

# **NORTH COAST TRI CLUB**

## **"WHAT'S HAPPENING" BULLETIN, WEEK 8/2006**

### **NEW POSTS THIS WEEK**

- Team runner needed for Half Ironman
- Raffle winner
- Baby sitter needed at run training
- The Money Tree
- NZ here we come
- No Bulletin for the next 2 weeks
- Notice board – small road bike wanted
- Letter from Anne Croft
- Ben Edwards-Rapley in State cycle squad

### **ONGOING POSTS**

- Volunteers needed for Club Trystars event
- BRW Triathlon fundraiser
- Club committee opportunity
- Junior fundraising
- Saturday junior ride
- Club training
- Notice board

### **RUNNER FOR HALF IM**

Would you like to run 21.1k and be part of the excitement at the HIM in Busselton this May 6<sup>th</sup>? If so please contact Brett Clauson on 0433 453 894 for more details.

### **RAFFLE WINNER AT LAST AQUATHLON**

The winner was Tracy Ober. Thank you to Mike & Ann Blatchford, Tom & Zoe Houston and Rob Kim Lees for the donation of the prize.

### **BABY SITTER NEEDED**

Baby sitter needed at run training on Thursday nights 16<sup>th</sup>, 23<sup>rd</sup>, & 30<sup>th</sup> March. This is an honorary situation, but you will be loved by the mothers (and fathers) that you will be helping. Flinders Park Hillarys, 6 – 7pm Thursday evenings. It is great venue with lots of sand and equipment in the playground. Our usual carer, Kim Tyler-Lees is off to watch the Commonwealth Games – may she and her family have a wonderful and well earned break.

## **THE MONEY TREE**

Please support another great fundraiser for our, "Get the junior's to the Nationals" campaign. We will be selling off numbers to win a "money tree" that is adorned with \$30.00 worth of \$1.00 scratchies. Tickets are \$2.00 each or 3 for \$5.00 and the winner take all including the tree (a potted tree). The raffle will be run over the next 3 Aquathlons and be drawn at the conclusion of the last race (31<sup>st</sup> March). Please support this worthy cause by buying a ticket/s at the next Aquathlon. The \$1.00 scratchies payout up to \$5,000.00



Thank you to Lotteries West for the donation of the scratchies

## **NEW ZEALAND IRONMAN - HERE WE COME**

With only just over 1 week to go, the North Coasters that are competing in this event will mostly be heading off this weekend. Best wishes to Paul Bedford, Louise Black, Paul Black, Eddy Girvan, Tom Houston, John Hawkins, Dave Norton, Bill Whalley and Mike Wren as the journey's end is in sight.

A message from Sue (Kiwi) Edwards – "Best of luck in NZ, I hope you enjoy our home ground and our fellow kiwis look after you all well!!!! Race hard, most of all ENJOY !!! All the very best to all the NCs competing."

## **NO BULLETIN FOR THE NEXT 2 WEEKS**

As the editor of this Bulletin will be away for the next 2 weeks there will be no issues 9 & 10. The only notice that will be of any real importance is the next Aquathlon date, so please note it from this week's edition.

## CROFTY HERE

Well I thought I must send a line as I think I have lost the last few months, with shifting house and moving up to Broome. I'm so sorry I didn't get to say seeya to everyone but life was a whirlwind before we left!

I hope you are all training hard (and sensibly!) and life is treating you really well! There are about 6-7 really good cyclists up here but I'm yet to get my bike out of the removals box as I have been so busy trying to set the house up and start work at the same time. It's so hot up here the aircon runs 24hours. Humidity is about 90%! Seriously!!!

I went for a great run along Cable Beach and I lasted about 20 mins. I was red faced and sweating like a pig! Tried to swim in the 34 degree pool and after about 45mins of the session I got out and just about collapsed my face was on fire! I've been told I'll get used to it! hahah. The athletes up here are definitely a different breed! Tough as nails. A great group of people who are really friendly and very willing to chat!

We just got the internet up and running and it was great to read the North Coast News! I got itchy feet reading all the fun events you guys are doing! Gotta go, take care and can you say a big hello to everyone at North Coast and hope you all have a fantastic season and lots of fun achieving your goals.

Cheers from the sauna in Broome!!! Crofty

## BEN EDWARDS-RAPLEY IN STATE SQUAD

Will advise which event Ben will race in Nationals when that is confirmed, we know he is placed in one race for sure, he is lucky that this year the event will be hosted in Perth, just unlucky that it is 1-4 April and overlaps with Tri Nationals, creating a bit of a juggling act. Ben is also in Brisbane next week for the ITU Trans Tasman Junior race, is anyone else from North Coast going over for the Queensland Sprint Champs?

