

# **NORTH COAST TRI CLUB**

## **"WHAT'S HAPPENING" BULLETIN, WEEK 51/2006**

### **NEW POSTS**

- **A Field Day at Rockingham** - members results
- **Crofty calls in from Broome**
- **Next Aquathlon Friday 29<sup>th</sup> Dec.**
- **Development Cycle Rides**
- **Training** sessions until Christmas
- **Race Singlets** reordering
- **Junior News**
- **TRYstar Action**
- **Notice board** bike box wanted – to buy/hire. **Cannondale TT bike** 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](mailto:nortondo@bigpond.com)**

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

***Happy Christmas to everyone and may you get everything you wished for from Santa ..... new bike, faster swim time, bigger heart. More than anything here's hoping that 2007 brings you all prosperity and good health.***

The next Bulletin will be out on January 10<sup>th</sup> 2007

### **ALL THE ROCKINGHAM RESULTS**

A huge turnout of North Coasters saw no less than 87 members strutting their stuff at the Rockingham race on Sunday. Congratulations also, to the graduating WIT class of 2006 – the Club wishes you all well as continue to race through the season.

Lots of age group podium finishes also – see names highlighted in yellow. Special mention should be made of our juniors who took out 5 of the possible 9 podium places in the Junior race - and that's with Mike Lori, Cale Symons, Matt Boag and Neil Stummer preferring to race in (and excelling in) the Sprint event.

**Found in the marquee after the race on Sunday** - Are you missing shoes or rash top if so call Kim 93004946 or email [kimtlees@bigpond.net.au](mailto:kimtlees@bigpond.net.au)

<b>ENTICER</b>													
<b>Race</b>	<b>O/all Pos</b>	<b>Cat Pos</b>	<b>Net Time</b>	<b>First name</b>	<b>Last name</b>	<b>Gender</b>	<b>Cat</b>	<b>Swim</b>	<b>Swim Pos</b>	<b>Cycle</b>	<b>Cycle Pos</b>	<b>Run</b>	<b>Run Pos</b>

ENTICER	25	5	0:42:40	Louisa	JACK	Female	20-29	0:08:21	25	0:24:10	57	0:10:07	11
ENTICER	36	3	0:43:24	Jacqui	HYMUS	Female	30-39	0:07:50	17	0:23:25	46	0:12:08	64
ENTICER	44	5	0:44:10	Rachel	JACKSON	Female	30-39	0:09:03	49	0:22:46	36	0:12:19	71
ENTICER	53	2	0:45:14	Susan	FEARNLEY	Female	40-49	0:11:02	110	0:22:41	33	0:11:30	44
ENTICER	66	7	0:46:59	Lindsay	RICHARDS	Female	40-49	0:08:28	30	0:25:35	93	0:12:54	91
ENTICER	68	15	0:47:10	Victoria	BUTLER	Female	20-29	0:09:00	45	0:25:40	95	0:12:29	76
ENTICER	76	13	0:47:32	Nicole	KLEMM	Female	30-39	0:09:04	50	0:25:04	82	0:13:23	110
ENTICER	91	16	0:48:12	Elsa	JOUBERT	Female	30-39	0:10:07	81	0:26:17	109	0:11:46	52
ENTICER	94	2	0:48:31	Maria	MACNEIL	Female	50-59	0:09:31	66	0:24:14	59	0:14:45	131
ENTICER	103	12	0:49:07	Tony	HIGHFIELD	Male	40-49	0:11:53	126	0:23:58	54	0:13:15	101
ENTICER	110	3	0:49:29	Ann	BLATCHFORD	Female	50-59	0:09:11	53	0:27:00	125	0:13:16	103
ENTICER	112	4	0:49:38	Sandy	TINDALE	Female	50-59	0:10:04	80	0:26:52	122	0:12:41	85
ENTICER	122	2	0:50:54	Hannah	HIGHFIELD	Female	16-19	0:08:51	40	0:26:56	124	0:15:06	134
ENTICER	123	15	0:51:05	Sue	LEES	Female	40-49	0:09:16	57	0:28:46	139	0:13:02	95
ENTICER	124	16	0:51:09	Janice	SMITH	Female	40-49	0:09:52	74	0:28:05	135	0:13:11	97
ENTICER	26	26	0:52:45	Renee	NOAKES	Female	20-29	0:10:15	86	0:26:54	123	0:15:35	137
ENTICER	138	9	0:54:22	Jeffrey	MAHER	Male	60-69	0:12:35	134	0:26:45	119	0:15:01	132
ENTICER	142	19	0:55:53	Elizabeth	PRINSLOO	Female	40-49	0:11:40	121	0:31:15	148	0:12:56	93
ENTICER	147	30	0:57:54	Gemma	POLLARD	Female	20-29	0:11:08	113	0:28:49	140	0:17:55	149
ENTICER	148	8	0:58:15	Diane	BROWN	Female	50-59	0:09:57	78	0:30:33	145	0:17:44	147
ENTICER	151	23	1:01:23	Grace	PATON	Female	40-49	0:12:27	133	0:31:27	149	0:17:28	146
ENTICER	154	11	1:02:53	Lynn	VERSTER	Female	50-59	0:12:26	132	0:32:28	150	0:17:57	151

