



1	2:40:49	Raf	Baugh	Male	368	Open	1	1	0:16:18	1	1:50:09	2	2	0:34:20	1
2	2:52:49	Dave	Palmer	Male	365	Open	2	2	0:20:13	3	1:46:13	1	1	0:46:22	5
3	3:00:18	Mark	Rubery	Male	370	Team	1	3	0:22:09	7	1:51:42	3	3	0:46:25	6
4	3:01:25	Gerald	O'sullivan	Male	317	Open	3	4	0:20:46	4	1:59:06	4	4	0:41:31	2
5	3:03:55	Roberto	Busi	Male	366	Open	4	5	0:16:44	2	2:03:32	5	5	0:43:37	4
	3:11:46	Scott	Mundell	Male	364	Open			0:21:14		1:59:19			0:51:10	
6	3:23:30	Phillip	Williams	Male	371	Team	2	6	0:21:38	6	2:19:56	10	9	0:41:54	3
7	3:25:56	Stuart	Denton	Male	367	Open	5	7	0:20:48	5	2:08:32	6	6	0:56:35	10
8	3:30:15	Annie	Bramley	Female	369	Masters	1	1	0:23:40	10	2:14:57	7	8	0:51:36	8
9	3:32:59	Megan	Harvey	Male	373	Team mixed	1	8	0:23:13	9	2:19:27	9	10	0:50:16	7
10	3:35:17	Clint	Kuchel	Male	375	Open	6	9	0:22:54	8	2:15:04	8	7	0:57:17	11
11	3:55:57	Jill	Valli	Female	372	Team	1	2	0:24:01	11	2:40:05	11	11	0:51:49	9
DSQ		Peter	Walters	Male	380	Open			0:21:42		2:28:56				

