

NORTH COAST TRI CLUB

"WHAT'S HAPPENING" BULLETIN, WEEK 48/2006

NEW POSTS

- **Aquathlon** this Friday
- **Ironmen** are you ready?
- Win a window tint @ the **Club Championships**
- **Left Bank Tri** - North Coast finishers
- **TRYstar Action**
- **Junior News**
- **Notice board** bike box wanted – to buy/hire. Orca P-Flex wetsuit for sale.

ONGOING POSTS

- Di Scott races for **Youth Focus**
- North Coast **Aquathlon calendar**
- New Club calendar includes **Aquathlon & Max Grieve dates**
- **Did you Know**
- **Renew membership** – online
- **Get your FREE copy of the Club Yearbook**
- The **Training Post**
- Club **Training Sessions and group rides**

NOTE: All correspondence to the editor should only be sent to nortondo@bigpond.com

*****New Posts*****

AQUATHLON THIS FRIDAY

Date	Race	Course	Description
1 st Dec	Aquathlon	3	Run 1200m, swim 300m, run 1200m

Above is the proposed format for the evening's event – the format might change however, depending on the prevailing weather conditions – so bring all your gear.

WA'S OWN IRONMAN THIS SUNDAY - DON'T MISS IT!!!

Come down to Busselton this weekend – cheer on the athletes and be inspired by their courage. 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 3rd 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 idea has been canned as we have no means of getting it down there – UNLESS anyone has the room and the inclination to take complete charge of transporting / setting up / decommissioning and transporting said BBQ back to Perth, please call Kim Tyler-Lees to arrange pickup.

CLUB MEMBERS COMPETING, LOOK OUT FOR YOUR MESSAGE PLACARD ON THE RUN RIDE SECTION OF THE COURSE – THE MESSAGE MIGHT JUST HELP A LITTLE. FAMILY AND FRIENDS PLEASE SCRIBBLE YOUR OWN MESSAGE ON THE PLACARDS TO MAKE THEM MORE PERSONABLE AND WORTH SAVING FOR A MEMENTO – TAKE A COLOURED TEXTA PEN DOWN WITH YOU.

ALSO KIM TYLER-LEES WILL BE MAILING ALL CLUB MEMBERS COMPETING, A NCTC YELLOW RIBBON TO PIN ON YOUR RACE TOP FOR THE RUN LEG – LET ALL THE CLUB SUPPORTERS KNOW YOU'RE ONE OF US AND YOU'LL GET A MUCH BIGGER CHEER AS YOU RUN PAST THE CLUB MARQUEE.

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

Good Luck all you North Coasters

Keith Bowley
Edgar Coello-Ordenez
John Domican
Terrence Donnelly
Shaun Gibson
Eddy Girvan
Ashley Hayward
Paul Heyes
Andrew Hosgood
Bradley Hosking
David Norton

Michael Parrotte
Dianne Scott
Mark Sedgwick
Kerrie Smith
Todd Smith
Tarnia Stone
Barry Turner
Mal Walker
Bill Whalley
Murray Williams

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

WIN A WINDOW TINT – INTER CLUB CHAMPIONSHIPS

One of our Club sponsors SunGard Australia donates 2 Window tint vouchers worth \$350.00 each. All Club members that enter or are spectators/supporters at this event will go into the draw for this prize – 1 male & 1 female. Supporters please be sure to register your name at the Club marquee during the event, so that you can be part of the draw. Hopefully we can draw the on the day. Please all join in and enjoy the Club big breakfast after the race as we feast up on egg and bacon rolls supplied free by your Club.

The Club Championships on December 10th, 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



LEFT BANK RESULTS SUNDAY 26.11.2006

All North Coasters results listed below. If your name has been missed please let me know and it will be published in next weeks Bulletin.
nortondo@bigpond.com

Left Bank Fun Tri 2006								
Surname	Name	Fun	No	Gender	Cat	Time	Cat Place	O/all Place
SMITH	JANICE	F	283	F	40-49	52.12	4	37

Left Bank Sprint 2006								
Surname	Name	Sprint	No	Gender	Cat	Time	Cat Place	O/all Place
VARGA	LAJOS	S	766	M	20-29	59.33	2	4
VIVIAM	KIM	S	874	M	40-49	1.00.20	2	7

KELLY	WADE	S	830	M	30-39	1.02.52	4	11
STEINKRUG	ROGER	S	851	M	30-39	1.03.45	5	15
HILL	TOBY	S	767	M	20-29	1.05.33	7	22
DANIEL	GAVIN	S	837	M	30-39	1.06.24	10	27
HALES	ROGER	S	880	M	40-49	1.06.32	7	29
JAMIESON	STEPHEN	S	827	M	30-39	1.07.02	11	30
GINBEY	CHRIS	S	802	M	30-39	1.07.16	12	31
MATSINGER	RICHARD	S	861	M	40-49	1.11.52	13	72
RAPLEY	ANDREW	S	868	M	40-49	1.12.23	17	77
BUTTERWORTH	MATT	S	810	M	30-39	1.16.03	34	97
FAY	STEVEN	S	765	M	20-29	1.17.12	16	108
FRANKLIN	ERLE	S	909	M	50-59	1.17.37	9	112
WRIGHT	CRAIG	S	828	M	30-39	1.18.10	40	120
WOODHOUSE	ANNA	S	660	F	40-49	1.21.40	7	138
PEARCE	FRED	S	913	M	50-59	1.28.00	16	167
THOMAS	GLYNN	S	805	M	30-39	1.31.31	47	172

TRYSTARS NEWS

COMING UP:

- 🚲 Bike and run skills training at Sorrento on Friday 1 December at 5pm followed by spot prize draw and sausage sizzle at the surf club. Wear your bathers if the weather is hot.
- 🚲 TRYstars Weekly Swimming Session at Craigie Leisure Centre on Saturday 2 December at 7am – 8am. Cost \$6.70 per session including entry for one swimmer and one spectator.
- 🚲 Bike and run skills training at Kinross on Friday 8 December at 5pm followed by a mini Duathlon.