### JUNIOR

Race	Pos	Cat Pos	Net Time	First name	Last name	Gender	Cat	Swim	Swim Pos	Cycle	Cycle Pos	Run	Run Pos
JUNIOR	1	1	0:33:42	Bradley	BROWN	Male	U16	0:05:14	1	0:19:00	3	0:09:27	3
JUNIOR	4	3	0:35:28	Jonathon	FRANKLIN	Male	U16	0:05:59	2	0:19:32	5	0:09:56	9
JUNIOR	6	1	0:37:25	Jack	NEARY	Male	U14	0:06:10	5	0:20:52	8	0:10:22	13
JUNIOR	9	6	0:37:58	David	LAZARUS	Male	U16	0:06:19	7	0:22:20	19	0:09:17	2
JUNIOR	12	2	0:38:39	Ashley	FEARNLEY	Female	U16	0:06:44	12	0:21:32	13	0:10:21	12
JUNIOR	11	4	0:38:39	Craig	SCOTT	Male	U14	0:07:54	26	0:20:56	9	0:09:48	7
JUNIOR	16	3	0:39:10	Ellen	WATERMAN	Female	U16	0:07:36	18	0:21:13	11	0:10:20	11
JUNIOR	18	8	0:39:39	Matthew	CALVER	Male	U16	0:07:10	15	0:21:52	15	0:10:35	14
JUNIOR	26	10	0:43:56	Jake	OBER	Male	U16	0:07:41	21	0:23:22	25	0:12:51	26
JUNIOR	27	11	0:44:01	Michael	FOSTER	Male	U16	0:07:39	20	0:23:20	24	0:13:00	27
JUNIOR	33	5	0:47:49	Melissa	BROWN	Female	U16	0:06:08	4	0:26:14	34	0:15:26	35

### SPRINT

Race	Pos	Cat Pos	Net Time	First name	Last name	Gender	Cat	Swim	Swim Pos	Cycle	Cycle Pos	Run	Run Pos
SPRINT	4	4	0:58:52	Lajos	VARGA	Male	Open	0:10:11	11	0:31:56	8	0:16:43	7
SPRINT	6	1	0:59:20	Bradley	HOSKING	Male	35-39	0:10:59	30	0:32:45	14	0:15:35	1
SPRINT	DQ	DQ	1:02:28	Stuart	KING	Male	45-49	0:14:12	180	0:36:31	92	0:11:43	
SPRINT	26	1	1:03:06	Fernando	TUYA	Male	30-34	0:10:33	19	0:35:17	59	0:17:15	16
SPRINT	28	11	1:03:30	Leigh	WILLISON	Male	Open	0:11:29	53	0:33:59	30	0:18:01	29
SPRINT	30	3	1:03:35	Michael	LORI	Male	16-19	0:10:24	17	0:35:30	66	0:17:40	25
SPRINT	37	5	1:04:36	Cale	SYMONS	Male	16-19	0:11:10	38	0:35:04	57	0:18:21	40
SPRINT	43	6	1:05:16	Matt	BOAG	Male	16-19	0:11:16	44	0:34:56	54	0:19:03	61
SPRINT	47	5	1:05:44	Wade	KELLY	Male	35-39	0:11:55	71	0:34:43	47	0:19:05	62
SPRINT	49	6	1:05:54	Roger	STEINKRUG	Male	35-39	0:11:52	66	0:34:20	37	0:19:41	88
SPRINT	52	5	1:06:15	Barry	SILVERLOCK	Male	45-49	0:11:33	55	0:35:03	56	0:19:38	85
SPRINT	69	10	1:07:34	Toby	HILL	Male	25-29	0:12:25	93	0:34:55	53	0:20:13	105
SPRINT	71	9	1:07:49	Neil	STUMMER	Male	16-19	0:12:53	114	0:34:52	50	0:20:03	102
SPRINT	72	1	1:07:50	Dannielle	COUSINS	Female	25-29	0:11:44	61	0:35:44	71	0:20:20	112
SPRINT	74	8	1:07:54	Gavin	DANIEL	Male	35-39	0:12:27	94	0:36:13	88	0:19:13	66
SPRINT	77	1	1:08:01	Loretta	WESLEY	Female	40-44	0:12:19	91	0:36:55	105	0:18:46	51
SPRINT	81	10	1:08:10	Steven	GLEESON	Male	16-19	0:13:54	165	0:36:34	94	0:17:40	26

