2024 / 2025 YEARBOOK

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 NCTC YEARBOOK 2024-2025 SEASON

Thank you for taking the time to read our Yearbook. 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.

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
- Fiona Longden

BOARD MEMBERS




Craig Wright, Robert Hall, Julia Gobbert, Bill Lakic



Phil Monks, Julie Pham (part-year), Mandy Hulbert

- Nat Smallwood (part-year)
- David Buitendag (new Aug 2025)

PRESIDENT'S MESSAGE - Craig

As we close out the 2024/25 season in the wettest winter ever, 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 highly 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 enjoyed a dedicated and well-functioning committee this year - Mandy Hulbert, Julia Gobbert, Bill Lakic, Robert Hall Phil Monks and Julie Pham. We recently welcomed Nat Smallwood and Dave Buitendag to our committee, as we farewell Phil Monks and Julie Pham both providing great value and input to the running of our club in recent years. A big thank you to all our current, new, and departing committee who volunteer their time to plan and run our club!

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 sessions over the winter season.

Our club again delivered a great range of programs including the Women's Introduction to Triathlon (WIT), and our Junior and Trystar programs.

NCTC remained very well represented at all major events in WA, including the Busselton Ironman and 70.3 Half Ironman in December and Busso 100 in May – both events including large numbers of NCTC competitors and supporters at the club alley tents! And of course, the Mandurah Interclubs Race, and many of the club races around Perth across the season.

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

All 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.

And as we wrapped up last season, we had another great function at Hillarys Beach Club to celebrate our club's year and club award winners.

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 our Club events, 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. A special highlight this year for a group of North Coasters was competing in Challenge Roth in Germany.

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 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 2024-2025 calendar of events.

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

Julia Gobbert - Membership

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 Half Ironman race.

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

Andrew Ridley, Summer Open Water Swim Coach
Bill Lakic, Merchandise and Programs Coordinator
Brad Kaye, Coach
Dan Buis, Coach
Daniel Okely, Cycle Leader
David Buitendag, Coach
Janine Kaye, Coach
Jez Evans, Cycle Leader
Julia Gobbert, Coach
Kathryn Peake, WIT Co-ordinator
Kevin Chua, Cycle Coach
Lucy Kaye, Swim Teacher
Madison Toovey, Coach
Mel McCann, Coach
Phil Albert, Swim Coach
Rhys Williams, Coach
Robyn Scott, Coach
Ross Skelton, Coach
Russell Fitzgerald, Coach
Sue Scott, Coach
Verity Bignell-Rigby, Coach

Please welcome our coaches and coordinators for next season:

Phil Albert
Dan Buis
David Buitendag
Kevin Chua
Julia Gobbert
Brad Kaye
Janine Kaye
Bill Lakic
Mel McCann
Julie Pham
Robyn Scott
Sue Scott
Madison Toovey
Kurt Wesley
Rhys Williams
Andrew Ridley, Surf Lifesaver & Summer Open Water Swim Coach
Daniel Okely, Cycle Leader
Jez Evans, Cycle Leader
Kathryn Peake, WIT Co-ordinator
Lucy Kaye, Swim Teacher

SPECIAL MENTION - Sue Scott

Congratulations to our NCTC WA Technical Official (Level 3 Australian Technical Official and a Level 2 Continental Technical Official with World Triathlon) Sue Scott, who received a 15-Year Certificate from AUS Triathlon and WA Triathlon at the WA State Awards Ceremony.

Sue is a great asset to our club, with a great depth of knowledge and experience. You can benefit from Sue's expert swim coaching every second Wednesday night poolside at Craigie when she flies in from her FIFO job every fortnight.

COACH CO-ORDINATOR'S REPORT 2024/2025

Assuming the role of Coach Liaison and initiating the North Coast Tri-Club squad for Busso100 and IRONMAN 70.3 in 2024 was a role I found thoroughly rewarding. Observing the athletes, especially new ones, embrace the challenge with so much enthusiasm was truly inspiring.

I am grateful for the opportunity to work with a group of highly motivated coaches. I transitioned this role to Nat due to my extensive training commitments and overseas travel. I have no doubt the NCTC squad vibes will continue to thrive.

See you around for State Champs. You have a title to defend.

CYCLING

Cycling sessions are typically non-coached events, leaving from Sorrento Surf Life Saving Club on Tuesday and Thursday and Hillarys Beach Club Saturday mornings. The Saturday ride distances do ramp up when preparing for the Busselton Ironman and 70.3 in December and the Busso100 in late April/early May. There are always shorter options for members not targeting these races.

Rides are coordinated by volunteer Ride Captains. Jez Evans and Daniel Okely 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 coached Saturday 'Novice' rides 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.

A new initiative, an 8-week Junior Bike Squad course, was trialled this season. A small, interested cohort, sourced from the TRYstars groups, learned an extension of the basic skills taught in TRYstars. It is hoped this will form a good base for building their triathlon smarts and we hope to see numbers in our junior ranks increasing.

RUNNING

We offer 2 free coached run sessions all year round. Tuesday evening session is led by Janine Kay and the Thursday evening session by Bill Lakic. The sessions are mixed pace interval run sessions interspersed with Tempo sessions and cater for both seniors and juniors. Janine oversees a successful junior- focused training program, however, seniors do 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 in the warmer months from Sorrento Surf Club and heading north or south along the coastal paths. During summer this run distance progressively ramps up as 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 into trail running at various locations around Perth, as a lot of members jump into the trail running scene at this time of year.

