

NORTH COAST TRI CLUB

"WHAT'S HAPPENING" BULLETIN, WEEK 06/2007

NEW POSTS

- North Coast host **State Aquathlon Championships**.
- **Thank you North Coast** from the Cancer Council.
- The **Ultimate Games Night**.
- **Team spirit is alive and well** in our Club (a must read)
- **City of Perth Tri** – North Coast well represented.
- And there was also the **Busselton Jetty swim**
- Australia Day Tri – **Correction**
- **Development Cycle Rides**
- **Junior News**
- **TRYstar Action**
- Brad Hosking wants **advice on Port Mac IM course**.
- You would make a great **Club committee member**
- **The Trading Post - Race belts** for sale. **Trailer** wanted to buy. Ladies **Wet Suit** for Sale. **Dining Table & chairs** for sale.

ONGOING POSTS

- **Accommodation Karri Valley Tri**
- 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*******

STATE AQUATHLON CHAMPIONSHIPS



SPORTS FEVER

2XU

STATE AQUATHLON CHAMPS

The **Sports Fever 2XU State Aquathlon Champs** will be held at Sorrento Beach on **Friday 9th February - 6.30pm**

It's only \$30 for TWA members so get your entry in now!!

Not only is it important to get behind North Coast Triathlon Club who have taken on the task of running this event, but there will be some fantastic prizes on the day!

There will be awards for the fastest splits of the day in the

2XU swim leg and the Mizuno run leg

PLUS

a **Major Draw Prize** of

2XU Running Pack AND Mizuno footwear
valued at \$400!!

So what are you waiting for?! ENTER NOW
Short and Long Courses available

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 **0439 998 684** or email 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.northcoastriclub.org.au/>

North Coasters please bring your swim caps to state Aquathlon champs if you are competing as we will not have enough to issue to all entrants.

THE CANCER COUNCIL SAYS THANK YOU

A message from Club Treasurer Sean Neary

I recently passed on the fundraising proceeds from the Max Grieve fun run to The Cancer Council of WA. Please read the following extract from a letter that the club received as a response from The Cancer Council of WA. The item is self explanatory:

“It is with great pleasure that I write to you on behalf of The Cancer Council WA to personally congratulate you and all of those at the North Coast Triathlon Club on the annual Max Grieve fun run that you held on 17 November 2006. You must be absolutely thrilled with the \$734.95 you raised this year, an outstanding amount which will make a valuable contribution to cancer research. This brings the total the club has raised over the years to a wonderful \$2,375.25.

I am conscious of the time and effort that went into organising your fundraising event and I would be grateful if you would convey to all those involved our appreciation for their support. Holding the Max Grieve fun run to celebrate Max's love of the sport was an inspiring idea. It was a very generous gesture on your part to work so hard and make such a wonderful contribution to the fight against cancer; we do appreciate your wonderful support.”

Well done North Coasters.

DON'T MISS THE “ULTIMATE GAMES NIGHT”



The Ultimate Games Night

The world's most amazing night of entertainment approaches. A large contingent of our juniors have been selected for the national schools triathlon championships to be held in Canberra in March. To raise funds to send the team across, our state representatives and their families will be hosting a night of intrigue, challenge and dynamic action:

The Ultimate Games Night
7pm for 7:30pm
Friday 16 February
Hammersley Community Recreation Centre
Tickets: \$8 per person

This is a fast paced evening that combines elements of popular TV games shows, including Millionaire, Deal or No Deal, the Prize is Right and Survivor. Triathlons are won by the fittest, whilst quiz nights are won by the smartest. The Ultimate Games Night will be won by the table that can work together to outwit, outlast and outsmart the opposition.

With the event filling fast, the last batch of tickets will be on sale near the BBQ at the upcoming State Aquathlon championships (or see your junior state team representatives before then – including the Woods, Waterman's, Richards, Loris Browns, Stummer's, Dix's and Neary's).

