2025 / 2026 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

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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.

COMMITTEE MEMBERS

- Craig Wright
- Robert Hall
- Julia Gobbert
- Bill Lakic
- Nat Smallwood
- Mandy Hulbert
- Nat Smallwood
- David Buitendag
- Fiona Longden

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
- Robert (Rob) Hall
- Sue Libbis
- Lucky Phil Monks

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

PRESIDENT



As we close out the season we look forward to the warmer days, ramping up our training and getting ready for the new season ahead.

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.

A big thank you to our current, new, and departing committee who volunteer their time to plan and run our club! We have enjoyed a dedicated and well-functioning team this year - Dave Buitendag, Julia Gobbert, Bill Lakic, Robert Hall, Nat Smallwood, Mandy Hulbert, and Fiona Longden.

We have maintained an extensive calendar of training and coached sessions every day of the week and again delivered a great range of programs including the Women In Triathlon (WIT), and our Junior and TRYstar programs.

NCTC was 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. A special give-away - the supporter cowbell in club colours - was organised by Nat

Smallwood. 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, 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 Yacht 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!

As I step down from the committee and President role, I would like to thank all of our members for their support in recent years. And to all my fellow committee members past and present, a special thank you for the huge effort consistently delivered behind the scenes. Our club remains in great hands going forward!

Craig Wright

MEMBERSHIP



This season our membership numbers grew substantially, in part due to new WIT ladies joining and in part due to our young TRYstars and Juniors. At the end of June 2026, the club had 427 members (110 x Basic, 14 x Premium, 6 x Social, 297 x Standard, plus 3 x tri-curious participants doing the 8-week trial). These numbers are a big increase on the June 2025 end of season total of 330. Large numbers require a big commitment from the committee and volunteers to keep things running smoothly and we appreciate all members' commitment to helping us keep the club purring along.

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.

Our group training sessions continue to help members achieve their own personal goals. With all except the swim sessions free to all members, the committee hopes to keep training enjoyable and affordable.

A special thank you to our life members who continue to assist the club and mentor us along our triathlon journey. Thanks particularly to club stalwarts Dave Norton and Barry Silverlock who support the club.

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 2026-2027 calendar of events.
Dust off the wet suit, pump up the tyres, charge the lights, laces on – Let's go!!!!

✨Celebrating Our New Life Members ✨ September 16th 2025

The North Coast Tri Club is proud to welcome three incredible legends into our Life Members category! 🏆

💛Sue Libbis – An outstanding member and athlete, Sue is the ever-friendly face of advice and support for women in our club. Her kindness and encouragement have inspired so many.

❤️Rob Hall – Incredibly supportive and always welcoming, Rob is the constant happy presence on the field. With countless kilometres on the feet (and plenty of wins to prove it), Rob is one of the best blokes around – and we're so lucky to have him.

🧡Phil Monks – A true weapon and machine, Phil has given countless years to promoting our club, assisting with events, and showing up as an all-round great bloke and outstanding athlete.

👏Congratulations Sue, Rob & Phil – thank you for everything you've given to NCTC. You've helped shape the heart and soul of our community.

Julia Gobbert
Membership

PS: 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 attempt to compile and publish a list on the day before the Busselton Ironman and 70.3 races so club supporters and compatriots are informed about who to watch out for on the day. Busselton Ironman and 70.3 in December 2025 was probably one of our most well attended events of the season.

COACH CO-ORDINATOR'S REPORT 2025/2026

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 have no doubt the NCTC squad vibes will continue to thrive.

See you around for Mandurah State Champs.
Dave Buitendag

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, Programs Coordinator and Coach
Brad Kaye, Coach
Dan Buis, Coach
Daniel Okely, Cycle Leader
David Buitendag, Coach
Janine Kaye, Coach
Jessica Claxton, 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
Shannon Harben, Swim Teacher
Sue Libbis, Coach
Sue Scott, Coach

Please welcome our coaches and coordinators for next season:

Bill Lakic
Brad Kaye
Dan Buis
Daniel Okely, Cycle Leader
David Buitendag
Janine Kaye
Jessica Claxton, Coach
Jez Evans, Cycle Leader
Julia Gobbert
Kathryn Peake, WIT Co-ordinator
Kevin Chua
Kurt Wesley
Madison Toovey
Megan Macpherson, Coach
Phil Albert
Rhys Williams
Robyn Scott
Shannon Harben, Swim Teacher
Sue Libbis, Coach
Sue Scott

TRAINING SESSION REPORTS

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.