This was a great way to vary group activities in the colder months. Runs start at 7:00am until the end of June and start later, at 7:3am from July. Everyone runs at their own pace to their own distance. Walkers, dogs and children are welcome.

Over Winter our run captain Rob Hall took us to many varied courses on and off the beaten track, including:

- Lake Goollelal
- Star Swamp
- Yellagonga Park, Ocean Reef Rd
- Perry Lakes/Bold Park
- Yaberoo Heritage Trail
- Trigg Bushland 1
- Carine Open Space
- Lake Joondalup
- Trigg Bushland 2
- Father’s Day Run Burns Beach

The Trail runs usually end near a conveniently located coffee shop or café to re-fuel afterwards and indulge in a very social chat.

SWIMMING

We offer 2 paid coached swim sessions per week at Craigie Pool on a Monday and a Wednesday night, year-round. Phil Albert or Madi Toovey usually take the Monday night squad while Sue Scott and Phil Albert have been alternating on Wednesday nights. Sessions have been well attended, even during the winter months, as the outside pool is comfortably heated. The swim sets can build into Ironman, 70.3 and Busso100 distances and still cater for those needing to improve technique and stamina in the water. This Winter the club purchased warm waterproof all weather jackets for the coaches who do the cold night sessions as we value their dedication and commitment to the club.

The Summer Open Water Swim (OWS) sessions on a Friday morning continued this season coached by Andrew Ridley from Sorrento Surf Lifesaving Club and assisted by Rich Molloy. This session is popular for members building up to Ironman and Busso100 races. Skills taught included tips for sighting markers during OWS, and how to enter and exit the water in a race. Occasionally, unfavourable conditions are predicted, and the Friday morning session moves to Hillary's Marina.

An extension to the Women in Triathlon (WIT) course took participants into the ocean to build open water confidence. Feedback from new members indicates this location is necessary for many to transition from pool to the deep open water environment with waves, weed and wind to contend with.

All 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!

CLUB AWARDS

CLUB PERSON OF THE YEAR 2024-25

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 of 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, but as family of a member and a keen supporter and helper in our activities, they will also qualify for this prestigious award.

This year's award goes to Madison Toovey - 'The Toovinator'. Madi is involved in the club in every area: from coaching the TRYstars Friday afternoon, keeping them focussed on every task, through the WIT swim sessions, the Swim correction course, to regular Craigie swim squad sessions. Not content with studying, working, and training, Madi finds time to compete at the highest level, representing North Coast in excellent style. A truly well-deserved award.

PRESIDENT AWARD 2024-25

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.

Joining the club after completing the 2020 WIT course, Julia spent a year learning to 'Triathlon', doing entry level events, volunteering then completing a Technical Official's course to understand the finer points of the sport. This season Julia completed a Foundation Coach certification and used those skills to mentor a group of WIT extension ladies in open water swimming. A committee member since May 2022, she has held the position of Secretary since then. Keeping the club's records is a rewarding task, however Julia is lucky to have such a strong committee to work with, as they all contribute to the smooth running of the club.

KERRY WATTS ENDURANCE AWARD 2024 - RIANA ROSE

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.

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.

Definitely one who has conquered a bike related injury and got back on the saddle, Riana suffered a collision during the club ride to Mandurah in October 2024. This left her with a

concussion and other painful injuries, including a finger pointing in a different direction. Add to her incredible weight loss journey and extreme nausea due to a medical condition during the Busselton race, Riana has continued to bounce back with a cheerful grin and sunny disposition. Looking forward to seeing you out on the field of play in the coming season.

CLUB AWARDS 2024

SENIOR ENCOURAGEMENT AWARD

Luke Giles
A regular at the Staurday rides, and completed his first Busso 100 rave this year with an impressive 4.12 race time that included 36kph ride pace and 4:30m/km run pace

Laura Holmes
A regular at many club training events, also completed her first Busso 100 event this year

SENIOR TRIATHLETE OF THE YEAR

Kurt Wesley
- A great season, finishing first at Coogee Beach and Coast Quast, 3rd at Bunbury, and 4th overall at Busso 100.
- Kurt is also the TWA Open Triathlete of the year this season.

Madi Toovey
- Another great season, finishing firt at Mullaloo, 2nd at Coast Quest, 2nd overall at Busso 100, and wrpped up the season with an impressive 1st place overall at Cairns 70.3 Ironman.
- Madi is also the TWA Open Triathlete of the year this season.

JUNIOR ENCOURAGEMENT AWARD

Adam Byrne
- Raced Coastal Quest, Bunbury, Coogee, Mullaloo and Busselton foreshore (2nd in AG!)

Florence Erskine
- Raced Coastal Quest, Bunbury, Coogee, Mullaloo (1st in AG every time!)
- 1st in AG at TWA awards!

JUNIOR TRIATHLETE OF THE YEAR

Luke Williams
- TWA series raced Coastal Quest (2nd), Bunbury (2nd), Mullaloo (1st in AG)
- 2nd in AG at TWA awards

Ella Rayner
- TWA series raced Coastal Quest (3rd in AG), Bunbury (1st), Coogee (1st), Mullaloo (1st) and Busselton foreshore (1st) An impressive season!
- 1st in AG at TWA Awards!

AQUATHLON SERIES

MALE
1. Phil Corrick
2. Harvey Graham (10 year-old)
3. Rob Hall
4. Ray Dredge

FEMALE
1 Willow Traeger (10 year-old)
2 Bianca Buckley
3 Julie Pham

MAX GREIVE MEMORIAL RUN 2024

Max Greive was a founding member of the North Coast Triathlon Club. Max was renowned for always making the extra effort that was required to succeed, whether it was in sport, work or life in general. He was at times a hard task master, but he never asked of others more than he was prepared to give of himself. His peers described him as a gentleman and an inspiration to all he came in contact with.

