

2022 / 2023 YEAR BOOK

SWIM

BIKE

RUN

FUN



NORTH COAST TRIATHLON CLUB

Established in 1994, North Coast Tri Club boasts one of the largest memberships in the triathlon community of WA.

We are an inclusive, family orientated club that celebrates the diversity of ability and age in our sport. We offer a number of coached training sessions, catering for a broad range of athletes.



PRODUCED AND EDITED BY NORTH COAST TRIATHLON CLUB



CONTENTS

1. Founding Members
2. Life Members
3. Board
4. President's Message
5. Membership
6. Coaches & Coordinators
7. Club Awards
8. Triathlon WA Awards
9. Juniors
10. TRYstars
11. Aquathlon
12. Men in Triathlon (MIT)
13. Women in Triathlon (WIT)
14. Race Reports
 - a. Bill Lakic - Busso100
 - b. Phil Albert - Karri Valley
 - c. Staffordshire 70.3 - Amy Hickman
 - d. Fiona Longden - Road to Kona
15. Highlights
 - NCTC Surf2Surf
 - Esky Run
 - Boxing Day Burns Beach Ride.

Thank you for taking the time to read our Year Book, please excuse any typos and/or abbreviations.

We have done our best to provide an accurate record.

If you can see any discrepancies that need rectifying, please let us know.



SEASON 2022 / 2023 COMMITTEE

SEASON 2022 / 2023

FOUNDING MEMBERS

- Rob Barnes
- Graham Blyth
- Rob Dains
- Stuart Durham
- Rick Field
- Max Greive
- Peter Hall
- Glenn Hollows
- Chris Letts
- Wayne McIntosh
- John Sullivan
- Paul McSweeney
- Cynthia Starting

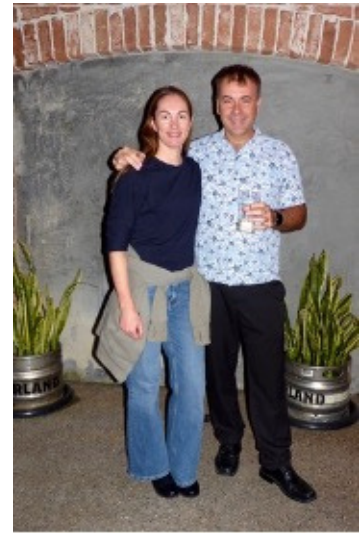
LIFE MEMBERS

- Ann Blatchford
- Eddy Girvan
- Max Greive
- Peter Hall
- Mark Hoffman
- Rob Lees
- David Martin
- David Norton
- David Rogers
- Sue Scott
- Barry Silverlock
- Kim Vivan
- Loretta Wesley
- Bill Whalley
- Craig Wright

BOARD MEMBERS

- Kirstine Roberts (retired mid-term)
- Craig Wright
- Robert Hall
- Julia Gobbert
- Eric Glenn
- Christian Sailor
- Bill Lakic
- Lucky Phil Monks (appointed mid-season)
- Caitlin Hughes (retiring 2023)
- Shari Livingston (retired mid-term)

THE PRESIDENT



As we close out the 2022/23 season in one of the wettest winters in a long time, we look forward to the warmer days, ramping up our training and getting ready for the new season ahead. Looking back over the last year, we complete another very successful year at North Coast Tri Club! Our club values focus on inclusivity, support and a sense of belonging, and as the largest triathlon club in WA, our members, coaches and committee do us all proud to support this vision.

We have had some unexpected changes in the committee throughout the year. Early in the season, Kirstine Roberts had to step down as club president due to family commitments back in the UK, and we sincerely thank Kirstine for her commitment to the leadership role and the club in recent years! Work and study commitments also led to Shari, Eric and Caitlin wrapping up their committee roles earlier than they had expected, and we also thank them for their valued input to the club. We have elected in replacement committee members in recent months - Phil Monks, Julie Pham, and Mandy Hulbert - adding to the existing team that includes Julia Gobbert, Bill Lakic, Christian Sailer, Robert Hall, and myself. Another great committee team moving forward!

We have maintained an extensive calendar of training and coached sessions, including Monday and Wednesday evening swims, group rides on Tuesday, Thursday and Saturday mornings, run training on Tuesday and Thursday evenings, and open water swim sessions on Friday mornings across summer. The Sunday morning group runs have also extended into trail running and duathlon sessions over the winter season.

THE PRESIDENT

Our club again delivered a great range of programs including the Women's Introduction to Triathlon (WIT), TRYstars and Junior programs. The Men's Introduction to Triathlon (MIT), whilst taking a pause last season due to low numbers, is again scheduled for the coming season.

NCTC remained very well represented at all major events in WA, including the Busselton Ironman and 70.3 (Half Ironman) in December, plus the Busso100 in May. Both events included large numbers of NCTC competitors and supporters at the club alley tents. The Mandurah Interclubs Race and many of the club races around Perth across the season also saw NCTC out in force.

Our own club events continued to thrive, including the annual Lancelin Ride, the Max Greive Run, our Aquathlon Series, Twilight runs, Boxing Day Ride, the summer Esky Run, and the Surf to Surf coastal run.

All of our club activities and events are run by volunteers, fellow members who step in to help make our club successful, and we thank you all for your hard work and contributions across the year.

NCTC were fortunate to receive two club based awards from TWA at the end of season annual awards ceremony this year:

North Metro Interclub Series Champion – most points from all North Metro Cubs in the TWA interclub series

Champion Club – most points across all WA clubs in the Triathlete of the Year series

As we wrapped up last season, we had another great function at the Whitfords Brewery Sky Deck to celebrate our clubs year and club award winners. Stayed tuned for an exciting new coastal venue for next years end of season function! We start the new season with our Season Launch function – coming up very soon.

We are proud of the success of every single member, however big or small, and on behalf of the board of North Coast Triathlon Club, a huge thank you for being part of our amazing club. We move into the new season excited to do it all again!

Craig Wright
President

MEMBERSHIP



Triathlon WA provides you access to clubs, coaches, events and racing opportunities across Australia, as well as cover while you are training and racing, depending on your chosen membership package.

Being a NCTC member means you are able to attend all of our Club events plus club training and be a part of the best club! Be sure to identify as a NCTC member when registering for events as this means points for the club towards each event's trophy, the end-of-season TWA awards, and points for yourself towards TWA's Triathlete of the Year awards.

We look back on a highly successful year for all our members. Many North Coasters represented our club locally, interstate and internationally. It was great to see everyone, from first-timers, to teams, to our elite members, giving it their all on the course. So inspiring! The North Coast colours were electric at each race. Wearing our club kit makes it easy for your supporters to pick you out in a crowd and you look good in photos too.

Our group training sessions continue to help members achieve their own personal goals.

A special thank you to our life members who continue to assist the club and mentor us along our triathlon journey.

Membership is the cornerstone of our club and we thank everyone who has re-joined for this upcoming season and if you haven't as yet, there is still plenty of time!

It has been a brilliant swim, ride and run with you all. This upcoming season is as exciting as ever. Visit our website for the season 2023-2024 calendar of events.

Dust off the wet suit, pump up the tyres, charge the lights, laces on – Let's go!!!!

COACHES & COORDINATORS

North Coast continues to provide a full calendar of training sessions all year round for our members. These sessions cater for a wide range of training levels from beginner through to the seasoned triathlete taking on their next Ironman or 70.3 (Half Ironman) race.

We are very appreciative of all our coaches and coordinators who have contributed this past year, including:

- Andrew Ridley
- Brad Kaye
- Janine Kaye
- Mez Douglas
- Kevin Chua
- Robyn Scott
- Ross Skelton
- Russell Fitzgerald
- Mel McCann
- Verity Bignell
- Sue Scott
- Andrew Ridley

CO-ORDINATORS

- Liza Joubert
- Rob Hall
- Christian Sailor
- Jez Evans

CYCLING

Cycling sessions are typically non-coached events, leaving from Sorrento Surf Club on Tuesday, Thursday and Saturday mornings. The Saturday ride distances do become longer around the Busselton Ironman & 70.3 (Half Ironman) in December and the Busso100 in late April / early May, but there are always shorter options for members not targeting these races.