CYCLING



Cycling sessions are typically non-coached events, leaving from Sorrento Surf Lifesaving Club on Tuesday and Thursday mornings and Hillary's Beach Club on Saturday mornings.

The Saturday ride distances doramp 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. 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 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.

We have also extended these groups into the Junior Bike Squad (JBS) and Duncraig Bike Squad (DBS) running in term 3.
A planned new course starts in the school term 4. Called TRYstars MAX this course will train at higher levels level and stronger training than TRYstars, in preparation for triathlon training.

RUNNING



We offer 2 coached run sessions all year round. Tuesday evening Interval sessions were led by Janine Kay up to June 2026. We are enormously grateful to the very busy Janine who passed the baton to new Life Member Sue ‘The Professor” Libbis mid-season. The Thursday evening Tempo session is coached by Bill Lakic. Both sessions are mixed pace and cater for both seniors and juniors. 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 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.

A “training” triathlon consisting of a 600m swim, 20km cycle and 5km is staged twice a year to supplement the summer training schedule and give members new to triathlon an opportunity to familiarise themselves with a “race situation” as well as to socialise with other members. Starting and finishing in the grass areas just north of Sorrento Beach, with drinks, snacks and coffee afterwards, this mini triathlon is a great way to “test” race fitness and provide new members some valuable experience as they head into their first triathlon.

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. 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 2025-26
Sue Libbis



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 SUE LIBBIS - A truly well-deserved award. Sue has offered her time and experience in assisting the Women In Triathlon (WIT) open water confidence course and stepped up to coach the Tuesday night run session mid-season. Thank you, Sue!

PRESIDENT AWARD 2025-2026
Bill Lakic



The recipient of this award is recognised, selected 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, this season's worthy recipient is Bill Lakic.

A committee member since May 2022, Bill has held the position of Merchandise Manager and Programmes Coordinator since then. He completed Triathlon WA Foundation Coach certification and uses those skills to oversee club running sessions on Thursday nights with his trademark humour. Bill also designed and produced the 'NCTC Transition Towel' given to all members to celebrate the club's 30th Anniversary.

Thanks in part to a generous donation from a senior member, Ivan Clare, Bill has been instrumental in assisting parents of our fledgling Junior squads to afford the regular replacement of NCTC branded Tri-suits for rapidly growing young triathletes. His brainchild is a uniform renting system, use for a season then replace next season. Look for the logo 'IVAN'S FUND' printed on the youngsters' kit. Bill's latest achievements are the TRYstars MAX course and the ongoing Junior Bike Squad, extending the challenges for the enthusiastic younger members.

KERRY WATTS ENDURANCE AWARD 2025-2026

(Not awarded this season). Members unfortunately suffer injuries and illness. We applaud them all for their resilience and ability to "get back on the bike".

CLUB AWARDS 2025-2026 SEASON



SENIOR TRIATHLETE OF THE YEAR
MALE: Barry Silverlock
FEMALE: Madi Toovey



SENIOR ENCOURAGEMENT AWARD
MALE: Oli Cheveralls
FEMALE: Fiona Boland



JUNIOR TRIATHLETE OF THE YEAR
MALE: Luke Williams
FEMALE: Florence Erskine



JUNIOR ENCOURAGEMENT AWARD
JUNIOR MALE: Xander Williams
JUNIOR FEMALE: Willow Traeger















TRIATHLON WA AWARDS & HALL OF FAME INDUCTEES

The 2025/26 Triathlon WA Annual Awards and Hall of Fame Awards were held at the Westin Hotel Ballroom, Perth.
Western Australian athletes, supporters, staff, partners and friends from clubs across the state celebrated the season in a very up-market style this year, being the 40th Anniversary of Triathlon WA. style.
North Coast athletes earned several prestigious awards this season.