SPRINT	83	1	1:08:22	John	HAWKINS	Male	55-59	0:11:00	32	0:36:43	98	0:20:38	124
SPRINT	89	10	1:08:55	Rod	FITZGERALD	Male	35-39	0:13:49	159	0:34:27	41	0:20:38	123
SPRINT	91	10	1:09:05	Carl	YOUNG	Male	30-34	0:14:17	185	0:35:25	63	0:19:21	70
SPRINT	96	2	1:09:50	Susan	SCOTT	Female	40-44	0:12:15	88	0:37:59	133	0:19:34	83
SPRINT	108	12	1:10:36	Roger	HALES	Male	45-49	0:14:21	189	0:34:59	55	0:21:14	144
SPRINT	118	13	1:11:20	Christopher	GINBEY	Male	30-34	0:13:51	162	0:38:10	139	0:19:18	69
SPRINT	119	14	1:11:21	Stephen	JAMIESON	Male	35-39	0:13:38	151	0:36:28	90	0:21:14	145
SPRINT	127	13	1:12:12	Marek	KLIMCZYK	Male	45-49	0:17:49	310	0:34:42	46	0:19:39	87
SPRINT	141	19	1:13:15	Norman	BLACK	Male	45-49	0:14:41	213	0:38:09	137	0:20:24	114
SPRINT	143	3	1:13:27	Hayley	NORTON	Female	20-24	0:12:00	73	0:41:39	237	0:19:47	93
SPRINT	149	14	1:14:12	Robert	PARRY	Male	30-34	0:14:45	215	0:38:44	154	0:20:41	126
SPRINT	154	15	1:14:32	Mark	CALVER JNR	Male	16-19	0:12:55	116	0:38:11	140	0:23:25	231
SPRINT	155	4	1:14:32	John	WATSON	Male	55-59	0:11:49	64	0:38:36	151	0:24:05	256
SPRINT	162	2	1:14:53	Kerrie	SMITH	Female	25-29	0:12:53	115	0:39:18	167	0:22:40	201
SPRINT	169	18	1:15:27	Martin	LOWELL	Male	30-34	0:16:27	288	0:37:31	118	0:21:27	156
SPRINT	176	25	1:15:51	Richard	MATSINGER	Male	45-49	0:16:16	281	0:38:17	144	0:21:17	148
SPRINT	179	16	1:16:08	Steven	FAY	Male	25-29	0:16:20	285	0:37:26	113	0:22:21	189
SPRINT	187	22	1:16:39	Robert	LEES	Male	40-44	0:13:46	156	0:40:11	194	0:22:41	204
SPRINT	189	22	1:16:45	Craig	ROBERTSON	Male	30-34	0:14:58	227	0:39:57	189	0:21:49	169
SPRINT	203	23	1:17:35	Murray	WILLIAMS	Male	40-44	0:13:31	146	0:41:14	230	0:22:48	208
SPRINT	213	14	1:18:30	Benjamin	MAHER	Male	20-24	0:12:59	118	0:37:28	116	0:28:01	321
SPRINT	219	24	1:18:42	Ken	LITTLE	Male	30-34	0:16:16	282	0:39:20	169	0:23:05	219
SPRINT	237	8	1:19:48	Kate	KELLY	Female	35-39	0:14:36	207	0:41:12	228	0:23:59	252
SPRINT	248	24	1:20:57	Craig	WRIGHT	Male	35-39	0:17:25	308	0:41:04	223	0:22:27	192
SPRINT	251	11	1:21:03	Erle	FRANKLIN	Male	50-54	0:55:00	327	0:26:02	292		
SPRINT	257	20	1:21:24	Nicholas	STABLER	Male	25-29	0:14:15	184	0:46:18	302	0:20:49	133
SPRINT	267	11	1:22:48	Tracy	OBBER	Female	40-44	0:16:43	298	0:40:31	206	0:25:32	286
SPRINT	270	26	1:23:06	Sean	NEARY	Male	35-39	0:12:10	82	0:46:20	303	0:24:35	270
SPRINT	273	13	1:23:18	Sue	LIBBIS	Female	40-44	0:15:10	237	0:44:11	282	0:23:56	249
SPRINT	282	14	1:24:38	Anna	WOODHOUSE	Female	40-44	0:18:20	316	0:43:18	263	0:22:58	215
SPRINT	298	10	1:26:56	Emma	JONES	Female	20-24	0:14:13	181	0:44:50	288	0:27:51	320
SPRINT	317	14	1:30:49	Lynn	DIQUE	Female	35-39	0:15:36	257	0:51:43	324	0:23:29	236
SPRINT	318	16	1:31:17	Bianca	PAPARUSIS	Female	25-29	0:16:39	296	0:47:08	308	0:27:29	314
SPRINT	321	18	1:31:57	Sarah	BLACK	Female	40-44	0:18:18	315	0:45:33	296	0:28:05	322
SPRINT	324	15	1:33:16	Kieran	MAHER	Male	20-24	0:15:24	248	0:43:20	264	0:34:31	330
SPRINT	329	11	1:34:35	Katie	RIDDLE	Female	20-24	0:18:00	312	0:52:02	325	0:24:31	269