There will be some fabulous prizes on offer on the evening. These include the first prize in the raffle which is one nights accommodation at Sorrento Beach Resort. More information on the resort can be accessed via this link: www.sorrentobeach.com.au

A GREAT EXAMPLE OF TEAM SPIRIT

Another North Coaster has been added to the already impressive Club contingent in the State Schools Triathlon Team. This is however no ordinary or automatic elevation. It involves two of the Club's outstanding juniors – Ellie Waterman & Adele Richards. Ellie was picked for the squad on the merits of her results in the first 2 of 3 selection races, during which time Adele returning from injury was improving rapidly and to the point where she beat Ellie in the 3rd selection race and in subsequent races and Aquathlons. In a show of great character Ellie insisted on stepping down from the squad, insisting that her good friend and great rival Adele take her place. So Adele, have a great trip (remember to send Ellie a post card ... or email) and Ellie, the Club salutes you.

What a dice it will be to between these two young ladies at the Aquathlon Championships this Friday - Ellie might have given up her spot but that doesn't mean she given up her ambition of being state Aquathlon Champion – good luck Ellie and Adele.

1	0:25:25	Joe	KIERATH	Male	Junior	U16	1	0:03:08	2	0:15:06	1	0:07:09	36
2	0:26:35	Michael	LORI	Male	Junior	U16	3	0:03:34	6	0:16:20	5	0:06:39	42
4	0:27:16	Bradley	BROWN	Male	Junior	U16	5	0:03:10	3	0:16:14	4	0:07:51	1
5	0:27:38	Jack	KIERATH	Male	Junior	U16	6	0:00:55	1	0:18:08	13	0:08:33	6
6	0:29:44	Christian	DIX	Male	Junior	U16	8	0:04:27	22	0:17:41	9	0:07:35	10
3	0:29:48	Jack	NEARY	Male	Junior	U14	9	0:03:36	7	0:17:56	11	0:08:14	2
9	0:30:32	David	LAZARUS	Male	Junior	U16	13	0:03:42	9	0:19:21	23	0:07:28	25
10	0:30:55	Tim	BOND	Male	Junior	U16	14	0:03:49	11	0:18:36	18	0:08:27	15
1	0:31:03	Ashley	FEARNLEY	Female	Junior	U16	15	0:04:10	16	0:18:27	17	0:08:24	41
5	0:31:07	Craig	SCOTT	Male	Junior	U14	16	0:04:33	28	0:18:25	16	0:08:07	13
2	0:31:23	Ellen	WATERMAN	Female	Junior	U16	18	0:04:23	19	0:18:18	15	0:08:41	40
12	0:33:58	Michael	FOSTER	Male	Junior	U16	32	0:04:51	34	0:19:26	25	0:09:40	20
5	0:35:17	Evie	KIERATH	Female	Junior	U14	33	0:04:51	36	0:20:27	33	0:09:57	32
5	0:38:23	Mellisa	BROWN	Female	Junior	U16	41	0:04:08	15	0:23:26	41	0:10:48	29

SOME NORTH COASTERS WENT TO BUSSELTON ON THE WEEKEND

For something different a contingent of North Coasters tackled the annual ILUKA Busselton Jetty swim on Sunday. While the City of Perth Tri competitors were feeling the heat, this group "enjoyed" this cool but gruelling non wetsuit swim. It certainly is worth putting it in your "Events Must Do" book, as the atmosphere is electric - almost akin to the Ironman start when the 800 + swimmers take to the anticlockwise navigation of the famous Jetty. Listed below are the North Coast Results - seen in her bathers at the event was Sandy Herbert but her name doesn't appear in the results (team maybe?). "Local Lad" Lajos Varga and Lisa Bergin were the standouts for the Club with good placings and very fast times. Remember the "Mean machine's" Olympian Bill Kirby, well he's still swimming and came 3rd overall in a time of 45:17. For full results, visit: <http://www.busseltonjettyswim.org.au/>

ILUKA Busselton Jetty Swim - 3.8k

Race Pos	Time	Name	Surname	Gender	Age Cat	Cat Pos	Gender Pos
15	0:52:13	Lajos	Varga	Male	20-24	3	12
48	0:57:34	Lisa	Bergin	Female	30-34	1	12
80	1:00:30	Brett	Roberts	Male	45-49	7	53
127	1:03:45	Richard	Firth	Male	55-59	4	81
185	1:08:03	Hayley	Norton	Female	20-24	5	46
567	1:26:33	Lynn	Dique	Female	35-39	22	161
608	1:29:03	Merredith	Douglas	Female	45-49	23	177
637	1:31:10	Denice	Rice	Female	45-49	26	190
644	1:32:15	David	Norton	Male	55-59	31	349

AUSTRALIA DAY TRI - RESULTS CORRECTION

Sorry John Cooke - I missed you from the Waikiki and Aust Day Results sheets. (Now you all know why I need some help Ed.) Did anyone else get left off the results sheet?

