k Cycle/1k Run (suitable for 10 years +)

Tinman: 300m Swim/13k Cycle/3k Run

Challenge: 750m Swim/19.5k Cycle/5kRun

With a lot of enquiries coming in from parents of pre-juniors, it's great to have the Minis on the calendar. Go to www.gattisports.com.au for registration information.

The following week (Sunday 23 November 2008) is the TriSA Triple Sprint – you can register online by following the link on our website under 'Events'.

The weekend after that is the TA Adelaide Challenge Series– the festival atmosphere of this event will kick off with a fun run (either 2.5 or 5km) at 6pm Friday 28 November.

For those parents whose kids don't want to wait until February for the Weet-Bix triathlon, there's a Kids Triathlon on Saturday 29 November at 3pm with multiple categories for ages 7 – 15.

At 4pm Saturday is the Enticer distance (350/ 10/ 2.5); and of course on Sunday 30 November at 7am the Sprint & Olympic Distance Triathlons will be held.

Visit challengeseries.org.au for online entry.

As world qualifier races with strong interstate participation, the Sprint & Olympic distance triathlons will definitely be worth getting up early for, whether as a competitor or spectator.

CHANGES TO THE RACE CALENDAR

- Please note the correct date of the Loxton Hotel Triathlon is SATURDAY 18TH APRIL (not Sunday 12th as you may have seen advertised elsewhere).
 - Another change to note is the format of the Sam White Memorial Triathlon at West Lakes on February 8th 2009 – this will now be an Enduro format, not a sprint distance.
-

AUSTRALIAN YOUTH OLYMPICS

The Youth Olympics Triathlon event (open to 16 – 19 yo athletes as at 31/12/09) will be held in Sydney on Friday 16 January 09 (individuals) and Saturday 17th January 09 (teams relay). Athletes will be selected following the 2XU Super Sprint Race Weekend (12-14 December 2008) at Runaway Bay, QLD. You can find further details on our website under the Juniors tab.

SASI ATHLETE AWARDS

Application forms for the 2008/09 round of Individual Athlete Awards are now available:

- High Performance Scholarships
- Paralympic Scholarships
- Talented Athlete Awards (for 13 – 20 yo inclusive)

I will post the information provided by SASI on our website, and the forms are also available at www.recsport.sa.gov.au

Applications should be lodged directly with SASI by 5.15pm on Friday, 14 November, 2008.

30/10/08

NEW WEBSITE IS LIVE!! There are a few pages 'under construction', but most of the essential info for this season is on here (I hope – let me know if there's anything I've missed or haven't got quite right). The State Series Design is just about finalised and will be added shortly.

TRIPLE SPRINT TRIATHLON Online registration is now available for the Triple Sprint on 23/11/08. You'll find a link on the Events page.

Some of the key features of the Triple Sprint are:

\$1500 prize money for elites

Medallions for all age group winners

Large, clearly visible swim buoys provided by the Vales, who will be managing the swim course on the day

In news hot off the press, electronic timing will be provided by the Vales, who will be managing timing and registration on the day

Management of the transition area, cycle and run courses by the Lakers, who are experienced in overseeing this event (having organised the Teams Event last December, which was the same format)

Pancakes sold by the Prospect Lions Club

18/9/08

OUR BEST WISHES TO CHRIS RAWLINGS AND HIS FAMILY

In news that has devastated South Australia's triathlon community, SA's 2007 junior triathlete of the year, Chris Rawlings, was seriously injured during the cycle leg of the Airlie Beach triathlon on Sunday 14 September 2008. Chris is in Townsville Hospital in a stable condition, having suffered serious facial and spinal injuries after colliding with a non-competing cyclist (who has been charged with riding under the influence). Chris's family are hopeful of a full recovery, and have reported that his sense of humour remains intact! With his youth, fitness and positive attitude behind him, Chris has a head start on the road to recovery which should serve him well. Check the TriSA Forum for updates from Chris' family (see Accident in Qld thread).