The spirit of Max – family man, Triathlete, schoolteacher and all-round good guy- lives on in perpetuity for the North Coast Tri Club, through the “Max Greive Classic” 10k run and the “Big Chain Ring” trophy. The first race was held on Sunday 3/1/1999 at Sorrento Surf Life Saving Club consisting of 2 x 5k out and back loops. The club was fortunate that Max was able to start the inaugural race. The race format has remained the same, although a 5k sprint that is run concurrently was introduced in 2000 and is now contested as the “Small Chain-Ring” Bolter.

Max would be exceptionally proud of where the North Coast club is today. Despite the cold winds of the evening, the warm spirit of the club shone through, with an impressive number of competitors, supporters and volunteers, and many faces, old and new.

Well done to everyone who battled it out for the annual Friday night Max Greive run. A great job by everyone who raced and huge congratulations to our winners:

MAX GREIVE
10km Big Chain Ring trophy
MALE: Luke WIlliams
FEMALE: Petra Jerejian

MAX GREIVE
5km Small Chain Ring trophy
MALE: Bill Lakic
FEMALE: Julie Heyes

TRATHLON WA AWARDS

On Sunday, 25 May 2025, the 2024/25 Triathlon WA Annual Awards were held at the newly renovated Claremont Hotel. Western Australian athletes, supporters, staff, partners and friends from clubs across the state celebrated the season sundowner style. North Coast athletes earned several prestigious awards this season.

Technical Officials Service Awards

15 Years of Service – Sue Scott

Sue Scott is a standout contributor to triathlon, officiating and competing across WA and beyond. As a Level 3 Australian Technical Official and a Level 2 Continental Technical Official with World Triathlon, she brings elite expertise to every event she supports.

Sue's leadership roles span senior positions at races nationwide, yet she never misses an opportunity to don her age-group athlete hat — often competing one day and officiating the next.

Her dual talents, dedication, and breadth of experience make her an invaluable asset to the technical program and very worthy of recognition. Thank you, Sue!

TWA TRIATHLETE OF THE YEAR (TOTY) - Open Category

Presented to the top five male and female triathletes in the Open Category based on their performance and participation in the Triathlon WA State Series.

TOTY Open Female Champion
Madison Toovey - 1st Place

TOTY Open Male Champion
Kurt Wesley - 1st Place

TWA AGE GROUP TRIATHLETE OF THE YEAR AWARDS

The 2024/25 Senior State Series Competition allowed for members to accumulate points towards the Triathlete of the Year Award (TOTY) across five (5) races, based in both metro and regional WA. Points were allocated across the 5 year age groups from 20-24 up to 70+ to the **top five (5)** members in each category. For an athlete to be eligible to win a Triathlete of the Year award, they must be a Standard or Premium member at the time of competing and must have competed in a minimum of **three (3)** state series races across the season, choosing the State Series distances (Sprint, Standard or Long Distance). The **best three (3) results** counted towards the tally for TOTY. Age is calculated as of 31 December 2023.

2024/25 TRIATHLETE OF THE YEAR - TOTY - NCTC AGE GROUP WINNERS

TOTY 12-13 years Female - Florence Erskine (1st)
TOTY 14-15 years Female - Ella Rayner (1st)
TOTY 16-19 years Female - Gemma Gorton (2nd)
TOTY 16-19 years Female - Megan Macpherson (3rd)
TOTY 65-69 years Female - Julia Gobbert (1st)
TOTY 14-15 years Male - Luke Williams (2nd)
TOTY 20-24 years Male - Daniel Buis (1st)
TOTY 40-44 years Male - Philipp Albert (2nd)
TOTY 55-59 years Male - Lucky Phil Monks (3rd)
TOTY 65-69 years Male - Barry Silverlock (1st)

INTERCLUB SERIES CONFERENCE CHAMPIONS

The TWA Interclub Competition is divided into three regions across WA, with clubs earning points based on their members' participation and performance at events featured on the Interclub Series Calendar. The Champion Club is decided as the overall winner from these three regions.

Every member, through your participation in the five State Series Events, helped make North Coast Triathlon Club the Winner of the North Conference region.

We heartily congratulate all the winners, especially the North Coasters who featured on the night: We can make NCTC Champion Club next season. Let's do it!

PROGRAMS REPORT 2024/2025

The North Coast Tri Club has greatly increased the scope of its programs this year, conducting both novice and developmental courses, many of which were new.

TRYstars was run twice this season, with the first course having 51 participants and the second having 63. This is over three times the number of participants compared to last year, a dramatic increase. The TRYstars Coordinator was Bill Lakic, with Coaches Madison Toovey and Daniel Buis delivering these courses. Both courses were greatly successful with high retention rates and very happy kids and parents. We have generated a high demand for this course and expect an even greater number of participants in the coming season.

To capitalise on the high number of TRYstars, a new course was implemented. Juniors Bike Squad aims at bringing kids aged 9 to 12 into our club and acts as the next stepping stone in their triathlon pathway. This course was successfully run with 12 participants, with expectations of greater numbers upon resumption in term 4. Course Coordinator was Bill Lakic, and Coaches were Madison Toovey and Daniel Buis.

