

27/3/09

THE MURRAY MAN LONG COURSE TRIATHLON last Sunday was a terrific event put on by the Adelaide Vales. Conditions at Murray Bridge were a little bit windy (but nothing compared to the huge gusts of the night before!) but otherwise perfect. With a field of nearly 300 competitors, many from interstate, the competition was fierce, and our TriSA members did us proud (as always).

Results including full splits (ie transition times and times for each run loop) are available on our website, or [click here](#).

Sorry I haven't put together the State Long Course Championship results yet, but the table will be added to the website over the weekend (I was at a full day course yesterday at Sport SA called "Women in Governance" for non-profit organisations which was surprisingly interesting and useful, but it meant that I was out of the office all day).

LEVEL 1 COACHING COURSE Sat & Sun 18/19 April at Next Generation gym, Memorial Drive.

There are still a few places available on this course, so if you would like to register, please send me an email asking to be added to the list. At just \$150, this course is great value for members, with TriSA subsidising the cost of bringing over 2 trainers from Sydney for the weekend and hiring the facilities at Next Gen. If you've been thinking about doing this course, register now to ensure you don't miss out.

Essentials for Coaching Children Course

For anyone interested in coaching children, The State Coaching & Officiating Network are holding a course on Tuesday 21st of April from 6.30pm - 9.30pm, for just \$10.

This course covers the basic ideas and situations that a coach or volunteer would encounter whilst being involved with children in sport.

Registration Form - <http://www.recsport.sa.gov.au/training-development/coaches-courses.html>

SPORTSMED SA STATE SERIES POINTS have been updated to 250309, [click here](#) to view. Please note that as only your best 8 results count, those who have finished more than 8 will have some races with points showing, but crossed out, to indicate that they are not included in your total.

CLUB POINTS AS AT 25/3/09

Lakers Triathlon Club 26973

Adelaide Vales Triathlon Club 22615

Meteors Triathlon Club 18387

TriKings 8518

The Tribe 5916

Coomealla Triathlon Club 2741

Lincoln Triathlon Club 1556

Mount Gambier 1005

Australian Defence Force 109

LAST METRO RACE OF THE SEASON

The JT Cycles triathlon this Sunday 29/3/09 at West Lakes will be the last in the metropolitan area this season, so I'm sure many of you will be out there making the most of it. Please bear in mind that there will be a lot of beginners, particularly with a number who have decided to give a full triathlon a go after doing the BRW as a team, so some patience and encouragement from more experienced triathletes will help to ensure they have a pleasant experience and want to come back for more next season.

Yours truly will be there standing by our new Triathlon SA sandwich board and handing out promotional brochures to newbies, and I'd love to put some more faces to names so please say hello and introduce yourself if you see me.

LAST RACE OF THE SEASON - The **Loxton Hotel Triathlon on Saturday 18 April** will be the finale to our 0809 season, so to all those planning to head over there – good luck and have fun!

DUATHLON CALENDAR

We're not in a position to confirm details at this stage (other than the Meteors' MTB triathlon at Kuitpo on 21 June), but it looks very likely that there will be another club-run MTB (Xterra) event in July, and Gatti are hoping to run a duathlon in August and another in October. Details of a State Championship Duathlon are yet to be finalised.

FORTNIGHTLY OFFICE UPDATES

With the season drawing to a close, the Office Updates after next week will be sent out fortnightly rather than weekly, but if there is any particularly interesting or exciting news, I'll send out Updates to members on an 'as needed' basis.

19/3/09

STATE CHAMPIONSHIP RESULTS

By popular request, I've included 2nd and 3rd place winners in the State Championship results (Aquathlon, Sprint and Olympic so far) along with times. These can be found on the website under Race Results, State Series, in the right-hand column.

Please note the Victor Harbor Olympic Distance results have been updated – the main correction is that the M40-44 State Olympic Distance Champion is MICHAEL COCKS in 2:07:32, just ahead of Mark Smith on 2:08:17. Congratulations Michael (and sorry about that Mark!).

SPORTSMED SA STATE SERIES POINTS

Please note that the State Series is designed so that only your best 8 races count, so if you have competed in more than 8, some results will not be included in the points table. There is quite a battle going on between Edith Kosztovits and young Ella Holmes, who is having a fantastic season – you go girls!