From the West today.

WA State Junior Track Squad:

U17 Male - S Hall, J Van Der Togt, M Freierg, O Young, M Tremayne, C Cinanni – Reserves, A Carpenter, **B Edwards-Rapley**, J Dunlop; L Durbridge

U17 Female - S Kent, C Pallet, R Jakelski, F Hansen, H MacPherson, D Kuczerepa

U15 Male - S Sweeny, S Bennett, M Benson, R Rhodes; J Simpson, T Griffiths, D Bloor

U15 Female - A Zoronich, M Anderson, J Allen

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## NEXT AQUATHLON

3 <sup>rd</sup> Mar	Traditional	Swim 350m Run 2200m
17 <sup>th</sup> Mar	Beach Aqua	Run 400m Swim 200m Run 600m Swim 200 Run 400m (all on the beach)
31 <sup>st</sup> Mar	Trios	Teams of three in pursuit mode, self handicapped, self select teams 350m swim and run 200m

Please note that the race Director will at his discretion occasionally change the format for the night, depending on the weather conditions and the number of entrants. It will however be one of the listed formats.

## BRW TRIATHLON

On March 12<sup>th</sup> the BRW teams Triathlon will be held at Langley Park in Perth. This event traditionally attracts around 1200 competitors, so by local standards is a huge event. As a Club fundraiser North Coast have been asked to supply 15 volunteers, for which the Club will be paid \$35.00 per head. For any parents or friends of juniors racing at the "Nationals" that volunteer, the \$35.00 will be allocated to the "Get the junior's to the Nationals" fundraising kitty. Also the organizers want our Club to run a BBQ on the day, so this is another great fundraising opportunity for the juniors. All parties interested should contact Club president Nick Phillips on hm 9248 2730 wk 9389 4773 mob 0417 989 429.

## TRYSTARS EVENT - VOLUNTEERS NEEDED

Sunday, March 12<sup>th</sup> 7.00am at Carine Senior High School. Members are required to help with the setup and wrap of the event (max 2 hours). Come along and be thrilled by the enthusiasm and talent of our young members – you'll certainly see some future talent worth noting. Only 6 persons needed – if you can help please call Ann Blatchford on hm 9448 4265 mob 0403 114 677.

## CLUB COMMITTEE OPPORTUNITY

**Wanted** – a keen club member who possesses the following.

- Willingness to give back to the club.
- A computer with internet access.
- A little free time to spare.

After 4 years Rob Lees is stepping down as Club Treasurer. We need someone within the club to step up and be a part of the clubs future in this rewarding position. The Treasurer is responsible for banking of monies after events, making payments by cheque or cash, maintaining float, attending monthly committee meetings, recording transactions, processing credit card receipts. All record keeping is set up on a very simple computer cash book, so you don't need any accounting skills. Positions normally run for one year, with committee members voted in each year at the AGM around August. Rob will mentor someone into the role, so there will be a smooth handover.

Contact Rob Lees on 0439 998 684, 9300 4946 or [roblees@bigpond.net.au](mailto:roblees@bigpond.net.au).

## JUNIOR'S FUNDRAISING

Don't forget we are calling for more product or services donations that can be used for the "Get the junior's to the Nationals" fundraising raffles. If you have anything suitable please contact Kim Tyler-Lees to arrange delivery – 93004946 or 0419025881.

**LET'S ENSURE THAT ALL OUR SELECTED MEMBERS MAKE IT TO THE TITLES**

## SATURDAY 7.00AM JUNIOR RIDE

Junior Ride is staying at 7am this week and then combines with 6.30am ride on Saturday 4 March with Wayne McIntosh of Bikeforce Woodvale taking charge as Ann will be away in Albany Urgently need someone to take ride Saturdays 18 and 25 March. This ride goes from Bike Force Woodvale every Saturday morning. Be there 5 or 10 minutes before to ensure we have tyres pumped up, phone numbers exchanged etc. If we get away on time we can get back on time. We aim to be back for 8am. Parents or other club members are more than welcome to join us; in fact it is a better ride if they do, as we can break into the varying cycling speeds better that way. Help by senior club members with this ride would be appreciated as I am too slow for most of them!!!! We don't expect the same person every week, just if you can help for one week a month say!!! Contact Ann on 0403 114 677 if you can help this week.

## CLUB TRAINING SESSIONS AND GROUP RIDES

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>

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

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