

## 20 NOVEMBER 2009

There is still a spot available in our free TO training course to be held this Sunday 1-4pm at State Association House.

Don't miss out - put your name down for it now!

[. Full details here](#)



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### BEGINNER CLINIC GRADUATES

Well done to all our of beginner clinic graduates. We had 40 registered this year, with most of them being Tristart members. Despite some rather warm days, our newbies turned up in force for the clinics, making the most of the opportunity to learn and practice some triathlon skills before putting them to the test in the Triple Sprint on the 29th November.

The photos on our Facebook page (see link in RH column) give a good indication of the enthusiasm of the group and the level of enjoyment had by all.

A big thank you to our Clubs, who generously provided free Club membership for these first-time members. Thanks also to coach Nigel Pietsch, and to volunteer coach assistants Kent Dredge & Stephen O'Brien for making this such a successful program.

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### TRISA TRIPLE SPRINT BEGINNERS & TEAMS TRIATHLON is just around the corner (Sunday week. the 29th November).

This is a great opportunity to encourage your family and friends to find out for themselves what a triathlon is all about. Enter with them as a team, or encourage your supporters to have a go themselves (even if it's just one lap - everyone has to start somewhere, & the feeling of coming over the finish line for the first time is just as good!).

Online registration is available and it certainly makes life a whole lot easier for us, and smoother and cheaper for you, if you pre-enter. Apart from allowing streamlined registration on the day, by entering online we will also have an idea of numbers to ensure we buy enough water & fruit to go around - it's very difficult for race directors when as many people turn up on the day as had pre-entered!

So please, do yourself a favour and enter now, don't leave it until the last minute.

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THE COOMEALLA MEMORIAL SPORTING CLUB 20<sup>TH</sup> ANNIVERSARY TRIATHLON & TASCOS INLAND 750M SWIM (formerly the Coomealla Tasco Inland triathlon) will be held on the 13<sup>th</sup> December 2009.

Come celebrate our 20<sup>th</sup> year of racing at Coomie. In addition to the 750/20/5 Sprint, an Enticer 200/10/2.5 has been included on the program as well.

The Saturday 750m Swim will be at the Golf Club @ 4pm EST.

Prizemoney & fuel vouchers totalling \$5000 will be on offer.

Online entry for the above & race booklets are available at [www.coomeallatriclub.com](http://www.coomeallatriclub.com)

Accommodation details are also included, the RD's preferred accommodation is the Coomealla Resort Motel & Caravan Park 03274737. Details available at [www.coomeallaclub.com](http://www.coomeallaclub.com)

Please read the race booklet for all program details and times.

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#### SHEPPARTON HALF IRONMAN FINISHERS

Congratulations to all the South Australians who competed in the Shep Half last Sunday, and especially well done to all the first timers -there were some terrific results, with 11 of our 26 competitors finishing in the top 10 of their category:

Matty White, Open 4th, 3:57:08  
Mat Stephens, Open 9th, 4:04:09  
James Duffy, M1824 1st, 4:17:26 (he gets it from his Dad)  
Ryan Johnson, Open 15th, 4:20:14  
Ben Noll, M3034 7th, 4:20:55  
John Pidgeon, M3034 10th, 4:31:44  
Toby Richardson, M2529 9th, 4:32:57 (doing Mt Gambier proud)  
Nicholas Muxlow, M1824 7th, 4:42:20  
Michael Keyte, M3539 32nd, 4:56:41  
Adam Hunt, M3539 38th, 4:58:41  
Danny Salter, M4044 16th, 4:58:56  
Dave McGlashan, M4549 16th, 5:00:01  
Andrew Short, M5054 5th, 5:02:00 (beating Kevin by a nose!)  
Kevin Duffy, M5054 6th, 5:02:01  
Annette Eastwood, F2529 4th, 5:04:01 }  
Amy Bennett, F2529 8th, 5:20:47 } Go girls!!  
Louise Mills, F2529 12th, 5:40:53 }  
Tom Clippingdale, M4549 34th, 5:44:09  
Ian Berry, M5559 6th, 5:45:11 (despite some wheel problems)  
Sophie Holt, F3034 21st, 5:57:30  
Dom Molyneux, M4044 78th, 5:59:00  
Darren Wright, M3034 93rd, 6:06:15  
Jodie Smith, F4044 16th, 6:18:09  
Pete Nolan M4549 50th, 6:18:42 (despite stopping to offer Ian his wheel - emergency services must be in Pete's blood!)  
Mardy Hunt, F3034 28th, 6:33:05  
Pete Gray, M5559 13th, 6:53:45

[Search full results here](#)

**November 11th 2009**

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Are you aged between 16-19 and are a current Triathlon South Australia member?

Triathlon South Australia is pleased to announce that nominations are now open to join the State Junior Triathlon Team.

[Read more >](#)  
[Nomination Form](#)

Congratulations to Stephen O'Brien (Junior Development Co-ordinator) who has also been selected by TA to attend the 2009 2XU National Junior Development Camp.

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As part of our fundraising for Junior Development this season our sponsor XPAL+ (Planning, Accounting & Lending Services) is organising a free Movie Night for their clients at the Capri cinema Goodwood on Wednesday 9th December 2009. The movie to be shown is "Mao's Last Dance". XPAL Accounting Director, Peter Lines (who also happens to be married to your admin officer Shirley Armstrong) has generously offered to incorporate a fund-raising event into the evening to raise money for TriSA's Junior Development Fund.

All proceeds from the evening will be donated to TriSA for the purpose of assisting our juniors to compete in ITU races by providing travel subsidies.

As money will be raised primarily through raffles & collection tins, we would greatly appreciate the involvement of our members through:

- the donation of goods or vouchers to be raffled (you and/or your business will be acknowledged on the night, & donors are welcome to attend to distribute promotional materials); and
- the attendance of our juniors and their families at the event to put a 'personal face' to the fundraiser (and to circulate with the collection tins).

Please email [admin@triathlonsa.org.au](mailto:admin@triathlonsa.org.au) if you are able to assist with prizes or collection tins, or have any questions. A formal invitation to attend the movie night is being prepared by XPAL and will be forwarded to TriSA members when available.

Movie synopsis: "From internationally acclaimed Australian film director Bruce Beresford comes the inspirational true story of a small boy's extraordinary journey from poverty to international stardom. From a grueling apprenticeship as a classical dancer in communist China, to the glory of creative freedom in America. But, there is a painful price to be paid for his quest for self expression. Mao's Last Dancer captures the intoxicating effects of first love and celebrity, the pain of exile, and ultimately the triumph of individual endeavor over ideology. Filmed in China, the US and Australia and with a brilliant performance from Chi Cao as Li Cunxin, Mao's Last Dancer is an exhilarating exploration of what it means to be free."

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Good Luck to all athletes heading to Shepparton for the Half Ironman this Sunday 15th November