## "BROOME NEWS" - ANNIE CROFT ROLLS ANKLE ON COCONUT

Hi Norty Annie Croft here!

Thank you so much for helping my friend Ollie out! He was really over the moon with his new bike! I can't believe I'm sitting behind that green bike again! (Only occasionally!) The rule is - up here everyone must go to the front no excuses! It makes sense as we all want to improve!

Congratulations to all of you who completed and supported the Ironman. I was thinking of every one of you slogging it out there! I wish I was there to cheer you all on! Ha hahh I'm not ready to do an Ironman yet. Up here we are in the wet season and it's about 30 degrees at 7am and I can only survive 35 min of running and by the end my face is on fire! The humidity really takes it out of you! When I go for my runs I have to go at about 5am because of the heat! Silly me I rolled my ankle this morning as I didn't see a little coconut on the path, it's not too bad - I'll be riding tomorrow!

Gee I miss all you guys! I miss the training, the social side of things, and the training options that are available to you! I guess you just take it all for granted when it's laid out on a platter for you! You are so lucky to have "North Coast Tri Club" I take my hat off to all of you volunteers and members who make the club possible. We don't have a Tri club up here. If we did I'd be behind it and trying to get everyone involved! I've been running a x-trainer/circuit session down the beach. We have a lot of fun and most of the participants are mums just wanting to keep fit!

I'm riding 3x times a week now, Saturdays we go out of town 50-70km long flat straight dusty road! & twice a week around town, to the Broome Port and back 40km. Our ride to the Port and back is hard & fast and I'm just hanging on the back. When I first started I would get dropped on the way to the Port, now I'm surviving a further 10kms, then I fizzle out and collapse on Cable Beach! Riding up here just seems so much harder - then the penny dropped! We have no traffic lights, no little rests!!! Ha-ha!