TRYSTAR T-SHIRTS and NORTH COAST RACE TOPS.

If you have not picked up your TRYstar T-shirt yet, come and see me at training and I will give it to you. Those waiting for the bigger sizes, they should be ready for the Kinross session on Friday 8 December.

There are also some small North Coast race tops which would fit some of the TRYstars. Ask Kim Tyler Lees at the next Sorrento session if you are interested. They would make good Christmas presents!!

LOST PROPERTY:

Left at the last Craigie Triathlon – one pair of size 8 blue and grey "Piping Hot" boardies. Contact Ann if they belong to you.

JUNIOR TRIATHLON CAMP IN JANUARY

Bayswater Waves will be conducting a junior triathlon camp from 17 – 19 January 2007. See the next TRYstars email for more details.

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 INTERMEDIATES:

Well done to all those who earned themselves points towards selection in the State Team at the Left Bank Triathlon last Sunday. Team members will be notified of selection in the preliminary squad by phone on **Monday 18th December 2006**. See School Sport Selection Policy on <http://www.schoolsportwa.com.au/Sports/Triathlon/SelectionPolicy2007.doc> for full details.

GOOD RESULTS FOR NORTH COAST JUNIORS:

Well done to Ben Edwards Rapley, Joe Kierath, Kyra Flynn, Eva Kierath and Jack Neary who all took out podium places on the weekend.

THANK YOU TO FUNDRAISING FAMILIES

Thank you to the families who ran the BBQ down at Surf Club last Saturday.

JUNIOR RIDE:

Once again Mark Calver Snr is supervising the junior ride on Saturday. **Please let Mark know if you intend to join the junior ride.** 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

SWIMMING ON TUESDAY NIGHTS:

Gemma will no longer be taking the swimming for the juniors on Tuesday nights. James is happy to include all juniors into his swim sessions. They start at 7pm.

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

TRADING POST

I would like to [hire or buy a Hard Bike Case](#) for my trip to IMNZ in Feb/Mar 2007. If any club member out there can help me I can be contacted on 0403171611 or 92498809.

Thanks for your help

Mark Sedgwick

Orca P-Flex long sleeve wetsuit for sale. Purchased March 2004 and last used in March 2006. Size 7. Price only \$295.00. Contact Dave Norton – Hm. 9246 4886 (evenings and weekends only) or mob 0431 032 040

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

DI SCOTT COMPETES IN THE IRONMAN FOR A WORTHY CAUSE

YOUTH SUICIDE - "A growing tragedy throughout Australia"



It has become apparent that suicide is now a major cause of death among young men and women in Australia today and is a leading cause of death among older adolescents. Most people would not be aware of this statistic until it one day happens to them. By then it is too late to change the outcome of suicide and stop the painful effects for those who are left behind.

YOUTH FOCUS is a Western Australian charity that helps young people aged 12-18 who are showing signs associated with suicide. Their service encompasses both the young person at risk and their family, helping them with support and counseling.

I am one of those people who have been left behind to cope with the death of child who has committed suicide. My 18 year old son Matt tragically took his own life on March 20th 2005.

Could I have saved him? I will never know, but maybe if I had been more aware of some of the signs he may still be alive today. Part of me died along with Matt that day and for 18 months I have struggled every day with the pain of his death.

Thus I made a decision this year that I would compete in Ironman WA 2006 to raise support and awareness for YOUTH FOCUS. If by raising awareness of youth suicide I can save the life of just one young person considering taking their life, then my journey will be worth it.

I have been competing in triathlons in Perth for the last six years and without the support of all the friends I have met through my involvement, I would not have survived these last 18 months. There have been many days in which I have felt like giving up, but knowing that I was going out for a swim or a ride was just enough to get me through another day.

You can support me in my Ironman journey by [sponsoring my efforts](#) at IMWA, for which all proceeds will go to YOUTH FOCUS.

In return, I will let you know how the competition goes and how much has been raised to help support Youth Focus in the prevention of youth suicide.

Thanking you all.
Di Scott

NORTH COAST SUMMER RACE ACTIVITIES

Date	Race	Course	Description
1 st Dec	Aquathlon	3	Run 1200m, swim 300m, run 1200m
15 th Dec	Aquathlon	1	Swim 400m, Run 2200m
29 th Dec	Aquathlon	5	Swim 300 run 1200 swim 300 run 1200
12 th Jan	Aquathlon	3	Run 1200m, swim 300m, run 1200m
25 th Jan Thurs	Beach Aquathlon	2	Run 400, swim 200m, run 600m, swim 200m, run 600m
23 rd Feb	Aquathlon	4	Swim 300m, run 200m. swim 300m, run 2200m
9 th Mar	Aquathlon	5	Swim 300 run 1200 swim 300 run 1200
23 rd Mar	Aquathlon	3	Run 1200m, swim 300m, run 1200m
5 th April Thurs	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.northcoastriclub.org.au/index.html>

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>

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 prestamped 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 Blvd, 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 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 (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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