

# **NORTH COAST TRI CLUB**

## **"WHAT'S HAPPENING" BULLETIN, WEEK 46/2006**

### **NEW POSTS**

- **Max Grieve**– the countdown has started and so have the bookmakers
- **Ironman calling** experience the unbelievable
- Prepare to Race @ the **Club Championships**
- **Aquathlon** last weeks results
- **No Power Station Race Results yet**
- **TRYstar Action**
- **Junior News**
- **Did you Know**

### **ONGOING POSTS**

- North Coast **Aquathlon calendar**
- New Club calendar includes **Aquathlon & Max Grieve dates**
- **Great Bike Ride**
- **Renew membership** – online
- **Get your FREE copy of the Club Yearbook**
- The **Training Post**
- Club **Training Sessions and group rides**
- **Notice board.**

**NOTE: All correspondence to the editor should only be sent to [nortondo@bigpond.com](mailto:nortondo@bigpond.com)**

## \*\*\*\*\*New Posts\*\*\*\*\*

### **MAX GRIEVE – IT'S HIGH NOON AT DUSK**

We have a Club rich in athletic talent and that makes this years Max Grieve Classic the most exciting ever.

In the men's 10k, **Chris Letts** tells us that to beat him it will take a time of 36 mins (he'll have to rejoin the Club first if he wants to carry off the Trophy), but the good money is still on last years winner **Lajos Varga** (but sources say he'll be missing the action). What about "**Brutal**" **Bradley Hosking** or is the rumour about a wedding rehearsal true? ( That would be tragic) **Sean O'Neill** may show but as a secondary member he'll be racing for the glory only. Where's **Raf Baugh** – not still in Asia I hope. When **Paul Black** (2<sup>nd</sup> in last year's event) heard there might be some no shows, he started getting decidedly twitchy – can he do it this year (Blackie, you've got 3 more days left to rejoin the Club). Is **Mikey Wren** secret training (2004 winner), are **Wade Kelly's** silky legs any faster this year or can Captain courageous **Kim Vivian** beat the youngsters. But the unknown factor is that there are 152 new members to the Club so far this year and what gems could be hidden there – like say **Jonathan Streeter**?

In the Ladies event the rumour is that the Max Grieve "Queen" **Loretta Wesley** (winner for the last 3 years) is refusing to unbolt the perpetual trophy from her cabinet – if anyone can beat her they are going to have to hire the SAS to storm her house. Well are there any contenders? How is **Sue** "half Ironman" **Libbis** travelling, can newbie **Claire Hale** pull out a big one, does **Tarnia Stone** have the speed right now after all her IM training and there's the dark horse **Hayley Norton**, who runs like a gazelle – if she can do it she certainly has the contacts to storm the Wesley house. Also watch out for some of the ladies on the WIT course – one is lead to believe there is a "Comrades Marathon" finisher in that group – Wow. Again it's the unknown of the new members that will keep us all guessing.

Now we also have the junior 5k "Small Chaining Trophy" race and this will produce some of the most exciting running of the season. Can you imagine in the "boys" (young men really) section, seeing the head to head with **Mike Lori, Bradley Brown Joe Kierath, Steve Gleeson & Glen O'Connell**. How are the **Franklin boys** travelling and expect to see **Matty Boag** and **Christian Dix** in the thick of it at the finish.

In the girls (young ladies) event the prospects are just as exciting. Can't you just see **Erika Lori** flying, with **Sara and Ashley Fearnley** breathing down her neck and **Kyra Flynn** with **Adele "jelly" Richards** pressing them all the way. If the **Mascal** girls (**Leah & Phillipa**) make a come back they won't be there just to make up the numbers. Again what about all the new juniors – expect the unexpected and you won't be disappointed.

