



## **PRESIDENTS REPORT 2008 – 2009 SEASON.**

This has been my first year as President of North Coast Triathlon Club and I would like to extend a big thank for the support offered by so many within the club.

I am constantly reminded that the Club is more than a mail box number, or a name on paper. The Club is an intangible living thing made up of people who meet regularly to train, socialise, compete and organise activities. The spirit of the club is one of friendship and inclusion of all abilities and age groups. A spirit which is evidenced every week at the coffee shop after Saturday rides, at Aquathlons and social events.

If people are the measure of a club then we are indeed very successful club. The 08-09 season saw N.C.T.C. break its record for membership, cracking the 400 mark. Officially with TryStars, Juniors and Seniors we had a membership of 408 at the end of season.

N.C.T.C. tasted quantifiable success also during the year. Members of N.C.T.C. acquired the most points of any club in the state during the T.W.A. Triathlete of the year point's series. As such N.C.T.C. was awarded the coveted **Champion Club for 2008 – 2009** trophy at the T.W.A. end of presentation dinner.

Your committee members were Robert Lees, Mark Hoffmann, Julie Saunders, Denice Rice, Kim Tyler-Lees, Kim Vivian, Tom Houston, John Cooke, Roberta Lori, Dave Norton, Sarah Jane Brummage and Greg Macintosh.

During the course of the year there are many activities that make up the life of the club. In the paragraphs following, I will briefly touch on those activities that define us as a club.

### **Aquathlon Series**

We ran our Summer Aquathlon series of races at Sorrento Surf Club on alternating Friday nights during summer. Once again good numbers turned up every week to compete or just socialise. Parents of the State Schools team ran the BBQ as a fund raiser and provided us with sustenance.

The success of these events is due to two major contributors.

Firstly our life member and club stalwart Eddy Girvan, who with the aid of his supportive wife Lynn organise and run the events for us.

Secondly Sorrento Surf Life Saving Club who provide us with water safety, toilets and showers and let us use the courtyard for presentations. We make a modest contribution toward the water safety to help S.S.L.S.C. in fund raising. However we rely on their generosity to make these events viable for the club. This series of races is a great way for new club members who may feel on the fringe to meet fellow members and develop friendships and training partners. So if you haven't done so, please come on down, say hello and have a splash and dash.

### **State Aquathlon Championships**

For the third consecutive year N.C.T.C. hosted the State Aquathlon Championships at Sorrento.

Once again this event proved to be successful and went off without a hitch, thanks to a veritable army of volunteers. Previously this event had languished on the T.W.A. calendar and eventually died due to lack of interest. However thanks to N.C.T.C. and S.S.L.S.C. it now appears to be a viable event that has found a new home. We will be back to do it all again on Friday the 8<sup>th</sup> of January 2010.

### **Sorrento Challenge**

The initiative for this race has come from S.S.L.S.C. and is run in conjunction with N.C.T.C.

It is an adventure race involving swimming, kayaking and running, as an individual or as a team. These disciplines fit well into both the Surf Club and Triathlon Clubs cultures. This year's race was the second running of the event. This race not only challenged the competitors but also the valiant organisers who had to change the venue with less than a week to go. For those that don't remember, a whale beached itself on our course ten days prior to the event. It took sometime to remove the carcass, and with sharks circling the hard decision to move was made.

Congratulations to the organisers for pulling it off and thanks to Mullaloo Surf Club for giving us a new venue. This event has proved to be a good fund raiser for both clubs. We look forward to a successful event again next season.

### **Women in Triathlon**

Maria MacNeil and her loyal band of volunteers put on a training course especially for women, as an introduction to the sport. The course culminates with a race and is tailored towards novices, in a supportive environment. Congratulations to all the ladies who completed the course and can now proudly call themselves Triathletes.

### **Communications**

Club historian, Life Member and major contributor – Dave Norton continues to publish the weekly newsletter "What's happening" via email to all current members. Dave and his band of contributors provide an invaluable service for the club. As always Dave we are indebted.

A brand new initiative from Debra Kirkham who has started off the N.C.T.C. Facebook page. This enables club members to discuss current issues, organise training or just chat. I look forward to see how this develops in the future.