Shaun Yates, Meteors club rep, passes on the following message:

"On behalf of everyone at the Meteors Triathlon Club, we would like to send out our condolences to Chris Rawlings and his parents, who have been very supportive of Chris in his pursuit of triathlon. Chris, being a very focussed competitor, and easy going person to

get along with, has been a keen supporter of the Meteors Triathlon club over the years. We very much hope for a speedy recovery, and trust Chris can continue his very promising career in triathlon. “

From the Triathlon Australia website on 15/9/08:

“ Triathlon Australia national development coach, Craig Redman, said Rawling was a promising junior athlete who had made the decision to move to Queensland to further his career under the guidance of Queensland Academy of Sport head triathlon coach Stephen Moss. ‘Chris is on the brink of breaking into the professional ranks and is highly regarded, as evidenced by his selection to tour Japan and Singapore earlier this year as part of our Young Guns program,’ Redman said. ‘This is a terrible incident and obviously our only and immediate concern at this stage is that he makes a full recovery. Our best wishes go out to Chris and his family.’”

TOTAL IMMERSION SWIM COURSE 26-28 SEPTEMBER

For anyone interested in the TI course, Dunstan Bertschinger, Chief Coach TI-Swim Aust and NZ, needs 2 more confirmed bookings to run a 'Fishlike Freestyle' course scheduled for 26-28 Sep at Fitness on Flinders in the City. The 12 hour course is available at a cost of \$550 or \$350 for alumni who would like to take it again. Further info can be found at <http://tiswim.com.au/customers.php> or contact Dunstan at dunstan@tiswim.com.au 0401 754 901.

ELITE SELECTION POLICY

Craig Redman, TA National Development Coach, advises that the elite selection policy for 2009 ITU World LD Triathlon Championships – Perth WA (24 & 25 October 2009) will be available on the TA High Performance & Coaching website shortly: www.tahp.org.au

20/10/08

11/9/08

WEST LAKES IS SAVED!

Charles Sturt Council has decided not to proceed with the Community Hub development at Midcourse Reserve, stating on their website “Following community engagement Council has resolved that while there is strong demand for a community hub facility in the West Lakes area, that there is a significant amount of opposition to the proposed Midcourse reserve location. Council has listened to the feedback and has decided to pursue alternative opportunities.”

This is great news for our sport and a terrific example of people power – thanks to all those who sent letters and emails to the Council expressing their objections.

CHALLENGE SERIES

Adelaide will host the first of the Challenge Series on the weekend of 28 – 30 November 2008. Triathlon Australia is planning a major publicity campaign for the series that will benefit triathlon in general and Adelaide in particular. It would be great to see our local triathletes getting behind this event - it will be the only opportunity in Adelaide to qualify for the World Sprint and Olympic Distance Championships to be held on the Gold Coast in September 2009. Full details will be available on the Triathlon Australia website in a week or so.

TA have not made a decision on the swim course as yet, and TriSA has written to TA expressing the view that the Patawalonga is unlikely to be acceptable for safety reasons and strongly recommending that the swim be held in the open water. We will keep you informed on this issue.

ROXBY DOWNS TRIATHLON

The season will be kicking off with a 400/ 20/ 5 triathlon at Roxby Downs on 25 October. There will also be a beginner's event. Contact roxbyphysio@primus.com.au for details.

TRIATHLON SA TRIPLE SPRINT TRIATHLON

TSA will be running an enduro triathlon at West Lakes on 23 November. The format will be the same as the Teams and Beginner's Event held last December. For those planning to enter the Challenge, this event will be good preparation. For others, it will be a fun day out for the family, with beginners especially encouraged to give it a go.

Stay tuned for more information.

5/9/08

WELCOME TO OUR NEW PRESIDENT

At the committee meeting on Monday 1/9/08, Peter Smith was declared the new President of Triathlon SA. Peter has a 26 year history of competing in triathlons and volunteered for this role as he is keen to put something back into the sport. With his extensive experience in business operations at the strategic level and considerable experience in chairing committees, Peter will be a tremendous asset to TriSA. Peter's vision for the future of the sport includes working towards gaining recognition of triathlon as a SASI sport, which would have significant funding implications and enable triathlon to grow to a new level in this state. An exciting goal that has everyone working with renewed enthusiasm and energy!