Women In Triathlon was conducted only once this season, with a low intake of only 10 participants. Challenges provided by the economy and cost of living pressures contributed to this low number. Even with these low numbers, coach and participant morale was high, and

retention rates were high as well. With these low numbers, a decision was made not to run another WIT course in February, but to run a new course called Women In Triathlon Development. This aimed at helping WIT graduates and novice members to develop their triathlon skills. Numbers were also low at 10, but the concept worked really well, so the combination of WIT in October and WITD in February will be undertaken next year. Course Coordinator for both courses was Kathryn Peake, and many, many coaches and volunteers made these courses possible.

We introduced two new development courses for triathletes of any ability and experience. These were Women In Triathlon Swim Correction in October, and North Coast Swim Correction in February. The aim was to develop swim technique leading to better swimming efficiency and performance. These courses were quite successful, with both being sold out at having 30 participants each. NCSC will definitely be run again twice next year. Course Coordinator was Bill Lakic, with Coaches Madison Toovey, Janine Kaye, Sasha Johnson, Robyn Scott, Sue Scott, Shannon Harben (and probably others!) delivering a fantastic result.

Overall the beginner and development programs run by North Coast were quite successful. Happy participants, happy coaches, and various coordinators who just managed to retain their sanity means a great outcome for everyone. All courses will be offered twice this next season and are predicted to be highly successful, and work will be undertaken to expand Juniors Bike Squad.

Bill Lakic - North Coast Tri Club

TRYSTARS

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 with gusto coordinated by Commonwealth Volunteer Certificate of Commendation Bill Lakic and was coached by Madison Toovey. Every Friday our youngest ones gave the best of themselves alternating between open water beach swimming at Hillarys Marina, cycling, running, and transition sessions.

Coach Madison Toovey brings youth and experience to the role. Looking forward to welcoming a new batch of young members to the club.

AQAUTHLON

EDDY GIRVAN - RACE DIRECTOR
LIFE MEMBER

This season we had a six-event series from December through February.

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 on firstly getting in the water and secondly completing the course.

To the club committee members who helped and organized 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.

Due to low numbers of participants and dangerous surf and weather conditions the committee has decided to remove the Aquathlons from the club calendar in the coming season. One or two replacement ‘mini-mock triathlons’, incorporating a brick session style short course, are planned in the lead-up to Busselton long course events. A trial of this format in October 2024 was very favourably received.

The club calendar for each season is published on the club website.

WOMEN IN TRIATHLON 2024

Our dedicated WIT Co-ordinator, Kathryn Peake has skilfully guided another very successful course this season.

Women in Triathlon and Women in Triathlon Development Report

The 2024/2025 season marked another incredible chapter in the Women in Triathlon (WIT) Program which continues to empower and inspire athletes of all levels. The program was delivered in October with 11 women taking up the challenge, ranging from first-time participants to seasoned competitors and together our group grew with a shared passion for triathlon and a commitment to personal growth, resilience, and camaraderie.

A huge thank you to Dome Kingsley for their support and providing the well-earned coffee after our Saturday morning rides. Feedback from the participants was positive and included enjoyed the supportive coaching, conquering fears but hesitant to join club training sessions due to their skill level.

Based on feedback collected from the WIT participants over the past couple of seasons, this season also saw the introduction of the Women in Triathlon Development (WITD) Program, designed to provide an additional pathway for members, bridging the skill development gap between WIT and the high-level club training sessions therefore increasing retention levels post completion of the WIT Program.

This program launched in February, replacing a second WIT intake, and welcomed 11 dedicated participants, five of whom had just completed the WIT program in October. These women embraced the next step in their triathlon journey with enthusiasm and commitment, taking on a structured schedule of four training sessions each week, including pool and open water swims, plus dedicated run and ride sessions. With a focus on skill development, confidence building, and deepening their understanding of the sport, the group thrived in the more advanced environment. The participants enjoyed putting their new skills on show at Every Women Triathlon, Busselton Festival of Triathlon and Busso 100. Together, they laid a strong foundation for future success. Feedback from the group was extremely positive with many of the participants keen to join the program again in February next year.

Both these programs wouldn't have been successful without our dedicated coaches, volunteers, and support crew who made this season possible. Your guidance, support and belief in every woman's potential helped shape an environment where everyone could thrive - THANK YOU!

As we wrap up the season, we look back with pride and forward with excitement. We celebrated many personal milestones this season; first triathlons completed, personal bests shattered, and fears overcome. Beyond the physical achievements, perhaps the most powerful outcome was the friendships formed, and the confidence gained, reminding us all that strength is built not only through training but through community.

MERCHANDISE REPORT 2024/25

The merchandise sector of our club involves the procurement, storage and sale of merch items to our club members. Generally, this has proceeded smoothly this year.

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. During this year the club has subsidised purchases of North Coast tri and bike gear through Pedal Mafia by paying 10% of the retail price for club members. This has resulted in a more uniform club kit appearance at races. Sales of the Pedal Mafia kit has been steady compared to previous years. This is due to new members buying these items, and existing members replacing worn or damaged kit.

In conjunction with a greater appearance of North Coast tri and bike gear, our club training gear is increasingly being worn by our members. OC Clothing makes our club T-shirts and singlets. These items are well liked by our members, both in run performance comfort and in their presentation. Both of these items are in stock and in a wide variety of sizes.

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 by members can be conducted conveniently either via the app or by use of the Square.

A decision was made to order bulk batches of Fiski goggles straight from the supplier and offer them direct to our members. This method produces discounted prices, no postage fees, and immediate and convenient supply giving our members easy access to high quality aquatic eyewear. We achieved great success with this method. Two bulk orders of 70 goggles were ordered; both being sold out. Bulk orders will continue to be implemented during the year. These will occur in October and January.

