



Photo courtesy pulseimages.com

**SPECIAL GUEST
TRIPLE WORLD CHAMPION
PETER ROBERTSON!**



ZXU STATE AQUATHON CHAMPS

The ZXU State Aquathon Champs will be held at Sorrento Beach on Friday 8th 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 all category winners and Open winners

**PLUS a Major Draw Prize of
2 x ZXU E1 Wetsuits valued at \$800 each**

So what are you waiting for?! ENTER NOW AT

www.northcoasttriclub.org.au

Short and Long Courses available

City of Perth Triathlon Results for North Coast

Enticer & Junior Results

Pos	First Name	Last Name	Gun Time	Cat	Cat Pos	Gen	Gen Pos	Swim	O Pos	C Pos	G Pos	Cycle	O Pos	C Pos	G Pos	Run	O Pos	C Pos	G Pos
1	Joseph	KIERATH	0:29:09	16-19	1	Male	1	0:03:50	1	1	1	0:17:51	2	2	2	0:07:25	2	1	2
5	Craig	SCOTT	0:32:15	14-15	3	Male	5	0:04:31	7	4	7	0:19:23	5	3	5	0:08:19	8	4	8
8	Jonathon	FRANKLIN	0:33:11	14-15	6	Male	8	0:04:10	4	1	4	0:20:20	10	7	10	0:08:39	12	5	11
13	Jack	KIERATH	0:34:20	14-15	8	Male	13	0:04:24	5	2	5	0:20:38	12	8	11	0:09:16	33	8	30
19	Louisa	JACK	0:35:47	25-29	1	Female	1	0:05:25	27	3	9	0:21:25	24	1	2	0:08:56	22	1	3
29	Katherine	HUMPHREYS	0:36:44	16-19	1	Female	3	0:04:56	13	2	3	0:21:36	27	1	4	0:10:11	63	2	15
38	Nicole	KLEMM	0:37:21	35-39	1	Female	5	0:05:51	48	3	17	0:21:29	26	1	3	0:10:00	57	2	13
40	Micha	WOODHOUSE	0:37:27	16-19	2	Female	7	0:04:51	10	1	1	0:22:45	47	2	11	0:09:50	50	1	8
51	Lee	SCOTT	0:38:28	40-44	2	Male	41	0:06:18	82	3	49	0:22:12	39	2	33	0:09:56	55	2	44
57	Tony	HILLS	0:39:13	44	3	Male	45	0:06:14	74	2	45	0:22:55	52	3	39	0:10:02	59	3	45
59	Evie	KIERATH	0:39:26	12_13	3	Female	13	0:06:08	67	2	27	0:22:42	46	1	10	0:10:35	72	3	21
62	Garry	SCOTT	0:39:41	12_13	6	Male	47	0:06:10	68	2	41	0:24:41	90	3	56	0:08:49	17	4	16
72	Helen	VAGNONI	0:40:11	45-49	1	Female	21	0:05:53	50	1	19	0:23:33	69	1	23	0:10:43	79	1	25
74	Jenny	ALEXANDER	0:40:15	35-39	5	Female	22	0:06:07	66	4	26	0:23:02	60	4	18	0:11:05	91	4	36
81	Luke	POWER	0:41:09	14-15	10	Male	55	0:05:55	52	10	32	0:25:28	104	10	59	0:09:44	45	10	39
86	Amanda	SOUTHERN	0:41:38	30-34	5	Female	28	0:07:11	123	16	62	0:24:30	86	6	33	0:09:55	54	3	11
87	Sandy	TINDALE	0:41:43	50-54	1	Female	29	0:06:34	97	2	42	0:24:29	84	1	32	0:10:39	75	1	22
106	Kate	GRIFFITHS	0:43:53	30-34	9	Female	44	0:05:46	46	3	15	0:27:09	126	14	62	0:10:56	87	4	32
108	Janice	SMITH	0:44:04	45-49	2	Female	46	0:07:10	121	3	60	0:25:40	109	3	48	0:11:12	97	3	40
130	Julie	WALTERS*	0:46:19	44	3	Female	63	0:09:15	148	6	85	0:25:20	100	3	43	0:11:43	112	3	52

* Secondary member

Olympic Distance Results (All winners are State OD age group Champions)

