

**5/2/09**

**SAM WHITE MEMORIAL TRIATHLONS SUNDAY 8<sup>TH</sup> FEB.**

This is the 21<sup>st</sup> anniversary event in memory of Sam White, a triathlete who died on his 29<sup>th</sup> birthday in 1988 after being hit by a car during a training ride.

After some truly revolting weather today (Friday) & tomorrow, Sunday is forecast to be a lovely 25 degrees – perfect triathlon weather. The Sam White Memorial is held at Midcourse Reserve West Lakes, registration and late entries will be taken from 7.30am, with a 9am race start. [Click here](#) for further information and entry details.

**GEELONG HALF IM**

Good luck to all those heading over to Geelong for the half IM this Sunday. Sorry to harp on about the weather (it's hard not to when there are such extremes), but after a foul 43 degrees on Saturday, Sunday is expected to be cooler but very windy, so it could be a tough day.

**TRIATHLON SA SPONSORSHIP**

Are you interested in sponsoring Triathlon SA, or do you know someone who might be? Our sponsorship package can be viewed by [clicking here](#) (and can be accessed on our website, in the Sponsors column on the right hand side of each page). Please pass this information on to any family or friends who you think may be interested in taking advantage of promoting their business, products or services through our website.

**12/2/09**

**NEWS FLASH – DUATHLON MAY LIVE AGAIN!**

Good news for all those duathlon fans who have bemoaned the loss of these events (including the survey respondent who suggested that aquathlon attendance could be improved by “Maybe chang[ing] them to a duathlon”) – TriSA is in the preliminary stages of coordinating a series of winter duathlons to be run by Clubs, with a final State Championship Duathlon run by Triathlon SA, based on the Victorian model.

Several clubs have already expressed interest in running a duathlon, and the TriSA committee confirmed the principle of coordinating such a series at its meeting on Monday night. A sub-committee has been formed to organise the series in conjunction with our Clubs.

There's still a lot of work to do, but we are confident of getting a series up and running – we'll keep members up to date with any developments.

**12/2/09**

**NEW CLUB!**

Welcome to the SA EMERGENCY SERVICES TRIATHLON CLUB which has been formed by Pete Nolan. Their application to affiliate with TriSA was approved at the committee meeting on Monday 9 February 2009. This club caters specifically to shift workers, who find it difficult to attend regular training sessions. With 31 members already, it looks set to become a force to be reckoned with. Any enquiries to Pete at [noly@westnet.com.au](mailto:noly@westnet.com.au)

**STATE SERIES POINTS**

Have been calculated up to 27/1/09 and can be found on the website Home Page under “What's New”, or [click here](#) to go straight to them.

**CLUB POINTS** as at 27/1/09 are: West Lakes Lakers Triathlon Club 16955  
Adelaide Vales Triathlon Club 13130  
Meteors Triathlon Club 12055  
Triplings 5190  
The Tribe 3853  
Coomealla Triathlon Club 1178  
Lincoln Triathlon Club 1025

### **AQUATHLON SURVEY RESULTS**

Thank you to the 120 members who completed the Aquathlon Survey, 120 out of 470 is a reasonable strike rate for this kind of survey and provides some statistically significant results.

The following stats give an interesting insight into what members want (and don't want):

- 59% want aquathlon to be retained as a state championship event
- 89% were aware of the event held on 18/1/09
- 25% of those who raced did so because it was the State Championship
- 25% of those who raced did so because of the race location (Christies Beach)
- There were no clear factors for not entering – only 14% dislike swimming in the sea; 11% thought it was too far to travel; 20% said the timing was wrong; and 46% had various other reasons including other commitments & injuries.
- 62% would NOT prefer an aquathlon held at West Lakes
- 69% say the state series design has no impact on the races they choose to do.

There were also a large number of comments provided, it was good to see so many members taking the time to put forward their views. All of the information collected will be taken into account when planning next season's race calendar.

**KINGSTON TRIATHLON** is on this Sunday – good luck to all those travelling over to race, it should be a fabulous weekend.

**WEETBIX KIDS TRY-ATHLON** is also on this Sunday, at West Lakes. With kids from 7 to 15 years racing, it will be a fun day for all concerned.

### **FLINDERS UNIVERSITY SCHOLARSHIPS**

Currently enrolled students at Flinders can apply for a Sporting Scholarship through the university.

[Click here](#) for further information. The cut off date for applications is Friday 3/4/09.

### **WORLD CHAMPIONSHIP NEWS**

TA have provided the following information/ warnings about the need to enter these events asap:

The 2009 Mooloolaba Triathlon is run in conjunction with the ITU Mooloolaba World Cup Triathlon – Sunday 29<sup>th</sup> March.