New winter waterproof jackets were supplied to our regular coaches. These were sourced from KC Australia and have proven popular with our coaches.

To celebrate North Coast's 30th Anniversary, the club commissioned LP Products to produce a transition towel to celebrate this milestone. These towels proved popular and were handed out at our 30th Anniversary celebration and are still available to all North Coast members.

Our club has partnerships with local businesses. The goal was to provide benefits to sports-based businesses via advertising their presence to our members, and by our members receiving discounts. The businesses were Fiski goggles, Star Physiotherapy, Bike Force Joondalup and Blu-Smooth wetsuits. Fiski provides aquatic eyewear, Star provides physiotherapy and bike fitting, BFJ provides bikes, servicing, consumables and 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.

Continued high customer service is given to our members. Items are kept on hand for quick handover. Members are contacted in a timely fashion in regards to their orders, and payments are simple and easily done via the app and via Square. Standardisation of club apparel is being achieved. At most events, our overall club racing kit is now nearly uniform. We will keep our designs unchanged for several years so that our branding and appearance projects a uniform club presentation.

Bill Lakic, Merchandise, - North Coast Tri Club

SECRETARY'S REPORT 2024

The 2024/2025 Season has consolidated and cemented the vison of your committee. Your club is in safe hands with the hard work done by the committee behind the scenes. 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.

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. Minutes of the meetings and other important club documents are maintained on a dedicated Google Drive. Bookings for training sessions with our coaches are managed through the WIX app. A storage unit holds all the gear needed for events: marquees, flags, barbeque equipment, First Aid Kits etc. all bought through club funds.

The club administers several social media platforms, the most visited are our Facebook pages. A decision was made to consolidate and streamline our Facebook presence and advertise weekly training sessions on "North Coast Tri Club Activities"

The public "North Coast Tri Club", is visible to anyone while the group "NCTC Members Benefits" is private for current North Coast Members only. 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 if you notice any out-of-date information, please let us know.

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

EVENTS REPORTS - 2024-2025 Season

The new season began with the AGM combined with the Season Opener in September where there were lots of displays, demonstrations and prizes. A particular highlight was the Change a Spare Tube Race. This was the second year of having this popular contest, with the winner getting a $100.00 and 2nd and 3rd getting $50.00 Hillarys Beach Club vouchers each plus some other goodies.

The Tour de Lancelin Ride for this season was replaced by the Tour de Mandurah as the Willowbrook Farm had recently closed. Those legendary scones, tea & coffee that they kindly had put on for us would be sorely missed. However, an adventurous big group, set off to conquer down south and a brave (slightly crazy) group even did the return trip to take the total up to a 200km day – Legends. Many stories of the ride were exchanged at The Breakwater afterwards, over a bevy or two and food.



There were a few smaller races in October and November but the first big race to kick off the season was the biggest of them all, being the Ironman & 70.3 Western Australia in Busso. There was a big turnout of the North Coast colours both on and off the course in what was some challenging conditions of rain and wind. At least there weren't the usual flies to bother us. It was great to see many fellow clubbies at the club marquee at the various other races, Hillarys, Bunbury, Mullaloo, Karri Valley, Coogee etc, which culminated at the Busso100. I believe North Coast had the most entrants of all the clubs yet again. Well done to you all.

One of the biggest events for the season was the 30th Anniversary celebration where a huge turnout got to see and hear from early club members of the way things were back then and how it has changed over the years. Big thank you to those legends for the amusing stories and a big shout out in particular to Barry Silverlock who got stuck in and found enough memorabilia to start a North Coast Tri Club museum.

The Esky Run on Boxing Day was a lot of fun. Thanks to Luke Rotherham for organising this and he did this so well he even managed to have rainbows in the sky for us. This was my first and will be definitely trying to not miss future ones – I have to brag and mention that I did get best dressed. I knew the music festival clothes would come in handy lol.

Another big event of the season, the Mandurah Interclubs, produced a great turn out but still need to get more fellow club members to sign up for the next one as we are the biggest club and that can make a big impact on the way this is scored. As is customary for this event there were more bacon and egg burgers than you can poke a stick at, provided to all our club racers supporters and volunteers along with soft drinks and water. A big thank you to Head Chef Bill Gobbert who was a wizard with the BBQ tongs cooking up a storm along with the super chef Chantelle O'Sullivan to get you hungry lot fed. I want to see you all there, next season.

The last event for the season is the biggie - The End of Season Party being held at the Hillarys Beach Club for the second time. After what was a full and fabulous season it is a great way to relax and let your hair down. This is such a good night with fun vibes, food, drinks and dancing and of course the chance to recognise the achievements of your fellow club members. There were a few diehards kicking on at the end on the dance floor with some…..interesting?....moves. Great to see.

Check out the photos at the end of this Yearbook

Lastly, I just want to say a big thank you to all that helped with either transporting and or setting up and packing down the marquee etc. Many hands make light work and just as importantly continues to build the camaraderie of this great club.

Lucky Phil - Event Coordinator

BUSSELTON IRONMAN & 70.3 - DECEMBER 2024

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. Unfortunately, Teams are not identified in the list forwarded by Ironman, but we salute you.

Even so, we compiled and published the following list (below) 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.

It is with great pride, we can also reveal this badge that your club, by the efforts of all who completed and earned points for the club, won in second place overall and was the highest scoring 'Group IV' club at Busselton Ironman in 2024. Only beaten in points scored by a worldwide coaching group. This speaks volumes for the dedication to training and participation of the athletes. Well done!