One of North Coast Triathlon Club's dearest members, Loretta Wesley, was inducted into the WA Triathlon Hall of Fame.

TriWA TRIATHLETE OF THE YEAR (TOTY) - Open Category

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

TOTY Open Female Champion 2025-2026 Season - MADI TOOVEY (NCTC)







TriWA AGE GROUP TRIATHLETE OF THE YEAR AWARDS

The 2025/26 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 each year.

2025/26 TRIATHLETE OF THE YEAR - TOTY - NCTC AGE GROUP WINNERS

TOTY 14-15 years Female - FLORENCE ERSKINE (1st)
TOTY 14-15 years Female - SCARLETT MULHALL (3rd)
TOTY 50-54 years Female - CLARE ALLEN (3rd)
TOTY 65-69 years Female - ROBYN SCOTT (1st)
TOTY 16-19 years Male - LUKE WILLIAMS (2nd)
TOTY 35-39 years Male - RICHARD BURLINSON (1st)
TOTY 65-69 years Male - BARRY SILVERLOCK (1st)

OPEN MULTISPORT WINNER - ERIN DRISCOLL (1st)

WA TRIATHLON HALL OF FAME INDUCTEE
LORETTA WESLEY

One of the most accomplished and influential female triathletes in Western Australian history, Loretta Wesley's greatest success came in long-course racing winning five consecutive WA State Long Course Championships. Internationally she competed at the Commonwealth Games and ITU World Championships with a career highlight including winning the Reebok Triple M Ironman in Sydney. What distinguishes Loretta's career is her extraordinary longevity. After stepping away from elite competition and raising a family, she returned to the sport and won both the ITU Age Group World Olympic Distance Championship and the Age Group Long Course World Championships



North Coast's Wesley Family at the club's 30th Anniversary party.

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!

MAX GREIVE MEMORIAL RUN 2025

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: Rhys Williams / Kurt Wesley
FEMALE: Petra Jerejian

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






NCTC - JUNIORS

This season has seen the introduction of Tri-suits for our Junior members through ‘Ivan’s Fund’. Juniors grow so quickly and replacing racing kit can be very costly, buying new items each season. To help with the cost and to assist in wearing the correct outfit, Bill Lakic (Merchandise Manager) has acquired a range of trisuits to rent and replace each season. Look for our outstanding Juniors at races and give them a specially encouraging yell: “Go North Coast”










TRYSTARS

Catering for 7 to 12-year-olds



On Friday 6 February, NCTC kicked off our first Carine TRYstars program, in addition to our very popular regular TRYstars sessions, with 28 eager students from years 3-6 enrolled. They were smashing some great goals, even on the first session.

Coaches Jess and Will had the kids enthralled, with Will agreeing to do the worm the next week if the kids could run some extra laps. Way to motivate our budding triathletes? You bet!

Each week Carine TRYstars learned new skills, doing unreal transitions and showing us their power on land and in the water. The Juniors Bike Squad is also proving to be very popular as the next step in learning all about safety and skills on two wheels.

TRYstars Carine ended with a mini triathlon. They all gave it their heart and soul, and above all, had a great time doing it. Lots of smiles, lots of fun, we do it again in October 2026.

AQUATHLON SERIES of 6

Due to low numbers of participants and dangerous surf and weather conditions the committee has decided to remove the Aquathlons from the club calendar for the foreseeable future. One or two replacement ‘mini-mock triathlons’, incorporating a brick session style short course, are planned in the future in preparation for the long course events.

PROGRAMS REPORT 2025/2026

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

TRYstars was run twice this season. October’s cohort run by Coaches Madi Toovey and Dan Buis had a respectable attendance of 41 kids. A decision was made to create another TRYstars at Carine for the February courses, run by Coach Jess Claxton. This proved highly successful, with the three combined courses fielding 70 kids, a club record! This set up will be continued next year, with views for further expansion.