USM have once again kindly offered to have an "Open Elite" Category for those elite & U23 pro licence holders that do not gain a start in the ITU Mooloolaba World Cup Triathlon.

The event is open to all international & Australian pro athletes.

The open elite race will be the 1<sup>st</sup> wave of the 2009 Mooloolaba Triathlon Age Group race and will be conducted on the Age Group course but DRAFT Legal.

I have been advised by USM the field for Mooloolaba Triathlon is nearly at full capacity (well over 3,500 entrants so far).

**There are EXTREMELY LIMITED places left for the 2009 Mooloolaba Triathlon.**

Therefore if you intend on racing in the Open Elite race (or Age Group for that matter) you need to ensure you or your athletes have entered **Urgently** or risk not gaining a start in the event!

More information and online entry is here: <http://www.usmevents.com.au/mooltri/index.html>

...

we have a similar situation with the **ITU Oceania Championships** (Gold Coast Triathlon: Luke Harrop Memorial) on Sunday 1<sup>st</sup> March as with Mooloolaba.

Can I please encourage your athletes – Especially the **ITU JUNIORS!** to enter ASAP!

<http://www.usmevents.com.au/goldcoasttri/index.html>

### **VICTORIAN BUSHFIRES**

I can't end this week's Update without mentioning the devastating bushfires in Victoria last weekend. The terrifying ferocity of the speeding flames that caused so much damage and took so many lives is beyond comprehension, and the horror of living through that experience is unimaginable. My heart goes out to the victims and survivors who have a long road of physical and emotional recovery ahead.

To aid the victims of the bushfires, Marcus and Trudy of Gatti Sports will donate \$1 of each entry fee to their next event to the bushfire appeal – so show your support for triathlon and for this worthy cause by entering the **GATTI JT CYCLES TRIATHLON** on 22 February 2009.

#### **A NOTE FROM JOHN FLEMING (EUSTON RACE DIRECTOR):**

##### **“EUSTON GRAND PRIX TRIATHLON WEEKEND.**

Accommodation is starting to fill fast & its recommended that bookings be made as soon as possible.

Listed below are the vacancies still left in Euston & Robinvale (4k away)

- Euston Riverfront Caravan Pk. Murray St Euston 0350261543 (Powered sites only)
- Euston Club Resort. Nixon St Euston 0350264999 ( 4 Exec River View rooms only)
- Robinvale Riverside Caravan Pk 1 River Road 0350261543 (4k from Euston, Cabins & Powered sites)
- Robinvale Motel 36 Ronald Street Robinvale 0350261543 (Just over Bridge & 4 star rating)
- Robinvale Weir Caravan Park 94 Pethard Rd Robinvale 0350263415 (Cabins, Onsite vans, Powered sites)

Suggest that bookings be made asap.

Reminder that the \$1000 for the club with the most entrants includes team members as well. The Euston Grand Prix & Fishers IGA 2.5k Swim has a total of \$10445 on offer for the weekend.

There will be heaps of spot prizes & vouchers.

Don't be disappointed by leaving this too late, if you don't mind an early morning drive Mildura has 1000's of Motel rooms available.

It's a 55 minute drive from Mildura to Euston.

John Fleming  
0430502948”

#### **METEORS MTB DUATHLON**

Will be held on **Sunday 21 June 2009** (that is now a definite date, so you can write it in your diary!).

**20/2/09**

#### **KINGSTON TRIATHLON**

Kingston SE have the results of Sunday's triathlons up on their website, along with some terrific photos. [Click here](#) to go to their site and follow the links.

#### **WEETBIX TRY-ATHLON**

It was fantastic to see hundreds of kids out taking part in the Weetbix Tryathlon last weekend. I've never seen so many tiny bikes in one place, 3km must seem like a long way on something that small! A gutsy effort by all those involved. There have been some enquiries from parents wondering what their kids can do next. For 7 years and older, there's a mini **distance at Victor Harbor on 8 March 2009** (50m swim/ 2km cycle/ 400m run) and those 10 and older can register for the **Gatti JT Cycles Mini Triathlons (100/ 6.5/ 1.0) being held this Sunday 22 Feb and on 29 March 2009** at West Lakes.

#### **JT CYCLES TRIATHLON**

This Sunday at Midcourse Reserve, West Lakes – apart from the mini mentioned above, there will be the Tinman and Challenge distances, so there's something for everyone.

Gatti will donate \$1 of each entry fee to the Victorian Bushfire Appeal, so you'll be helping with a good cause as well.

#### **RACE WITH A STAR - ERIN DENSHAM AT EUSTON**

OPPORTUNITY NOT TO BE MISSED

***Calling all TriSA female competitors***

It's not often you have the chance to race against an Olympian, but you can during the Euston Grand Prix Triathlon weekend 28/2-1/3/2009.

