

23/4/2009

LOXTON TRIATHLON RESULTS

[Click here](#) to go to the results page, you'll find results for the Fun Runs, Short distance and Longer distance. With 113 individuals entrants & 13 teams, the longer distance was a strongly contested race, with the first **10 finishers coming over the line within 6 minutes of each other** – an exciting finish to the triathlon season!. Congratulations to **Matt White** who won the Open M (and overall) in 1:05:10; **Krystal Smith** the Open F in 1:11:10; and **Alex Wilson** the JHPM in 1:10:42.

The short distance also had a good turnout, with 78 individuals & 14 teams. The young 'uns dominated, with 8 of the top 10 places going to 12-15 year olds!

TRIATHLON SA PRESENTATION NIGHT SAT 23rd May 7.30pm

Please see the invitation attached for full details – in short, it's at the Norwood Hotel (Osmond Tce Function Centre) on Saturday 23rd May starting at 7.30pm and \$20 pre-paid entry includes finger food. I'll be sending out nomination forms early next week, but in the meantime **please start thinking about who might be a candidate for Male Triathlete of the Year (TOTY), Female TOTY, Male AG TOTY, Female AG TOTY, Female Junior TOTY, Male Junior TOTY, Most Improved Triathlete, Outstanding Achievement Award and Race of the Year.** Also, if anyone has any **photos or videos** that might be suitable to show (I think that rules out some of the Loxton after party photos!), please contact me by email (the function centre has a big screen and multiple plasmas that we can use, so it would be great to put together a powerpoint presentation that represents as many races and clubs as possible).

ITU WORLD OLYMPIC & SPRINT TEAMS

Final selections have been made for the Australian Olympic Team and Sprint Distance Team, click on these links to view:

[Olympic Team](#) [Sprint Distance Team](#)

It's great to see so many South Australians listed – congratulations to all of you. Applicants have until 5pm est today to accept or decline their position on the team, so the final teams will be known shortly.

SARAH CROWLEY SELECTED FOR YOUNG GUNS EUROPEAN TOUR

A copy of the TA media release is attached which lists the Young Guns selected for the Asian & European tours this year. **Our own Sarah Crowley is off to Europe in June** – well done Sarah, hope it's a great experience for you.

NB: Sarah is listed as a Queenslander, but we all know she is a South Aussie – you can take a girl out of Adelaide, but you can't ...

BUSSO HALF

Good luck to all those travelling to WA for the Busselton ½ Ironman on 2nd May – this is the **final qualifying event for the Perth Long Distance World Champs** in October (April news update for the LD Worlds is attached). I hear that four Lincoln triathletes are heading over there, with **Peter Sheridan & Ross Allen** hoping to get places in the LD Worlds team. I hope no-one was planning to apply at the last minute, as registrations closed at noon yesterday when they reached capacity, and there are 38 on the waitlist!

IM CHINA

Charlotte Paul is due to compete in the Busso half, and will no doubt attract more attention than usual after her stunning performance at IM China last Sunday – in stinking hot (45degree) humid conditions, Charlotte **had the fastest run split of the day with 3:35** (that's fastest overall, which gives a good idea of how tough it was out there!). And speaking of IM China, I can't go past it without mentioning that **my husband Peter** came 5th in his age group and was offered a Kona spot in the rolldown – he didn't need it, having qualified in NZ recently, but it's quite an honour to get 2 Hawaii spots in 6 weeks!

OVER 35, WANT TO ASSIST RESEARCH INTO THE BENEFITS OF TRAINING INTO MIDDLE AGE & BEYOND, & WANT CHEAP VO2 MAX TESTING? THEN READ ON...*Masters riders wanted for physiological testing - a focus on examining the 3 energy systems (peak sprint power, anaerobic power and aerobic fitness) in order to compare performances amongst cyclists and the general population.*

The Masters Commission established by Cycling SA has been instrumental in organising a collaborative opportunity with the University of SA. The aim is to build a database on how the physiological performances of cyclists change as people age.

The relationships between training hours, training intensity, number of years of continual training and performance will be recorded. A database will be developed to show how trained cyclists change with age compared with people of the same age who don't exercise much.