WEBSITE REDEVELOPMENT

We are currently in the process of redeveloping the website, so stay tuned for a fresh new look with easier accessibility and more information within the next few weeks.

The new site will be one that can be maintained in-house to ensure that content can be readily modified and updated.

PLEASE NOTE: Future updates will only be sent to those members who have joined for the 08/09 year. Last year's mailing list will be deleted, so if you haven't yet renewed, please do so soon.

28/8/08

MEMBERSHIP RENEWALS

Just a reminder that 31st August is the last date for discounted TriSA memberships. From 1st September, all fees will increase by \$10, so for those who haven't yet renewed, now would be a good time!

The quickest and easiest way to join or renew membership is on-line through the TriSA website.

RACE CALENDAR

There have been a lot of enquiries about the race calendar for the 08/09 season, but as the official TriSA Calendar has not yet been confirmed, the most I can tell you is that the first race in Adelaide is planned for November 16, and there are likely to be races held on most weekends throughout summer.

A flyer has been printed to promote a number of events, and this will be distributed at the City-Bay Fun Run on 21 September, however it is not the confirmed State Series Calendar. We hope to have the official calendar out by the end of September.

Those of you who want to know more about particular races may wish to contact the relevant Race Director for information.

NO ST JOHNS DUATHLON THIS YEAR

Unfortunately, St Johns have advised as follows:

"After much deliberation Richard Anderson and Cheryl Bouwer (Principal), feel that the school is over-committed to staging another event in it's 50th Anniversary year, so alas we will need to postpone any Duathlon for this year at St John's."

I know there are quite a number of members who would like to see more duathlons, so this is a bit of a blow, but it's certainly understandable that the school has enough on its plate this year.

ADELAIDE MARATHON

On a more positive note, good luck to all those running on Sunday – let's hope the weather forecasters are wrong and we have some more of these beautiful blue skies on the morning.

20/08/08A week is a long time in triathlon!

Last week Australia didn't have a Triathlon Olympic gold medallist this week we are celebrating the success of Emma Snowsill and Emma Moffatt on their Gold and Bronze medal performances. Triathlon SA also has a new Office Administrator. After a week in the job Nick realised he was not going to be able to invest the time required to successfully meet all of its requirements so we are now pleased to introduce Shirley Armstrong as the new Office Administrator.

Shirley has a legal and small business background. She also has an age-group triathlon victory to her credit (Gatti mini-distance 2002). Shirley's attention to detail and organisation skills as well as her high quality writing skills will be a valuable contribution to the sport.

Be on the Lookout

Scott Corrie had his beautiful Felt B2 Time trial bike stolen on the weekend. If anyone sees or hears anything that sounds like it could be Scott's bike can you please let me know?

Hope you are enjoying today's sunshine

13/08/08 Welcome aboard Nick

Triathlon SA is extremely pleased to announce the appointment of Nick Hambour to the role of Office Administrator. Nick has a basketball background, having played professionally with the 36'ers, is in his final year of Sport and Recreation Management and also has qualifications in marketing. This is a big step for both Triathlon SA and Nick however we are sure that with the right environment Nick's appointment will be a real plus for the sport. At present Nick will be employed 14 hours a week.

From now on Nick will be in charge of all communication to and from the office, so please make him feel welcome if you contact the office.

Step into Life opportunity - Attention Triathletes: How would you like to spend your days training instead of working?

Step into Life Group Personal Training is now looking for motivated individuals to join our team to cater for client demand. Opportunities are now available to purchase a Group Outdoor Personal Training franchise in the area of your choice.

Attend a special one off FREE presentation on Friday August 29th at 6.30pm.

Venue – State Office 292 Military Rd, Semaphore Park.

Call Step into Life SA director John Pidgeon on 1300 134 136 to reserve your seats.