**Off Road Challenge Triathlon**

Final Results 750/21/4.5

Lake Leschenaultia, WA

Pos	Finish Time	First name	Last name	Gender	Race No	Cat	Cat Pos	Gen Pos	Swim	Pos	Cycle	Pos	Pos after Cycle	Run	Pos
1	1:20:21	Sean	O'Neill	Male	300	Open	1	1	0:09:18	1	0:53:07	2	2	0:17:54	1
2	1:21:12	David	Price	Male	321	Open	2	2	0:09:49	4	0:52:34	1	1	0:18:48	3
3	1:26:17	Paul	Black	Male	301	Open	3	3	0:10:56	9	0:56:33	3	3	0:18:46	2
4	1:26:33	Neil	Griffin	Male	309	Open	4	4	0:11:04	12	0:56:38	4	4	0:18:50	4
5	1:28:48	Wade	Kelly	Male	358	Team	1	5	0:09:35	2	0:59:30	7	5	0:19:40	7
6	1:28:55	John	Toomey	Male	325	Open	5	6	0:09:41	3	0:59:58	10	7	0:19:14	5
7	1:30:22	Ryan	Fynn	Male	345	Masters	1	7	0:10:16	7	0:59:04	6	6	0:21:00	12
8	1:32:15	John	Raczkowski	Male	322	Open	6	8	0:12:00	25	0:59:35	9	10	0:20:39	9
9	1:32:16	Steven	Donohue	Male	307	Open	7	9	0:11:32	15	1:00:30	13	11	0:20:12	8
10	1:33:17	Rachel	West	Male	363	Team mixed	1	10	0:10:58	10	0:59:32	8	8	0:22:45	30
11	1:34:06	Richard	Yeo	Male	329	Open	8	11	0:10:14	6	1:00:17	12	9	0:23:32	34
12	1:35:22	David	Readett	Male	348	Masters	2	12	0:11:27	14	1:01:09	15	12	0:22:45	29
13	1:35:27	Ross	Jackson	Male	312	Open	9	13	0:11:37	16	1:02:59	17	15	0:20:50	11
14	1:35:58	Brett	Van son	Male	327	Open	10	14	0:13:32	43	1:00:38	14	14	0:21:46	19
15	1:36:13	Andrew	Peterson	Male	320	Open	11	15	0:10:18	8	1:04:48	20	17	0:21:05	13
16	1:36:33	Hagen	Dobrautz	Male	306	Open	12	16	0:14:24	49	1:01:25	16	19	0:20:43	10
17	1:37:36	Nicholas	Gray	Male	379	Open	13	17	0:11:43	18	1:03:56	18	18	0:21:56	20
18	1:38:57	John	Carney	Male	304	Open	14	18	0:14:41	52	0:58:25	5	13	0:25:49	42
19	1:39:17	Karen	Staudte	Male	362	Team mixed	2	19	0:14:57	55	1:00:05	11	16	0:24:13	37
20	1:39:44	Sarah	Dunnage	Female	337	Open	1	1	0:11:55	24	1:06:25	27	24	0:21:22	16
21	1:40:04	Toby	Hill	Male	311	Open	15	20	0:12:01	26	1:05:18	21	21	0:22:44	27
22	1:40:17	Peter	Escott	Male	344	Masters	3	21	0:12:18	31	1:04:02	19	20	0:23:56	36
23	1:40:24	Ben	Hill	Male	310	Open	16	22	0:11:49	21	1:06:08	24	22	0:22:26	24
24	1:40:47	Andrew	Brooker	Male	302	Open	17	23	0:11:45	20	1:09:32	35	33	0:19:27	6
25	1:41:28	Ian	Dorant	Male	308	Open	18	24	0:12:34	32	1:05:45	22	23	0:23:08	33
26	1:41:56	Cliff	Chesson	Male	378	Masters	4	25	0:12:04	28	1:08:36	33	30	0:21:15	15
27	1:42:12	Neil	O'leary	Male	347	Masters	5	26	0:12:54	35	1:06:12	25	28	0:23:05	31
28	1:42:44	Tim	Almond	Male	377	Open	19	27	0:11:03	11	1:07:59	31	26	0:23:41	35
29	1:43:20	Kenneth	Burns	Male	303	Open	20	28	0:14:32	51	1:06:21	26	31	0:22:24	22
30	1:43:42	Louise	Black	Female	335	Open	2	2	0:11:10	13	1:07:53	30	27	0:24:37	39
31	1:44:01	Michelle	Darrington	Female	336	Open	3	3	0:13:52	45	1:05:50	23	29	0:24:17	38
32	1:44:45	Adi	Cohen	Male	305	Open	21	29	0:13:39	44	1:09:56	36	37	0:21:08	14
33	1:45:13	Bill	Betts	Male	341	Masters	6	30	0:11:53	23	1:07:00	28	25	0:26:19	47
35	1:45:28	Kevin	Kelly	Male	359	Team	2	32	0:12:06	29	1:10:15	37	35	0:23:06	32
34	1:45:28	Bill	Whalley	Male	350	Masters	7	31	0:12:55	36	1:10:33	39	36	0:21:58	21
36	1:46:18	Eloise	Dortch	Female	381	Open	4	4	0:11:41	17	1:13:05	44	40	0:21:31	17
37	1:46:23	Gary	Carroll	Male	360	Team mixed	3	33	0:13:13	39	1:10:39	40	38	0:22:30	26
38	1:46:44	Anthea	Feaver	Male	361	Team mixed	4	34	0:16:29	61	1:07:46	29	39	0:22:28	25