I'm swimming in a 25m pool that feels like you are in a sauna! It's so warm. We can't swim in the ocean now as we have some pretty deadly stingers up here for about 4-6mths of the year. Oh thanks so much Kimbo for forwarding me the info on the Kieran Perkins Swim Clinic! It was great and so inspiring! Although I was disappointed he didn't get in the water and throw a few laps! He said he hasn't been in the pool for 6 years and has no intention of getting in the water! Ohhhh I was gutted! I asked him what he did for fitness and he said motor racing, I held my tongue but thought hmmm that'll keep you fit! Not!!! Yes he had put on about 20kgs, I nearly didn't recognise him!!!

Anyway all the best to you Norty and I will see you and all the crew! Yes I'm coming down for 2 wks, so if you still do your Thursday morning ride I'll be there on the 18th Jan 2007 just let me know where you meet??? Actually I can check the old' faithful website newsletter that I read every week!!!

See ya then!  
Crofty x

(Miss the Thursday ride at your peril – your fans will be out in numbers, so don't disappoint them. DN)

## NEXT AQUATHLON FRIDAY DEC 29TH

Date	Race	Course	Description
29 <sup>th</sup> Dec	Aquathlon	5	Swim 300 run 1200 swim 300 run 1200

## DEVELOPMENT CYCLE RIDES:

For those who are just finishing the WIT course or have just joined the club and who do not feel ready to tackle the group rides out of Bike Force there are the following rides happening. These rides go at a gentler pace and will look after those who are a little slower!! Be there at least 5 minutes before with tyres pumped up, spare tube etc and of course plenty of water. All these rides are for about an hour.

SATURDAY at 7am out of Bike Force Woodvale. Leader: Mark Calver. Aimed at juniors (12+) and beginners.

SATURDAY at 7am from Hillary's Marina in the car park outside the newsagent. This is a group of ladies who find some of the other rides slightly intimidating. It is an out and back ride so you can ride as far and as fast as you wish and everyone meets back at the marina. You can ride on the road or you can ride on the footpaths it is up to you.

TUESDAY at 7am out of Bike Force Woodvale. Leader: Mark Calver. Aimed at juniors (12+) and beginners. School holidays only, not the week between Christmas and New Year.

THURSDAY at 6am out of the Whitfords Bottle shop (East of the shopping centre). Leader: usually Dave Norton but he's taking a break so it will be looked after by another Club member. This is the Club "development" ride – for all beginners (and oldies) wanting to spend some time on the open road. The average speed is around 25 kph or as fast as the slowest rider on the day. The ride is well supervised and cyclists are assisted where necessary.

THURSDAY at 7am out of the Whitfords Bottle shop (East of the shopping centre). Leader: Mark Calver. Aimed at juniors (12+) and beginners. School holidays only, not the week between Christmas and New Year.

Regards,  
Yours TRI-ing  
Ann Blatchford  
9448 4265 (h)  
0403 114 677 (m)

## TRAINING SESSIONS UNTIL CHRISTMAS

**Swimming** is going gang busters, the only week we will be having off is the 26th December 2006 so we will be back at it on the 2nd January 2007

Also, we will be ordering kick boards for the club at \$19.95 if you would like to purchase your own at this price give Kim a call 9300 4946

**Running:** This week we will have the training course ladies integrated with our group. The session will be relatively easy because the majority of the group are probably racing at Rockingham on Sunday

Next week (21st Dec) will be the last session before Christmas, so can you please let everyone know we will be having a special "12 Days of Christmas" session. I will also organise a few drinks for after the session.

I hope it all goes well. Kim Vivian.

## RACE UNIFORMS

Run singlets in white (currently in black only) will be re ordered if we get more than 20 orders. They will be \$40.00 each and you must pay up front as well. See Kim Tyler-Lees at the Aquathlon or call her on 9300 4946.

## JUNIOR NEWS:

### SELECTION RACE AT ROCKINGHAM:

All the juniors who have been trying out for the School Sport Team will have been nervously waiting to see if they got a phone call to invite them into the Preliminary Squad for the team. If we get news before this goes to press, we will let you all know how our North Coasters have gone. Jack Neary had a great race winning his age group. Well done, Jack.