Please see the attached flyer for more information

Duathlon changes

Last minute hiccups with the council has meant the duathlon planned for September 7th is now looking at an October date. While TriSA is working closely with the new race directors and is hopeful that the event will go ahead there are still some obstacles to cross before everything can be confirmed

Fun run or ride opportunity for September 7th

With the duathlon postponed why not have a crack at a fun run on September 7th and raise some money for Prostate cancer at the same time. Options include a 12 km metro run, 42 km Mt Lofty ride and a 5.4 km elite Time trial run. Call 1300 0505 85 for more info or [see the attached document](#).

05/08/08 Presentation night 2008

While Cadel didn't quite get across the line, this year's presentation night went off well. The venue and food seemed to hit the mark, and a great crowd were in attendance, so we might have found a home for a while. Thanks to everyone who attended the evening and congratulations to all of our winners

Male and Female triathletes of the year – Matt White and Sarah Crowley

Junior Triathletes of the year- Jason Bartram and Krystal Smith

Age group athletes of the year- Michael Tagell, Andrena Moore and Nancy Cullen

Most improved- Mark Smith and Ella Holmes

Junior Encouragement – Alex Wilson

TO of the year- Christine and Dave Schutz

Life Membership – Dave Taylor

Adam Johnson Award- Matt White

Open Club SS champion – Lakers

Handicap Club SS champion Adelaide Vales

Race of the year- MurrayMan triathlon

Best wishes to Mike Stockdale

Unfortunately Mike Stockdale- Lincoln tri club president was involved in a serious bike crash last weekend, while training with his club. While he is out of intensive care, he has 6 weeks of traction to look forward to. For anyone who knows Mike they will realise that this will be the equivalent to torture, but for now at least he is still in one piece.

The search for a new president

As it stands Triathlon SA is without a president. Constitutionally, we are now obliged to seek nominations for the vacant President position, and conduct a by-election thereafter, viz: BY-ELECTIONS

31. Should a position not be filled at the Annual General Meeting, nominations will be sought and received for twenty eight days. A by-election, to fill such positions, shall be held within fourteen days of the close of nominations. The procedures for such by-elections shall be determined by the Secretary who shall be the Returning Officer for such elections. No ballot shall be require when the number of candidates nominated for each office does exceed the number of vacancies and they shall be declared duly elected.

If you are interested please inform the office.

New Triathlon SA committee

The Triathlon SA committee has undergone somewhat of an overhaul with plenty of new faces to the group. Welcome aboard, Mary Mitchell and Tania Helms as committee members, Rick Daley as Treasurer, Stephen O'Brien as secretary, Vincent Tremaine and Dave Wells as Vice-presidents. Full committee members elected by their clubs, that I am aware of are Jeremy Machado, Colin Clarke, Michelle Hebart.

Join TriSA before August 31 and save

If you have yet to rejoin TriSA, and you wish to please do so by following the membership link on www.triathlonsa.org.au

This is the only way to ensure your membership rights, such as insurance are up to date.

An early bird fee is available up to August 31st 2008

State Duathlon title

While time is the biggest enemy if you can pencil in September 7 for this race. With a new race director, new location, plenty of local support and with a bit of luck and plenty of hard work this could be a winner. Stay tuned for more

National level 2 Triathlon coaching course

Information will be displayed on the TriSA and TA website shortly. If you are interested and you meet the criteria please let the office know.

30/07/08The next TRIATHLON AUSTRALIA NATIONAL LEVEL TWO COACH EDUCATION COURSE will be held from 3 - 7 May 2009 at the Sports Super Centre, Runaway Bay - Gold Coast, QLD.

The course is aimed at triathlon coaches working with state and national standard athletes at junior, age group, under 23 and elite level and all triathlon race distances.

Guidelines for acceptance to the Level Two Course:

Must be a currently accredited LEVEL ONE Triathlon Coach.

Must be identified by a State Triathlon Association or Triathlon Australia as a currently practicing triathlon coach in Australia.