Understanding the benefits of training into middle age and beyond is important to understand the impact that an active life can make to the quality of life and health profiles within our community

This is a first step in what hopefully will be a research project in 2010 to track these age-related changes more closely. At this stage it is important to develop some norms. This is expected to involve testing about 10 cyclists per age and gender group.

The proposed age groups are 35-39, 40-44, 45-49, 50-54, 55-59, 60-64 which will require around 120 individuals. The testing will focus on examining the 3 energy systems (peak sprint power, anaerobic power and aerobic fitness) in order to compare performances amongst cyclists and the general population.

The testing will take place at the University of South Australia, and take about 45-60 minutes to complete.

A fee of \$40 per person is payable to the Masters Commission of Cycling SA to help cover costs. Cost for Non CSA members is **\$55 per person**.

Participants will be provided with a range of personal information generated as a result of their testing, including information related to their Vo2 max levels.

Should you be interested in being a participant in the database development **please contact** tome-s@bigpond.net.au or phone **08 83965186**

METEORS MTB DUATHLON 21ST June

Keep an eye on the Meteors website, <http://www.meteorstriathlonclub.org.au/>, for info & entry re the 2009 duathlon.

MALLEE FUN RUN Sunday 7th June, Mildura Riverfront

As part of your training for the duathlon season, you might want to have a look at the Mallee 12km Fun Run and 4km Charity Walk to be held at Mildura on the Queen's Birthday long weekend.

Full details and online entry can be found [here](#). This year, they will also be holding a 4km Rat Race (under 18s only).

TO HELP MAINTAIN FITNESS OVER WINTER, and keep the motivation up, there's also a number of runs organised by the SA Road Runners Club, and a series of rides organised by Bicycle SA – check out their respective websites.

If any Clubs have any events over the coming months that you would like to promote to TriSA members, please let me know.

9/4/09

LOXTON HOTEL TRIATHLON SAT 18/4/09

This is the final event in the 2008/09 Sportsmed SA State Series. You can have one last hit-out in the long course (750/25/5) or a bit of a wind-down in the short course (250/13/2.5). There are also 2 fun runs, one of 5km for everyone and a 2.5km run for under 16s only – it's a great way of being able to include your non-triathlete family and friends in the excitement of the day. With an after-party at the Loxton Hotel, why not stay overnight and make it a relaxing weekend break?

Entries close next Thursday 16th April. Late entries will be accepted, but there's a \$5 late fee, so do yourself and the organisers a favour and don't wait til the last minute!

[Click here](#) for more information (including accommodation suggestions) and [here](#) for an entry form.

IMOZ / KONA BOUND

Congratulations to Darren (Bobo) Morriss who earned a well-deserved spot to the IM World Championships in Hawaii in October (of course all spots are well-deserved, but Darren was incredibly unlucky last year and missed out by a whisker, so this is an especially sweet victory!).

Congrats also to Kev Ferguson who accepted his spot after coming a close 2nd in his age group (despite having to stop to change a flat tire); and to Matty White, who earned a spot with the pros.

Committee member Colin Clarke and the amazing Johnson brothers (Shane won his age group) were offered spots but chose not to go to Kona this year.

Well done to all our members who competed in Pt Mac (there are too many to list here!), there were some fantastic times and many great personal achievements, not least of which was Chris Mehaffey and Dave McGlashan each completing their 10th IMOZ, making them official Legends.

GEELONG CHALLENGE

Well done to those who travelled to Geelong last weekend for the Challenge Series – unfortunately, I haven't been able to open the results page to check out who did what, but I have no doubt that we had some members over there doing us proud!

TRISA PRESENTATION NIGHT SAT 23rd May 2009

The Presentation night this year will be held separately to the AGM, meaning we can have it earlier – with the last triathlon on April 18 and the first duathlon on 21 June, May seemed like the ideal time, so we have booked a

function room at the Norwood Hotel for the evening of Saturday 23rd May. Full details and invitations will be sent out next week, but in the meantime be sure to mark that date in your diary.

2/4/09

STATE LONG COURSE CHAMPIONS

Congratulations to our State Long Course Champs. The following table shows the 1st place winners (and 2nd for those who were only seconds behind the winner!), and a table showing 1st, 2nd & 3rd placegetters with times is now up on the website, or [click here](#) to view. There is also a race report with some terrific photos produced by the Vales, [click here](#) if you'd like to have a look (it's only short and well worth the read!).