It should also be noted that the extra JT Cycles triathlon to be held on 29 March 2009 is not included in the State Series, as it was a late addition to the race calendar.

PERTH CHALLENGE RESULTS

In a field of 900 competitors, there were some outstanding results from our members in the Perth Challenge Olympic Distance last weekend, including:

1st Lisa Albinus F40-44 2:13:44

1st Nancy Cullen F50-54 2:24:06

1st Jan Daley F55-59 2:35:33

2nd Ella Holmes F16-19 2:06:33 (a very close 2nd)

2nd Kevin Fergusson M45-49 1:58:04 (missing 1st place by just 14 seconds!)

There were many others who competed with terrific results – well done to all of you. It's great to see South Australia so well represented interstate.

SECONDARY SCHOOLS TRIATHLON CHAMPIONSHIP

Good luck to the students heading over to Tasmania for the National Schools Championships next week, and thanks to those members who responded to the request for wetsuits – there's no excuse for any of our juniors to be 'left in the cold' over there!

MURRAY MAN THIS WEEKEND

Good luck also to those who have entered the Murray Man this Sunday, it promises to be a sensational event with the opportunity for locals to race against many competitors from interstate.

GEELONG CHALLENGE -LAST CHANCE TO SECURE A HOME WORLDS SPOT

(TA News Bulletin)

There is one final chance for athletes to secure a spot in the Australian age group team on the Gold Coast this September. The Geelong Challenge, from April 3 to 5, includes the last Olympic Distance qualifier. Don't sit on the sidelines while your rivals secure valuable points in what will be a far smaller field. Geelong is set to be an enjoyable race in its own right – a single loop swim alongside a marina with direct access to transition; a fast, single 40km loop on the bike; and a scenic two-loop run along the foreshore. Take no chances – and end your selection campaign with no regrets! Check out the Geelong Challenge at www.challengeseries.org.au

ITU UNIFORM RULES

TA have asked that all Australian eligible athletes (racing at ITU events) and their coaches be reminded that race suits must strictly comply with the associated ITU rules (copy attached) and a record is in place to monitor those that present non-complying uniforms. Zips must be in the rear of suits and all the new guidelines are to be met in regards to sponsors' logos, Surname, Country Code (AUS) on front and rear of suits.

Non-complying suits will not be allowed next season for any ITU Junior, Elite or U23 races and complying suits must be worn if any athletes are racing ITU Conti Cups or World cups over winter.

COPENHAGEN-STYLE BIKE LANE TRIAL FOR ADELAIDE

On a lighter note, the latest Newsletter from has an article about a trial bike lane to be constructed in Sturt Street which has the bike lane separated from traffic by placing it between the curb and parked cars (making it an extension of the footpath, rather than an extension of the road). It's based on the bike lanes in Copenhagen, where a staggering 36% of the population commute to work by bike on a daily basis. If the trial is successful, the plan is to introduce more such lanes in the city to cater for increasing numbers of bike-riding commuters.

Having to change my route into the office due to the Clipsal road restrictions, I've just discovered that the footpath along the eastern side of Frome Rd (opposite Adelaide Uni) has been divided into a bike lane and a

pedestrian path, which would be wonderful if only the pedestrians would keep on their side! Unfortunately, it ends at North Terrace so bikes then have to go back on the road and run the gauntlet of parked cars with doors opening all along Frome Rd. The bike lanes along Wakefield St have been greatly improved recently, so there are efforts being made to make the city more bike-friendly – it will be interesting to see developments over the next few years.

UPCOMING EVENTS

22 March Murray Man Long Course Triathlon, Murray Bridge

29 March JT Cycles Triathlon, West Lakes

18 April Loxton Hotel Triathlon, Loxton (of course!)

Friday the 13th March

STATE OLYMPIC DISTANCE CHAMPIONSHIPS

It was a beautiful day at Victor last Sunday, much to everyone's relief after the high temperatures last year, and there was a fantastic turn-out for all of the events on the day.