Coomealla Tri Club officials have received notification from Jono Hall, Senior Coach at the AIS/VIS that Erin Densham will commence her 2009 season in Euston.

- Don't miss the opportunity to race against someone of the quality of Erin.
- Don't miss the opportunity to talk to Erin during the weekend.
- Don't miss the great atmosphere this weekend generates.
- Don't miss the opportunity to share in the female prizemoney for the tri & swim totalling \$3370.

1<sup>st</sup> \$1000, 2<sup>nd</sup> \$625, 3<sup>rd</sup> \$450, 4<sup>th</sup> 200, 5<sup>th</sup> 135, 6<sup>th</sup> 85 in the Grand Prix Tri & 1<sup>st</sup> 500, 2<sup>nd</sup> \$250, 3<sup>rd</sup> \$125 in the Fishers IGA 2.5k Swim.

And don't forget the \$1000 to the Tri Club with the most competitors, teams included.

All the details at [www.coomaallatriclub.com](http://www.coomaallatriclub.com)

## **SECONDARY SCHOOLS TRIATHLON**

The Secondary Schools Sport SA Individuals and Teams Triathlons were held on Wednesday 18 Feb at Bower Rd West Lakes. There were over 100 entrants in each race, with many of those competing as individuals then racing in the teams as well. Pretty hard work, especially as it was around 35 degrees. It was good to hear quite a few familiar TriSA member names being called out during the presentations, so well done to all of you. The results weren't up on the Schools Sport website last time I looked, but I'll add a link to the results on our website (under Juniors tab) when they become available.

Thanks to those who helped out on the day too, the organiser has expressed her appreciation of our services.

## **L2 COACHING COURSE**

For anyone who currently holds a level 1 accreditation, there's a Level 2 Course being held on the Gold Coast in May, TA have sent the following reminder:

TA is currently taking enrolments for the National Level 2 Coach Education Course.

The course is a week long, live-in camp aimed at triathlon coaches working with state and national

standard athletes at ITU junior, age group, under 23 and elite level across all triathlon race distances. The course is strictly limited and will be held from 3-7 May 2009 at the Sports

Super

Centre – Gold Coast, QLD. Applications close on March 6. Guidelines for acceptance to the Level

2 Course, application form and further information is available here: [www.tahp.org.au/level-2-coaching-educaton-course-may-2009.html](http://www.tahp.org.au/level-2-coaching-educaton-course-may-2009.html)

## **TRIATHLON PINK**

Good news for those women who have been crying out for Triathlon Pink to come to Adelaide - T3, the event owners, have tentatively set 22 November 2009 for an Adelaide event. They are still awaiting council approvals, but fingers crossed...

**26/2/09**

## **JT CYCLES TRIATHLON EXCEEDS 500!**

Race 5 of the Gatti JT Cycles series was held on Sunday 22/2/09, with record entries of over 500.

This means that Gatti have donated over \$500 to the Victorian Bushfires Appeal, a terrific outcome.

Due to popular demand, there will be an extra JT Cycles Triathlon held on Sunday 29 March 2009 – same venue, same format.

## SECONDARY SCHOOLS SPORT TRIATHLON

Congratulations to the following students who have been selected to compete in the Australian Schools Triathlon Championship in Tasmania from 20-23 March 2009 (TriSA members in bold):

<b>Kristiina Ahola (Dad's a member)</b>	Walford Ang Sch
<b>Evie Allcroft</b>	St Johns Gram Sch
<b>Millie Allcroft</b>	St Johns Gram Sch
<b>Anthony Bishop</b>	Saint Ignatius Coll
<b>Nick Clippingdale</b>	Cornerstone Coll
<b>Catherine Clohesy</b>	Loreto Coll
<b>Rebecca Copson</b>	St Peters Girls Sch
<b>Tom Currie</b>	Pembroke Sch
<b>Kieran Evans</b>	Tatachilla Luth Coll
Lachlan Forward	Loxton HS
<b>Eleanor Garrad</b>	Loxton HS
James Hargreaves	Concordia Coll
Luke Hargreaves	Concordia Coll
<b>Emily Mahomet</b>	Cornerstone Coll
<b>John Martinez</b>	Thomas More Coll
Zac Radbone	Scotch Coll
<b>Alexandra Slaven</b>	St Dominics Priory Coll
<b>Holly Takos</b>	Marymount Coll
<b>Alex Wilson</b>	Brighton HS
Dylan Wilson	St Johns Gram Sch
Ian Worsfold	Loxton HS

## EUSTON THIS WEEKEND

Good luck to all those heading over to the Euston Grand Prix Triathlon this weekend 28/2-1/3/2009. There are certainly some good reasons for making the trip – not only the opportunity to race against Olympian Erin Densham, but loads of prize money including \$1000 to the Tri Club with the most competitors.