Competed in the full GWM Ironman Busselton:

*Burlinson, Richard * Macaskill, Clive * Tilleard, Nigel * Passetti de Moura, Felipe * Chapman, Rob * Monks, Lucky Phil * Monaghan, Glenn * Potts, Mark * Rotheram, Luke * Griffiths, Darrin * Gould, Andree * Bacovic, Jovan * Salter, Matt * Pree, Paul * Korica, Marijan * Griffiths, Kate * Broadhurst, Lindsay * Steyn, Marcus * Funk, George * Domican, John *

Competed in the GWM 70.3 Ironman:

* Wesley, Kurt (Professional) * Payne, Chloe * Gilbert, Tom * Botek, Taryna * Crew, Abbie * Bamber, Graeme * Skelton, Ross * Van Niekerk, Eben * Gogan, Darren * Price, Jarrad * Hawkey, Jenna * Sutherland, Brenda * Padgett, Jane * Glenn, Eric * Pham, Julie * Kerr, Carolyn * Salinas, Michael * Kraan, Alex (Aquabike) * Gobbert, Julia (Aquabike)*

BUSSO100 RACE REPORT - MAY 2025

Saturday 3 May - Busselton Foreshore Triathlon - Kids / Enticer / Sprint
Sunday 4 May - Busselton 100 - 2km swim / 80km cycle / 18km run

From the youngest 7 year-olds doing their first Kids Triathlon to NCTC's very own George Funk doing his first Busso100 as a 70-yearold (on his actual birthday), everyone had to deal with the weather conditions over the 2 days of competition. The water was so rough they shortened the swim on Sunday, the wind was stronger than usual, the rain made the roads slick for the cycle, spectators huddled under umbrellas until "their' athlete passed then ran for cover themselves. BIG THANKS to our volunteers who transported and erected the big club tent and Dave Hawkey who carried an Esky full of ice across the compound. Weight training paid off.

Everyone who entered, competed or completed … we salute you!

SPRINT: Nathan Byrne, Rob Clayton, Will Cramsie, Gemma Gorton, Megan MacPherson, Andrew Newton, Ciaran O'Rourke, Kathryn Peake, Ella Rayner, Thor Sultan, Carol Ullrich

ENTICER: Adam Byrne, Barbara Krahner

AQUABIKE: Paul Cochrane, Bianca Lourens, Karen McCulloch, Matt Pilbeam, Katherine Ross, Nigel Tilleard

BUSSO100 INDIVIDUALS: Philipp Albert, Joshua Blackwell, Matt Bott, Lindsay Broadhurst, Dan Buis, Craig Bungay, Richard Burlinson, Rob Chapman, Catherine Cramsie, Abbie Crew, Jonathon Cumming, Quinton Funk, George Funk, Luke Giles, Darren Gogan, Andree Gould, Robert Hall, Jenna Hawkey, Timothy Hodge, William Holden, Laura Holmes, Daniel Kennedy-Stiff, Carolyn Kerr, Alex Kraan, Bill Lakic, Sue Libbis, Sarah Mackenzie, Mahesh Mawjee (Heshie), Jordan Mills, Lucky Phil Monks, Alexandra Northey, Shane O'Keefe, Mark Potts, Ann-Marie Potts, Marco Rocuzzi, Riana Rose, Paul Rubotham, Christian Sailer, Robyn Scott, Troy

Shortland, Ross Skelton, Matthew Smith, Jaisal Sohal, Roger Steinkrug, Marcus Steyn, Brenda Sutherland, Madi Toovey, Lisa Vass, Kurt Wesley, Craig Wright.

TEAMS: Tri Hards (Female), Dream Team (Female)
Add to the list of Busselton competitors: (who recorded their club name as NCTC so didn't come up on the original search) Nesa Abbaspour, Tom Gilbert & Edmund Kerr,

Reminder: Identify your club membership on all events as "North Coast Triathlon Club" (not NCTC) to ensure the club benefits from your hard work

EVERYWOMAN RACE REPORT

9 March 2025

Well done to the first timers, WITD ladies and those fronting up to do it again, plus all the families and supporters who made the early morning trek southward to be part of this very inclusive event. North Coaster Catherine H. appeared on many promotional posts for the event. Who will they choose next year? Check out the Everywoman socials for results and photos.

PINK TRIATHLON

MULLALOO RACE REPORT - JULIA GOBBERT

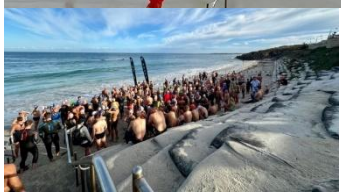
April 2025

My first Standard distance triathlon (1.5km swim, 40km cycle and 10km run) taking 231 minutes of my life, went to plan until the run. The swim was in perfect conditions and I did my average middle of the field exit from the water. The bike leg was energy efficient if a bit slow, saving the stamina for the final discipline. Then the day heated up. The run was out 2.5km and back for 2.5km then repeat, out and back. At the 7.5km (at the furthest distance 'out') the adhesive holding a support under my toe arch melted and moved to the wrong position causing an electric pain shock with each thumping step. I hobbled 'back' for 2.5 agonising kilometres to manage a sprint through the finish arch, which was promptly dismantled.

The supporters who encouraged me over the line are wonderful and I cannot thank them enough: Rob Hall, Darren Hines, Emma Baldwin, Mel Baker and hubby Bill.