Rides are coordinated by volunteer Ride Captains. Christian Sailor and Jez Evans took the reins this year with regular route planning of the Saturday ride. We split into A, B & C groups on a Saturday when the attendance is highest, with the C group including a tail end sweeper. In Winter riders organise themselves, weather permitting.

We also continued with a coached Saturday ride this year. Coached by Kevin Chua, this session has been popular with emerging Juniors and new members who have recently completed their introductory WIT or MIT course.



ANNUAL 'TOUR DE LANCELIN' CHARITY CYCLE
HALF WAY POINT AT WILLOWBROOK FARM



RUNNING



We offer 2 coached run sessions all year round. The Tuesday evening session is led by Janine Kay and the Thursday evening session is led by Russell Fitzgerald and Ross Skelton. Both sessions are mixed pace interval run sessions and cater for both seniors and juniors, noting that although Janine runs a successful junior-focused training program, seniors do also attend the Tuesday session. Most triathlon training programs only require one interval session per week, and we provide the flexibility to attend two sessions on different days to suit member availability.

We also have an uncoached social Sunday morning long run coordinated by Rob Hall, starting from Sorrento Surf Club and heading north or south along the coastal paths. During the summer months, this run distance progressively increases as Ironman, 70.3 (Half Ironman) and Busso100 events approach, and is often followed by an ocean swim. Members are invited to choose their own time and distance depending upon their own training plan. During winter we have taken members trail running at various locations around Perth, as a lot of members jump into the trail running scene at this time of year.

A revived Duathlon consisting of 5km run, 20km cycle and 2.5km will be trialled this Winter to vary the off-season training and socialising. Starting and finishing in the Whitfords Nodes carpark, with drinks, snacks and coffee afterwards, the Duathlon will be a great way to vary group activities in the colder months.



SWIMMING

We offer 2 coached swim sessions per week at Craigie Pool on a Monday and a Wednesday night. Brad Kaye usually takes the Monday night squad while Mez Douglas and Sue Scott have been alternating on Wednesday nights. Sessions have been well attended, even during the winter months, and the swim sets also build into Ironman, 70.3 (Half Ironman) and Busso100 race days. We have also continued the summer Open Water Swim session on a Friday morning, coached by Andrew Ridley from Sorrento Surf Lifesaving Club.

This session has also been popular for members building up to Ironman and Busso100 races and has included tips for sighting markers during OWS. Occasionally, if Willy Weather predicts unfavourable conditions, the Friday morning session moves to Hillary's Marina. "Wetsuit Wednesday", a small group aimed at introducing WIT participants to OWS, has continued with and without wetsuits for most of the year. Feedback from new members indicates this location is necessary for many to transition from the pool to the vast open water environment.

A special mention must be made to the North Coasters who did the annual swim to Rottneest Island.

All of our sessions have been well attended all year round, which is a credit to the level of service provided by our coaches and other volunteers who assist with the non-coached sessions. On behalf of all NCTC members and the Committee, thank you!



SOME OF OUR COACHES AND CO-ORDINATORS



Janine Kaye



Andrew Ridley



Kevin Chua



Brad Kaye



Mel McCann



Robyn Scott



Verity Bignell



Sue Scott



Rob Hall



Mez Douglas



Ross Skelton



Russel Fitzgerald

CLUB AWARDS

CLUB PERSON OF THE YEAR FIONA LONGDEN

The club person of the year is the member or supporter who has been the most involved in club activities – competition and/or in other areas, for the current season.

This person gives their time generously in the cause of ensuring the smooth running of events and functions, and has the interests of all members at heart – often at the expense of their own.

This person does not have to be a competitive member, or even a member. Family of a member, involved as a keen supporter and helper in our activities, would also qualify for this prestigious award.

See Fiona's story in the Race Reports section.



PRESIDENT'S AWARD DAVE CLARK



The recipient of this award is recognised and acknowledged by the Club President.

Awarded to a member who contributes significantly to the club and its activities by way of their generous background assistance to the organisation of events and activities.

KERRY WATTS ENDURANCE AWARD NICK THOMAS

Several members have suffered injuries and illness this year. We applaud them all for their resilience and ability to “get back on the bike”. Well done to you all, however we have had to decide on one winner.



The criteria to be nominated for this award include:

- bouncing back after injury and adversity,
- smiling graciously when asked for the one hundredth time “how are you ?”
- also smiling when asked “how is your bike?”
- continuing to wear the ripped and torn club kit like a badge of glory, and a symbol of toughness and resilience personified in Pedal Mafia synthetic fibre, and
- showing up week after week to answer all those questions again.

If this award was for the most colourful leg coverings, Nick would win hands down. If this award was for landing hands down, he would also win, hands down. He has the scars to prove it.

So determined was Nick to conquer the purveyor of his “downfall”, that he returned to the scene, found the stick that stuck in the spokes and now has it mounted at home so he can stare it down in a twisted game of chicken.

If there was a monetary prize attached to this award it has been suggested Nick use it to have the exposed area on his shoulder blade tattooed with an outline of the torn cycle top. However there are no dollars, only kudos.

CLUB AWARDS

SENIOR TRIATHLETE OF THE YEAR

MALE: **Phil Albert**

FEMALE: **Aleisha Wesley**



SENIOR ENCOURAGEMENT AWARD

MALE: **Ray Dredge**

FEMALE: **Caris Gillespie**



JUNIOR TRIATHLETE OF THE YEAR

MALE: **Connor Richards**

FEMALE: **Bridie Crew**

JUNIOR ENCOURAGEMENT AWARD

JUNIOR MALE: **Luke Williams**

JUNIOR FEMALE: **Meg MacPherson**



CLUB AWARDS

AQUATHLON SERIES - MALE

1. Noah Skelton
2. Phil Buckingham
3. Phil Corrick

AQUATHLON SERIES - FEMALE

1. Kay Cook
2. Emma Baldwin
3. Lauren Michael

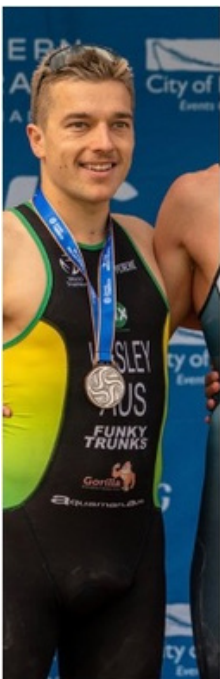


MAX GREIVE 10KM BIG CHAIN RING TROPHY

MALE: Kurt Wesley
FEMALE: Sue Scott

MAX GREIVE 5KM BIG CHAIN RING TROPHY

MALE: Greg Johnson
FEMALE: Petra Jerejian



TRIATHLON WA AWARDS

NORTH COAST TRIATHLON CLUB

We as a club were fortunate to receive two awards:

- **North Metro Interclub Series Champion** – most points from all North Metro Cubs in the TWA interclub series
- **Champion Club** – most points across all WA clubs in the Triathlete of the Year series



TRIATHLON WA AWARDS

Age Group Triathlete of the Year Awards

Awards are presented to the three highest point scoring male and female athletes in each senior age group. An athlete's best seven (7) results from the State Series events will be considered.

TWA INDIVIDUAL PERFORMANCE OF THE YEAR – KURT WESLEY

12-13 Years Male: Luke Williams (1st)
14-15 Years Male: Will Cramsie & Thor Sultana (1st and 2nd)
16-19 Years Female: Erin Driscoll & Bridie Crew (1st and 2nd)
20-24 Years Male: Jaxon Bilchuris (2nd)
30-34 Years Male: Rhys Williams (1st)
35-39 Years Male: Phillip Albert (2nd)
40-44 Years Male: Andrew Malatois & Daniel Wedge (1st and 2nd)
55-59 Years Male: Lucky Phil Monks (2nd)
60-64 Years Male: Barry Silverlock (2nd)
Open Female: Aleisha Wesley (1st)
20-24 Years Female: Abbie Crew (2nd)
50-54 Years Female: Lisa Hitchcock (3rd)
55-59 Years Female: Sue Scott (3rd)
70-74 Years Female: Ann Blatchford (2nd)



**Joondalup Autumn Classic 2023
Mullaloo Beach
Club Challenge
CHAMPIONS**

JUNIORS

NCTC JUNIOR TRIATHLETE OF THE YEAR - MALE: Will Cramsie

Will's continued development in triathlon is a testament to both his natural abilities, and the dedication and consistency he puts into his training. After a strong start to the season with auto qualification into the School Sport State Team, he went on to dominate the TWA 14-15 year old Triathlete of the Year series. His passion and determination are wonderful to watch as he continues to thrive and grow in our sport. Will has a bright future ahead of him.

