

29 OCTOBER 2009

Kev Fergusson on top of the world (again!)

For those who haven't caught up with the news (it was posted on the TriSA Website Monday morning) - TriSA really does have the fittest 50 year old on the planet!

Congratulations to **Kevin Fergusson** on his phenomenal achievement of claiming 4 World Triathlon titles - not just this year, but in 6 weeks! Kev won the Perth Long Course Championship last Sunday with a time of 4:19:43, a full 23 minutes ahead of 2nd place. This makes Kev the 2009 AG World Champion in:

Aquathlon AND
Olympic Distance AND
Ironman AND
Long Course

Not sure what he's planning for an encore...

The rest of the World Long Course Championship results:

Well done to all of our TriSA competitors, there were some terrific results, especially from our 'more mature' athletes -

Ross Allen M55-59 6:06:55, 15th

Paul Battistella M35-39 5:13:29, 44th

Tony Brady M55-59 5:35:54, 10th place -
this time last year Tony was doing our Tristart Beginners Clinics!

Nancy Cullen F50-54 5:11:18, 2nd place

Sylvia Dansie F55-59 6:00:17, 4th place

Tom Jeffrey M20-24 4:59:53, 15th

JA Keplin F40-44 6:13:57, 39th

Mary Mitchell F50-54 5:15:50, 4th place

Shaun Parkinson M40-44 5:01:32, 28th

Richard Pryor M50-54 5:26:53, 27th

Peter Sheridan M60-64 5:58:23, 11th

Trevor Skewes M65-69 6:19:48, 3rd place

Nathan Warburton M35-39 4:52:36, 26th

Natasha Wise F25-29 5:39:42, 32nd

(Sorry if I've missed anyone - I used the list of qualifiers TA provided some time ago to check results against).

Junior Development Camp

Congratulations to Krystal Smith, who has been selected to attend the ITU National Junior Development Camp on the Gold Coast in December.

The committee was delighted with the calibre of the applicants this year, and it is a shame that Triathlon South Australia was only allocated one athlete nomination at the camp, as there were several worthy applicants.

Any questions regarding the selection process should be addressed to our Junior Development Coordinator, Stephen O'Brien.

October 12th 2009

Ironman World Championship Results

A huge congratulations to all athletes who competed in the World Ironman Championships held in Kona, Hawaii over the weekend.

Fantastic results by the Australians, with Craig Alexander taking his place in history by becoming only the fourth man to win multiple World Ironman titles.

Our very own Kevin Ferguson also claimed another World Championship title.
Kevin Ferguson: Swim:0:58:20 Ride:5:01 Run:3:28 Total: 9:33
(World Champion M50-54!!)

Matty White: Swim:0:55:47 Ride:4:58 Run:3:09 Total:9:07 (34th Overall!!)
Read Matt's [race report](#).

Darren Morriss: Swim:1:09 Ride:5:34 Run:4:22 Total:11:16

Peter Lines: Swim: 1:15 Ride:5:48 Run:4:37 Total:11:53

Vincent Tremaine: Swim:1:25 Ride:5:55 Run:4:31 Total:12:05

We will be expecting full race reports from our Ironmen when they have recovered from the after party!!!

Yeah! the series you have all been asking about has finally been announced.

2010 CHALLENGE SERIES & ITU RACE CALENDAR

GEELONG CHALLENGE Sprint, OD, Enticer & TRYstars	North Shore	January 16-17
CANBERRA CHALLENGE Sprint, OD, Enticer & TRYstars 2XU Australian Junior Series: Race 2#	Commonwealth Park	January 23-24
HOBART CHALLENGE Sprint, OD, Enticer & TRYstars National Elite Series: Race 1* 2XU Australian Junior Series: Race 3#	Waterman's Dock	February 13-14
SYDNEY CHALLENGE Sprint, OD, Enticer, TRYstars National Elite Series: Race 3*	Cronulla	March 6-7
ADELAIDE CHALLENGE Sprint, OD, Enticer & TRYstars Australian Age Group Sprint & OD Championships Australian Duathlon Championships incorporating State Duathlon Championships	Glenelg	March 20-21
ITU WORLD CUP Run, Ocean Swim, OD, Superkidz, Cycling Grand Prix, Individual Elite	Mooloolaba	March 26-28
ITU WORLD CHAMPIONSHIP Individual Elite	Sydney Harbour	April 11

*Race 2 of the National Elite Series is the Luke Harrop Memorial, Gold Coast, February 28

_#Race 1 of the 2XU Australian Junior Series is Supersprint Race Weekend, Gold Coast, Dec 11-13

#Race 4 of the 2XU Australian Junior Series is ITU Oceania Champs, Wellington ,NZ, March 13

The 2010 Challenge Series website www.challengeseries.org.au will launch on October 19

Any enquiries about particular races should be directed to the relevant Race Director and NOT to TriSA, thankyou.

7 OCTOBER 2009

Ironman World Championship

<http://ironman.com/worldchampionship>

If you are a triathlete, there is no bigger day in this sport than the Ford Ironman World Championship.

To get to the starting line in Kona, you must either be very lucky and get yourself a spot through the lottery, or very talented, and win yourself a qualifying spot at one of the qualifying events held around the world.

Tens-of-thousands of triathletes try to get one of those coveted Ironman spots every year. Only 1,876 succeeded, **five are South Australian.**

That means 1,876 "lucky" people get to test themselves on one of the biggest challenges the sport's world has to offer ... 3.8km of swimming through tough ocean waves, 180km of cycling, and a 42 km marathon run.

We wish all athletes the best of luck especially the South Australian athletes who are taking on this challenge, you have the whole South Australian Triathlon community behind you!

10th October 2009 (remember they are 10hrs behind us)

Track the progress of our athletes on [Ironman live](#):

62 Matt White
495 Peter Lines
502 Vincent Tremaine
526 Kevin Ferguson
1361 Darren Morris

Results

Congratulations to David Wells (Board member) who recently came 4th/30 in his age group at the World Duathlon Championships held in Concorde, Nth Carolina, USA.

Amy's Ride Sun 1st Nov 2009

Registrations are open for this year's Amy's Ride. Organised by Bicycle SA, this event raises money for the Amy Gillett Foundation. There are a range of distances to choose from, travelling along a closed Southern Expressway to McLaren Vale. With no triathlon on that weekend, why not get in a bit of extra cycle training instead?

[Read more >](#)

TriSA Beginners Clinics & Tristart Membership

Our series of three "Beginners Clinics" starts on Saturday 31st October - if you know anyone who may be interested, please forward this newsletter on to them.

You can either pay just for the clinics or take advantage of our great value Tristart Membership package for first time TriSA members.

[Read More >](#)