Congratulations to our State Olympic Distance Championship winners:

OPEN MALE

1. Matt White
2. Shane Johnson
3. Matt Stephens

M16-17

1. Alex Wilson
2. Michael Harte
3. Ben Clohesy

M18-19

1. Daniel Vreugdenhil

M20-24

1. Toby Richardson
2. Jarrad Quinn

M25-29

1. Ben Noll

M30-34

1. Travis Hickman
2. Damian Hoare
3. Phillip Burton

M35-39

1. Nathan Warburton
2. Shaun Yates

M40-44

1. Mark Smith
2. Stan Garland
3. Mark Bloomfield

M45-49

1. Brian Norcott
2. Trevor Brown
3. Richard Rees Jones

M50-54

1. Andrew Loose
2. Richard Pryor
3. Neil Thies

M55-59

1. Darryl Tozer
2. Piet Crosby
3. Tony Brady

M60-64

1. Dave Taylor
2. David Wells
3. Trevor Skewes

M65-59

1. Doug Smart

OPEN FEMALE

1. Krystal Smith

- 2. Edith Kostovits
 - 3. Zoe Duffy
- F20-24
- 1. Sarah Calton
- F25-29
- 1. Naomi Hill
 - 2. Louise Mills
 - 3. Leah Rusciano
- F30-34
- 1. Tara Manning
 - 2. Julieanne Schliebs
 - 3. Sophie Holt
- F35-39
- 1. Kimberley Johnson
 - 2. Serin Robertson
- F40-44
- 1. Robyne May
 - 2. Kathy Ayliffe
 - 3. Angela Potter
- F45-49
- 1. Trudy Fenton
 - 2. Mary Mitchell
 - 3. Louise Ibbotson
- F50-54
- 1. Nancy Cullen
 - 2. Kay Sutton
 - 3. Rosalind Weaver

LEVEL 1 COACHING COURSE 18/19 April 2009

For any members who have not been nominated by a Club to do the training course in April, please note that you can apply directly – just send me an email saying that you would like to register. Any places not taken by Club nominees will be offered to other applicants on a first come first served basis. The cost is \$150 for the 2 day course. Applications are open until 31/3.

BRW CORPORATE TRIATHLON is on this **Sunday 15 March** at West Lakes.

If you would like to extend your day out on Sunday, there is a **Man Alive! Festival** at Semaphore from 10am - 4pm. Graeme Goodings will be hosting Man Alive! 2009 – a festival that promotes men's health. This FREE community event has fun activities and great entertainment suitable for the whole family. Come along to Semaphore Foreshore Reserve on Sunday 15th March 2009 to enjoy the high quality live music (including the Borderers, Supernova, Jayne-Anne Power, Warren Milera, Nayima Hassan Belly Dancers, Burundian Drum Club SA and Billy Hyde Raiders Drum Corps). A Kaurua Ceremony lead by Culture bearer Karl Telfer featuring the Paitya dance group – from the four directions will be occurring. A rock wall and other fun recreational activities, face painting, air brush tattooing, Free Health Screening checks for men, and lots more! will also be available – with some great prizes to be possibly won! For more information, visit the website www.manalivefestival.com.

MURRAY MAN LONG COURSE CHAMPIONSHIPS is on the following weekend, **Sunday 22 March** at Murray Bridge.

Online entries close next Thursday 19 March and places are filling fast, with a lot of interstate competitors making the journey to take advantage of the Worlds Qualifier status.

AUSTRALIAN ITU JUNIOR TEAM

Congratulations to the **Australian ITU Junior Triathlon Team** to compete at the 2009 ITU Gold Coast World Triathlon Championships in September. (No South Aussies this year, maybe next year!)

Females

Holly Aitken VIC
Courtney Dutton QLD
Emma Jackson QLD

Males

Sam Appleton NSW
Jamie Huggett VIC
Aaron Royle NSW

HAWAII IRONMAN QUALIFIERS

Finally, I have to send a big Congratulations to TriSA Vice President Vincent Tremaine and my husband Peter Lines for qualifying for Hawaii. They both competed in IM NZ last weekend (in the same age group too, nothing like a bit of friendly rivalry to keep you on your toes!) and both obtained a spot in the roll down, which by all accounts was a highly emotion-charged nail-biting affair. Guess who'll be taking holidays in October? Please keep me informed of any other members who qualify so I can add them to the Good Luck List. There will no doubt be a few more after Pt Mac next month.

5/3/09

WETSUITS URGENTLY NEEDED BY SECONDARY SCHOOL TRIATHLETES

As reported in last week's Office Update, 21 secondary school students (including 15 of our members) have been selected to represent SA in the national schools triathlon championship in Tasmania later this month (20-23 March).