NCTC JUNIOR TRIATHLETE OF THE YEAR - FEMALE: Erin Driscoll

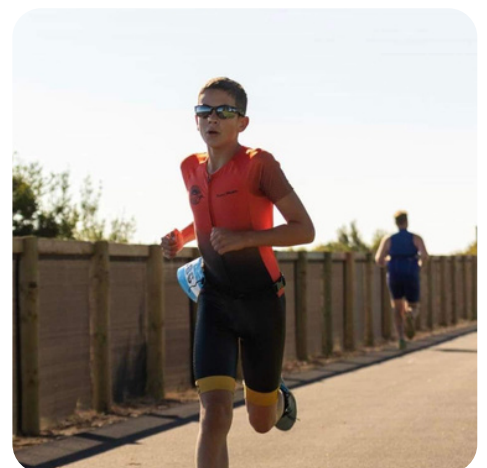
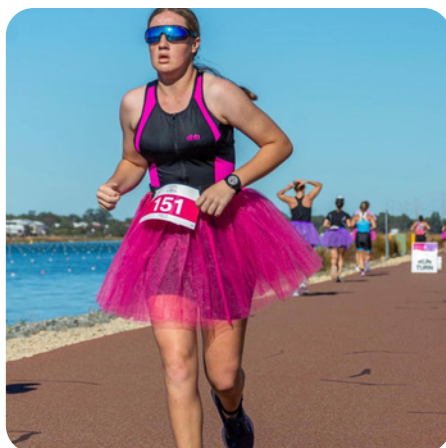
Erin has continued to develop her fitness, strength and skills in triathlon while juggling her Year 12 studies. She remains committed to training, and as a result of all her hard work, she featured on the top step of almost every local race she competed in this year. Her natural leadership skills, along with her considerate and dedicated nature, resulted in her being selected for the School Sport State Team and also named Captain. She had a positive and successful season, coming first in the 16-19 year TWA triathlete of the year series.

NCTC JUNIOR ENCOURAGEMENT AWARD FEMALE - Megan MacPherson

Megan is relatively new to triathlon and has come a long way in a short space of time. She has made significant improvements in all aspects of triathlon and her hard work has allowed her to strengthen her performances across all three legs during the year. This resulted in some very exciting racing with some of WA's top junior athletes in her age group and saw her selected for the school sport State team; her first national trip!

NCTC JUNIOR ENCOURAGEMENT AWARD - MALE: Luke Williams

Luke has continued to grow and flourish as a triathlete and had another successful season seeing him selected for the School Sport State team, smashing nationals to finish a very impressive 4th overall! He also won every race in the TWA state series that he competed in to take out first place in the TWA Triathlete of the year series in 12-13 year-olds.



Catering for our 7 - 12 Year Olds

The North Coast TRYstars is one of the earliest and most established kids' triathlon programs Australia wide.

Our 8-week TRYstars program commenced this season with gusto, coordinated by Christian Sailor, and was coached for the first time by coach Liam McCoach. Every Friday afternoon our youngest ones gave the best of themselves alternating between open water beach swimming, cycling, running, and transition sessions.

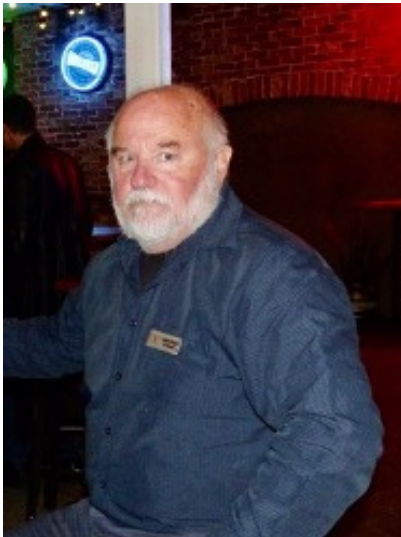
This year, we were unable to secure our usual venue, so a Whitfords Nodes / Pinnaroo Point course was organised providing an opportunity for our TRYstars to show how hard they had worked across the course. We are excited to be welcoming a new coach for our younger aspiring triathletes next season. Watch for news on that front early in the season.

Due to unprecedented demand we are able to offer the next TRYstars course, beginning Friday 20th October. Coach Madison Toovey will bring youth and experience to the role. Looking forward to welcoming a new batch of young members to the club.



AQUATHLON

EDDY GIRVAN
RACE DIRECTOR
LIFE MEMBER



This season we had a six event series from December through February, one of which was a state series Aquathlon.

We had a wide range of conditions from a solid southwest breeze and a reasonable swell to very calm with no wind or swell.

Many participants achieved positive results and improved their times as the season progressed. To those who participated in their first such event: congratulations! firstly on getting in the water, and secondly, completing the course.

To the club committee members who helped out and organised the helpers; without your continued dedication in time and effort, this series would not be able to continue. Thank you all for your contribution. To other members who volunteered their time thank you for supporting your fellow club members. You have all done a great job.

To the Sorrento SLSC members who volunteered for Water Safety, a big "Thanks!"; you did a great job each and every event. Without your assistance this event could not be run in a safe environment.

WOMEN IN TRIATHLON

In the last two years 35 wonder woman have said “yes!” to an adventure of embarking on stretching their comfort zones and joining us on our club’s WIT course - It was a blast !!!

We, the coaches coordinator and volunteers and club members, had the honour to witness a group of woman have fun as they embark on a journey of discovery and excelling in triathlon. Early on the numbers were low but the gals and club came through and two courses were run and enjoyed.

There was laughter, giggles, sweat, tears, new friendships and excitement as new goals were reached and confidence grew! I love the chatter at Dome Kingsley after cycling, as there is where I get to hear what’s up for them, what they love, what the girls found hard and what’s next...

Feedback was a blend of more fitness, fun, conquering of fears, new friendships and enjoying the support, teaching and coaching supplied on the course.

A few wonder women committed and stayed with club and continue to show up for training and kicking ass out there. At the moment I know of roughly 6 new WIT girls committing to the 70.3 (Half Ironman) plus a few doing it as a team. I heard of a upcoming Rotto channel swim goal being tackled and I also heard of adventure triathlon, duathlons and I even saw and heard about podium finishers and winners in races this past summer season - one that comes to mind was a win at the recent lake Leschenaultia by some of the WIT Ladies... congratulation Caris, and Team Marshmallow Squad (Julia, Duane and WIT lady Navanya)! Mel Baker also competed on the day. The feedback was honest and informative from the girls on what we can do better and what worked and was super helpful and what they loved.

All the nuances of safety – gear, training, nutrition, mindset coaching and sooo much more - shared and enjoyed by the women trying out the WIT course and being inclusive remains a winning formula. I love how this course opens opportunity for beginners with limited experience to all the way to athletes ready to rock and roll. I want to thank the club for rolling out the course as I have the privilege to see the girls grow and expand, make new connections, finding their tribe, try, play, conquer fear and have a blast. For me that is so rewarding as a coordinator, as the WIT course changed my life and I see how it is giving others the opportunity to enjoy being active in a supportive community as we continue to explore new horizons. Go WIT – Go NCTC, blessing, Liza.

Liza Joubert
NCTC WIT Coordinator



Excerpts from WIT ladies' feedback:

"(The ladies running the course) made it easy for us newbies to feel comfortable and encouraged. We're very lucky to have had you all".