Pos	First Name	Last Name	Gun Time	Cat	Cat Pos	Gender	Gen Pos	Swim	O Pos	C Pos	G Pos	Cycle	O Pos	C Pos	G Pos	Run	O Pos	C Pos	G Pos
1	Sean	U q p ^ ä	1:58:42	20-24	1	Male	1	0:21:08	9	3	9	1:02:11	3	3	3	0:35:21	1	1	1
3	Team	The young guns	2:00:31	Team	1	Male	3	0:20:19	8	1	8	1:03:24	5	1	5	0:36:47	4	1	4
6	Lajos	Varga	2:02:37	20-24	5	Male	6	0:21:20	13	4	12	1:04:21	9	5	9	0:36:53	5	4	5
22	Leigh	Willison	2:10:06	35-39	4	Male	21	0:22:53	47	5	41	1:05:52	20	5	19	0:41:19	50	7	45
27	Michael	Lori	2:10:21	16-19	3	Male	26	0:21:20	11	2	10	1:08:04	54	4	53	0:40:55	41	4	37
34	Kim	Vivian	2:11:59	40-44	2	Male	32	0:28:06	219	15	150	1:05:03	13	1	13	0:38:48	22	2	19
48	Alan	Nicholls	2:13:57	50-54	1	Male	42	0:28:28	244	10	166	1:06:00	24	1	23	0:39:28	29	1	25

59	Robert	Parry	2:16:02	30-34	7	Male	52	0:27:08	174	18	120	1:07:28	44	6	43	0:41:25	54	8	48
64	Michael	Roberts	2:16:36	35-39	11	Male	57	0:25:21	113	17	81	1:04:53	11	2	11	0:46:19	168	23	133
86	Barry	Silverlock	2:19:10	45-49	5	Male	76	0:25:45	126	5	91	1:10:04	85	5	82	0:43:19	97	6	81
92	Steven	Gleeson	2:19:30	16-19	7	Male	80	0:28:00	211	10	146	1:10:09	86	6	83	0:41:18	48	5	44
104	Loretta	Wesley	2:21:27	40-44	2	Female	15	0:26:23	141	6	39	1:12:42	147	2	17	0:42:20	73	2	10
106	Christopher	Ginbey	2:21:29	30-34	13	Male	90	0:28:25	240	29	164	1:10:09	87	16	84	0:42:53	90	13	76
122	Dyson	Findlay	2:22:47	35-39	18	Male	103	0:28:29	245	30	167	1:11:39	126	21	114	0:42:38	84	11	71
139	Philip	Monks	2:24:50	40-44	12	Male	116	0:25:19	110	8	79	1:13:21	169	16	141	0:46:09	160	14	127
140	Dannielle	Cousins	2:24:58	25-29	5	Female	24	0:24:07	81	7	21	1:14:38	209	10	43	0:46:11	161	7	34
149	Robyn	Scott	2:25:38	45-49	2	Female	28	0:23:47	73	1	15	1:13:08	160	3	23	0:48:42	221	5	52
160	Dale	Wesley	2:26:29	45-49	7	Male	128	0:25:45	127	6	92	1:13:16	165	10	140	0:47:26	195	12	151
170	Susan	Scott	2:27:27	40-44	5	Female	34	0:26:31	150	9	45	1:16:16	251	11	58	0:44:38	130	4	24
196	Roger	Hales	2:29:48	50-54	8	Male	153	0:34:52	391	23	265	1:07:09	39	2	38	0:47:46	205	8	156
200	Chris	U q Ó i ä ^ }	2:30:13	35-39	28	Male	155									2:30:13	430	48	289
204	Stephen	Jamieson	2:30:29	35-39	30	Male	159	0:28:18	229	28	158	1:10:41	98	19	92	0:51:27	286	37	210
211	Todd	Smith	2:31:22	30-34	32	Male	164	0:27:43	197	23	136	1:11:58	130	23	118	0:51:39	290	35	212
221	Toby	Hill	2:32:12	25-29	37	Male	170	0:27:54	206	33	143	1:13:56	184	32	152	0:50:21	264	37	196
240	Christian	Dix	2:34:30	16-19	10	Male	184	0:30:16	313	11	212	1:17:00	268	11	207	0:47:13	189	8	145
250	Pips	Kumleben	2:35:10	40-44	10	Female	61	0:29:47	298	13	95	1:14:53	218	8	47	0:50:28	265	10	69
262	John	Domican	2:35:52	45-49	17	Male	198	0:30:49	327	24	222	1:12:46	148	9	131	0:52:14	302	23	220
272	Adele	Richards	2:37:12	16-19	4	Female	65	0:26:19	139	4	38	1:18:34	297	4	72	0:52:17	304	5	83
289	Marek	Klimczyk	2:38:39	45-49	21	Male	215	0:36:12	403	34	275	1:15:24	234	13	182	0:47:02	182	10	141
291	Andy	Jones	2:38:46	40-44	25	Male	216	0:29:47	296	22	202	1:19:14	310	30	232	0:49:43	251	22	188
297	Norman	Black	2:40:04	45-49	22	Male	219	0:32:02	354	26	236	1:16:07	248	16	192	0:51:53	293	21	214
317	Murray	Williams	2:42:04	40-44	27	Male	232	0:30:05	309	25	211	1:17:20	275	28	213	0:54:37	336	30	237
323	Steve	Bird	2:42:35	35-39	40	Male	236	0:28:24	239	29	163	1:17:45	285	38	219	0:56:23	360	43	251
333	Andrew	Hosgood	2:44:14	35-39	41	Male	242	0:33:56	378	43	256	1:21:09	347	45	255	0:49:07	232	31	175
363	Paula	Hanson	2:48:11	50-54	7	Female	107	0:33:48	377	8	122	1:23:13	377	6	106	0:51:08	279	1	74
394	Leila	Spurgeon	2:55:58	25-29	26	Female	119	0:29:18	275	18	88	1:21:15	350	21	94	1:05:23	417	30	133
408	Anna	Woodhouse	3:01:03	40-44	17	Female	126	0:39:40	422	17	138	1:25:24	398	17	121	0:55:57	355	15	107

