

**29/1/09** (Temp 42.9 in Kent Town at 2.09pm and still climbing!)

### **GATTI JT CYCLES TRIATHLON**

The Australia Day triathlon was another hugely successful event with record numbers. Results can be found on our website under (you guessed it) Race Results. In fact the series has been so successful, Gatti have announced an extra event at the end of March:

“We are delighted to advise we will be putting on an additional event.

SUNDAY, 29 MARCH, 2009 – 9.00AM

MIDCOURSE RESERVE, BREBNER DRIVE – WEST LAKES

Challenge: 750m Swim/19.5k Cycle/5k Run Tinman: 300m Swim/13k Cycle/3k Run

Mini: 100m Swim/6.5k Cycle/1k Run”

### **TUNARAMA FESTIVAL**

By all accounts this was another great weekend in Port Lincoln, but as a picture paints a thousand words, have a look at the photos taken on the weekend (you'll find a link to them on our website Photo Gallery). The results are on our website too.

Peter Sheridan has pointed out that “in one of our swimthru photo's a young local swimmer Eli Smith has a medal around his neck, Eli has no arms but swam the 1km in 21:48!” That is truly inspirational, Eli must have incredible courage and motivation. He may be one to look out for in the next Paralympics.

There's also a photo of Mark Ricciuto in the funrun photos, Peter couldn't convince him to have a go at the triathlon but he did run in the 5km race on the Monday. Maybe the Roo will step up to triathlon next season...

### **VICTOR HARBOR TRIATHLONS**

Congratulations to Sid James, who has been winning more awards –the Victor Harbor Triathlons are joint winners of the 2009 Australia Day Awards for best community event.

The Victor Harbor triathlons, incorporating the State Olympic Distance Championship, will be held on Sunday 8 March 2009. Check out all the details including online entry by clicking here. SCHOOL SPORT SA TRIATHLON 18/2/09 – VOLUNTEERS NEEDED (DESPERATELY)

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 your contact details to me at [admin@triathlonsa.org.au](mailto:admin@triathlonsa.org.au).

### **2XU AUSTRALIAN JUNIOR TRIATHLON SERIES**

Race 1 of the series was held in Canberra last weekend, unfortunately with no South Australian competitors. The results and race report are on our website under Juniors, ITU Aust Junior Series.

### **ITU AQUATHLON WORLD CHAMPIONSHIPS**

Here's a little known fact brought to my attention by our Pres, Peter Smith - Unlike the triathlon world championships, there are no qualification criteria for the ITU Age Group Aquathlon World Championships. Competitors can enter the event direct not via National Federation but must be members of their national federation and show proof of this at registration (ie show your TA card).

The Aquathlon will be held on Wed 9th September at the Gold Coast, and there's a link to the ITU World Champs Site on our website under Links.

### **OFFICE FOR REC & SPORT COACHING/ OFFICIATING/ VOLUNTEER SCHOLARSHIPS**

Nominations for the following categories of scholarship open Tuesday 27 January 2009 and close at 5.00pm Friday 6 March 2009, click here for more information:

- Wendy Ey Memorial Coaching Scholarships for women  
Aimed at female coaches with a minimal Level 1 Coaching Accreditation, to encourage and assist them to achieve success in their chosen sport.
- ORS Coaching Scholarships  
Aim to assist volunteer coaches to further develop skills in their chosen area.
- ORS Officiating Scholarships  
Aim to assist volunteer officials to further develop skills in their chosen area.
- Individual Sport & Recreation Volunteer Scholarships  
Aim to provide opportunities for sport & recreation volunteers to attend training programs to assist with development of skills required in their volunteering role. These scholarships are aimed at volunteer roles outside of coaching and officiating.

### **UPCOMING EVENTS, FOR FULL DETAILS AND REGISTRATION INFORMATION, SEE OUR WEBSITE (UNDER EVENTS)**

(You may have guessed that I'm trying to help members find their way around the website, so please let me know if you find anything difficult to find, or links that don't work etc).