AND

"If you're wondering whether to do the WIT course just do it! It doesn't matter where you start ability wise. The coaches, volunteers and coordinators are super welcoming, inclusive and supportive. Everyone is at different levels and that's totally fine and accommodated. Thank you NCTC"

AND

"Joining the club. Attending training. No getting rid of me now! My physical and mental health has improved immensely and I thank you all (As does my family!) I am blown away by how much this has changed me. Thank you all from the bottom of my heart. PS: Early mornings are my new obsession."

AND

"...More importantly, had the chance to get to know a beautiful bunch of women who are looking to push themselves and make connections with a lot of coaches and other likeminded people in the club."

AND

"Not just increased fitness but increased confidence."





MEN IN TRIATHLON

Due to insufficient numbers, no official MIT course was conducted this season. Instead the eager fellas who expressed an interest in becoming a triathlete were encouraged to join the club straight away. Our regular coaches agreed to consider the newcomers when tailoring each training session to suit their various ability levels. Welcome to the club!



MERCHANDISE

Merchandise is controlled by committee member Bill Lakic, who took over from Ross Skelton in August 2022. Since then he has overseen streamlining and system implementation, the design and introduction of new items, and implementing new partnerships with triathlon related businesses.

One of the first merchandise actions was when the committee made a decision to liquidate a dozen or so mag bike trainers. These had been acquired several years previously, however were not used and were not foreseen to be used in the future. These were all sold to North Coast members at a discounted price. Selling these to our members gave benefit to our people, gave use to these items and freed up quite some space in the storage shed.

In consultation with President Kirstine Roberts, a decision was made to create club partnerships with local businesses. The goal was to provide benefits to sports based businesses by the way of advertising their presence to our members, and by our members receiving discounts. The businesses were Fiski goggles, Horizon physiotherapy, Joondalup Cycle City and Bindi Nutrition. Fiski provides aquatic eyewear, Horizon provides physiotherapy and bike fitting, JCC provides bikes, servicing and consumables, and Bindi provides sports nutrition. Blu-Smooth supported our aquathons by donating a wetsuit as a prize. These businesses were advertised regularly on our social media, and were promoted on a rotating monthly cycle to our members. These relationships are proving to be mutually beneficial.

North Coast's tri suit and bike apparel supplier is Pedal Mafia. Stocking their items in all sizes and types would be prohibitively expensive for the club, so an online portal of two to three weeks is opened twice per year so that members can order and pay for these items. The committee had the dual outlook of seeking more members to wear club colours at events, and also wished to support and give back to the people in our club. During this year the club has subsidised purchases of North Coast tri and bike gear through Pedal Mafia by paying 20% of the retail price for club members. This has resulted in high sales and a higher level of club apparel present at training and triathlon events.

In conjunction with a greater appearance of North Coast tri and bike gear, the committee decided that run specific T-shirts and singlets should be designed and made available to our members for sale. These items were to be in North Coast colours and have the North Coast logo. OC Clothing was approached, and after a design phase the T-shirts and singlets were successfully produced. The result is pleasing, both in the aesthetic and the performance in running, and have been well liked by our members. Triathlon socks in our club colours also became available after a hiatus of several years when a batch of socks were ordered and received from Pedal Mafia

North Coast has a black social T-shirt emblazoned with our logo. Upon review by our committee, it was decided to no longer keep this T-shirt in inventory. It wasn't seen to be worn much at social events, it had poor comfort in athletic situations, and also had poor projection of our brand. The stocks of these T-shirts is to be let run down with no further reorder.

In general most items are in stock and ready for immediate purchase. These are hoodies, trucker caps, visors, bucket hats, running T-shirts, running singlets, triathlon socks, and swim caps. Stock control is monitored by regular stock takes and reporting on the stock availability on the Wix app. Purchasing of these items can be conducted conveniently either via the app or by use of the Square.

The future direction of merchandise in North Coast consists firstly of continued high customer service for our members. Items are kept on hand for quick handover, members are contacted in a timely fashion in regard to their orders, and payments are simple and easily done via the app and via Square. Secondly, a standardisation of club apparel is aimed at. Currently at races, there can be four or more iterations of North Coast tri gear present. We will keep our designs unchanged for several years so that our branding and appearance projects a more uniform club presentation in the future.

Bill Lactic,
NCTC Merchandise

SECRETARY

The 2022/2023 Season has been a fast learning curve for the new members of the committee, of which I am one. Your club is in safe hands with the hard work done by the committee behind the scenes.

On the first Monday of each month the committee meets at the Sorrento Surf club to discuss current issues and plan for the future. We also get together informally from time to time, usually over a coffee after the Sunday Run sessions. Meeting minutes Minutes and other important club documents are stored on a dedicated Google Drive.

Bookings for training sessions with our coaches are managed through the WIX app. The club has a PO box at Hillary's Post Office PO Box 556, Hillarys, WA 6923 which is cleared at convenient intervals by the secretary.

A storage unit holds all the gear needed for events: barbeque equipment, First Aid Kits etc. The committee had a working bee to organise the unit in the latter half of the year. An inventory was made of the contents and now there is a place for everything and everything in its labelled place. During the clean-up we kept falling over a stack of long metal poles on the ground.

Along with some solid metal A-frame stands, the poles fit together to make bike racks. Hanging storage was manufactured for them, MacGyver-style, and Rob proposed that the club re-initiate a once-a-month training Duathlon during the Winter off-season.

Great ideas happen when your committee members work together! Thank you so much to Tom who transported the bike racks to and from the Whitfords Nodes early on those Sunday mornings, set them up and took them down again.

The club administrates several social media platforms, the most visited are our Facebook pages, of which there are four this season: The public "North Coast Tri Club", the group "Friends of North Coast Triathlon Club" and the two private groups "North Coast Triathlon Club Members Group *2022/2023 Season*" and the "North Coast Triathlon Club - Buy & Sell" We also have an Instagram account and a WhatsApp group. So many ways to publicise your exploits, post photos or for the committee to let you know what is coming up in the future.

The club has an email address that is the main way to contact committee members. We monitor the email daily: info@northcoasttriclub.org.au
Our website is updated when possible, however in looking for someone with IT skills to take over the role we are excited to be working with a new sub-committee to do ad hoc tasks in this space. Literally watch that space. More information to come at the AGM.

Volunteers are the backbone and mainstay of our club. Everyone is welcome to volunteer at any time. We have different needs for different roles and tasks at different events and many hands make light work. Every committee member is a volunteer as well as a participant; at some events we chose to be a supporter, some chose to be a participant while some can multi-task and do both. The job of being the cheer squad is one of the most demanding. We all admire and thank those on the sidelines who spend just as much time at the event as the triathletes. Thank you!

Julia Gobbert ,
Secretary NCTC



NCTC Communications

PS: Ask to be added to our WhatsApp chat for up-to-date real-time messages.



Tour De Lancelin



Tent at Everywoman Tri

EVENTS REPORTS

Another successful year of events in our past season, starting with the Season Opener and then the Lancelin Ride with good numbers all thanks to the great organizing skills of Caitlin Hughes and many thanks to the helpers – Julia and Bill Gobbert, Chantelle O’Sullivan, Timothy Hodge, Kirstine Roberts, Tejal and Mahesh Mawjee. There was quite a bit of logistical planning involved in these two events and all went to plan extremely well.....apart from that stick that got into Nick Thomas’s wheel but that’s another story.

The club marquees, which looked fantastic, were present at all of the larger triathlons and some smaller events, which was a homing beacon for our fellow clubbies to congregate and share nervous energy and a chat before and after the race. Thank you to our volunteers in helping with transporting, setting up and packing away equipment. We are looking forward to seeing more new faces helping out in the coming season.

The bigger races of Busso Ironman/70.3, Mandurah Club Champs, Karri Valley and Busso 100 saw big numbers at the races and gathering at the marquee enjoying the fruit, lollies, mini chocolate bars, drinks and even bacon and egg burgers at the Club Champs. There’s nothing quite like a hungry triathlete.

We saw great attendance at the afterparty for the Busso 100 which was again at the Firestation and this venue works so well for size, drinks and atmosphere as well location. A fun night of many stories whether it was about a PB, a flat tyre, a cramp or for some – “It wasn’t me” stories. More on that below.