Must have held a LEVEL ONE Triathlon Coaching accreditation for a minimum of two years AND provide evidence of active triathlon coaching during that period.

Coaches who have held a level one accreditation for less than two years may apply for special consideration.

Must be prepared to complete some pre reading on sports science and coaching topics in preparation for the course.

Must have paid the course fees in full before acceptance to the course is confirmed.

Attached is more information including course costs and application forms.

Thanks

Craig Redman

National Development Coach

Triathlon Australia

Ph 0424 506 909

Email: craig@triathlon.org.au

TA Web Site: www.triathlon.org.au

TA High Performance & Coaching: www.tahp.org.au

30/07/08 Please find attached the selection policy and application for selection for the Australian ITU Junior Team to compete in the 2009 Australian Youth Olympics Festival

Can you please circulate via your ITU JNR coach & athlete network. Policy will available on the TAHF website shortly.

The AYOF Selection Race is:

Super Sprint Race Weekend, 12-14 December 2008 – Sports Super Centre, Runaway Bay, Gold Coast, QLD

- 4 Races over 2 ½ days including Enduro Aquathlon, Super Sprint Triathlon, ITT Triathlon and Grand Final Super Sprint race(s).
- Note – athletes must be Endorsed ITU JNR (16-19 years of age) as at 31 December 2009 for this event.
- Applications for selection Close on 30 October 2008

More information and entry forms for the Super Sprint Race Weekend will be available shortly.

Regards

Craig Redman

National Development Coach

Triathlon Australia

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30/07/08 Please find attached the selection policy and application for selection for the Australian ITU Junior Team to compete in the 2009 Gold Coast Triathlon World Championships.

Can you please circulate via your ITU JNR coach & athlete network. Policy will available on the TAHP website shortly.

The Australian ITU JNR Team Selection Races are:

Canberra Challenge Series, Saturday 24 January 2009 - Canberra, ACT

· Selection Race 1 - 2009 ITU Junior World Triathlon Championships

Hobart Challenge Series, Sunday 15 February 2009 – Hobart, TAS

· ITU Junior Australian Triathlon Championships

· Selection Race 2 - 2009 ITU Junior World Championships

Gold Coast Triathlon: Luke Harrop Memorial, Sunday 1 March 2009 – Gold Coast, QLD

· ITU Junior Oceania Triathlon Championships

· Selection Race 3 - 2009 ITU Junior World Championships

· TEST EVENT - 2009 ITU World Triathlon Championships

FYI – Selection Policy for Australian Youth Olympic Festival (Jan 2009) has been approved by TA Board, TA are now waiting for final sign off from AOC.

Can confirm the only automatic selection race will be the Super Sprint Race Weekend (Runaway Bay, QLD) 12-14 December 2008.

Regards

Craig Redman

National Development Coach

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04/07/08 [Click here for the results of the Meteors Kuitpo MTB duathlon.](#) (excel only at this stage)

02/07/08 Presentation night 2008

This year the focus of the night is on great food, sharing an evening with your triathlon friends, celebrating our successes and watching Cadel bring home the yellow jersey. Caos café are a great small business who guarantee the quality of their food. This will be a great night, [Click here for the booking form](#)

Well done Meteors

The rain held off which made for drier conditions than usual for the over 70 entrants in the Kuitpo MTB duathlon. Congratulations to our winners Matt White and Erin Heard. From all reports it sounds like a great event.

Commiserations to Peter

Last office update I mentioned the huge adventure Peter Lines was about to undertake in Europe. Unfortunately for Peter a crash at the 150 km mark of the bike in the Nice Triathlon (he crashed into a fellow competitor who had fallen off ahead of him) has cut short his dream. Showing his usual grit and determination Peter managed to finish the race, only to learn he has two broken ribs and a fractured shoulder blade. While he was hopeful of recovering in time for IM Switzerland he has accepted his fate and is returning home.

Good luck to those at the Gold Coast Marathon this weekend

I know there are a number of SA athletes heading north for the biggest marathon in Australia. Watch out for great performances from Matt White and Scott Hartwig.