8 February Sam White Memorial Triathlons, West Lakes

5 February Little's BP Kingston Triathlon, Kingston SE

15 February Weetbix Kids Try-athlon, West Lakes

22 February JT Cycles Triathlon, West Lakes

1 March Euston Club Triathlon, Euston NSW

8 March Victor Harbor Triathlons, Victor Harbor \* State Olympic Distance Championship\*

22 March Flight Centre Murray Man Triathlon, Murray Bridge \*State Long Distance Championship & World Qualifier\*

29 March Gatti Triathlon, West Lakes

18 April (Sat) Loxton Hotel Triathlon, Loxton

**22/1/09**

### **THE URBAN OASIS CRAIG LACK MEMORIAL AQUATHLON**

was held last Sunday, in a beautiful setting at Christies Beach SLSC with perfect weather and water conditions. Thank you to the Adelaide Vales for putting on this sensational event.

Results with split times are posted on our website under Race Results, and a printable certificate is available upon request for all long course and short course participants – simply email [darren@adelaidevales.com.au](mailto:darren@adelaidevales.com.au) to request. You'll find hundreds of photos of the event on the Vales website (or use the link in our Photo Gallery).

### **CONGRATULATIONS TO OUR STATE AQUATHLON CHAMPIONS**

Full results can be found under the Race Results tab.

### **STATE SPRINT CHAMPION NICK CLIPPINGDALE**

On the subject of champions, Nick was unfortunately overlooked in the results posted last week, so for the record – Nick won the male 14-15 age group in a time of 1:10:56. Well done & congratulations.

### **2009 PERTH ITU LONG DISTANCE TRIATHLON WORLD CHAMPIONSHIP**

TA have produced a newsletter with information about the Perth LD champs, and I've added a link to it on the Events page of our website.

There are only 3 qualifying events left, and we are very fortunate to have one of them right here in South Australia – the Flight Centre Murray Man on 22 March 2009 – [CLICK HERE](#) for full details and online registration.

The Murray Man also incorporates the 2009 South Australian Long Course Triathlon Championships, and with over \$8000 in cash and prizes to be given away and goodie bags for all entrants, it's worth entering even if you're not trying to win the State Championship or qualify for the Worlds.

### **GATTI JT CYCLES AUSTRALIA DAY TRIATHLON**

Don't forget, the JT Cycles Triathlon this weekend is on the public holiday MONDAY (not Sunday) and the tinman and challenge distances are longer than the rest of the series. If you haven't entered already, you have until 12 noon Saturday, [CLICK HERE](#) for details.

### **TUNARAMA FESTIVAL**

Good luck to those travelling to Port Lincoln this weekend for the Tunarama Triathlon on Sunday, not just for the triathlon but for the tuna throwing (rubber I'm told!) and prawn eating contests among other things. Sounds like it will be a terrific weekend, and if you're taking a camera, some photos for the website would be greatly appreciated.

### **GEELONG ACCOMMODATION**

If anyone is going to Geelong for the half IM and needs a hotel room for the Saturday night, I've been notified of a room available at the Mercure at a discounted rate (as the person who booked it can't go but can transfer it to someone else). Let me know if you're interested and I'll pass on the details.

### **METEORS MTB DUATHLON NOT ON 7/6**

Sorry if anyone has dutifully entered this event into their diary already, but as it has since been realised that 7 June falls on a long weekend, the Meteors will be holding the duathlon later in June – stay tuned for more details.

### **DID YOU KNOW...**

There's a For Sale section on the website, under the News tab, where you'll find a surprisingly wide range of tri-related gear for sale. At the moment, we even have a WANTED ad from a potential triathlete looking for a bike. As items are added regularly, it's worth having a look at from time to time.

In fact, that goes for the website as a whole – it's a perpetual work in progress with bits being added and updated constantly. As the website is there as a service to you, our members, please make use of it and let me know if you have any suggestions for improvement (of either contents or format), or if you find a link that doesn't work.

**14/1/09**

**STATE AQUATHLON CHAMPIONSHIP** is being held at Christies Beach this Sunday 18/1/09, and the forecast is for perfect beach weather.

Click [here](#) for full details and online registration. Please note that online entry closes at 5pm this Friday 15/1/09, and those who enter online go into the draw to win an Orca wetsuit, so do yourself a favour (and avoid the late entry fee) by entering now!