The End of Season Function is subsidised by the club to help make it that one special night of the year for us all involved with our club. After the success of last year it was again back at the Whitfords Brewing Company Skybar and was a big success with lots in attendance to see the well-deserved Award Winners receive their awards. With plenty of tasty food on offer and the included free drinks people were enjoying themselves catching up with old and new friends. DJ Big Daddy brought the tunes and had some of us dancing to the end. Even the worm was attempted by one, but I got a cramp... I mean they got a cramp, then the talented Sarah showed how it was supposed to be done. Unfortunately new noise restrictions did keep us from having music pumping loud but I guess that did mean it was easier to have a conversation. The photobooth was running hot most of the night (I think people really just like the excuse to dress silly 😊) Another part of the night was for the Sin Bin Awards for indiscretions at the Busso100 race which the recipients were “rewarded” with a pickle juice shot and also a silly tiara headband to be worn for the rest of the night. Thank you all who came. You all made it a fun night and I’m already looking forward to next year’s event.

Lucky Phil
Event Coordinator

RACE REPORTS

BUSSELTON IRONMAN & 70.3 - DECEMBER 2022

Some of you have asked why we don't, as a club, publicise all our members who are signed up to compete in any events so we can follow them on real-time trackers if available. The answer is that the organisers of those events rarely if ever give clubs a list of their members who are on the start list, and those start lists are not published until a few hours before the event, even for competitors.

Even so, we compiled and published the following list on the day before this season's Busselton Ironman and 70.3 races. It was probably one of our most well attended events of the year.

Competed in the full GWM Ironman Busselton:

Mel McCann, Bill Lakic - 1308 * Christine Gannon - 645 * Craig Llewellyn - 118 * Darren Horsley - 726 * David Buitendag - 888 * Fiona Hampton - 1452 * George Funk - 138 * Hendrik Vermaak - 1337 * Jaxon Bilchuris - 190 * Jim Caldwell - 1105 * John Domican - 170010 * Jovan Bacovic - 1375 * Julie Kelly - 1441 * Lauren Davids - 829 * Leanne Kelly - 1065 * Lindsay Broadhurst - 1104 * Luke Rotheram - 601 * Marijan Korica - 1395 * Michael Parrotte 16009 * Nigel Tilleard - 1217 * Paul Pree - 1325 * Rhys Williams - 452 * Ross Skelton - 1006 * Verity Bignell - 163

Competed in the GWM 70.3 (Half Ironman) Busselton:

Abbie Crew - 2107 * Amy Hickman 2930 * Ben Chairithu - 2135 * Cara Philpott - 2790 * Carolyn Kerr - 3044 * Chloe Payne - 2430 * Darren Gogan - 2687 * Darrin Griffiths - 2986 * David Dillon - 2146 * David Payne - 3137 * Dean Gurney - 2690 * Edmund Kerr - 3158 * Eric Glenn - 2976 * Fiona Burns - 3030 * Fiona Longden - 2029 * Gary Taylor - 3021 * Graeme Bamber - 2649 * Greg Johnson - 2707 * Jack Lee - 2527 * Jane Padgett - 2623 * Jarrad Price - 2734 * Jason Margach - 3000 * John Domican * Kane Fergusson - 2681 * Kristan Boyle - 2226 * Les Smith - 3142 * Mahesh "Heshie" Mawjee - 3068 * Mandy Dolan - 2925 * Mark Eamonson - 2673 * Matt Salter - 2334 * Megan Rigby - 2626 * Michael Salinas - 2556 * Milou Smeets - 2629 * Olivia McLean - 2785 * Pam Arnold-Boswell - 2909 * Paul Cochrane - 2965 * Phillip Albert - 2022 * Philby DB * Rachel Holmes - 2391 * Rai Othman - 2874 * Rob Chapman - 2010 * Sarah MacKenzie (Walker) - 2276 * Tom Gilbert - 3089 * Troy (Tallsea) Shortland - 2886 * Vivian Poll - 2791, Victoria Carnegie

Teams:

Team CLABEEM = Clair Hawkins + Beth (+ TBA) * Team Julie and the Scotts = Ayesha & Alan Scott + Julie - 3531 * Team Last Chance = Caitlin Hughes + Megan Shine + Mark - 3537 * Team MONA = Nicola Duncanson + John McKelvie + Greg Smith *

Aquabike:

Julia Gobbert - 4069 * Lucky Phil (Aquaman) Monks - 4049 * Pdraig Boland - 4013

BUSSO100 RACE REPORT - (Bill Latic)

They say that life has challenges. They say that when life gives you lemons, they say that life is like a box of chocolates. Well I started off this frigid morning prior to the 2023 Busso100 experiencing the challenge of the unholy triumvirate of bitter cold, a firm tri suit and tight wetsuit trying to push my chocolaty lemons back up into my abdominal cavity. Stiff upper lip and all that Billy, pretend to be cheerful and sportsmanlike, all the while fingers resisting the antipodean equivalent of wanting to pop your own eyeballs out. This, my friends, is true triathlon.

Fast forward to the swim start with fifty elderly rubber coated gimps ready to hurl themselves into a multi hour quest to go far and travel back again to exactly where they started from. Some bloke on the mic exalts us to cheer for the weirdos wearing unfashionable gold caps. I clap weakly, all the while thinking yeah, just because you've done this race a million times, just because you can swim, bike and run faster than me, just because you are stronger and tougher than me, just because,.... Well yeah OK...., you bastards are better than me, so yeah, I become slightly more enthusiastic in my applause.

But then BOOM! I'm through the chute and into the water! Get the rhythm going big fella, do your army leggy breathy thingies, and chuck in a few looky forward thingies as well. OK, this is just weird! No one is trying to bash my head in, smack my feet, drown me or swim over the top of me. But check this out! I can see the sighting buoys easily, and Busselton, its jetty and its environs are beautiful. The swim leg is a pleasant and civilised experience, flat water and good people, I'm either enjoying this or else those mushrooms I got at Coles certainly were on "special"!

On the bike now, ready for my descent into Hell! There is a dark, blasphemous, expletive riddled and torturous series of memories of the winds, the demoniacal increasing and merciless winds, that destroys the spirits and leach out the souls of those Lycra clad fools who dare take on the deceptively flat mousetrap and crucifix that is the Busso bike course. Gritting my teeth and girding my ambivalently classified loins, I head forth on my carbon juggernaut into certain destruction!

Well, not really. It wasn't that bad to be honest, which generally I'm not. Very low winds, nice and clean road surface, all on a very civilised double lap course which made young Billy zoom around as happy as a big bag of happy things. Final stretch into town I crank up my speed, for me this is heard of. Rocking up to transition feeling like a cross between Jan Frodeno and Elvis Presley. Yes, that good, and stop calling me an idiot. Eighty two down, eighteen suckaz to go.

The run course, hootenanny! The run course! I need a guitar, because goddamn, this is where I rock. It is feeling too easy, set the throttle at three quarters and eat up those k's. The Busso crowd are cheering, dance music is pouring streams of happiness into my soul, blue skies and beautiful people, I just want to sing Viva Buss Vegas baby, yeah!!! It's all about pace, distance, receiving coke and giving thanks at aid stations, kilometre after kilometre.

Legs starting to feel a bit heavy, but still manage to crank up the speed for the last k and cross the line with nothing much left in the tank.

Be-medalled to declare my glory, I stride slowly into recovery to contemplate this wonderful race and it's lessons. CAKE!!! CAKE!!! There are tables of cake! Darren Hine either offers or threatens me with cake, I don't care, I disarm him and ascend a few steps towards a saccharine heaven. And there's two colours of cake, all precisely cut, saturated in preservatives and hygienically wrapped in all-natural plastic. I wouldn't die for my country, or my family, but I would die for cake.

With the wonderful race, medal and cake, Busso100, I'm back here next year, Hell Yes!!!
Saturday 29 April 2023 - Bill "Legend" Lakic

KARRI VALLEY RACE REPORT - (Phil Albert)

Blink and you miss it. That's the appeal of the race that sells out within 24 hours. I'm talking about the Karri Valley Triathlon (KVT), held just outside the town of Pemberton - a race unique to the WA calendar.