Challenge Series

Yesterday Triathlon Australia launched its revamped national series. The great news for SA athletes is that the first race of the series will be at Glenelg on November 29 and 30. With the race a qualifier for the worlds on the Gold coast in 2009 this is a great way to secure some early points. Check out the TA website for more information.

The nomination form below will work now...

17/06/08

Hi from Canada!

The 11 degree water didn't deter the females, it was only the males that chickened out & did a duathlon! Being an average swimmer - I was very happy to complete this very cold and rough swim (29th out of the water out of 70 females in my category - very happy with that). Had to wear 2 swim caps and thermal beanie + long sleeve thermal top under my wetsuit & then grease up hands & feet with vaseline.

The Aussie males were actually very disappointed with the decision not to swim, for the surf swimmers it probably meant a few medals went out of reach with the change in format. They were all pumped up to take on the cold water so felt let down.

Cheers & see you when I have defrosted.

Lisa Albinus

Annual General Meeting

The AGM will be held on Saturday July 26th, prior to the presentation night. There are many committee positions to be filled, so if you are keen, or know someone who is please complete the attached nomination form.

Reminders

- June 29th is the Meteors MTB duathlon
- Job applications for the TriSA Administration officer are due by Monday the 23rd of June
- Nominations for TriSA major awards are due by June 28th

- SPORTSMED-SA Triathlon injuries workshop is Wednesday June 25th

Good luck Peter

TriSA treasurer Peter Lines is about to head off on an amazing month. This weekend is Ironman France over the very tough Nice course. Then comes a week climbing in the dolomites before an ascent of the Matterhorn, and the fun finally comes to an end with Ironman Switzerland.

06/06/08 Presentation night, July 26 2008, major awards

The Triathlon SA presentation night is where we recognise the achievements of our states best athletes, clubs, officials and race directors. Some of the awards need your help in determining the winners. [Click here for a nomination form for the various major awards on offer](#). TriSA values your input and would appreciate you taking the time to vote and nominate for the following awards

- Race of the year
- Most improved male and female
- Age group athlete of the year
- Outstanding achievement
- Hall of fame
- Life member

Please return your nomination forms by June 28, 2008

Triathlon SA Administration Officer Position

Triathlon SA is seeking a suitably qualified individual to fill the needs of the office. [Those interested please read the attached job description](#) and send or email your applications and resume to Triathlon SA by Monday June 23rd.

ITU World Triathlon Championships

Artic like conditions greeted our 4 SA athletes. 11 degree water meant the Age group Olympic distance event was changed to a duathlon. The sprint champs were held the previous day and the swim went ahead!

Lisa Albinus scored a top 10 finish coming home in 9th place 2 hrs 13.44

Craig Newton was 77th in the 35-39 category in 1.59

Ruth Strout 60th in the 45-49 age group in 2.45.42

Judith Lowe came home in 27th in the sprint race finishing in 2.36.53

In the elite category the women's race was a major boil over with UK's Helen Tucker winning from the US's Sarah Hasking. They opened up a 4 minute lead on the bike. Kiwi Sam Warriner edged out the three Aussie girls (Erin Densham, Emma Moffatt and Felicity Abrams) who finished 4th, 5th and 6th respectively

In the men's race Aussie hopes rested on a top 5 finish for Greg Bennett to secure his place in the Olympics, however he found the going a little tough finishing outside the top 20. Javier Gomez proved he is the best in the world with a commanding victory.

This leaves the Australian Team for the Olympics as Brad Kahlefeldt and Courtney Atkinson in the men and Emma Snowsill, Erin Densham and Emma Moffat in the women's. With only Erin and Emma M racing at the worlds it will be interesting to see how our athletes peak for the Olympics.

Kuitpo getting closer

The recent rain is softening the ground up perfectly for the Meteors Mountain bike duathlon on June 29th. See the Triathlon SA website for an entry form.

Total Immersion

Dunstan from TI has informed me that anyone wishing to be involved he could put on a taster one evening - Thursday 19th or Monday 23rd.