Being in Tassie, they will of course need wetsuits and it has been suggested that amongst our members we must have at least a few old small wetsuits good enough to sell cheaply/pass on to the next generation.

If you have a wetsuit that you've grown out of or no longer use, and would like to help out our juniors, please send me an email (asap, as there's not much time) detailing the size and price and I will contact the students with the information.

EUSTON GRAND PRIX TRIATHLON (Report by John Fleming)

It was *All Rhodes lead to Euston* on the weekend as Jamie Rhodes (AIS based athlete) & Edith Kostovits from the Meteors Triathlon Club SA, held off all comers to take home the cash in the Open event of the Euston Grand Prix Triathlon.

Rhodes had a tough battle with Matty White of Adelaide Vales – who later admitted that his heavy Ironman schedule played a significant role in diminishing the speed in his legs.

Racing was extremely close with Rhodes exiting the water with a slight lead on the male group, the demanding 6 loop criterium course more suited to the legs of Rhodes returning to the first ride to run transition with White slightly in front with only 1 second separating the 2 leaders.

The 2k run saw them locked together with the two opening a gap on brothers Shane & Ryan Johnson.

Exiting the transition for the remaining bike/run legs Rhodes was starting to realize that he was going to have to dig deep into his reserves to shake White.

Both set themselves for what they would be a sprint finish, but a late surge from Rhodes on the final 2k run section left White with no response, with Rhodes running away with a winning time of 46.49.

Rhodes was full of praise for the event stating that the event deserves recognition. 'This race should be on your calendar, the venue is fantastic and the race format is perfect, I will definitely be returning next year'.

In the women's race it was the Edith Kostovits show, holding off a gallant Ella Holmes for an unexpected payday. The experienced Kostovits led Holmes from T2 to slowly build a winning gap of 30 seconds to finish in 54.02.

In the age group race, Mark Wilgar & Gabby Lanman were victorious.

A large contingent of Robinvale entrants bolstered the teams division – many of them were first timers.

Rhodes and Kate Robertson (Mildura) were winners of the Fisher's IGA 2.5K Swim.

Must mention the sponsors again, thanks to the sponsors Euston Club, Fisher's IGA & Tasco Inland.

Late news – Euston Club agrees to \$60,000 sponsorship for the next 6 years.

\$1000 CASH BONUS!

Adelaide Vales walked away with \$1000 cash from the Euston weekend.

The bus trip home would have been full of fizz, as they stocked up with free petrol & product at the Tasco Mobil outlet in Robinvale on the way home.

Vales scooped the pool taking home numerous spot prizes, \$50 fuel vouchers, wine as well.

ORS SCHOLARSHIP APPLICATIONS CLOSE TOMORROW A reminder that the Wendy Ey, Coaching, Officiating, Individual Volunteer and Association Volunteer scholarships close this Friday at 5pm. [Click here](#) for details.

2009 AIS Triathlon Scholarships

Applications are invited from Australian sportsmen and sportswomen for a scholarship to be undertaken with the Australian Institute of Sport (AIS) with the Triathlon program.

The selection criteria varies according to the Tier of support, but as a general rule, successful applicants would need to be competing in ITU draft legal elite level competition.

Athletes interested must apply on the official application

http://www.ausport.gov.au/_data/assets/pdf_file/0019/143641/AISScholarshipform.pdf by close of business on Friday 13th March 2009 no late applications will be accepted.

TA INSURANCE COVER SUMMARY

One of the benefits of TSA membership is the racing and training insurance cover provided by Willis – please find attached to this email a brochure which provides a summary of the cover and answers the most common questions.

IM AUSTRALIA

Entries for Port Mac have now closed with a total field of 1,383 competitors, including our own Matty White and Matt Stephens in the pro males.

GO THE DISTANCE IN OCTOBER (TA press release)

Don't forget, we have two World Championships on home soil this year! The Perth ITU Long Distance World Championships are being held from October 22-25. Hopefully, those wishing to qualify secured a good result in the recent Australian Championships in Huskisson, on the NSW south coast (visit www.multisportaustralia.com.au for results). If not, with many people concentrating on the Gold Coast Worlds, you might well be able to sneak into the Australian team with a strong showing in one of the remaining qualifying races ([Murray Man](#) and Busselton). There has been good support for the Perth event, it is a wonderful location for triathlon, and there's plenty to see and do in WA. For more info visit, www.ldworlds.org.au