To capitalise on the high number of TRYstars, two kids bike squads were run in term 2. One was Juniors Bike Squad for Primary School kids run by Coach Jess Claxton, the other was Duncraig Bike Squad for High School kids run by Coach Bill Lakic. Both were well received by kids, with high retention rates and enthusiasm. These squads are crucial for providing activities for kids in the cooler months and with keeping them engaged with our club. These squads will be run again in term 3 and next year.

Women In Triathlon was conducted only once this season, with an intake of 17 participants. Challenges provided by the economy and cost of living pressures contributed to this moderate number. Coach and participant morale was high, and retention rates were high as well. With these moderate 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, and to provide a progression from WIT. Numbers were good at 12 people. The concept worked really well, so the combination of WIT in October and WITD in February will be undertaken next year. Many of these women are now forming a solid training group, and even participated in some of the events of the Busso 100 weekend. We look forward to seeing their progress over time. Course Coordinator for both courses was Kathryn Peake, and many many coaches and volunteers made these courses possible.

North Coast Swim Correction proved popular once again, with 28 participants in October and 24 in February. Coaches Madi Toovey, Shannon Harben and David Buitendag did a great job in fine tuning swimming techniques, the six-week courses doing wonders to change our triathletes into swimming machines!

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 meant a great outcome for everyone.

Bill Lakic
North Coast Tri Club

MERCHANDISE REPORT 2025/2026

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

North Coast's tri suit and bike apparel supplier is Pedal Mafia. The online portal is open twice per year. 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 kit has been steady.

OC Clothing makes our club T-shirts and singlets. These items are in stock and in a wide variety of sizes. This design has been present for nearly three years, so the decision has been made to run down stocks in favour of a new design later.

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 bulk order from Fiski goggles was obtained with reasonable sales to club members. Slowing sales did indicate a saturation of supply however. Another bulk order is being considered in 2026/27.

Our club has 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, Star physiotherapy and Bike Force Joondalup. Fiski provides aquatic eyewear, Star provides physiotherapy and bike fitting, BFJ provides bikes, servicing, consumables and sports nutrition. 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

WOMEN IN TRIATHLON (WIT) 2025 & WITD

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 2025/2026 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 and November with 17 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 the previous intake. 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.








www.northcoasttriclub.org.au

SECRETARY'S REPORT 2025/2026

The 2025/2026 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 private group page "North Coast Tri Club Activities" is available to join by application and is aimed at North Coast Members only. We also have an Instagram account. 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. A project for next season is a new tab on our website <History> where we will store important historical information and photos from the club's 30-year experience.

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 REPORT - 2025-2026

The new season began with the AGM combined with the Season Opener in September.

The Tour de Lancelin Ride for this season was replaced by the Tour de Mandurah.

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.

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.

The traditional club Ride to Burns Beach on Boxing Day is for those wanting to burn off some extra Christmas calories. Conversational pace, it's not a race!

The Esky Run at Sunset to close out the old year was a lot of fun.

Another big event of the season – the Mandurah Interclubs, we had 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 the club provided post-race sustenance. Rob and Chantelle used their local knowledge to procure breakfast from a local bakery also soft drinks and water.

I want to see you all there, next season, so put the first week of January in your calendars.

The Busselton Festival of Triathlon celebrated 25 years in May 2026. We organised a get-together at Rocky Ridge Brewery in Duncraig on the weekend before for a last-minute tips and tricks for newbies and reliving the glory days for repeat attenders. Busso was a whole long weekend of races, including kids' races, Busso25, Busso50 and Busso100. Perfect conditions for an enjoyable race and spectators alike. Nat Smallwood distributed cowbells in club colours for our supporters and the big club tent was a great meeting place.

The last event for the season is the biggie - The End of Season Party being held at the Hillarys Yacht Club. 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.

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.

Fiona Longden
Events Coordinator.

RACE REPORTS

RACE REPORT - EXSS SPRINT TRI – Champion Lakes
30 November 2025

As I have just gone up an age group apparently it is my duty to share some wisdom in how I prepared for my first race of the season last year. Disclaimer: I am older but not wiser – this did not work for me; it probably won't help you either!

1. Neglect running and swimming to prepare for the Tour of Margaret River (do not mention that teammates were from another tri club).

2. After the race, pretend that a handful of 10-minute sessions tied to a bungy cord in the pool in the backyard can be called “swim training”.