OPEN M Matthew White 2:51:01

18-19 Bradley Wauer 3:04:58

20-24 James Duffy 3:06:03

25-29 Nathan Mercurio 3:29:16

30-34 John Csongei 3:09:42

35-39 Heath Bastian 3:07:24

40-44 Michael Cocks 3:21:02

45-49 Richard Rees-Jones 3:45:18

50-54 Mick Tagell 3:33:05

55-59 Chris Mehaffey 3:50:01

60-64 Dave Taylor 3:46:12

65-69 Doug Smart 4:01:03

OPEN F Edith Kosztovits 3:22:40

No competitors

Sarah Calton 3:44:28

Lucy Eckermann 3:40:02

2nd Britta Jensen 3:40:30 (just 28 secs!)

Tara Manning 3:38:09

2nd Julieanne Schliebs 3:38:11 (2 secs!!!)

Kimberley Johnson 3:46:25

Robyne May 4:00:59

Mary Mitchell 4:04:47

Nancy Cullen 3:44:07

Sylvia Dansie 4:26:33

No competitors

No competitors

JT CYCLES' FINAL EVENT FOR THE SEASON last Sunday had a fantastic turnout, with many regular competitors keen to get in an extra metro race and Gatti continuing to attract large numbers of beginners who will be itching to return to racing next season. [Click here](#) for the results.

Over 50 beginners entered a competition to win a Tristart Membership for next season, valued at \$150 (the Tristart package includes TriSA membership, club of your choice membership, entry to TriSA Beginners Clinics and entry to the TriSA Triple Sprint and is available once only to those who have never been members before). If you've been trying to convince family and friends to get involved in triathlon, this is a great way for them to get started. The beginners clinics will be held around September this year, so now is the time to 'sow the seed', giving them time to get used to the idea and do a bit of training over the cooler winter months.

THE LUCKY WINNER of our Tristart Competition is Ellen S., age 35.

LEVEL 1 COACHING COURSE 18-19 April 2009 There have been a couple of last minute drop-outs due to other commitments, so if anyone would like to register for the course it's not too late. Just send me an email asap. It's being held at Next Generation gym and is just \$150 for TriSA members.

Beginning Coaching Course

For anyone interested in doing a lower level, general coaching course, the State Coaching & Officiating Centre is conducting a Beginning Coaching Course on Sun 3 May (8.30am - 5.30pm). Details and Registration Forms can be found by logging onto <http://www.recsport.sa.gov.au/training-development/coaches-courses.html>

GOOD LUCK to those heading to Pt Macquarie for the Australian IM this Sunday. It looks like a large contingent of SA triathletes again, with an even larger contingent of supporters! I'll be over there cheering on my husband and anyone else I can pick as a South Aussie – it really does help if competitors wear their club uniforms so we can recognise you as one of 'our own' (even if we don't know you!).

THE GEELONG CHALLENGE is also on this Sunday, so best of luck to those competing over there too. As this is the last chance to qualify for the Olympic Distance worlds, there's likely to be some fierce competition.

GET WELL WISHES TO YVETTE EGLINTON In a devastating blow to her world champ goals, F25-29 Pro and Meteor member Yvette was injured in a bike accident on her way to work on Wednesday. I understand that she went over the handlebars of her bike after the chain broke, and landed badly, resulting in spinal injuries which required surgery.

Yvette has competed in 5 of the Challenge Series races and was due to race in Geelong this Sunday. I'm sure I speak for all of the triathlon community in expressing our shock and dismay. Our thoughts and well wishes are with Yvette and her family.

2009 ELITE LONG DISTANCE TRIATHLON TEAM

Triathlon Australia yesterday announced the 2009 Elite Team to contest the ITU Long Distance Triathlon World Championships in Perth in October.

The selected team is:

Males:

Craig Alexander

Michael Murphy
Simon Thompson
Aaron Farlow
Brett McKeown
Peter Loveridge
Jason Crowther
Paul Matthews
Leon Griffin

Females:

Pip Taylor
Amelia Pearson
Rebekah Keat
Melissa Vandewater
Lisa Marangon
Charlotte McShane

LOXTON TRIATHLON Sat 18 April 2009 – last tri for the season – don't miss it (or the after party!)
[Info.](#) [Entry form](#) [Area Course Map](#) [Start & Finish Map](#)