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
COOKE	JOHN	171	SPRINT	M	40-49	1.12.11	17	115
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

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:

CONGRATULATIONS ON GREAT RESULTS ON SUNDAY:

Well done to all those who raced on Sunday. In particular Cale Symons taking 3rd in the Pursuit 16 – 19, Kenji Nener (secondary member) taking 1st and Jack Neary taking 3rd in the Juniors under 14s Male, Ashleigh Fernley taking 1st and Ellie Waterman taking 2nd in the Juniors Under16s Females and Joe Kierath taking 1st and Mike Lori taking 2nd in the Juniors Under 16s Male. To the rest of you we hope you enjoyed your race and had great times.

AQUATHLON CHAMPS AND SHORT COURSE RACE:

We hope to see lots of you racing on Friday at the State Aquathlon Champs and the short course race on Friday. Go to the North Coast website to enter. It should be a great event on home turf with some top names racing.

JUNIOR RIDE:

Junior Ride is now back to just Saturday morning with the School holidays over. Mark Calver is taking a couple of weeks rest but the ride will still be going out this Saturday at 7am from Bike Force Woodvale. **Please let Ann know if you intend to join the junior ride.** The ride meets 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. As the mornings are beginning to get darker you will need to start thinking about getting lights, probably not this week but don't leave it too much longer!! Ann's number is: 0403 114 677.

VOLUNTEERS NEEDED:

Volunteers needed as marshals for Women's Only race. If parents are going down with their juniors and can help us out please give Nick Phillips a ring: 0417 989 429. These are fundraisers for the club.

GAMES NIGHT AS FUNDRAISER FOR STATE TEAM MEMBERS:

Friday 16 February, 7pm at Hammersley Recreation Centre. – Tables of 8. \$8 a ticket. Gather some friends together and have some fun while helping these Juniors to achieve their goals. Tickets available from Kim Tyler Lees: 0419 025 881 See more details in this bulletin.

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.

🚲 Bike and run skills training at Sorrento on Friday 23 February at 5pm followed by spot prizes and Sausage Sizzle at the Surf Club. If hot weather bring your bathers.

TRYPSTAR T-SHIRTS AND MEMBERSHIP CARDS

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

NO TRYPSTARS 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.

Peter Robertson, 3 times World Triathlon Champion will be attending, what an opportunity for you to meet him and maybe get a signature. We are also very lucky to have one of the best up and coming triathletes in Australia racing on Friday – **David Dellow who came 3rd in the Elite race in Perth last Sunday.** We have an added advantage as David is the cousin of one of our very own TRYPstars and I am sure will be happy to answer any questions you may have or give you his signature.

RACE 3 SUMMER SERIES

NORTH COAST TRYPSTARS “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 TRYPstar training sessions and Fun Race Events visit the Club website for details: <http://www.northcoasttriclub.org.au/training-TRYPstars.htm>

WHO'S DONE THE PORT MACQUARIE IRON?

I'm wishing to get in contact with anybody who has done Port Macquarie Ironman to aid in my preparation for the race. 9401 1904 would be the best phone number to get me on.

Cheers Brad Hosking

POSITION VACANT ON CLUB COMMITTEE

Kim Tyler-Lees will be stepping down from the position of “membership's manager” after 3 years of outstanding dedication. The committee is looking for a replacement to come forward so that Kim can start mentoring them into the position. The Club's AGM is usually held around August and by that time it would be ideal if a coached replacement is ready to “step into the breach”. This is great opportunity to get really involved with the running of the Club, the role is immensely satisfying as you will play a pivotal role in helping new members blend into the Club culture. For more details please contact Kim on 9300 4946 or 0419 025 881.

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: 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.

(Lindsay is actually wearing the wetsuit in the photo below, but she's lost so much weight you just can't see her. Ed.)



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.



For Sale Dining Room table & chairs: Oval shaped Baltic pine 1.5mt x 1mt, 6 chairs: only \$295.00. Contact Kate Clark 9246 4886 (evenings only).



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

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

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 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 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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