Where else can you swim in a lake surrounded by forest and log cabins. Or ride a bike through the towering Karri trees, up (and down) challenging hills and past wineries (tempting.....). Only to finish with a run leg along dam walls, on trails, and through the resort - all in one lap!

And why not celebrate your efforts with the best after race party there is, with live music and good vibes. It's a staple every year. The KVT celebrated its 20th year and NCTC were everywhere! From short course, long course, aqua bike, to the kids triathlon (record numbers), NCTC represented across all disciplines.

Hosted in the national park, there are a variety of accommodation options. From those braving tents, or campervans, to private cabins in the forest/resort, or for the lucky few, rooms over the lake. Perhaps for this reason, the event has a relaxed feel, one of camaraderie and families everywhere - it comes out with the permanent smiles on everyone's face over the weekend. It must have something to do with being out in nature, out of the hustle and bustle of city life.

The tough course design calls out how well your training is progressing - it's a real challenge. The bike course in particular starts with an almost immediate long climb.

Fortunately, race day arrives, and the competitors were greeted with perfect conditions. No wind - not a breath! Water temperature comfortable. But most important of all - no rain!!

It made for some fast, fast times, with NCTC well represented on the podiums. But most of all, the sense of pride can be seen on all those who participated, knowing they've completed one heck of a challenge

If you haven't yet given the KVT a try, you're missing out; it is something special. Make sure you're on the lookout for when entries open (and book accommodation as soon as possible)!

Hope to see you all their next year – I know I'll be doing whatever it takes to get there!
Honourable Mentions to:

Short course

Lisa Vass 1st 50-59

Long Course

Abbie Crew	1st	18-24
Lisa Hitchcock	1st	50-54
Rhys Williams	2nd	30-34
Sue Libbis	2nd	55-59
Phil Albert	1st	35-39
Allison Ratcliffe	3rd	55-59
Zena Coffey	2nd	40-44
Gary Hardman	3rd	55-59
Andrew Malatios	1st	40-44
Stuart King	2nd	60-64
Daniel Wedge	2nd	40-44
Alan Nicholls	1st	65-69



OVERSEAS REPORTS

The 2022-2023 season saw many North Coasters compete in triathlons overseas while on holiday. We love to hear of your triathlon adventures, so post any news on our Facebook page North Coast Triathlon Club page. Tag NCTC on all your social pages too.

The Ironman organisation maintains records of the nationality and club for all athletes who compete in IM or 70.3 world-wide. At the end of 2022, in Division IV (athletes numbering 25-75) from any club who competed representing an Australian club, North Coast Triathlon Club ranked 4th behind three eastern states clubs in IM standings. A fantastic achievement! Well done all our touring competitors, you know who you are!

STAFFORDSHIRE 70.3 IRONMAN RACE REPORT

(Amy Hickman)

The morning of the event was a beautiful calm day and the event was sold out, with 3000 entrants into to the race.

The swim was a cold choppy reservoir swim with entrance into the water 3 at a time, some people diving off jetty. The water was cold but thankfully I had done a few practice swims so I expected it to be, but it still took my breath away and took me a good 300 metres for my fingers to come back to life. The swim exit was very slippery with people there helping you out of the water.

Then we had a run /walk to T1 which felt like 5k across rocky, uneven ground. The bike leg was through beautiful countryside and through Cannock chase and it was a hilly course; my chain came off 4 times and roads were full of potholes, so I had to be really careful, bike leg definitely took the wind out of my sails and really challenged me physically and emotionally.

I finished the bike leg and was happy to get off the bike and put my trainers on and run/jog/walk through more countryside and take in the beautiful views through Stafford town centre and up to Stafford castle for 2 laps, where the streets were lined with knights cheering you on up the hill twice and past the castle.

The atmosphere was electrifying throughout the event and what really helped me get through it was seeing and hearing my family and friends who were cheering me on all the way to the finish line and on to a nice cold stow-ford press cider.

Lots of learns for me along the way and an event I would 100 do again. It was a very humbling experience and great to do it with legend Fiona Longden.

Staffordshire you were fun, tough, friendly, hilly, hot, cold, picturesque and thoroughly enjoyable all in one.

Amy Hickman

THE ROAD TO KONA VIA LAKE TAUPAU NZ

(Fiona Longden)

Never say Never

Many will know me, but others might not, so a little bit of info of my journey and the miracle that has occurred for me in 2023.

I began my journey in Triathlon in 2004/5 (see pic), we had not long moved to Perth, and I saw an ad in the local community paper for a Women in Triathlon course. My background is more running and netball which all fitted around my 3 young children back then, runs early morning netball in the evening. Sounded like this may work. Rang the number and will never forget my chat with Kim Tyler Lees, who convinced me that my Raleigh bike I had dragged all the way over from the UK via Canberra and finally to Perth with my basket on the front would be good enough to participate in the course! Sorry Kim that was a big fib!

I started and finished the course and loved every minute of it. The bike was no good. I was continually getting left behind so I used one of my boys' bikes, which was only slightly better, to complete the course. Now the Aussies all think us Brits cannot swim (myth), but my parents taught us to swim from a young age and the schools I attended also had pools, but we never learnt technique as such, just more survival! I thank Robyn Scott for teaching me to bilaterally breathe during this course. Running, of course, was my favourite training session and to this day is still my favourite leg of triathlon.



THE CLASS OF 2004
Back row L-R: Janelle Forrest, Maria MacNeil, Lisa Strachan, Ann Blatchford, Jodie Knierum, Charlotte McSweeney, Di Scott, Meredith Douglas, Kate Marriot, Kate Griffiths, Jo Swift.
Front row L-R: Fiona Longden, Michelle Goodridge, Tracy Ober, Julie Dibiasi, Kate Kelly.
Absent from photo: Jane Jennings, Lorraine Driscoll, Sue Lees.

I started and finished the course and loved every minute of it. The bike was no good. I was continually getting left behind so I used one of my boys' bikes, which was only slightly better, to complete the course. Now the Aussies all think us Brits cannot swim (myth), but my parents taught us to swim from a young age and the schools I attended also had pools, but we never learnt technique as such, just more survival! I thank Robyn Scott for teaching me to bilaterally breathe during this course. Running of course was my favourite training session and to this day is still my favourite leg of triathlon.

At this time, I was in my early 40's and my 3 children were all still in school and very active, so for many years I would just do the odd Tri and mainly the shorter ones as I did not have time to train, as I was busy with our family. As the years went on and the children got older and more independent, I did have more time for me. I began to try the longer courses, and of course spending more time in the sport you hear of even more types of races so before you know it you are giving a 70.3 a go and then after a few of them people are talking about this Ironman event, and then you go and spectate and think how the heck do they do that....then before you know someone has convinced you that you would be capable of one of those as I had run quite a few marathons pretty well....excuse me you also need to be able to ride 180km's and swim 3.6km as well. There are many stories to tell of the races I have competed in and as of 2023 right now I have now competed 10!

There have been good, average, bad and absolute disasters in this distance. For those around the club in 2012 many will remember the Special Channel 10 did on one of the Busselton Ironman races. They were recapping that all the Pro athletes had finished, but the age groupers were still out there, and some were doing it tough, they zoomed in on me throwing up in the corner! Much discussion has occurred since that TV appearance on what was my chosen flavour of Gatorade that day!

When I first did Ironman it was all about completing, but the more races you do people in the club would say you should try for Kona, so after about my 4th the seed was planted. Now in all other distances I have had successes, but Ironman I could just not make it happen come race day. So, this year when they announced the splitting up of the men's and women's races and the women would be in Kona for 2023 and the men in Nice, I decided this was to be my final go, too late to enter Busselton so opted for New Zealand. This as it turns out was probably the best decision of my triathlon life. I am also extremely lucky my husband Simon supports me with all my crazy ideas. On the trip to NZ we also had some good friends who also have assisted on the outcome of this trip.