Dear fellow Triathletes and supporters of North Coast Triathlon Club

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Sue Scott

Aquathlon on Race 8 Results next week

Aquathlon Series 2007-2008

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Fastest on Night

Handicap

Spot Prize winners race 7		25th Jan
1	\$90 towards a helmet	
2	2XU Running top	
3	Arm warmers	
4	Sun Glasses	
5	Gas Canister + swim hat	
6	Swim Goggles	
7	2XU Hat	

Spot prizes U j U j ` U V ` Y ` Z f c a . ` í 5 ` S ð g p 8, 99 Camille in 8th Heathridge. 9307-6842 or 0416-865 729

TRYSTARS NEWS:

HAPPY BIRTHDAY TO:

Emma Brunsgard (10) and Alex Johnson (14) who celebrate their birthdays this week. We hope you have a great time. ANYONE WHO HAS NOT RECEIVED THEIR BIRTHDAY PENCIL OVER THE LAST MONTH OR SO PLEASE ASK ME AT THE NEXT TRYSTAR SESSION. I keep forgetting to give them out! Sorry!!

COMING UP:

- ✓ Friday 8 February . **NO TRYSTARS SESSION** due to State Aquathlon Championships being run by North Coast at Sorrento. Come down to help and watch. Volunteers needed. See above.
- ✓ Saturday 9 February at 6.30am . Bike ride for 12+ TRYSTars from Hillarys Marina. Ring Ann on 9448 4265 if wish to be part of it. See details below in Junior News. Parents welcome.
- ✓ Friday 15 February at 5pm. All ages bike and run session at **Sacred Heart School**. At 6pm: Mini Duathlon at **Sacred Heart** for all ages finishing at 6.30pm. Followed by Sausage Sizzle and spot prize draws across the road at Sorrento Surf Club.
- ✓ Friday 22 February at 5pm. Bike and run skills training at **Kinross** followed by spot prizes and a mini duathlon.

MIXING IT WITH THE BEST!!

Congratulations to all who raced at the City of Perth Triathlon. What a HOT day!! Special congratulations to Adam Morris who did his first competitive triathlon. **David and Rebecca** are both World Triathlon Champion will be racing in the State Aquathlon Championships this Friday at Sorrento. Another great opportunity to see the best in our sport. I am sure they will answer a few questions and sign a few autographs if you ask nicely. See the TRYSTar/Junior results from the City of Perth race below in Junior News

HELP NEEDED AT THE WEETBIX TRYATHLON:

Anyone who is available to assist at the Weetbix race on Sunday 16 March please contact Roberta Lori on: bamballam@hotmail.com if you have spare family members who can assist North Coast with their volunteer quota, Roberta would love to hear from you. She has the unenviable job of finding North Coast

JUNIOR RACE SERIES FOR OLDER TRYSTARS (12+):

Junior race Series: North Coast has chosen 5 races to target for our Older TRYSTars/Juniors. A support crew will be at these races to provide encouragement and help with last minute queries or problems. These races have been chosen for their suitability for first timers, so if you are keen to make your move from TRYSTar to TRIATHLETE then put them in your diary NOW!! If we get a reasonable number going down then we can do some car pooling to assist with petrol costs etc and clashes with other family commitments. See race dates below. Contact: www.trievents.com.au Get in touch with Ann if you are interested.

JUNIOR RACE SERIES DATES FOR OLDER TRYSTARS (12+):

- ✓ Saturday 23 February, Meelup Classic, Meelup. Distance: 250/7/2
- ✓ Sunday 30 March, Hillarys Triathlon, Hillarys. Distance: 250/7/2

TRYSTars 13 and under:

Please note below in Junior News the rule on TRI BARS if you are racing. You should not have these on your bike until you are 14.

NORTH COAST TRYSTAR WEBSITE:

Go to www.northcoasttriclub.org.au and click on TRYSTars to see the new information for the coming season.

I have to go away for three weeks. Any queries on TRYSTars during this time please contact: Linda Scott: 9306 9664

Ann Blatchford 9448 4265(h) or 0403 114 677(m) ann@blatchfords.org.uk

JUNIOR NEWS:

This section is specifically for members of North Coast, either Junior or TRYSTars members who are 12 or over and their parents.