#### **Race Criteria**

Entry is by means of a donation (all proceeds from entries and the BBQ will go to the Cancer Council) **no "Gold" "Life Member" or "New Member" passes please.**

This is the most prestigious race on the North Coast calendar – seniors will be racing for the "big chaining" trophy. As usual there will be the 2 races – the 10k Classic and the 5k Bolter. There will be a difference this year however as not only will the Male & Female winners of the Classic receive a "big Chaining" trophy, but **the Bolter will target the junior members of the Club who will tussle for the "small chaining" trophy.** In both situations you must be a primary member to win the actual trophy (secondary members can race - for the glory, but not the trophy). To win the "smallring trophy" you must also be a primary member but must additionally be in the TWA junior age category to qualify (again all comers can race in the 5k including seniors but only for the glory as only junior members can win the trophy).

All non racers are encouraged to enter and walk the 5k course to raise money for this worthy charity.

## THIS FRIDAY NOVEMBER 17th is Max Grieve night at Sorrento

### Remembering Max

Max Grieve was a founding member of the North Coast Triathlon Club and today we owe much of the clubs spirit and success to him. Max was renowned for always making the extra effort that was required to succeed, whether it was in sport, work or life in general. He was one of those characters who simply made the best of every opportunity. He could never sit back and watch others do the work – he always got in and lead by example. He was at times a hard task master, but he never asked of others more than he was prepared to give of himself. His peers described him as a gentleman and an inspiration to all he came into contact with.

The spirit of Max Grieve – family man, Triathlete, schoolteacher and all round good guy lives on in perpetuity for the North Coast Tri Club, through the “Max Grieve Classic” 10k run. The first race was held on Sunday 3/1/1999 at Sorrento Surf Life Saving Club and consisted of 2 x 5k out and back loops. The club was fortunate that Max was able to start the inaugural race. The race format has remained the same, although a 5k sprint that is run concurrently was introduced in 2000.

Max Grieve: 31/1/1945 – 11/10/1999.

## IRONMAN CALLING DON'T MISS IT!!!

Ironman is about to descend on WA and Busselton in particular. For the uninitiated, IM is the ultimate in Triathlon racing - countries and Cities around the world bid huge sums of money to host an event such as this. How could we West Australians be so fortunate as to have one right here in our own “back yard?”

DON'T miss the opportunity to watch Triathlon racing at its toughest - 3.8 k swim 180 k ride followed by a 42.2k run. December 3<sup>rd</sup> is IM day – do yourself a favor and head to Busselton for this emotional experience. See athletes from all around the world as they test their bodies and mind just to finish an Ironman.

Cheer on your fellow Club members on their big day and get the bug that will maybe see you one day also take that journey. The Club will be setting up the marquee on the course, so look out for it and come and join in – if you're new to the Club it's a great opportunity to mingle, just introduce yourself. The BBQ will be there so if you want to cook - bring your own meat etc. It's a Sunday, but all the shops stay open so you buy your food to BBQ down there.

For more information on the event, visit this site. <http://www.ironmanwa.com/>

### Good Luck North Coasters

Bowley, Keith	Parrotte, Michael
Coello-Ordonez, Edgar	Scott, Dianne
Domican, John	Sedgwick, Mark
Donnelly, Terrence	Smith, Kerrie
Gibson, Shaun	Smith, Todd
Girvan, Edward	Stone, Tarnia
Hayward, Ashley	Turner, Barry
Heyes, Paul	Walker, Mal
Hosgood, Andrew	Whalley, Bill
Hosking, Bradley	Williams, Murray
Norton, David	

If any names have been omitted please contact the editor and the list will be updated next week

## PUT THIS DATE IN YOUR DIARY – INTER CLUB CHAMPIONSHIPS

The Club Championships on December 10<sup>th</sup>, so please keep this day free.

This is a **VERY IMPORTANT EVENT**. It is important because North Coast is the current Champion Club and we would dearly like to hold on to that Trophy. So please even if it's the only race that you do all year – make this the event. Everyone that races scores points, so if 200 men race the winner gets 200 points right to the last place getter who gets 1 point. It's the same with the women except that usually only about 30 race, so the winner still gets 200 points and the last place getter gets 150 points. You know what that means **ladies – your points are worth nearly 7 times more than the men's**, so this is where the championship will be won and lost.