If there are 2-4 people interested he would be happy to do so provided he can get pool space. He is also hoping to be available for some individual tuition on that Thursday.

Swim Well, Swim Happy.

Dunstan Bertschinger

Chief Coach TI-Swim Australia & New Zealand

www.tiswim.com.au

dunstan@tiswim.com.au

0401 754 901

SPORTSMED-SA Managing Triathlon Injuries workshop

Just a reminder this session is planned for June 25th. Anyone with a history of injuries should not miss this great opportunity to learn from the experts.

See the TriSA website for more information

06/06/08

Triathlon SA presentation night

This year's presentation night and AGM will take place on Saturday July 26th at Caos Café on Hindley street. This is a great venue and the food looks fantastic. Registration forms will be out shortly.

This is also the final time trial of the tour De France and with many Aussies hopefully in the hunt for overall GC this should be a great night. The plan will be to have a tour de France focused night and to watch the time trial unfold on the big screen.

Meteors Mountain Bike duathlon

Sunday June 29th is the first event of the winter calendar with the Meteors Kuitpo MTB duathlon. This will be its third running of the event and I am sure it will be bigger and better than ever. The course is very straight forward, you don't need a fancy mountain bike to compete, just be prepared to get a little dirty.

Victor Harbor DVD

A short DVD of this year's Victor Harbor race is now available on the Victor Harbor triathlon website. See the calendar section of the triathlon SA website for the link.

Mildura 12

Just sending a reminder to all our mates in the sporting world that Mallee 12 is less than two weeks away!

There will be some great talent on display, both local and out-of-town including Steve Monegetti, and all the fun, food, and coffee you would expect at our Premier Regional Fun Run & Community Walk. Lou the Clown has even joined the race from SA to keep the kids entertained through the 4 km course!

Love to see plenty of SA run & multisport talent on the start line for June 8. \$3000 prize money might excite the speed merchants.

Entries are a piece of cake at www.runningwateradventures.com.au dedicated Mallee 12 page.....or ring me at home on (03) 5021 5127 if you can't access the web.

Hope this finds you all fast & fit.

14/05/08

Member Survey

Triathlon SA is continually reviewing its services. This year we are seeking feedback on the competition structure for the sport. If you could spare a few minutes completing the attached questionnaire it would be appreciated.

Office of Recreation and Sport TRAINING & DEVELOPMENT MONTH

Positions are still available for the following courses to be run during May.

Be quick to ensure that you reserve your spot in the course as many are getting close to maximum numbers.

Complaint Resolution for Clubs - Monday 19 May 9.30am - 12.30pm (ORS)

Nutrition for Athletes & Officials - Tuesday 20 May 6.30pm - 8pm (ORS)

Event Management - A Focus on Risk Management - Thursday 22 May 1pm - 4.30pm (ORS)

Swiss & Medicine Ball Training - Thursday 22 May 6.30pm - 8pm (ORS)

Writing for Online Media - Friday 23 May 9am - 3pm (Electus)

Senior First Aid (refresher course) - Sunday 25 May - 9am - 5pm (ORS) Please note participants require current First Aid Certificate to attend.

D-Net Meeting - Tuesday 27 May 9am - 12.30am (ORS)

Fitness & Recovery Training for Sports Officials - Tuesday 27 May 6.30pm - 8pm (ORS)

Getting Started with MYOB - Wednesday 28 May 9am - 4.30pm (Electus)

Mental Skills Training for Athletes & Officials - Thursday 29 May 6.30pm - 8pm

Registration forms and information on each course can be found on our website:

<http://www.recsport.sa.gov.au/about-us/news.html>

Thankyou to those who volunteered their assistance to the Triathlon SA committee via the last office update. We still need more help, if you want to help please call or email the Triathlon SA office.

08/05/08

Have you ever thought about involving yourself in growing the sport of triathlon?

Triathlon SA is undergoing change. As a part of the change, after almost 10 years of involvement, I will be stepping down from my current roles and the office will be employing an Office Administrator to over see the administration side of the sport. This is a fantastic initiative and should see the office running far more professionally in the future. Official advertising for the position will occur in the next few weeks.