SPECIAL ARTICLE THIS WEEK:

Article on how bad Sports Drinks are for your teeth. **PLEASE READ AND TAKE NOTE.** My daughter, Liz, has suffered the consequences of this, so it really does happen, not just adults telling you it happens!!

COMING UP:

- ✓ Friday 8 February . **STATE AQUATHLON CHAMPIONSHIPS** . short and long course race. See details above. Volunteers also needed to assist as North Coast are the organisers for this.
- ✓ Saturday 9 February at 6.30am . Bike ride for 12+ TRYSTars from Hillarys Marina. Ring Ann on 9448 4265 if wish to be part of it. See details below. Parents welcome.
- ✓ Friday 15 February North Coast 9th Aquathlon at Sorrento Surf Club, West Coast Drive, Sorrento. Rego: 6pm. Start: 6.30pm. Must be a member to race.

CITY OF PERTH TRIATHLON

Well done to all who raced at the City of Perth Triathlon. What a HOT DAY!! Hope you were pleased with your results despite the heat. Also well done to all families who helped with registration, marshalling and selling sausage sizzle. A tough day for all.

NAME	RACE/AGEGROUP	SEX	TIME	CATEGORY PLACE
MICHAEL LORI	OLYMPIC/16 - 19	M	2.10.21	3RD
STEVE GLEESON	OLYMPIC/16 . 19	MALE	2.19.30	7TH
CHRISTIAN DIX	OLYMPIC/16 - 19	MALE	2.34.30	10TH
ADELE RICHARDS	OLYMPIC/16 - 19	FEMALE	2.37.12	4TH
JOE KIERATH	JUNIOR/ 16 . 19	MALE	29.09	1ST
CRAIG SCOTT	JUNIOR 14 - 15	MALE	32.15	3RD
JONATHAN FRANKLIN	JUNIOR 14 - 15	MALE	33.11	6TH
JACK KIERATH	JUNIOR 14 - 15	MALE	34.20	8TH
KATHERINE HUMPHRIES	JUNIOR/ 16 . 19	FEMALE	36.44	1ST
MICHA WOODHOUSE	JUNIOR/ 16 . 19	FEMALE	37.27	2ND
JAZ HEDGELAND*	JUNIOR/12 - 13	FEMALE	37.27	2ND
EVA KIERATH	JUNIOR/ 12 - 13	FEMALE	39.26	3RD
GARRY SCOTT	JUNIOR/12 - 13	MALE	39.41	6TH
LUKE POWER	JUNIOR/14 - 15	MALE	41.09	10TH

ADAM MORRIS	JUNIOR/12 - 13	MALE	47.02	9TH
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JUNIOR TRAINING RIDE:

This ride is particularly aimed at North Coast Juniors just starting with their cycling who may not have done much road riding. Parents are encouraged to ride with them and develop their skills with their children. The aim of the ride is to develop riding skills including riding with a group and bike handling, not a fitness training ride as its primary goal. No rider is too slow for this ride, and they need not worry about being able to keep up. The ride is supervised and juniors will be looked after to ensure they arrive back safely. **Please let Ann know if you intend to join this ride.** The ride meets at 6.25am ready to leave at 6.30am. The ride will be out for about an hour. **Juniors riding on this ride must be North Coast members and no younger than 12.** Please ensure you have a spare tube in case of a puncture, plenty of water and your phone. **It is one day off!** (If you are riding at City of Perth give this one a miss and rest up for the next day)

SWIMMING SESSION TUESDAY EVENING AT JOONDALUP

Tuesday evenings at Arena Joondalup from 7pm - 8pm. Swim Coach: James Harris.

ALL JUNIORS WELCOME AT RUNNING AT FLINDERS PARK ON THURSDAYS

Kim Vivian takes the running at Flinders Park on Thursdays at 6pm and juniors are more than welcome to join in. Just let Kim know when you arrive if this is your first time and tell him how old you are, then he can slot you into the appropriate program.

TRI BAR RULE

Some "under14" athletes are using "tribars, profile bars, or clip ons" on their bikes during racing. This equipment is not permitted as defined in the TATC Technical Policy document. I am instructing all officials to enforce this policy and ask Race Director's to assist. There is a sanction and insurance issue if this, like any policy is ignored. It is unfair to the young athletes to have this implemented on race morning. Frank Stapleton, Chairman, Triathlon Australia Technical Committee



How to know you are dating a triathlete

1. He has never been in a car.
2. He seems to collect water bottles.
3. He invites you for a swim at the beach and on the way tells you he wants to carve your initials in an offshore oil rig.
4. He has an unhealthy obsession for climbing stairs.
5. He has named his bike.
6. He can get to work faster on his bike than you can in your car.
7. He has named his bike.
8. He has named his bike.
9. A stair climber is the main piece of furniture in his living room.
10. Dolphins think of him as one of the pod

< [I resolve \(to be the best triathlete I can be\)](#)

<http://www.youtube.com/watch?v=YLHNxHkYJwU>

Golnick's successful Dulce mounting



<http://www.220magazine.com/index.php?page=news&news=38749>

WHAT A FIELD FOR BONITA IRONMAN NEW ZEALAND !

