

NORTH COAST TRI CLUB

"WHAT'S HAPPENING" BULLETIN, WEEK 05/2007

NEW POSTS

- Aquathlon – results last 2 races
- Australia Day Tri – all the results
- Accommodation Karri Valley Tri
- Assistance needed with producing this Bulletin
- Race Singlets reordering
- Development Cycle Rides
- Junior News
- TRYstar Action
- Ironman WA 2006 TV Show this Saturday
- The Trading Post - Race belts for sale. Trailer wanted to buy. Ladies Wet Suit for Sale.

ONGOING POSTS

- North Coast to host **State Aquathlon Championships**
- North Coast **Aquathlon calendar**
- New Club calendar includes **Aquathlon**
- **Did you Know**
- **Renew membership** – online
- **Get your FREE copy of the Club Yearbook**
- Club **Training Sessions and group rides**

NOTE: All correspondence relating to this Bulletin must be sent to nortondo@bigpond.com

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

AQUATHLON RESULTS – LAST 2 RACES

Race Seven: Names in red are first time Aquathlon racers this season

Race 7		12th Jan					
Competitor	Handicap	Race time	Total	Med - total	Points handicap	points fastest	new handicap
Nener Kenji	12.32	14.21	1613	-78	22	50	12.04
Lori Michael	12.43	14.21	1624	-89	20	50	12.15
Lazarus Dave	10.00	14.28	1468	67	45	48	11.07
Brown Bradley	12.42	14.35	1637	-102	17	47	12.14
Kierath Joe	13.21	14.35	1676	-141	16	47	12.53
Gleeson Steven	9.25	16.24	1549	-14	29	45	9.11
Silverlock Barry	9.36	16.33	1569	-34	25	44	9.11
Boag Matthew	10.34	16.34	1628	-93	19	43	10.06
Neary Jack	10.05	16.50	1615	-80	21	42	9.37
Daniel Gavin	8.20	16.53	1513	22	41	41	8.42
Dix Christian	5.44	16.57	1361	174	47	40	8.38
Symons Cale	10.09	17.02	1631	-96	18	39	9.41
Stummer Neil		17.13			30	38	10.47
Kelly Wade		17.18			30	37	10.42
Nicholls Alan		17.23			30	36	10.37
Flynn Kyra	8.16	17.24	1540	-5	30	35	8.11
Richards Adele	8.05	17.28	1533	2	35	34	8.07

Fernley Ashley	2.35	17.43	1218	317	50	33	7.52
Covich Paul	7.26	17.45	1511	24	42	32	7.50
Stabler Nick	7.23	17.51	1514	21	40	31	7.44
Waterman Elly	7.37	18.01	1538	-3	32	30	7.34
Woodbridge Jason	8.14	18.09	1583	-48	23	29	7.46
Grassick Keith	7.22	18.11	1533	2	35	28	7.24
Kierath Jack	7.44	18.13	1557	-22	28	27	7.25
Vernon Arthur	7.18	18.17	1535	0	33	26	7.18
Calver Mark Jn	7.41	18.31	1572	-37	24	25	7.15
Brammer Mick	6.40	18.58	1538	-3	32	24	6.37
Crabbe Andrew		19.13			30	23	8.47
Robertson Craig	6.07	19.15	1522	13	39	22	6.20
Domican John	5.57	19.32	1529	6	36	21	6.03
Lees Rob	5.42	19.42	1524	11	37	20	5.53
Vernon Kate	0.42	19.44	1226	309	49	19	5.51
McIntosh Greg	5.30	19.52	1522	13	39	18	5.43
Lowell Martin		19.55			30	17	8.05
Edwards Brodie	6.07	19.58	1565	-30	26	16	5.44
Maher Cameron	5.47	20.16	1563	-28	27	15	5.25
Hoffman Mark	1.02	20.53	1315	220	48	13	4.42
Bargon Gaby		21.30			30	14	6.30
Brown Mellissa		21.57			30	12	6.03
Kierath Eva	1.59	22.00	1439	96	46	11	3.35
Hoar Angela	0.00	24.42	1482	53	44	10	0.53
Noakes Renee	0.00	25.06	1506	29	43	9	0.29