Triathlon SA is also seeking skilled enthusiastic or experienced people to help shape the future of the sport. Because it is not everyone's cup of tea to be on committees, Triathlon SA is seeking people to provide leadership in key areas of the sport. If you are interested in, or have skills in the following areas, and you would like to offer some assistance, please let me know.

- Growing junior participation and assisting our juniors reach their goals
- Coaching and growing training services provided across the state
- Providing age group athletes with the best opportunities to develop as triathlete's
- Achieving the best competition structure for the sport
- Technical, rules and compliance
- Financial management
- Strategy and business planning
- Marketing, PR or sponsorship
- Administration, risk management, legal matters

Finally the Triathlon SA AGM will be held late July. Personnel changes on the triathlon SA committee mean we will be seeking some new blood for the committee. Foremost we will be seeking a new president. Unfortunately Lin Green has had to resign from the position due to unforeseen circumstances that have made it extremely difficult for him to continue in the role. We thank Lin for his efforts and wish him all the best for the future, which may include some involvement in the management of the sport in a less time consuming way. If you are interested in getting involved with the committee and would like a heads up on what is involved please let me know.

SPORTSMED - SA Managing Triathlon Injuries workshop

7.30 pm Wednesday June 25th presented by Physiotherapist Stan Garland and Podiatrist Nigel Rowe at the Stepney premise.

[Click here for the registration form for more information.](#)

Total Immersion Course Confirmed date

We have had some early interest in the next Adelaide Workshop. Please note the change in date

It will be from 20th - 22nd June at 'Fitness on Flinders'.

Details are at <http://tiswim.com.au/course-dates.php>

Duathlon Returns to Newcastle

The Newcastle Port Corporation Australian & Oceania Duathlon Championships will return to Newcastle on Sunday 24th August 2008.

See below for more information

Ironman on TV

Port Macquarie IM will be screened on channel nine this Saturday at 12. With plenty of South Aussies in action there should be a sighting or two.

Happy training

07/05/08

DUATHLON RETURNS TO NEWCASTLE

The Newcastle Port Corporation Australian & Oceania Duathlon Championships will return to Newcastle on Sunday 24th August 2008. This is despite the eleventh-hour cancellation of last year's event due to extreme weather conditions and the wash-up of the Pasha Bulker on the Nobbys Beach race course.

In 2005 the city demonstrated that it is the perfect host for this type of sporting event, with the hugely successful World Championships. The tough Duathlon course around the Foreshore and beaches proved to be world-class, and had excellent ratings from the elite competitors.

The Newcastle World Duathlon and Triathlon Australia are pleased to announce the appointment of a new Event Manager for 2008. Mark Emerton will coordinate the events with a goal of ensuring the Duathlon remains in Newcastle long-term.

Emo was involved in the race operations at the previous World Championships. He will work alongside Race Director, Garry Muir, and other experienced personnel. Emo has managed

several major triathlons including the Australian Long Distance Championships and the Australian Age-Group Sprint Championships in NSW.

The 2008 Newcastle Port Corporation Australian & Oceania Duathlon Championships will attract hundreds of competitors vying for the title. Male and female competitors will compete in age groups from 16 through to 80+ over a 10km run, 40km bike and final 5km run. This event will not only focus on the elite and seasoned athlete but will offer shorter races for kids and beginners. Emo enthuses 'Our focus is to bring the whole family and create a day involving a run, ride, run and fun'. Race information will be available at www.eliteenergy.com.au from 16th May including early bird entry fees.

The Newcastle Port Corporation has once again demonstrated their support of the event as this year's major sponsor, and the Newcastle City Council have continued their financial commitment to the event. The event is recognised by the International Triathlon Union.

Sunday 24th August, 2008

Newcastle Port Corporation Australian Duathlon Championships

For interviews please contact Mark Emerton, Event Manager on 041 376 5248.

For media enquiries please contact Jenny Mann on 0421 648 022.