If Cameron Brown is to achieve a world record in becoming the first man to win the same Ironman event seven times, he will have to overcome this talented bunch, along with potentially the best field of home grown talent led by Ironman Canada champion Kieran Doe and three-time Ironman winner Bryan Rhodes.

<http://www.ironmanlive.com/events/ironman/newzealand/ian-heppenstall-reports-on-the-cool-hand-lukes-who-will-test-the-kiwis>

< [Neanderthal man Triathlon \(most northerly triathlon club\)](#)

http://au.youtube.com/watch?v=ijG4Rj4mw_g

< [Ride with more muscle this season : A 12-week plan for monster bike power](#)

By Matt Fitzgerald

http://www.triathletemag.com/Departments/Training/2007/Ride_with_more_muscle_this_season.htm

< [ANDY POTTS : Ironman 70.3 World Championships](#)

<http://www.andypottstri.com/index.html>

< [Tereza Macel checks in new](#)

Written by: [Herbert Krabel](#)

Date: Tue Jan 29 2008

http://www.slowtwitch.com/Interview/Tereza_Macel_checks_in_191.html

< [Science of Cycling:](#)

SPORTS DRINKS GOOD OR BAD

Today, no-one would consider Cola a health drink, yet when it was first released it was advertised as the drink to revitalise mind and body. It is a well known fact that Cola decays teeth and can damage internal organs if taken frequently. No right minded person, who wants to get the best out of their body, would ever consider drinking it regularly as part of their fitness regime. Even Ironmen who drink Cola for the sugar and caffeine boost at the end of a long day would not choose Cola as a mainstay of nutrition through their training.

So accepting that Cola is damaging, it is a concern that in a recent test at the University of Maryland, USA, sports drinks were found to be up to 11 times more damaging to teeth than Cola! Eleven times is a lot of damage. Why is it that sports drinks are so bad for teeth?

1 Sugar Content. All sports drinks contain sugar. Everybody knows that frequent intakes of sugar causes decay. There is also increasing medical evidence that high sugar consumption contributes to diabetes.

2 Acidity. It is the acidity of these drinks which causes most damage to the teeth. The body is designed to run at its best at neutral pH (around 7.0). In the mouth anything below 5.5 starts to erode the enamel. Some of the sports drinks tests had pH values between 2 and 3 i.e. very acidic.

Product	pH
Cola	3.18
7 Up	3.2
Isostar	2.3
Maxim	4.4
Gatorade	3.3

The body produces a natural protection against acid . saliva. Within 20 minutes of having any acid food saliva can bring the pH back up to its normal level. However, the athlete has a double pronged problem in that

- A when training sweat levels increase so saliva levels decrease, the mouth becomes dry and the saliva is less effective
- B during exercise athletes sip frequently to effectively re-hydrate, therefore the mouth does not have time to neutralise pH before a new acid attack

It has long been known that water is by far and away the best drink to rehydrate. However, due to the media and advertising many people have it fixed in their minds that sports drinks are the best. While it is true that salts and minerals are lost in sweat, and the body, does indeed, need these salts and minerals restoring, it only becomes relevant for events that are in the hours, rather than minutes, duration. I strongly recommend that water is the drink of choice for rehydration with nutritional foods, such as bananas used to replace lost salts and minerals. However, if you are going on a long distance bike ride, through Death Valley, or really cannot make yourself drop the security blanket of your sports drink then the following advice will help minimise damage:

- i try not to hold drink in your mouth, or swish like a mouthwash before swallowing.
- ii try to spray or force drink to the back of the mouth missing the teeth
- iii warm drinks have been found to be more erosive than cold
- iv most bikes have two bottle cages. Have sports drink in one bottle and water in the other. After each drink of sports drink, follow this with a drink of water to wash the teeth
- v chug all at once, do not sip and savour
- vi do not rush to brush teeth straight away. Give them time to remineralise first.
- vii Unless in long distance events limit sports drinks to before the race and after the race to recover. It is worth pointing out that it is not the amount of sugar you consume, but the frequency. i.e. 1 litre of sports drink 30 mins before a race, then 1 litre of sports drink 10 minutes after the race, will cause less damage than just 500 ml consumed frequently, in small amounts during a race.

So, yes, this may contradict what you believe. However, is your reliance on such products due to their actual benefits; or does this really indicate how successful the marketers have been in convincing large chunks of society that we really do need to consume vast amounts of energy drink just to get us through the day, or a sporting event.

DO JUNIORS REALLY NEED SPORTS DRINKS?