### TIME TRIALS FOR JUNIOR ATHLETES:

Triathlon WA will be conducting Time Trials for junior athletes aged (16-19) and under 23 athletes as part of Talent Identification for Triathlon Australia. See TWA website [www.triwa.org.au](http://www.triwa.org.au) for further details. **Age is taken on 31 December 2007.**

Please note that athletes should be capable of attaining times which are similar or approaching the times listed below. Triathlon Australia World Championship selection times for ITU juniors are:

Male 1km Swim (50m Pool) 13:15  
Female 1km Swim (50m Pool) 14:15

Male 5km Track Run 16.30  
Female 5km Track Run 18.50

#### JUNIOR RIDE:

With the school holidays in progress Mark Calver Snr is extending the junior rides to 7am on Tuesday, Thursday and Saturday. **Please let Mark know if you intend to join the junior ride.** The Tuesday and Saturday rides meet at Bikeforce Woodvale and the Thursday ride at the Whitfords Bottle Shop at the East end of the shopping centre at 6.55am ready to leave at 7am. The ride will be out for about an hour. **Juniors riding on these rides 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.

**PLEASE NOTE: THESE RIDES WILL NOT BE HAPPENING BETWEEN CHRISTMAS AND NEW YEAR.**

#### RACE SINGLETTS FOR JUNIORS/TRYSTARS:

The North Coast committee has agreed to order race singletts for the juniors/TRYstars but they must be pre-ordered and pre-paid, minimum order is 20. The club does not want to keep any stock. The cost will be \$40 per top. Those interested please send Ann Blatchford an email on [ann@blatchfords.org.uk](mailto:ann@blatchfords.org.uk) headed "junior race singlet order" by **Monday 8 January**. When we see the numbers we will get back to you to arrange payment and sizes if we get enough orders.

## TRYSTARS NEWS

#### CHRISTMAS FUN ON THE BEACH:

What a great time we all had on the beach on Friday playing Nimo, throwing water bombs, racing through the water, treasure hunts and then a water fight, all followed by free Pizzas!! Hope you had as much fun as the coaches did!!

#### COMING UP:

- 🚴 TRYstars Weekly Swimming Sessions at Craigie Leisure Centre on Saturday 23 and 30 December at 7am – 8am. Cost \$6.70 per session including entry for one swimmer and one spectator.
- 🚴 See Junior News for Holiday Bike rides for 12+ TRYstars.
- 🚴 Bike and run skills training at Kinross on Friday 5 January at 5pm followed by a mini Duathlon.
- 🚴 Bike and run skills training at Sorrento on Friday 12 January at 5pm followed by spot prizes and Sausage Sizzle at the Surf Club.

#### TRYPSTAR RACE TOPS AND T-SHIRTS.

Look in the Junior News or your latest TRYstars email for details on Race Tops being offered to juniors and TRYstars. If you are still waiting on your T-shirt for this season, come and see me at training in January.

#### TRYPSTAR SWIMMING:

This is continuing over the Christmas break from 7 – 8am every Saturday morning.

#### JUNIOR TRIATHLON CAMP IN JANUARY

Bayswater Waves will be conducting a junior triathlon camp from 17 – 19 January 2007. Cost \$99. Ring 9276 6538 for more details.

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Wishing you a Merry Christmas  
& a Happy New Year!!



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>

## TRADING POST

**FOR SALE:** Cannondale Aero TT frame, approx 54cm, immaculate. 9-speed Dura Ace gears, Rolf Vector Comp wheels. Ultegra cranks, **only \$1995.**

If you are interested please contact Paul Heyes. Tel. 9402 8748 or e-mail: [admin@outbacktours.info](mailto:admin@outbacktours.info).



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

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

### DI SCOTT COMPETED 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
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29 <sup>th</sup> Dec	Aquathlon	5	Swim 300 run 1200 swim 300 run 1200
12 <sup>th</sup> Jan	Aquathlon	3	Run 1200m, swim 300m, run 1200m
25 <sup>th</sup> Jan <b>Thurs</b>	Beach Aquathlon	2	Run 400, swim 200m, run 600m, swim 200m, run 600m
23 <sup>rd</sup> Feb	Aquathlon	4	Swim 300m, run 200m. swim 300m, run 2200m
9 <sup>th</sup> Mar	Aquathlon	5	Swim 300 run 1200 swim 300 run 1200
23 <sup>rd</sup> Mar	Aquathlon	3	Run 1200m, swim 300m, run 1200m
5 <sup>th</sup> April <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.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.northcoastriclub.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.northcoastriclub.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 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.northcoastriclub.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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