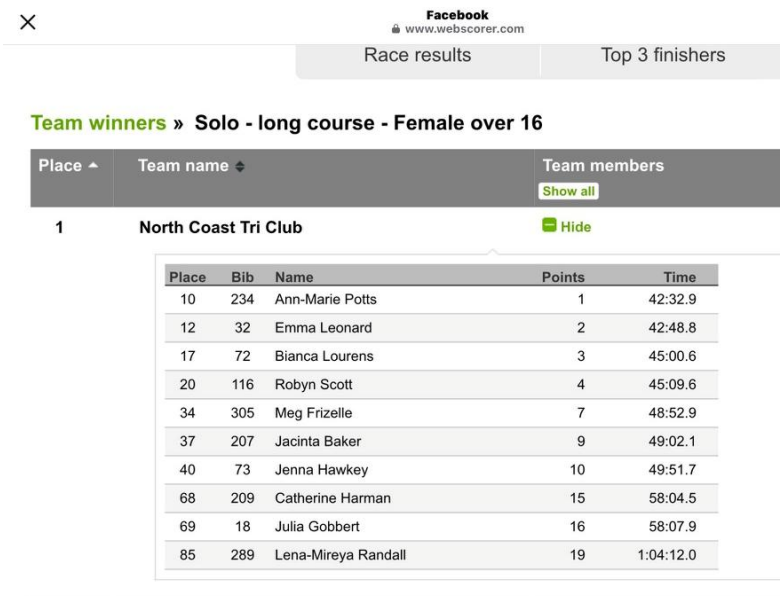
WATERMANS TO THE WALL

13 April 2025



North Coasters (whose third favourite leg of triathlons is usually swimming) appeared in numbers to challenge themselves in the iconic WTTW. This unique event prohibits the wearing of watches so the aim is to complete the distance closest to one's nominated time. Most either over- or under-estimate, unlike last year's winner Ann-Marie who got it right within 0.02 of a second in 2024.

Ten North Coast ladies were the ten fastest female swimmers from one club group, placing second overall to Sorrento SLSC: Ann-Marie Potts, Emma Leonard, Bianca Lourens, Robyn Scott, Meg Frizelle, Jacinta Baker, Jenna Hawkey, Catherine Harman, Julia Gobbert and Lena-Mireya Randall in her first long distance open water swim. Congratulations!



Facebook
www.webscorer.com

Race results | Top 3 finishers

Team winners » Solo - long course - Female over 16

Place	Team name	Team members
		Show all
1	North Coast Tri Club	Hide

Place	Bib	Name	Points	Time
10	234	Ann-Marie Potts	1	42:32.9
12	32	Emma Leonard	2	42:48.8
17	72	Bianca Lourens	3	45:00.6
20	116	Robyn Scott	4	45:09.6
34	305	Meg Frizelle	7	48:52.9
37	207	Jacinta Baker	9	49:02.1
40	73	Jenna Hawkey	10	49:51.7
68	209	Catherine Harman	15	58:04.5
69	18	Julia Gobbert	16	58:07.9
85	289	Lena-Mireya Randall	19	1:04:12.0

MOORA TRI RACE REPORT

March 2025

This beautiful little community event is a must to do for everyone, at least once. Three North Coasters (Bill, Petra and Julia) took up the challenge and represented the club in the long, short or fun categories.

The swim is done in the town pool, the use of which is donated to the event by the local council. The cycle is out and back on a very flat country road, closed to traffic for the morning and the run is a few laps around town, down the main street, crossing the river over 2 bridges at each end of town then a section of trail run through the bush. Something for everyone.

The Jerejian family has strong ties to this area. Petra Jerejian and her juniors Andreas and Anetta came away with medals this year, not content with doing (and winning) the Sprint distance, Petra fronted up for the Fun Run too.

KARRI VALLEY

MANDURAH INTERCLUBS

OVERSEAS REPORTS

The 2023-2024 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.

RACE REPORT - CHALLENGE ROTH - LISA VASS

In July 2025 I completed Challenge Roth in Germany! Before the race, everyone was telling me, “You’ll love it! Smile and enjoy every km!” Let’s just say... it was a character-building experience!

I was lucky to have a wonderful group of friends to train with for 5 months in the lead up, coached by two pro triathletes so I was feeling fit and confident. I was race ready however a knee issue meant a potential walk/run option on the day. That was fine. I just needed to finish in under 15 hours.

In Roth we took a bus over the bike course, seeing cute villages and got a look at gradients, none more than 10%. The weather forecast ruled a non-wetsuit swim, so whispers of swimsuits and a shopping frenzy took over to get the last of the speed suits from the expo! These are sooo expensive but super racy! I’m sure Fiona & Ali were in fits over this spree! I bought the last one, thinking I could save 3-5mins

On race day I was super nervous but ready to go, had a little cry, feeling a little overwhelmed but confident, with an encouraging hug from Sue & Paul.

I was put into the last swim wave, which meant we had 15 hours to complete the event. Swim is go, go, go with loud cannons which made your heart jump from the noise alone. I was swimming nice and steady, got to 300m and had a panic attack, then cramps started. Eventually finished the swim in 1:59, cut off was 2:10. Crap swim so my swim/speed suit is up for sale!

Ran to the bike in the far paddock about 400m away, mine in the far back corner. Bike was going great, nice and comfy and average speed good, nice villages full of so many people waving and shouting encouraging words. Got to Solar Hill at 70km in, very overwhelming. I was going strong until my foot kept slipping out of pedal, the cleat had completely worn away and would no longer clip into the pedal. I had 110km to go, conscious of time, so decided against stopping and kept going with one leg pushing and other trying to keep from slipping, cramps in my quads.