Absolutely not. OK there are times in a training programme, especially for adults training and competing in endurance events when supplements may be useful. For youths and juniors there is very little evidence to support their use in training and events of less than one hour duration. Much more important is a balanced and healthy diet and good quality sleep, which is very difficult to achieve if the body has consumed high quantities of sugar and caffeine. All serious academic studies (not those funded by multi-national drinks companies) using school children prove the importance of a nutritional, balanced diet for all aspects of health and performance (mental and physical). The evidence also highlights the fact that so called sports drinks are NOT an adequate replacement for good diet. Overwhelming evidence also highlights the link between good general health and good dental health.

Dr Julie Heyes Dentist

Insurance issues and Club Training Rides

Hi everyone

Clarification from Triathlon Australia on the above scenario and how it relates to advertising training rides etc. Basically any training ride or club ride for the purpose of training is not a race and therefore does not require insurance.

Q. What is the purpose of a training ride? A. To improve fitness and skills for a race or event.

Any training ride or training event organised by the club and made available to the club members is okay to be listed on their website provided the athletes diarise/log the training session and that the club does not advertise the results. Participants can obviously time themselves. The sessions are not race or time trials reflecting results.

Dates for your Diary

North Coast Multi Events Calendar 2008						
Date	Day	Time	Event	Location	Type	More Details
February						
8th	Fri	pm	State Aquathlon C/shi	Sorrento	AQA	roblees@bigpond.net.au
15th	Fri	6pm	North Coast Aquathlon 9	Sorrento SLSC	AQA	North Coast Bulletin
23rd	Sat	pm	Meelup	Dunsborough	TRI	http://www.trievents.com.au/
29th	Fri	6pm	North Coast Aquathlon	Sorrento SLSC	AQA	North Coast Bulletin
March						
2nd	Sun	am	Womers Triathlon	Matilda Bay	TRI	http://www.trievents.com.au/
2nd	Sun	am	Albany Classic	Albany	TRI	gcam@adib.com.au
9th	Sun	am	BP/BRW Compe	Langley Park	TRI	http://www.supersprint.com.au/
14th	Fri	6pm	North Coast Aquathlon	Sorrento SLSC	AQA	North Coast Bulletin
15th	Sat	pm	Karri Valley Tri	Pemberton	TRI	http://www.stadiumtriclub.com/
16th	Sun	am	Esperance Classic	Esperance	TRI	terrylanders@bigpond.com
22nd	Sat	5.30am	Death Valley Ride (120	Gidgegannup	TRA	North Coast Bulletin
28th	Fri	6pm	North Coast Aquathlon	Sorrento SLSC	AQA	North Coast Bulletin
30th	Sun	am	Skilled Teams	Fremantle	TRI	sportsperformance@inet.net.au
30th	Sun	am	Goldfields Classic	Kalgoorlie	TRI	secretary@kalgoorlietrclub.com.au
30th	Sun	am	Hillarys Tri	Hillarys	TRI	http://www.trievents.com.au/
April						
6th	Sun	am	Point Walter OD	Point Walter	TRI	sportsperformance@inet.net.au
May						
3rd	Sat	am	Half IM	Busselton	TRI	http://www.trievents.com.au/
OW	Open Water Swim Thru					
AQA	Aquathlon					
TRI	Triathlon					
TRA	North Coast Training Activity					

Notice board

1. Milli Hale was born at 2023 hrs on Sunday 20th January 2008 weighing 7lb...Only 1 day late....a personal Ironman at 16 hours of labour!!

Love to everyone see you at the pool in 6 weeks when I'm healed!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Clare & Mick Hale



2. **For Sale** KÁ P [| c @ FAS [T B A N e Á % œ á ã ^ • Á | æ & ^ Á yours for only \$60.00. (Half price and only worn twice) Contact Hayley Norton 0404 079 486.

3. **FOR SALE: Trek Madone SL 5.9 full Carbon 110 OCLV - 52cm.** Ridden for one season (short course triathlon) by lightweight female. Well looked after, regularly serviced.

- Project One Custom Paint Job (blue and white flame - see pic)
- Durace 10 speed (53/39) and (12/25)
- Bontrager Race X Lite Saddle
- Bontrager Race Lite Wheels
- Bontrager Race X Lite Carbon Seat post
- Bontrager Race X Lite Carbon Handle bars
- Bontrager Race XXX Lite Carbon Head stem
- Bontrager Race X Lite Carbon Cranks

RRP over \$8000 AUD - **FOR SALE FOR \$4000 or best price** Ëmake me an offer! Australia wide postage can be arranged. Call Liz on 0412682155.



4. **FOR SALE: Bontrager Aeolus 5.0 Carbon Race Wheels - Tubular**

Never been used - (still in plastic!) . see pic), never had a tire glued on. Also includes titanium skewers, valve extenders and wheel bag. These are top of the line super lightweight, aero race wheels. RRP over \$2750AUD

FOR SALE FOR **\$1750 ONO** Australia wide postage can be arranged. Call Liz on 0412682155.