Race Eight: The explanation Table 1 show the times with the handicaps used on the race night. From these the fastest to slowest times were calculated and fastest points awarded. However these were the handicaps after race 6 not after race 7 as they should have been. Table 2 shows the correct handicap applied to the race times and handicap points then awarded in the correct order. The race organiser accepts all responsibility for the ock up so give him a good verbal lashing at race 9, he deserves it. New handicaps were then calculated from table 2 handicap times. **Names in Red are first time Aquathlon racers this season.**

(Lots of luck following that explanation – Ed.)

**TABLE
1**

Race 8		25th Jan					
Competitor	Handicap	Race time	Total	Med - total	Points handicap	points fastest	new handicap
Brown Bradley	12.42	15.16	1678			50	
Neary Jack	10.05	16.23	1588			49	
Lazarus Dave	10.00	16.48	1608			48	
Lori Michael	12.43	17.59	1842			47	
Silverlock Barry	9.36	18.07	1663			46	
Nener Kenji	12.32	18.10	1842			45	
Kelly Wade	10.42	18.48	1770			44	
Monks Phil	5.00	18.53	1433			43	
Stabler Nick	7.23	19.00	1583			42	
Covich Paul	7.26	19.13	1599			41	
Bond Tim	5.00	19.16	1456			40	
Vernon Arthur	7.18	19.16	1594			40	
Calver Mark Jn	7.41	19.29	1630			38	
Thorstensen Karl	5.00	19.36	1476			37	
Calver Matthew	5.39	19.46	1525			36	
Maher Cameron	5.47	19.59	1546			35	
Stummer Neil	10.47	20.00	1847			34	
Fernley Ashley	2.35	20.15	1370			33	
Hales Roger	6.24	20.21	1605			32	
Whiting Cas	5.00	20.28	1528			31	
Domican John	5.57	20.55	1612			30	
Brammer Mick	6.40	21.10	1670			29	
Neary Sean	4.44	21.11	1555			28	
Team Black / Lees	5.42	21.49	1651			27	
Ratcliffe Alison	5.00	22.19	1639			26	

Nelson James	1.43	22.46	1469			25	
Houston Tom	5.00	23.02	1682			24	
Kelly Kate	2.59	23.42	1601			23	
Clem Ryan	5.00	25.29	1829			22	
Highfield Tony	0.20	26.29	1609			21	
Richards Lindsay	0.00	26.37	1597			20	

Race 8		25th Jan		TABLE 2			
Competitor	Handicap	Race time	Total	Med - total	Points	points	new
					handicap	fastest	handicap
Brown Bradley	12.14	15.16	1650	-41	35		11.47
Neary Jack	9.37	16.23	1560	49	46		10.26
Lazarus Dave	11.07	16.48	1675	-66	33		10.39
Lori Michael	12.15	17.59	1814	-205	30		11.47
Silverlock Barry	9.11	18.07	1638	-29	36		8.48
Nener Kenji	12.04	18.10	1814	-205	29		11.36
Kelly Wade	10.42	18.48	1770	-161	31		10.14
Monks Phil	5.00	18.53	1433		30		9.07
Stabler Nick	7.44	19.00	1604	5	42		7.49
Covich Paul	7.50	19.13	1623	-14	37		7.36
Vernon Arthur	7.18	19.16	1594	15	45		7.33
Calver Mark Jn	7.15	19.29	1604	5	42		7.20
Thorstensen Karl	5.00	19.36	1476		30		8.24
Calver Matthew	5.39	19.46	1525	84	48		7.03
Maher Cameron	5.25	19.59	1524	85	49		6.50
Stummer Neil	10.47	20.00	1847	-238	28		10.19
Fernley Ashley	7.52	20.15	1687	-78	32		7.24
Hales Roger	6.24	20.21	1605	4	40		6.28
Domican John	6.03	20.55	1618	-9	38		5.54
Brammer Mick	6.37	21.10	1667	-58	34		6.09
Neary Sean	4.44	21.11	1555	54	47		5.38
Ratcliffe Alison	5.00	22.19	1639		30		5.41
Nelson James	1.43	22.46	1469	140	50		4.03
Houston Tom	5.00	23.02	1682		30		4.58
Kelly Kate	2.59	23.42	1601	8	43		3.07
Team Black / Lees	2.51	24.40	1651		30		3.20
Clem Ryan	5.00	25.29	1829		30		2.31
Highfield Tony	0.20	26.29	1609	0	39		0.20
Richards Lindsay	0.00	26.37	1597	12	44		0.12