The race began, good swim, good first lap on the bike but then the legs died at 150 km's and the rest was very painful to say the least. The positive the course is beautiful as are the people of Taupo. I finish with the worst time I have ever done, I have come 14th out of 28 ladies in the 55-59 age group. My lovely support crew, Simon, Lisa Vass her partner Paul, Alan Hartley and Deb Kirkham were all waiting for me. Heaps of messages on my phone from friends in Perth who had been tracking me all day, the ones who knew the goal would have been thinking like me, there is no chance of her going to Kona with a time like that. One friend and she will know who she is, we met in 2011 when we shared a room on a training camp, sent me quite a poignant message in reminding me of my journey and what I had achieved and that no matter what I should go to the rolldown the next day.

I slept well, we met up with the gang for coffee and we chatted about the day before. Alan and Lisa had both got a podium in the 70.3 race, so we had lots to celebrate. Then we get onto me, and they have all assumed we would be going to the Roll Down regardless too. I was still not keen, due to my time and position in the age group. Eventually the talking stops and they leave Simon and I alone, but Deb and Lisa, both leave me with these words, "Let's go and let fate decide the outcome".

So, at 11am, we get together again and we are sitting in the back row of the Roll Down presentations, it is quite an emotional process, so if you ever get to go to one, do it. The Men's roll down is first, and this takes an hour and a half as their spots are for Nice, they were really rolling down in all the age groups for this location. The ladies begin and all are going quite quickly, we get to my age group and they announce there are 7 spots, there have never been that many, but remember I am 14th so how would it come to me.... They call the top 7, 2 it turns out already have a spot from the delayed NZ race in December, and 5 take them.

There is then an announcement, "Are there any other ladies in this age group who wish to be considered for the 2 remaining slots? Four of us go forward, they note our numbers, and all goes quiet. I keep looking back at my husband shaking my head, they announce the first spot, they present her with the lei they take her picture and off she goes to pay!

There is one spot left which 3 people want, they pause and then they say ‘The final spot will be going to Fiona Longden! I could not believe it, I just shouted that is me! I jump on the stage, my support crew were screaming, and Simon rushed down to get the pic. Some kind of miracle had just occurred. After 10 Ironman I was going to Kona and fate did decide.

The moral of this story is never, ever give up on your dreams whatever they maybe.

Massive thank you to my truly amazing supportive husband Simon, and all my friends along the journey who many believed in me more than I did myself most of the time; that is the very best thing about being part of the North Coast Triathlon Club. Go North Coast. Fiona Longden

NCTC SURF 2 SURF RUNNING FESTIVAL



This event is traditionally hosted by NCTC on the same day as the Perth City 2 Surf Running Event that attracts thousands of runners and walkers on the last Sunday of August each year.

Not wanting to compete with crowd congestion, traffic logistics and excessive entry fees associated with the City 2 Surf, the concept of the NCTC Surf 2 Surf Running Festival was originally thought up by Honorary Life Member and past President, David Martin and current Treasurer, Rob Hall and staged as an “easy & affordable” option to all NCTC members and friends keen on testing their running legs and was first staged in 2018.

After a break of a two years due to the Covid-19 pandemic, the club was finally able to host the much loved and highly anticipated annual NCTC Surf 2 Surf Running Festival and took place on Sunday 23 October 2022, albeit two months later than the usual date of August.

The NCTC Surf 2 Surf Running Festival comprises various race distances including 21km, 12km & 6km run and walk options to participants. The course is set out along the scenic coastal footpath of Perth’s northern beaches and starts at Sorrento Beach with participants heading in a Southerly direction before turning back to cross the finish line back at Sorrento Beach. The 6km participants make the turn for home just before North Beach, 12km participants turn at the end of South Trigg Beach car park while the 21km participants pass Scarborough Beach before making their turn for home at the North Floreat Beach car park.

The weather was ideal for running, with cool overcast conditions, no wind and in true NCTC spirit, we had a fantastic team of helpers and supporters out on the course to cheer participants on. There were 3 aid stations set up to supply much needed refreshments as well as a heavy dose of encouragement for all that passed through.

The new large NCTC tent was set up on the grass area to the north of the Sorrento Surf Club from where cold beverages and an assortment of snacks were on offer to all finishers as a reward for their fine physical efforts and some were even spared for friends and family who patiently waited to cheer their runner home.

This year we had a great turnout of 37 participants as follows:

- 6km walkers – 2
- 6km runners – 5
- 12km runners – 18
- 21km runners – 12

The winners of each category were as follows:

- 6km run (male) – Rich Milloy
- 6km run (female) – Caitlin Hughes
- 12km run (male) – Luke Williams
- 12km run (female) – Ayesha Scott
- 21km run (male) – Andrew Malatios
- 21km run (female) – Petra Jerejian

A great morning was had by all, and the Club wishes to thank all those that participated and assisted to deliver a great event.



SOCIAL EVENTS

At various times during the year members get together to anticipate upcoming events, or to celebrate finishing iconic races. From the season opener “NCTC Open Day” at Sorrento Surf Life Saving Club, to the Season closer “End of Season Awards Night and Party” North Coasters love to socialise.

With such a large membership base, busy lives, work, family and training schedules, we as a committee try to organise club activities to accommodate as many members as possible. So it is great to see us out in numbers, all wearing the club kit, having fun while getting race fit, just fit or hoping the gear still fits if it has been a while.

BOXING DAY BIKE RIDE

Every year on December 26th those of us who can still move after the feast on the day before, or those who want to work off the extra calories consumed at said feast, gather in the south car park of SSLSC. An extra incentive is the hotly contested “Best Decorated Bike” competition.

There are two destination options depending on weather, time and fitness level: Simpson Park at Mullaloo, stop for coffee and return, or Burns Beach with coffee at Mullaloo on the return. In December 2022 the consensus was everyone to Burns Beach. The weather was perfect for a gentle ride (it’s not a race), clear blue skies and no wind. The impartial judges decided on joint winners of the decorated bike competition, who each won a much-coveted NCTC red visor.



NCTC SUNSET ESKY RUN 2022

Designed for a bit of fun over the ‘Christmas Break’ period, the annual NCTC Esky Run has grown from a handful of mates to a mob of party runners happy to trot off into the unknow, tackling the high hilly roads of the Sorrento surrounds in search of fun!

This mob are happy to be branded ‘crazy die-hard’ runners, getting their fix of running in ‘near boiling point’ temperatures despite the rest of “sane” Western Australia enjoying themselves at the beach cooling off in crystal blue waters with a cold one.

Crazy they may seem, but they do share one thing in common with ‘sane’ people – beverages!! Yes, you guessed it, this Esky Run involves beverages!

With temperatures so warm, it’s all about hydration, hydration, hydration (as your coach would tell you...) and so beverages are an essential way to hydrate and cool you down, not to mention the increasing inspiration you get from consuming said beverages!

Yes, it has been observed on occasion on this Esky Run that inspiration is directly proportionate to beverage consumption, but we will leave that up to the past participants to verify.

The run is more of a slow jog where everyone sticks together in a close group making its way through 5 or so beverage checkpoints (NCTC member host houses) where a cold rewarding beverage awaits participants. Each stop provides participants an opportunity to socialise over a beverage and enjoy the setting sun.

Participants bring their own beverages of choice and load them into the ice-packed Esky transported by our trusty “beverage wagon” driven by our very important “Beverage Logistics Manager” whose sole job it is to ensure the Esky arrives at each of the checkpoints ahead of the runners to ensure no disappointment is experienced by any runner ever



This season's NCTC Esky Run was held on 27 December 2022 and kicked off from Hillary's Boat Harbour at 5:30pm.

We had a mob of 20 or so enthusiastic party runners at the start and more joined us along the way.

The route wound through the suburb of Sorrento and was hilly in parts, but checkpoints were evenly spread out to ensure beverages were readily available as required to keep up hydration levels.



The last checkpoint and end of the party run was the Breakwater at Hillary's Boat Harbour where more hydration was required to ensure the hydration and inspiration levels were maximized as well as to enjoy a welcome snack.

NCTC would like to thank all the participants and the hosts at the beverage stops who made their homes and outdoor living areas available as checkpoints:

(John & Nicola Gray, Fiona Longden, Mandy Hulbert, Nikki Paton & Stuart King. Also Bill Gobbert aka the "Beverage Logistics Manager" who did an awesome job as always!

We encourage more members and their families and friends to join us at the 2023 NCTC Esky Run as we look to shake things up with a new route and final beverage checkpoint.