5. **FOR SALE: Sale Zipp 303s Wheel set**
 carbon race wheels. (No pic)
 For sale for **\$1200 ONO** Australia wide postage can be arranged. Call Liz on 0412682155

6. **New Club Water bottles** are now available \$7.00 each or 3 for \$20 great little stocking fillers will be available at the Christmas Aquathlon.



7. **Race Number Belts For Sale:** \$15.00 fully adjustable in length, Toggles hold number on. Phone Kim 0419 025 881

(Please send any news, information, items for sale etc to nortondo@bigpond.com if you would like it posted on this electronic mail forum)

*******On going Posts*******

Youth Focus Movie Night



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Mystery Movie

February 16
 22 Hermes Road
 Gooseberry Hill
 6pm onward

Dean and a gaggle of mad mat are riding from Albany to Perth in April 2008 to raise funds for the prevention of youth suicide in Western Australia. SOOOOO,

this is a fundraising event for Youth Focus, an organisation that provides services for people and their families, who are showing early signs of suicide, depression and mental health issues. Therefore we invite you to bring yourself, family and friends to sit on our lawn, gaze at the night sky, enjoy the sights and sounds for this cause and generally have a great time.

BYO:

- < Picnic dinner and drinks
- < Rugs & Pillow/Chairs
- < Friends, family, children, & Donations

* Coffee & Icecreams will be available at intermission

Please feel free to call 94545450, Samantha or Dean for any additional information

North Coast Club members wanting to go as a group, please contact Ed Scott on 0408 956 886 if interested

NCTC State School's Team Junior Fundraiser.

Games Night

Date: 8th March 2008

Time: Doors open 7.00pm start 7.30 pm

Where: Hamersley Rec Centre Belvedere Road Hamersley

Tickets: \$10.00 per ticket tables of 8

Alcohol / Soft drinks for sale

BYO nibbles

Heaps of prizes

Raffle tickets

This event was sold out last year so make sure you buy your tickets early

Ticket sales phone Lyndsay Richards 93078568 or 0405128568

Outstanding Achievement Award

North Coast Triathlon Club Outstanding Achievement Award

Purpose: The purpose of this award is to formally recognize any individuals who have achieved outstanding success in a World Class triathlon event during the current season. This award is independent of the Club Triathlete of the Year; hence it is possible that the same person could win the award.

Eligibility Criteria: The recipient of the award must be an active member of North Coast Triathlon Club. This can be achieved by complying with one or more of the following criteria:

- < Represent North Coast Triathlon Club at the Interclub Championships in Mandurah.
- < Compete in the Max Grieve Run in the category that is appropriate of their age.
- < Compete in at least 5 club Aquathlons during the season.

Selection Criteria: The recipient of the award must be an active member of North Coast Triathlon Club. This can be achieved by complying with one or more of the following criteria:

1. Finishing in the top 10% of the competitors in their category at any of the following World Championship events:
 - < ITU Olympic Distance World Championships
 - < ITU Long Course World Championships
 - < ITU Duathlon World Championships
 - < WTC Hawaiian Ironman World Championships
 - < WTC 70.3 World Championships
2. Finishing in the top 3 competitors in their category at the National Schools Championships (for juniors).
3. Finishing in the top 5% of the competitors in their category at any event which is deemed World Class by the NCTC committee. Examples of appropriate events are as follows:
 - < WTC Ironman Events with 50 or more Hawaii qualifying slots.
 - < Other events with a qualifying criteria based on results (such as Escape from Alcatraz Triathlon in USA).

Notification: Due to the number of events in different parts of the World that fall within the criteria for this award, it is impossible for the Committee to monitor the results of all eligible races. Therefore please notify the Club Captain if you believe you have satisfied the criteria. Results can be verified and approved by the Committee.

Are you interested in a mentoring program?

To all members of North Coast, the committee is investigating whether there is a need for a mentoring programme. If you are a newbie or just training for a new triathlon distance and would like some advice and help, let us know. We are looking to gauge whether there is a need to start an informal mentoring programme for all interested members. If there is a need, we hope to match such mentees with a club mentor who will help you to identify goals, comment on a training schedule, answer your questions and generally provide support from the experience gained by the mentor. You can make as little or as much of the relationship and it can be as informal as communicating via email. This hopefully will steer you towards a successful and rewarding triathlon experience with your Club.

We would also like to hear from the members who have done the hard yards and made the mistakes ...who can impart those pearls of wisdom. So if you are interested in being a mentor, please get in touch with John Cooke at johncooke@oztraiia.com or call 0423 977 081/92753621 after 7pm.

The NCTC Mentor Program is for North Coast members only.

