

17/6/09

MEMBERSHIP RENEWAL TIME

It's hard to believe it's that time of year already, but with the end of the financial year on 30th June comes the end of your current TriSA membership.

You can renew online by [clicking here](#), and if you do so before 31st July, you'll avoid a \$5 price rise for senior members as of 1st August.

The fees for joining or renewing now are:

Senior \$115.50 (plus Club membership), or \$130.50 for non-club member.

Junior 14 – 19yo \$69.00 (plus Club membership), or \$84.00 for non-club.

Junior 13 & under \$53.00 (plus Club membership), or \$58.00 for non-club.

Family (1 adult 3 kids, or 2 adult or 2 kids) \$260 (plus Club membership), or \$275.00 for non-club.

To give you an idea of who gets your money when you join, the breakdown for a senior club member is:

\$ 60 to TriSA
\$ 33.20 to TA
\$ 18.00 to TA insurance
\$4.30 processor fee

Total: \$115.50.

The \$60 of your membership that comes to TriSA contributes towards :
Office administration costs (staff, rent, office supplies, equipment purchase and maintenance)
Coaching course subsidy
Junior Development
Printing of promotional material
Presentation Night awards and prize money

MEMBERSHIP CARDS

The membership cards are produced and sent out by TA, and it usually takes a couple of weeks to receive (they wait until there's a large print run) . If you don't receive your membership card in the post within 3 weeks of registering, please send an email to the TriSA office and we will follow it up with TA.

When you register online, you will receive an email receipt which quotes your membership number, so it's a good idea to save this email for future reference in case you need your membership number before your card arrives, or (tut, tut) lose your card.

CHANGE TO OFFICE STAFF & HOURS

Many of you have had contact with Karen O'Brien already, as she has been helping out in the office for the past couple of months, and was of tremendous assistance in organising the Presentation Night in May. I'm very pleased to announce that Karen has now accepted a position as Office Administrator and will be sharing my role here in the TriSA office.

Karen and I will each be working 10 hours a week as follows:

Tues 9.30am to 2.30pm – Karen
Wed 9.30am to 2.30pm – Karen & Shirley
Thurs 9.30am to 2.30pm – Shirley

28/5/2009

0809 PRESENTATION NIGHT

Thanks to all who attended the Presentation Night last Saturday (and especially thanks to those who pre-booked!). We've had a lot of positive feedback about the venue and general organisation which is very gratifying. Our President Peter Smith was an informative and amusing MC who really kept things moving to get through all 140 awards in less than 2 hours– no mean feat!

At the Special General Meeting held before awards were presented, the new Constitution was passed without any opposition – you'll find the current Constitution on our website, under "About TriSA".

[Click here](#) for a copy of the Presentation Night Program. We will update it with photos later.

In summary, the individual awards went to:

Race of the Year - Murray Man

Junior encouragement - Tom Currie

Junior Triathlete of the Year, Male - Ethan Lyons

Encouragement Award - Erin Heard

Age Group Athlete of the Year, Female - Nancy Cullen

Age Group Athlete of the Year, Male - Kevin Fergusson

Most Improved Triathlete Female - Krystal Smith

Most Improved Triathlete Male - Brad Wauer

Adam Johnson Award - Matt White

Outstanding Achievement Award - Shane Johnson

Male Triathlete of the Year - Matt White

Female Triathlete of the Year - Ella Holmes

At the end of the evening, we drew names out of a hat for the following prizes:

0910 TriSA membership: Dominic Molyneux

4 Trisuits donated by Polar Revolution: Trevor Moore; Andrew Loose; Annette Eastwood; JA Keplin

MATTY WHITE'S WEBSITE

With so many achievements in his pro triathlete life, Matty has his own website up and running, at www.mattywhite.com.au – check out those traps in the first photo!

6/05/09

YVETTE EGLINTON HAS A LONG WAY TO GO – BUT IS DETERMINED TO GET THERE...

As reported in an Office Update previously, Yvette suffered serious spinal injuries when she came off her bike 5 weeks ago. Now staying at the Hampstead Rehabilitation Centre, I spoke to Yvette today and she was happy for me to pass on this update to members. After initially being categorised as a complete paraplegic, Yvette has regained some sensation in her lower legs and has been 'upgraded' to incomplete paraplegic – still sounds bad, but Yvette assures me this is a good thing! Yvette is very positive in her attitude and confident of being able to walk again; she even wants to get back on a bike, but will have to start with a stationary one. At the moment, Yvette spends her time at Hampstead doing gym work, occupational therapy and physio, which keeps her quite busy in between visitors. Yvette has full use of her arms, and is able to push herself in a manual wheelchair, so she'll be developing some formidable upper body strength. Given Yvette's signs of physical improvement and her amazing willpower and strong desire to overcome her injuries, her goal of walking out of Hampstead in 3-5 months sounds like an entirely realistic one. Best of luck Yvette, you're an inspiration to us all.

PRESENTATION NIGHT REMINDER

Book now for the TriSA Presentation Night on Saturday 23rd May, starting at 7.30pm. It's at the Osmond Terrace Function Centre (Parade Hotel, Norwood) and entry is just \$20 for adults & \$10 for juniors 16 & under if you book before the night (prices go up \$5 if you wait to pay at the door).

Please contact admin@triathlonsa.org.au

BUSSELTON HALF IM Congratulations to those who completed the Busso Half last weekend. I don't know whether Peter Sheridan & Allen Ross qualified for the long distance worlds as they were hoping for, but I note that their finishing times were Peter 5:28:12 and Ross 5:28:11 – were you guys holding hands as you came over the line?? That's a finish photo I'd like to see!

Peter came 8th in the M60-64 and Ross 10th in the M55-59 category – great results that I certainly hope will get them both into the Worlds.