Please could we have an especially good turn out of lady members, because we have some major talent there, particularly in the juniors. It's the ladies that won the championship for us last year, so girls - your entries are critical.

**Everyone 14 years and over (31 Dec 2006) is allowed to enter**

**WE WANT TO KEEP THIS TROPHY**



## AQUATHLON 3

Race 3 (3rd Nov)						
Competitor	Handicap	Race time	Total	Points	new handicap	points
				handicap		outright
Brown Bradley	10.49	20.07	1856	47	11.51	49
Hoskins Brad	10.08	20.41	1849	48	11.17	48
Dix Christian	8.31	22.32	1863	45	9.26	45
Franklin David	9.08	23.07	1935	34	8.51	44
Findlay Dyson	7.28	23.19	1847	49	8.39	43
Daniel Gavin	6.48	23.25	1813	50	8.33	42
Corrie Scott	7.27	23.47	1874	43	8.11	41
Neary Jack	7.57	24.03	1920	37	7.55	40
Grassick Keith	7.19	24.08	1887	42	7.50	38
Cole Gavin	7.25	24.47	1932	36	7.11	37
Jamieson Steve	6.15	24.53	1868	44	6.59	36
Domican John	5.58	25.33	1891	40	6.25	35
Hale Claire	5.42	25.51	1893	39	6.07	33
Hales Roger	5.41	26.15	1916	38	5.43	32
Robertson Craig	4.39	26.17	1856	47	5.41	31
Brammer Mick	5.05	26.24	1889	41	5.34	30
McIntosh Greg	5.55	26.45	1960	32	5.28	29
Franklin Earle	5.09	27.04	1933	35	4.54	27
Neary Sean	5.49	27.50	2019	31	5.21	26
Edwards Brodie	7.31	27.50	2121	29	7.03	25
Maher Cameron	5.50	28.07	2037	30	5.22	24
Kierath Joe	10.39	28.52	2371	26	10.11	21
Lori Michael	10.22	29.06	2368	27	9.54	20
Cooke John	1.00	31.28	1948	33	0.37	18
Lees Rob	5.07	35.05	2412	40	5.39	16
Maher Jeff	1.00	38.07	2347	28	0.32	14
First Race (no handicap)						
Kierath Tom		20.02		30	9.58	50
Streeter Jonathon		20.46		30	9.14	47
O'Connell Glenn		21.34		30	8.26	46
Ginbey Chris		24.04		30	5.56	39
Vernon Arthur		25.41		30	4.19	34

Watson John		26.51		30	3.09	28
Nelson James		28.17		30	1.43	23
King Stuart		28.19		30	1.41	22
Kierath Eva		29.07		30	0.53	19
Highfield Tony		32.5		30	0	17
Hoar Angela		35.05		30	0	15
Bond Tim		dnf		0		
Klimczyk Marek		dnf		0		
Kierath Jack		dnf		0		

## TRYSTARS NEWS

### COMING UP:

- 🚲 Bike and run skills training (short session) at Sorrento on Friday 17 November at 5pm followed by the Max Grieve fun walk/run. See details below.
- 🚲 TRYstars Weekly Swimming Session at Craigie Leisure Centre on Saturday 18 November at 7am – 8am. Cost \$6.70 per session including entry for one swimmer and one spectator.
- 🚲 **North Coast TRYstars 2<sup>nd</sup> Have-a-Go Triathlon at Craigie Leisure Centre on Sunday 19 November at 7.30am for rego and 8am start.**
- 🚲 Bike and run skills training at Kinross on Friday 24 November at 5pm followed by a mini Duathlon.

### MAX GRIEVE FUN RUN/WALK:

This is an annual event at North Coast to raise funds for the Cancer Foundation in memory of a Life member of North Coast. Many of our TRYstars families participate in the 5k run/walk. Your donations help us to raise funds for this worthy cause, as do our sausage sizzle sales that night. (See the Triathlon Australia recommended running distances for each TRYstar age in the last TRYstar email.) Hope you can all join us.