Prime Time - Half Ironman Training Squad for Women



Prime Time Half Ironman Training Squad
APPLICATION FORM

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Is this your first Half Ironman event? YES / NO

Please indicate sessions you wish to attend below

- Monday : Swim 11-12am (Beatty Park ~~E~~ this session still to be confirmed and will depend on numbers)
- Tuesday: Brick 5.45-7.00am (Alderbury reserve Perry lakes Floreat)
- Tuesday : Swim 7-8pm (Beatty Park aquatic centre)
- Thursday : Cycle ~~E~~ 5.30-7.00am (Riders Choice Leederville)
- Friday: Open Water Swim 6.30am (Cottesloe Beach)
- Saturday: Long Ride 6am (Riders Choice Leederville)
- Sunday: Long Run 7am Leighton Beach

Program may change from time to time to fit in events

Optional Extras

- Thursday Track session: \$3.00 per session
- Sunday Ocean Swim after run session around 8.30am (no charge)
- NB: pool entries not included * entry fee \$4.00

Fees Payable (please circle your option)

1 session per week	\$60
2 sessions per week	\$120
3 sessions per week	\$180
4 sessions per week	\$ 220
5 sessions per week	\$270
6 sessions per week	\$300

Squad shirts and cycle jerseys will be available later in course

Please make cheques payable to Robyn Scott
Post to Prime Time c/o 112a Northwood Street WEST LEEDERVILLE 6007

Application close Friday 18th January

Declaration

On acceptance of my application to participate in the Prime Time training program

1. I agree to comply with instructions and rules issued by the coaches
2. I consent to receive any medical treatment deemed necessary by the coaches during participation in the training sessions
3. I acknowledge that I have sole responsibility for my personal possessions and equipment used during the training sessions
4. I agree to have my bike mechanically checked and in good working order for all training sessions.
5. I attest and verify that I am physically fit to take on the training program and have no physical or intellectual impairment that may make my participation hazardous to me or others in the group
6. I hereby personally or for my executors, heirs and administrators release and forever discharge the organisers and coaches from all claims, damages, actions whatsoever in any manner arising from y participation in the training group

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Comments on your current fitness level and goal for the Half Ironman

AA
AA

Do you have any current or recent injuries or medical conditions which may affect your participation in activities? Please explain.

AA
AA

HALF IRONMAN TRAINING COURSE REFUND POLICY

A full refund (less \$5 admin. fee) will be given if you withdraw prior to the application closing date.

A \$20 fee will apply if you withdraw after closing date but prior to the start of the course.

If you withdraw within the first 3 weeks of the course 50% refund will be given but only upon receipt of a doctor's certificate. You are advised to take out your own personal accident insurance if you are not a member of TWA (Triathlon Western Australia).

Bikes must be mechanically sound and helmets must be Australian Standard approved. You will not be permitted to take part in the cycle if a coach deems your bike to be unroadworthy. If you are in doubt take your bike to your local bike shop for a safety check.

This newsletter is also your voice

All members are encouraged to use this Bulletin as a forum to voice your opinions/ have your say about anything Triathlon. We would love some human interest stories and it would also be nice to keep the photo gallery section going. So PLEASE have your say and be heard through club@northcoasttriclub.org.au

Club Yearbook 2006/7 available on Club Website

CLUB YEARBOOK. For a summary of all Club activities including full event/series results, Club records, membership register and office bearers for the season 2006/07 - the yearbook can be read on the Club website by clicking <http://www.northcoasttriclub.org.au/archives.html>

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 with the following details: Club Yearbook 2006/7, Hillarys WA 6923.

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.html>

Club Training sessions and group Rides

Saturday ride

Al Nicolls runs group rides from his shop at 6am (start) on Saturdays. These rides will be around 2hrs & will include some intervals. **5 @ 6g 7 mW Y Shop 8, 9 Caridean St Heathridge**



Development Rides

For those who have just joined the club and/or who do not feel ready to tackle the group rides out of the Club the following rides are 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, lights now it is getting darker in the mornings and of course plenty of water. All these rides are for about an hour.

Development Rides This is a group ride for those who find some of the other rides a little 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 6.00am out of the Whitfords Bottle shop (East of the shopping centre). Leader: Dave Norton. **V @ 6.00am - 7.00am** 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.

Running Training

6pm at Flinders Reserve, Broadbeach Blvd, Hillarys.

This is a free session that caters for all running abilities, so even if you struggle to run 1km you are still welcome to attend. The sessions are conducted on a 400m grass track and they are designed to challenge all runners, with different programs being set for different running abilities.

So come along and challenge yourself while having a lot of fun and meeting other club members. See you at the track next week.

Cheers
Kim Vivian (Club Captain)

Swim Training

[Swimming now also on Friday mornings @ Arena](#)

Coach	James Harris
Time	7.30am to 8.30 am
Day	Fridays
Cost	\$7.00 (plus pool entry)
Place	Arena Joondalup

James Harris other swim session is on Tuesday nights. duration is from 7pm . 8pm and coaching fee remains at \$7.00 per session (pool entry not included).

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>

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 receive cancellation advice earlier.

David Norton

This Newsletter is sponsored by Building Hire Pty Ltd.

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