### **Half Ironman Training**

Chris Limb, a senior competitor with a vast experience in Half Ironman and full Ironman racing has freely given his time to take a group of novice Half Ironman competitors through a structured 16 week training programme, culminating in the race in May. This appears to have been very successful and I hope to entice Chris to run this programme again. Chris's coaching is purely on a volunteer basis and he receives no financial reward. Thanks Chris for a great contribution.

### **School Sports Team**

Junior members from our club qualified for the State Schools team and competed in Tasmania in the national schools competition.

Team members are as follows (Sam Zehnder, James Truscott, Kim Hallett, Rachel Truscott, Kenji Nener, Craig Scott, Jack Thrum, Jack Neary, Elle Waterman, Heidi Krause, Jack Kierath, Reserves - Tiffany Illingworth, Garry Scott, Stephanie Mc coach)

Parents of these juniors did a fantastic job in fund raising to subsidise the cost of sending kids to the event. Chances are if you raced this season you were registered by or handed water by a N.C.T.C. member.

### **Juniors**

TryStars continues to grow under the watchful eye of Ann Blatchford and her lieutenant Jodie Knierum. If these kids are the future of our sport, then judging by the number of kids and parent helpers, participating on Friday nights. Then the future looks bright.

The club has taken steps to develop a structured training programme for all juniors. The success of this programme is largely due to two factors. Firstly the City of Joondalup has given us a grant that runs for two

years and has given us financial resources to fund training programmes and coaches. Secondly our Vice President Mark Hoffmann has devoted a lot of time to the development and administration of the programmes. Mark is aided by a dedicated sub-committee for junior development.

The club fielded two teams of Juniors in the cyclo sportif, cycling series. The kids have boded together and ridden well and we wish them every success in coming events.

### **Sponsors**

Our sponsors not only provide money but valuable resources and manpower that enable us as a club to provide the membership with events and services. On behalf of our membership I extend a very large thank you to the following people and organizations.

- Al & Suzie Nicholls - Al's Cycle Surgery, Training rides, member discounts, spot prizes.
- Wade Kelly – Maaxx Marketing – Web site administration.
- Tom Houston - Central Metals – Financial sponsor.
- Sports Fever – State Aquathlon Prizes.
- Dave Norton – Building Hire – weekly newsletter.
- Sorrento Surf Life Saving Club – Event staging and support.
- City of Joondalup – Grant to enable junior coaching programmes.

### **Club Person of the Year 2009**

During the year the committee votes, for Club Members and Supporters who through their efforts enable the Club to provide events, training and social activities for the betterment of all members. Nominees don't need to be competitors, just simply active members. The voting is also thrown open to the general membership for their input. The votes are then tallied, and the highest vote getter is rewarded as the Club Person of the Year. Traditionally the Club Person of the Year is a huge contributor to the betterment of the club and as such this trophy carries the respect and gratitude of the whole club.

Good to see so many people recognised for their contributions throughout the year. The nominees cover a wide range of activities including, coaches, TryStar organisers, Fund raisers, Committee members, Volunteers. It is also particularly pleasing to see Spouses recognised for the valuable support they provide to their better halves (thank you Mike Blatchford and Lynn Girvan)

The following people received votes this year. (Alphabetical order)

Ann Blatchford, Mike Blatchford, Sarah-Jane Brummage, Edgar Coello, Tracey Edwards, Eddy Girvan, Lynn Girvan, Elaine Highfield, Mark Hoffmann, Tom Houston, Jodie Knierum, Chris Limb, Roberta Lori, Maria McNeil, Al Nicholls, Dave Norton, Julie Saunders, Linda Scott, Kay Smith, Barry Silverlock, Kim Tyler-Lees, Kim Vivian.

And the winner for 2009 on a close count was Kim Tyler Lees.

### **Summary**

It has been another strong year of growth and competitive success for the club. Aided by a dedicated band of volunteers, coaches, committee members and parent helpers, N.C.T.C. has been able to deliver to its membership races, services and activities throughout the year.

I look forward to serving the membership in the coming years as the club continues to grow and prosper.

Rob Lees

President North Coast Tri Club.