AUSTRALIA DAY TRI - RESULTS

Over 370 competitors participated in this traditional event. Below are how our Club Members fared.

NAME	NO.	DIST	SEX	CAT	TIME	CAT/PL	O/PL
GLEESON STEVEN	174	FUN	M	16-19	32.48	1	1
HEALEY BRETT	170	FUN	M	16-19	37.16	8	13
PRITCHARD CHRIS	182	FUN	M	30-39	37.37	4	14
SMITH JANICE	384	FUN	F	40-49	45.59	7	86
DOMINCAN JADE	274	FUN	F	16-19	46.57	20	92

NAME	NO.	DIST	SEX	CAT	TIME	CAT/PL	O/PL
BOND TIM	431	JUNIOR	M	14-15	36.32	1	6
NEARY JACK	412	JUNIOR	M	12-13	33.56	2	13
SCOTT CRAIG	401	JUNIOR	M	12-13	34.55	3	21
FOSTER MICHAEL	430	JUNIOR	M	14-15	39.40	5	2
KEIRATH EVIE	453	JUNIOR	F	12-13	43.26	3	3

NAME	NO.	DIST	SEX	CAT	TIME	CAT/PL	O/PL
LORI MICHAEL	22	SPRINT	M	14-19	57.41	2	3
KIERATH JOE	19	SPRINT	M	14-19	1.01.09	5	16
CRABB ANDREW	119	SPRINT	M	30-39	1.04.31	9	35
WELLS IAN	123	SPRINT	M	30-39	1.05.19	11	40
BOAG MATTHEW	11	SPRINT	M	14-19	1.05.24	7	42
STREETER JONATHON	54	SPRINT	M	20-29	1.05.33	11	43
GIBNEY CHRISTOPHER	102	SPRINT	M	30-39	1.06.00	13	46
DIX CHRISTIAN	17	SPRINT	M	14-19	1.06.14	8	48
FLYNN KYRA	311	SPRINT	F	14-19	1.06.36	4	51
SMITH KERRIE	346	SPRINT	F	20-29	1.07.59	4	64
PARRY ROBERT	112	SPRINT	M	30-39	1.08.24	19	66
DOMINCAN JOHN	158	SPRINT	M	40-49	1.09.01	10	73
RICHARDS ADELE	306	SPRINT	F	14-19	1.09.17	6	79
WILLAIMS MURRAY	170	SPRINT	M	40-49	1.10.20	13	93
WATERMAN ELLEN	305	SPRINT	F	14-19	1.11.50	7	110
KIERATH JACK	20	SPRINT	M	14-19	1.12.00	14	113
WRIGHT CRAIG	125	SPRINT	M	30-39	1.13.31	31	125
HYMUS JACQUI	379	SPRINT	F	30-39	1.15.21	9	147
ATTY LUCY	351	SPRINT	F	30-39	1.19.22	14	175
RIDDLE KATIE	342	SPRINT	F	20-29	1.27.02	30	213
PEARCE FRED	213	SPRINT	M	50-59	1.27.59	13	217

KARRI VALLEY TRI ACCOMMODATION

Bradley Hoskins has booked a 3 bedroom Chalet at the resort for the Friday and Saturday nights of the race weekend. There are still 5 beds available. The cost will be \$195.00 per night divided by the number that stays there. So if eight people stay it will cost approx \$25.00 per person per night. Please contact "Brutal"
Bradley on 0407 944 004