39	1:48:01	James	Pederick	Male	318	Open	22	35	0:12:13	30	1:13:21	46	46	0:22:25	23
40	1:48:07	John	Kennedy	Male	313	Open	23	36	0:11:44	19	1:09:28	34	32	0:26:54	50
41	1:48:16	Jen	Graham-Taylor	Female	338	Open	5	5	0:13:54	46	1:08:21	32	34	0:25:59	44
42	1:51:27	Susan	Thomas	Female	355	Masters	1	6	0:12:43	33	1:12:29	43	43	0:26:14	46
43	1:52:01	Nicole	Bailey	Female	330	Open	6	7	0:10:13	5	1:14:53	52	42	0:26:54	51
44	1:52:36	Chris	Limb	Male	374	Masters	8	37	0:14:09	48	1:10:51	41	41	0:27:34	54
45	1:53:11	Meg	O'leary	Female	354	Masters	2	8	0:12:02	27	1:13:31	48	45	0:27:36	55
46	1:53:19	Jack	Rosagro	Male	324	Open	24	38	0:14:56	54	1:10:31	38	44	0:27:51	58
47	1:53:35	Joshua	Perling	Male	319	Open	25	39	0:13:12	37	1:15:01	53	49	0:25:20	40
48	1:54:31	Geoff	Osborne	Male	316	Open	26	40	0:15:00	57	1:14:02	51	53	0:25:27	41
49	1:55:01	Malcolm	Wilcox	Male	351	Masters	9	41	0:13:13	38	1:13:23	47	47	0:28:24	59
50	1:55:27	Phil	Dufty	Male	343	Masters	10	42	0:14:59	56	1:13:56	50	51	0:26:31	48
51	1:55:29	Holly	Taylor	Female	340	Open	7	9	0:14:53	53	1:13:06	45	48	0:27:28	52
52	1:56:13	Chris	Ramsey	Male	323	Open	27	43	0:17:01	63	1:11:24	42	50	0:27:48	57
53	1:57:30	Andrew	Moore	Male	315	Open	28	44	0:15:03	58	1:13:53	49	52	0:28:32	60
54	1:58:03	Mark	Luckin	Male	314	Open	29	45	0:13:31	41	1:21:46	57	56	0:22:45	28
55	1:59:48	Mary	Cornelius	Female	353	Masters	3	10	0:12:50	34	1:20:57	56	55	0:25:59	45
56	2:00:53	Lynda	Green	Female	339	Open	8	11	0:11:50	22	1:18:07	54	54	0:30:55	63
57	2:01:18	Andrew	Tyack	Male	326	Open	30	46	0:13:32	42	1:21:49	58	57	0:25:55	43
58	2:05:54	Ben	Adams	Male	356	Team	3	47	0:15:04	59	1:29:14	61	61	0:21:34	18
59	2:07:12	Rob	West	Male	349	Masters	11	48	0:15:39	60	1:24:44	60	59	0:26:47	49
60	2:07:21	Sylvia	Haile	Female	382	Masters	4	12	0:16:32	62	1:23:09	59	58	0:27:38	56
61	2:11:35	Brian	Dunnage	Male	357	Team	4	49	0:24:01	65	1:18:58	55	60	0:28:34	61
62	2:21:28	Andrew	Martin	Male	346	Masters	12	50	0:13:15	40	1:40:39	65	64	0:27:34	53
63	2:23:11	Sandra	Herbert	Female	376	Masters	5	13	0:17:50	64	1:31:26	62	62	0:33:54	65
64	2:23:32	Brett	Boneham	Male	342	Masters	13	51	0:13:57	47	1:36:05	63	63	0:33:28	64
65	2:23:55	Anne	Brinkworth	Female	352	Masters	6	14	0:14:28	50	1:40:26	64	65	0:29:00	62

## 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.

## DEVELOPMENT CYCLE RIDES:

**ALL THESE RIDES WILL CONTINUE UNTILL THE LAST WEEK IN JANUARY** (end of school holidays) watch this space for changes to the program from February.

For those who have just finished 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 6.30am 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). The leader is Dave Norton. 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.

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

## JUNIOR NEWS:

### WILDCARD APPLICATIONS ARE BEING CONSIDERED FOR THE STATE TEAM.

Applications (in writing) for a wildcard position, including reasons why an athlete did not contest the selection events, must be submitted by **Monday 29<sup>th</sup> January 2007**.

### 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.

## TRYSTARS NEWS

### COMING UP:

- 🚲 Bike and run skills training at Kinross on Friday 2 February at 5pm followed by a mini Duathlon.
- 🚲 TRYstars TRIATHLON at Craigie Leisure Centre on Sunday 11 February at 7.30am. See details below.
- 🚲 See Junior News for Holiday Bike rides for 12+ TRYstars.