Got into T2 with 7 minutes to spare! I had one minute to get my shoes on and start running or they'll cut me! Jeez there was a motivator! So, I ran out onto the run, calculating a run-walk at 7:40/m and I'll get to the finish line, 2min run 1 min walk Lots of encouragement to keep going, I was okay, got to 15km but cramps started in belly, back and legs, just keep working through it. Someone was telling me to keep running as the 30km had a cut-off point. I managed it with minutes to spare!

I slowed to one min on and one min off. It was dark, someone gave me a torch and said you've got this! Then somehow, I turned to corner to hear all these people cheering in the stadium, I'd hit the green carpet. I ran down the finish shute like a sideways crab - stumbling all over the place. I saw all these laser lights and everyone in the stadium had their phone torches on & singing. I was so dazed, but I made it! Collapsed under the weight of the medal around my neck and saw Paul & Pete on the finish line. I cried.

Immediately after the race, I got what I thought was a bout of gastro, but it didn't really improve so I flew to London 2 days later and was admitted into hospital for 6 days with a severe bowel infection. Was it swallowing canal water or something I ate or something already brewing that was blew up with the stress of racing?

So… reflecting: did I love it, would I do it again? Hell NO!! That was the most brutal thing I've ever put my body through, definitely my one and only. It makes a 70.3 feel like a park run. The race was so much more than I had ever imaged it to be. Others loved it, or did they really? or just happy to finish it?

I'd sign up for a 70.3 any day but never a full 3.8-180km-42.2 ever again!
#whatdoesntkillyoumakesyoustronger

NCTC SURF 2 SURF RUNNING FESTIVAL

The NCTC Surf 2 Surf event is traditionally hosted by NCTC around the same time 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 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.

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 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 thirty-three participants as follows:

- 6km walkers / 6km runners – Three
- 12km runners – Twenty-one
- 21km runners – Nine

The winners of each category were as follows:

- 6km run (male) – Thor Sultana
- 6km run (female) – Tara Bonner
- 12km run (male) – Lucky Phil Monks
- 12km run (female) – Sarah Gorman
- 21km run (male) – Frank Smith
- 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.

NCTC 30 YEAR ANNIVERSARY PARTY

15 December 2024

Over 150 past and present members, young and not so young, new members and Life Members gathered to celebrate 30 years of the North Coast Triathlon Club. Invited guests included his Worship the Mayor of Joondalup Albert Jacob, representatives of Triathlon WA and President of the Sorrento Surf Life Saving Club Rob Doherty in addition to several foundation members.

The committee organised a diplay of club memorablia, photos and kit from 30 years to the present day. Many thanks to Barry Silverlock who could start his own NCTC museum with items from his own personal collection. Thanks also to Dave Norton for photos and memories.

The highlight of the afternoon was a panel discussion featuring stories from long time members and legends of the club.

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 2024 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 but quite hot..

NCTC SUNSET ESKY RUN 2024

There’s nothing quite like it on the triathlon calendar… and one with an ever-increasing attendance. If you’ve not been before, be there or be square next year.

For those not familiar with the concept… it combines an easy paced training run, roughly 7km with around 5 aid station stops.

Now whilst traditional aid stations serve up a delightful concoction of Gatorade, bananas, sports bars, gels and Vegemite, the ESKY Run works a little differently. 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” Bill Gobbert 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! The boot of his car starts off like a well-stocked Dan Murphy’s and typically finishes looking like a street in Northbridge at 2am.

Kicking off from Hillary’s Boat harbour car par, the first leg was a cruisy jog down the coast and on to tackle the Clontarf hill climb. After working up a thirst sweating off the festive turkey and crayfish it was time for stop one at John and Nikki’s place with nibbles on the veranda. One drink down and a very short slightly hilly leg to the (triathlete family) Williams’ household for drink #2!!

On to stop 3 and the top of the hills was a double stop for Fiona Longden/Luke Rotheram houses. Three drinks in, for most it was time to break the seal… so after toilet stops galore it was on to stop #4. As we turned north the most amazing rainbow appeared, making for a memorable photo.

I admit I may have broken some promises here saying that the last of the hills were all behind us. I heard shouts of ‘I thought he hills were over’ as we climbed one punchy hill to

Mandy and Nigel’s place, who very wisely decided to take holidays at the same time again this year.

One more aid station to go until we hit the finish line… stumbling across Seacrest Park for stop #5 at Stuart King’s house. Conversation was flowing and words were slurring as spirits continued to climb.

From here, just a short jelly legged stumble downhill to the finish line at the Breakwater where no medals were handed out… just more beers, wines, a meal and good times!!

I just want to say a huge thanks to Rob Hall for taking another well-earned break this year and entrusting me with running the 2024 event. I assume I was picked as the trusty ambassador (again) due to my ability to smash out Saturday night beers and still turn up for Sunday runs. Regardless, it’s my favourite event of the year so cheers Rob!!

See you all at the ESKY Run start line 2025!!! Let’s make it bigger and better than ever before!

Cheers!

Luke Rotheram

END OF SEASON EVENT

Our end of Season Celebration took place on Saturday 21st June at the Hillarys Beach Club. Our annual Night of Nights for celebrating achievements of the club and clubbies over the past season. For $30.00 per head including a drink and plenty of finger food, it was the best value night out, all subsidised by your club membership fees.

Our End of Season celebration event allows us the opportunity to recognise all club awards winners for the season, catch up with fellow club members to reflect on our collective efforts over the past year, and look forward to the new season ahead.

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