ASSISTANCE NEEDED WITH PRODUCING THIS BULLETIN

"Many hands make light work". In an endeavour to include some human interest to some of these Bulletins (rather than just stats), I need some help to lighten the load in 2 categories: a) Email data base maintenance & b) Race results correlation. The latter requires some knowledge of "excel" or at least a computer with the software and both tasks require a connection to the web. If you would like to help in this area please call Dave Norton on 9246 4886 (evenings). This is a great opportunity for juniors to assist the Club while improving computers skills at the same time. I look forward to a huge response.

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:

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.

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.

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

JUNIOR NEWS:

SECONDARY SCHOOLS TRIATHLON:

Best of luck to all those taking part in the Secondary Schools Triathlon this Friday 3 November. We hope you all have a great race.

JUNIOR RIDE:

Once again Mark Calver Snr is supervising the junior ride on Saturday. A huge thank you to Mark for his dedication and Mark Calver Jnr for his assistance. **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. Please let Mark know if you intend to join the junior ride. Mark's number is: 9401 3725

RUNNING TRAINING:

Don't forget running on Thursday nights. Kim Vivian has a great program for juniors. Be sure you tell him your age when you arrive if this is your first session for this season.

BUNCH RIDING:

A great article on riding in a bunch is up on the North Coast website. Well worth reading to keep you and everyone around you safe.

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. NOT TO BE MISSED. THIS IS YOUR CHANCE TO SEE WHAT THE REAL THING IS LIKE!!!**
- 🚲 Bike and run skills training at Kinross on Friday 16 February at 5pm followed by a mini Duathlon.

TRYSTAR T-SHIRTS AND MEMBERSHIP CARDS

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

NO TRYSTARS ON FRIDAY 9 FEBRUARY AT SORRENTO.

FRIDAY 9 FEBRUARY – STATE AQUATHLON CHAMPS 6.30PM 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.

RACE 3 SUMMER SERIES

NORTH COAST TRYSTARS HAVE A GO TRIATHLON:

Date: Sunday 11 February 2007

Venue: CRAIGIE LEISURE CENTRE, WHITFORDS AVE, CRAIGIE

Distances: YOU CHOOSE!!

7 - 10 year olds Swim: 25m or 50m /Cycle: 2km /Run: 500m,

9 - 12 year olds Swim: 100m /Cycle: 3km /Run: 1000m,

10+ year olds Swim: 150m /Cycle: 4km /Run: 1500m,

12+ year olds Swim: 200m /Cycle: 6km /Run: 2000m.

(Children who are not confident to swim can do just the cycle and run.)

Time: Registration 7.30am, Race briefing 7.45am, Start 8am, Presentations around 9.30am.

Presentations when all children have finished so time is dependant on number of children attending.

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

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

IRONMAN WA 2006 TV SHOW - THIS SATURDAY!

2006 IMWA COMPETITORS DON'T FORGET TO WATCH THE **2006 SOUL IRONMAN WESTERN AUSTRALIA TRIATHLON TELEVISION SHOW**

THIS SATURDAY 3 FEBRUARY CHANNEL 9 - 2PM - 3PM

TRADING POST

Wanted: Second hand trailer. Preferred options include: size 8x4, tandem or dual wheels, cage and no rust. If you have or know of one that fits that criteria and it's for sale, please call Dave Norton Hm 9246 4886. mobile 0431 032 040

Wet Suit for Sale: Here is the info about my wetsuit. Large women's fit Orca Sonar full sleeve. Suit size of approx 66-77 kg, height 168-186. Purchased three months ago. Will sell \$300 Firm. (\$450.00 new). Contact Lindsay Richards 93078568 0405128568.

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 9th 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 roblees@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
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.northcoasttriclub.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

This Newsletter is sponsored by – Building Hire Pty Ltd.

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