### TRYSTAR T-SHIRTS HAVE ARRIVED!!

TRYstars at our Kinross training last Friday night were the first to receive this season's TRYstar T-shirts. More will be given out this Friday at Sorrento so you can wear them proudly for the Max Grieve Fundraiser and to our **2<sup>nd</sup> HAVE-A-GO TRIATHLON at Craigie Leisure Centre on Sunday. DON'T MISS OUT!!** There are also some small North Coast race tops which would fit some of the TRYstars. Ask Kim Tyler Lees at Sorrento this coming Friday if you are interested. They would make good Christmas presents!!

### OTHER CLUB'S TRYSTAR EVENTS FREE TO NORTH COAST TRYSTARS!!

To those of you who went down to the Freo TRYstars race at Shelley on Saturday morning, we hope you had a great time and an interesting experience jumping on the wind trainers!! Don't forget the Rockingham TRYstar race on Sunday 26 November at Port Kennedy Beach and remember to wear your new North Coast TRYstar T-shirt to these events!!

Ann Blatchford 9448 4265(h) or 0403 114 677(m) [ann@blatchfords.org.uk](mailto:ann@blatchfords.org.uk)

For all TRYstar training sessions and Fun Race Events visit the Club website for details: <http://www.northcoasttriclub.org.au/training-TRYstars.htm>

## JUNIOR NEWS:

### SELECTION RACE FOR JUNIORS AND INTERMEDIATES:

Congratulations to Brad Brown, David Lazarus, Kyra Flynn, Ashley Fearnley, Adele Richards, Elly Waterman, Jack Neary, Craig Scott and Eva Kierath who all earned themselves points towards selection in the State Team at Power House last Sunday. Joe Kierath continued to show his strength by taking out top honours in the Intermediates.

### "BOLTING HOME" - WHO'LL BE THE FIRST WINNER OF THE SMALL CHAIN RING TROPHY!!

We hope to see you all out there racing in this inaugural race for the juniors at the Max Grieve Memorial Run. Will yours be the first name on this new 'small chain ring' trophy? Only 5k, this is great practice for the season ahead and all funds go to a great cause.

### JUNIOR RIDE:

Once again Mark Calver Snr is supervising the junior ride on Saturday. Thanks to Phil Foster for stepping in last week. **Please let Mark know if you intend to join the junior ride.** Because of the weather and because he had had no phone calls Mark gave it a miss last week!! The ride meets at Bikeforce Woodvale at 6.55am ready to leave at 7am on Saturdays. The ride will be out for about an hour. **Juniors riding on this ride must be North Coast members and no younger than 12 by the end of 2006.** Please ensure you have a spare tube in case of a puncture, plenty of water and your parent's mobile phone number. Mark's number is: 9401 3725

Ann Blatchford 9448 4265(h) or 0403 114 677(m) [ann@blatchfords.org.uk](mailto:ann@blatchfords.org.uk)

## DID YOU KNOW?

All back issues of the Bulletin plus much more are all available to read on the Club Website archives use this link to get there. <http://www.northcoasttriclub.org.au/archives.htm>

\*\*\*\*\***On going posts**\*\*\*\*\*

## NORTH COAST SUMMER RACE ACTIVITIES

Date	Race	Course	Description
17 <sup>th</sup> Nov 4	Max Grieve Classic 10k		10km run. 5km walk
1 <sup>st</sup> Dec 5	Aquathlon	3	Run 1200m, swim 300m, run 1200m
15 <sup>th</sup> Dec 6	Aquathlon	1	Swim 400m, Run 2200m
29 <sup>th</sup> Dec 7	Aquathlon	5	Swim 300 run 1200 swim 300 run 1200
12 <sup>th</sup> Jan 8	Aquathlon	3	Run 1200m, swim 300m, run 1200m
25 <sup>th</sup> Jan 9 <b>Thurs</b>	Beach Aquathlon	2	Run 400, swim 200m, run 600m, swim 200m, run 600m
23 <sup>rd</sup> Feb 10	Aquathlon	4	Swim 300m, run 200m. swim 300m, run 2200m
9 <sup>th</sup> Mar 11	Aquathlon	5	Swim 300 run 1200 swim 300 run 1200
23 <sup>rd</sup> Mar 12	Aquathlon	3	Run 1200m, swim 300m, run 1200m
5 <sup>th</sup> April 13 <b>Thurs</b>	Aquathlon	1	Swim 400m, Run 2200m