I RUN 
because
I REALLY LIKE
BEER

END OF SEASON EVENT

Our end of Season Celebration took place on Saturday 1st July at the Whitfords Brewing Company Sky Deck. For \$25.00 per head, including 2 drinks and plenty of finger food, it was the best value night out, all subsidised by the your club membership fees.

The evening began at 6:00pm with the awards being handed out to the many deserving club recipients. (See previous sections on awards)

One highlight that gave cause for much hilarity, was the “Penalty Box” punishment in recognition of outstanding Yellow Card infringements resulting in time penalties on the course in Busselton. Those found to have drafted during the cycle leg were called up and required to wear a silly hat and down a shot of pickle juice for their crimes.

The photo booth was very popular again, with instant take-away pictures printed on the spot, or emailed directly to your own in-box. This year we chose a DJ to provide music after the official part of the evening instead of the big band last year. The venue has recently been forced to impose noise restrictions so the music was kept to background level, allowing for quite a lot of conversation about the past season.



END OF SEASON EVENT







STAY CONNECTED

Remember to keep up to date with us and Tag us in your social media :)



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INFO@NORTHCOASTTRICLUB.ORG.AU

ACKNOWLEDGEMENTS

Thank you Focused Ninja Photography for taking photos of us throughout the season!
Thank you to all those who contributed to our 2021 / 2022 Year Book.

PARTNERS



HORIZON PHYSIO - NCTC DISCOUNT



10% OFF JOONDALUP CYCLE CITY



10% OFF FISKI



15% OFF PEDAL MAFIA



BLU_SMOOTH WETSUITS

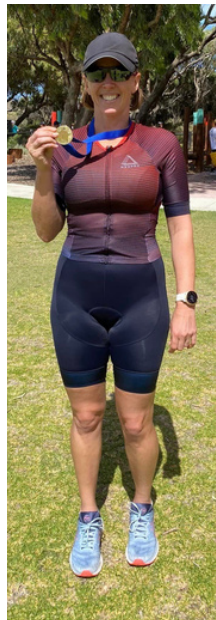
SOME HIGHLIGHTS



SOME HIGHLIGHTS



SOME HIGHLIGHTS



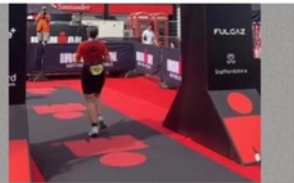
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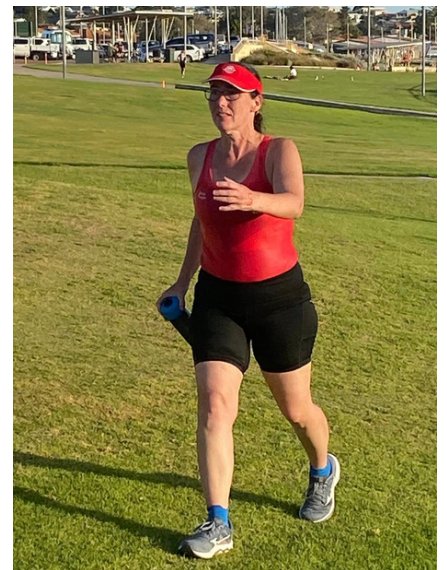
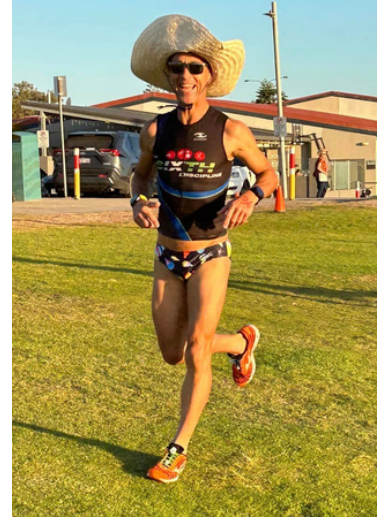
SOME HIGHLIGHTS

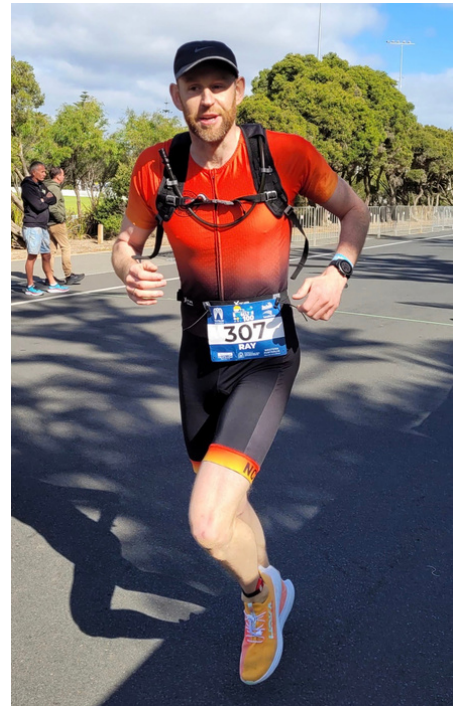
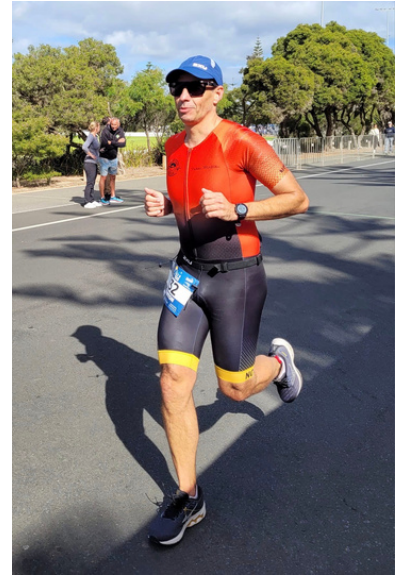


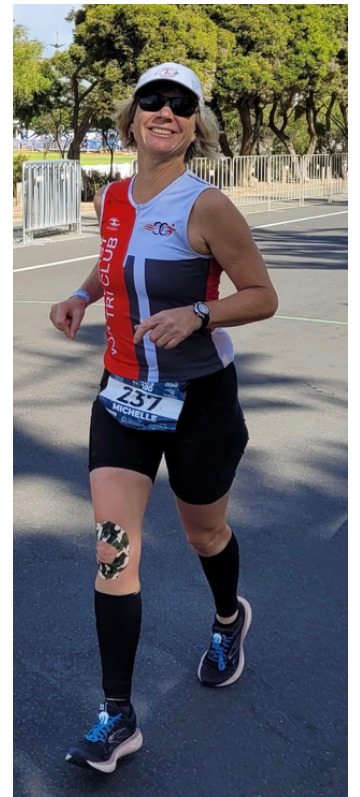
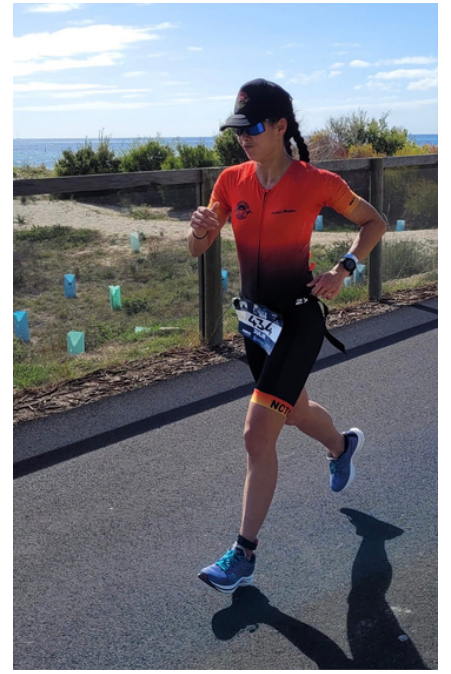
SOME HIGHLIGHTS



SOME HIGHLIGHTS







SOME HIGHLIGHTS



SOME HIGHLIGHTS

NORTH COAST TRI CLUB

End of Season Party



1ST JULY 2023

6.00PM TO 10.00PM

WHITFORDS BREWING
CO



TICKETS \$25!



SOME HIGHLIGHTS