**STATE SPRINT CHAMPIONSHIP** was held last Sunday as part of the JT Cycles Triathlons. The winners can be found under the Race Results tab.

Congratulations all – awards will be handed out at the Triathlon SA Presentation Night at the end of the season. It's great to see 3 of our committee members on the winners' list – Toby Richardson, Shaun Yates and Colin Clarke – well done guys!

It was nice of Matt to thank TriSA for putting up the prize money, but we can't actually take any of the credit for that - Gatti very generously paid the prize money themselves and I'm sure it was appreciated by all those who shared in the spoils (I know young Ella was thrilled with her winnings!).

#### **SPEAKING OF COMMITTEE MEMBERS...**

Our committee now have white polo shirts with navy trim and the Triathlon SA Logo embroidered on the upper left hand chest, so watch out for them at events and introduce yourself – after all, they have been elected to represent you.

#### **STATE SERIES POINTS**

The points have been calculated as at 9/1/09 and can be found on our website under Race Results, State Series. They will be updated shortly to include last Sunday's race. Thanks to Chris Hill for working out the points (not an easy job).

#### **TRIATHLON SA FORUM**

At its meeting on Monday night, the Triathlon SA committee resolved to discontinue the TriSA Forum. This has been a subject of debate for some time, and the decision was not taken lightly as it is acknowledged that there are some benefits to having a forum for members. On balance however, the committee decided that the negatives outweighed the positives and it would be in the best interests of the Association to cease any involvement with the forum.

The forum was taken off-line yesterday, meaning it could no longer be accessed, but has now been put back on-line as a read-only archive, so it is still available for reference. The link to the archived forum is on the Links tab of our website.

**8/1/09**

Welcome to the first Office Update for 2009. I wish everyone a happy, healthy, accident and injury-free year (or failing that, fast and complete recoveries!).

#### **STATE SPRINT CHAMPIONSHIP**

Don't forget, the JT Cycles Triathlon this Sunday 11 January 2009 is the State Sprint Championship. If you haven't done it yet, check [www.gattisports.com.au](http://www.gattisports.com.au) for registration details.

The JT Cycles Triathlon on December 21 attracted record numbers, with over 490 entrants. With the championship race being held this Sunday, it looks very likely that total numbers will exceed 500, so it will be a terrific day for spectators as well as competitors.

### **STATE AQUATHLON CHAMPIONSHIP**

Another event not to be missed - the Urban Oasis Craig Lack Memorial Aquathlon on 18 January 2009 at Christies Beach – [CLICK HERE](#) for full details and registration.

### **RUNAWAY BAY REPORT**

Nigel Pietsch has provided a report on the ITU Junior event and development camp on the Gold Coast just before Christmas (you'll find a link to it under the Juniors tab). It makes great reading and provides a fascinating insight into the tough world of our best juniors. Opening statements like "Race 2 was carnage" and "Race 3 was brutal" give some indication of what the kids were up against! Unfortunately Ryan Davison was a victim of the carnage, and had a trip to hospital "for a very sore scapula" before being sent home "battered and bruised". I hope you've recovered well Ryan, and have a better year in 2009.

Staying on for the camp, Emily Mahomet, Ella Holmes and Alex Wilson did South Australia proud, with Nigel commenting:

"Feedback from the coaches in charge of the SA athletes was outstanding. Ella was immediately recognised for her leadership skills, her application to tasks and a willingness to learn. Emily showed she has the ability to represent Australia at a junior level in the next 4 years and her coaches were very impressed with her application and skill level. Alex worked hard on his swim technique and with continued hard work will be ready for the A final next year. Both Ella and Emily won their team's award for best performer."

As Nigel says, the week was more about learning than racing, and it certainly sounds like our juniors learnt some valuable lessons and had some great experiences that will serve them well in the future.

### **KIDS CLINICS**

A reminder that 3 clinics for juniors (7 – 15) will be held in the lead-up to the Weetbix Triathlon on 15/2/09 (first clinic on Saturday 24/1/09). For information and a registration form, have a look at our website under Beginners, Kids Clinics.