## 2009 ITU WORLDS – There are now **30** Australian spots in each age group

An important announcement from TA:

We would like to inform you that the ITU has approved an application to have the number of Australian athletes selected for the 2009 World Triathlon Championships on the Gold Coast increased from 25 to 30 in each age group. This application was made by USM Events, supported by Triathlon Australia and ultimately approved by the ITU as a result of concerns that the world financial crisis would adversely affect the number of overseas athletes prepared to travel to this event.

In supporting this initiative, Triathlon Australia was mindful that the prestige of representing your country must be maintained and, as a result, the qualification process should remain a

challenging one. However, due to the unprecedented interest shown in qualifying for the World Championships - not to mention the impressive times being posted - we felt the honour that comes with wearing the green and gold would not be unduly compromised by this decision. Harsh financial realities and a desire to ensure World Championships hosted by Australia are fully embraced and appreciated, were also considered. The ITU saw a need to support these championships by providing further incentive for the host nation and fostering participation. While we appreciate this decision will not be embraced by everyone, you can be assured it was not taken lightly and we hope you can appreciate why it was made.

So, to those looking to qualify for the Gold Coast World Championships, don't miss this unique opportunity. There are now an extra five spots available for each age group on the Australian team and, with only a few qualifying races left in each of the distance categories, the chance to be a part of something memorable has been extended for those on the cusp of selection. Regarding the Long Distance Triathlon World Championships in Perth, at this stage the number of spots per age group remains at 25. Application deadlines are as follows: Sprint - March 24; Olympic Distance - April 7; Long Distance - May 4. Best wishes to all those attempting to qualify and if you have any questions in regard to the amended policy, please do not hesitate to contact the Triathlon Australia office.

#### **PERTH CHALLENGE - DOUBLE POINTS UP FOR GRABS**

More news from those busy boys at TA:

For those attempting to qualify for the World Championships on the Gold Coast, the upcoming national titles in Perth should be on your radar. Double points are on offer in the Olympic Distance Triathlon, which is part of the City of Perth Challenge on March 13-15. The competition in this category has been pretty fierce, so Perth represents your best chance to secure a spot. And there are some cheap flights available for those thinking of making the dash west. It would be great to see a strong contingent of South Australian triathletes representing Australia come September. Best of luck to those competing in Perth.

The February edition of the Long Distance World Championships newsletter is now available on our website, or [click here](#) to view.

**VICTOR HARBOR TRIATHLONS** are being held on Sunday 8 March 2009, incorporating the Olympic Distance State Championship. It's not just for those wanting to do the Olympic distance, there will also be a mini distance (for 7 years and older) and a short distance (12 years and over), and there's even a 5km Fun Run/Walk for those who prefer not to get wet!

#### **MURRAY MAN**

Further to the Murray Man Update sent to members earlier this week, here's the official press release:

#### **"FLIGHT CENTRE 2009 MURRAY MAN LONG COURSE TRIATHLON**

#### **CHANNEL 7 STAR TO RACE AT MURRAY BRIDGE TRIATHLON**

#### **WORLD DUATHLON CHAMPION, LEON GRIFFIN AND TELEVISION PERSONALITY, DANIEL MACPHERSON, CONFIRMED STARTERS**

The second running of the Murray Man Long Course Triathlon is being held on 22 March 2009, and we are pleased to announce that the 2006 ITU Duathlon World Champion, Leon Griffin and star of

Channel Seven's City Homicide and co-host of Dancing with the Stars, Daniel MacPherson are confirmed starters for the event that will be held at Murray Bridge.

The event doubles as the South Australian Long Course Championships. The best athletes in South Australia, including previous winner, Matt White, Commonwealth Games representative, Shane Johnson and brother Ryan Johnson, will face the ultimate challenge for triathletes in South Australia, when they attempt to bridge the 18 minute gap to the elite female competitors. At last years event it came down to the last two kilometres, when Matt managed to catch and pass Sarah Crowley, who had led the whole race up until that point, just before the final turnaround.

This year's race promises to be bigger and better than last year's maiden event and all athletes will be rewarded by being able to say that they have successfully completed the hardest triathlon in the State."

Daniel McPherson – here he is (just for you Fezza!)

#### UPCOMING EVENTS

1 March 2009 [Euston Triathlon](#)  
Euston NSW

8 March 2009 [Victor Harbor Triathlons](#)

15 March 2009 [BRW Corp Triathlon](#)  
West Lakes

22 March 2009 [Murray Man Triathlon](#)  
Murray Bridge

29 March 2009 [JT Cycles Triathlon](#)  
West Lakes

18 April 2009 [Loxton Triathlon](#)