## CLUB EVENTS CALENDAR UP DATED – AQUATHLONS & MAX GRIEVE

The latest calendar is now available on the Club website. The website link is <http://www.northcoasttriclub.org.au/index.html>

## GREAT BIKE RIDE



# THE CITY OF PERTH GREAT BIKE RIDE

Hosted by the Rotary Club of Perth raising funds for:



The City of Perth Great Bike Ride includes a 12km Family Ride and 53km (1 lap) & 106km (2 laps) Timed Rides.

For more details visit this website: [www.greatbikeride.com.au](http://www.greatbikeride.com.au)

### 106 (2 lap) Timed Ride

The 106km Timed Ride is a 2 lap course around the Swan River, starting from Langley Park at 5.45am. During registration please take the time to select an appropriate starting time as this will position you in a suitable starting grid.

On the day participants are asked to follow any directions by road marshals to ensure a safe and enjoyable ride. Your cooperation is appreciated and will help in transforming this ride into a full race in 2007!

### 12km Family Ride

We've recently added an exciting new component to The City of Perth Great Bike Ride – a 12km Family Ride. The Family ride will start at 8.30am at Langley Park and will conclude at Christ Church Grammar School in Claremont. This Family ride has no age restrictions and children under 6 are free. Cost of registration is \$10 online or \$15 offline. To add children under six please use the [Family Registration form](#).

As part of the Family ride there will be a Schools Challenge and we are expecting several teams to take part. The School team who raises the most will win an Apple Mac book, iPod and Sports Laptop Backpack valued at \$2,500 for their school sponsored by Winthrop Australia.

## RENEW MEMBERSHIP

The online join up facility is now up and running (correctly), so follow this link to become a "North Coaster" again. <http://www.triwa.org.au/member.htm#6>

## CLUB YEARBOOK AVAILABLE

CLUB YEARBOOK. For a summary of all Club activities including full event/series results, Club records, membership register and office bearers for the season 2005/06 - the yearbook can be read on the Club website by clicking <http://www.northcoasttriclub.org.au/archives.htm>

A full colour hard copy of the yearbook is also available simply by sending a pre-stamped and addressed C5/A5 envelope to NCTC PO Box 556, Hillarys WA 6923. These will only be available while stocks last – mark your envelope "Club Yearbook". It will also be available at the next few Duathlons.

## CLUB TRAINING SESSIONS AND GROUP RIDES

### Running Training

Running training is now every Thursday at 6pm at Flinders Reserve, Broadbeach Bvd, Hillarys. This training session is conducted by Kim Vivian and is free to club members. The session consists of intervals of running of varying lengths and intensities, and caters for all running abilities and ages. There will be separate programs for juniors, novice runners and serious competitors to ensure everyone trains at the appropriate level. We even have child minding facilities available, so there is no excuse for not coming down and joining in the fun.

Thanks  
*Kim Vivian*

All information relating to training sessions can be found on the Club website. The website is now updated weekly, so information should always be current. The website address is <http://www.northcoasttriclub.org.au/index.html>

## NOTICE BOARD

(Please send any news, information, items for sale etc to [nortondo@bigpond.net.au](mailto:nortondo@bigpond.net.au) if you would like it posted on this electronic mail forum)

If you would like to stop receiving these bulletins please send this advice in an email to [nortondo@bigpond.net.au](mailto:nortondo@bigpond.net.au) (the sender) the bulletin is intended for current North Coast Triathlon Club members (primary & secondary) and their supporters. Non-current members will however continue to be mailed until the end of December of each current season (while they're deciding whether to rejoin) unless the sender receives cancellation advice earlier.

*David Norton*

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