### TRYSTAR T-SHIRTS AND MEMBERSHIP CARDS

If you are still waiting on your T-shirt for this season, come and see me at training in January. Membership cards have also arrived.

### MAXIMUM TRAINING DISTANCES FOR JUNIORS

Please read your TRYstar News email for further details or click on the North Coast website.

### NO TRYSTARS ON THESE DATES AT SORRENTO.

THURSDAY 25 JANUARY DUE TO LACK OF COACHES!! We hoped to replace Friday 26 Jan. for this Thursday but all too hard. Sorry!!

FRIDAY 26 JANUARY – AUSTRALIA DAY

FRIDAY 9 FEBRUARY – STATE AQUATHLON CHAMPS AT SORRENTO. Come down and cheer on the best in the State. Helpers needed with marshaling if any parents available. Contact Ann if you can help.

### HAVE-A-GO TRYSTARS TRIATHLON FOR 7 – 15 YEAR OLDS.

SUNDAY 11 FEBRUARY at CRAIGIE LEISURE CENTRE. Great way to start the new school year. 3 triathlons still to go, so tell all your friends to come on down and have a go at triathlon for \$60 for the rest of the season.

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** race belts only \$15.00 - fully adjustable. Available at running training, swimming training and at Thursdays night's Aquathlon. See Kim Tyler-Lees, Payment by credit card, cash and cheque, can be posted.

This is another initiative to raise funds for the, "send our juniors to the nationals" cause. So please, if you need one or have ever considered getting one – now is your opportunity.



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

## STATE AQUATHLON CHAMPIONSHIPS

February 9<sup>th</sup> 2007 Sorrento Surf Club – and it's a Friday night too. That means that the wind will probably blow – no big deal for North Coasters as we race in those conditions most Friday nights. What it does mean however, is that our Club Members will be able to maximise the "home ground advantage". There will be normal Triathlon age grouping (5 yrs) in the long course (500 swim/2400run/500swim/2400run) and 10 yr age grouping in Short Course (500swim/2400run)

All things considered and especially if the wind blows, North Coast could quite conceivably be expected to produce a good proportion of the age group champions. So please everyone, make a big effort to compete in this event and let's flood the field with those great new North Coast race singlets.

We will be needing at least a dozen marshals for the event so please if you can't race but would still like to be involved, please call Rob Lees on 043 998 684 or email [robles@bigpond.net.au](mailto:robles@bigpond.net.au) to register your availability.

For complete details of the event go to the Club website and follow the links. <http://www.northcoasttriclub.org.au/>

## NORTH COAST SUMMER RACE ACTIVITIES

Date	Race	Course	Description
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>

## START PLANNING FOR THE MAY WA HALF IRONMAN - NOW

# Prime Time - Half Ironman Training Squad for Women

## Come join us as we prepare for the Busselton ½ Ironman – 6<sup>th</sup> may 2007

12 weeks - 6 coached sessions each week  
 2 nutrition sessions – training and race nutrition  
 Bike maintenance for training and race day  
 Individual or general programs  
 Commence Saturday 3<sup>rd</sup> February

\$150 for 3 sessions per week \$200 for 3+ sessions  
 Individual custom program \$80 Casual sessions \$5

**Conducted by Robyn Scott (BPE dip Ed, level 1 triathlon coach, 7 x top 5 finisher WA ½ Ironman and current national age group champion)**

Contact Robyn on 0439965421 or [robynjscott@bigpond.com](mailto:robynjscott@bigpond.com) for more details and application form

- Monday: Swim 7-8pm (Beatty Park Aquatic centre) (TBC)**
- Tuesday: Cycle 5.45-7.15am (Riders Choice Leederville)**
- Tuesday: Run 6pm (Lake Monger)**
- Friday: Open Water Swim 6am (Cottesloe Beach)**
- Saturday: Long Ride 6am (Riders Choice Leederville)**
- Sunday: Brick (Ride/Run or swim/ride run) or Race (TBA)**

## 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.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*

**This Newsletter is sponsored by – Building Hire Pty Ltd.**

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