3. Make the most of sunny late spring weather by gardening instead of training. While you would happily go for a run or ride for an hour or more without a second thought, don’t bother with the 20m walk to the garage to get the giant secateurs specifically bought to cut through thin branches. Instead, attempt to break them using body strength and leverage. Refer to point 2 above for the current state of upper body strength training (or lack thereof). Spend the rest of the day standing up because the movement to sit down or stand up hurts too much, and spend the next month regretting inflicting sciatica on yourself.

4. One week later: race day!

I’d been out to Champion Lakes for duathlons in the past, but it was finally time to actually get in the lake. The water was flat, and while tip 2 above did not help with actual fitness, one positive is that the water moving past your face as you actually move forwards through the water makes you feel FAST.

The bike course was unusually calm for Champion Lakes and for the unacquainted, it’s three laps around the lake with a return visit past the transition area on the island at the end of each lap. The course is dead flat aside from the little rise to the bridge onto the island, so it’s a fast course. I had spent enough time thrashing in the water to warm up enough to get down into the aero bars without too much discomfort. I was happy with the ride, somehow holding pace for the 3 laps instead of positive splitting. I guess those longer rides (tip 1) did pay off.

I had an unplanned extended break in T2 as I had trouble bending over to get my running shoes on! After wondering during the week if I’d actually be able to run, I eased into it and was despite the constant feeling of my hamstring being on the brink, finished in one piece.

Exceed put on a good post-race spread as always, providing another excuse to hang around after the race and catch up with some familiar faces.

Daniel Wedge

BUSSELTON IRONMAN & 70.3 - DECEMBER 2025

Sat 6th & Sun 7th December 2025

Competed in the GWM Ironman Busselton: * Graham Pirrie * George Funk * Darren Hine * Ross Skelton * Lucky Phil Monks * Jovan Bacovic * Jason Margach * Kate Griffiths * Jenna McArthur * Karen McCulloch * John Domican * Megan Mckay * Tina Taraborelli * Paul Pree *

Competed in the GWM 70.3 Ironman: * Clare Allen * Lisa Hitchcock * Julia Gobbert *Padraig Boland * Jane Padgett * Phil Jolley * Troy Shortland * Lucky Phil Monks * Mark Potts * Anne-Marie Potts *Luke Giles * Les Smith * Marcus Steyn * Jarrad Price * Luke Rotheram * Shane O'Keeffe * Ceri Foster * Marco Rocuzzi *Phil Jolley * Eben Van Niekerk *Felipe Passetti De Moura * Meg Frizelle * Brenda Sutherland * Jason Aleknavicius * David Trapp * Christine Gannon * Nesa Abbaspour * Jack Lee * Anna Jamieson *

NOTE: These lists provided by Ironman and may not be complete. We apologise for any omissions

Legends of the South: NCTC Takes on Busselton 70.3

By a North Coast Triathlon Club supporter:

There is something pretty special about Busselton on race morning.
The December 2025 Busselton 70.3 dawned cool and calm, with just a slight breeze and the promise of a glorious West Australian summer's day ahead. Busselton was certainly turning it on for us, and we were lucky enough to be there to witness some truly amazing athletes do some truly amazing things.

For North Coast Triathlon Club, it was a fantastic turnout. Old faces, new members, teams and supporters all made their way through the NCTC support tent. There were hugs, well wishes, nervous faces and plenty of encouragement as everyone prepared for the day ahead.

Then came the swim start.

The sea of brightly coloured caps, the watches click on, the hugs and the nervous anticipation built as the announcers called each section. Then, almost in a flash and a bang, they were off. Into that beautiful, calm and clear Busselton water they went.

For those of us watching from the shore, it was easy to understand why athletes love racing here. Between the sighting of stingrays, fish and coral, the conditions were almost magical. Of course, the athletes probably had a slightly different perspective as they battled their way through 1.9 kilometres of water!

The day can look long on paper, but from the sidelines it goes incredibly quickly. Just as the last group splashed into the ocean, the first athletes were already emerging and charging towards transition. And then came the wetsuit shuffle.

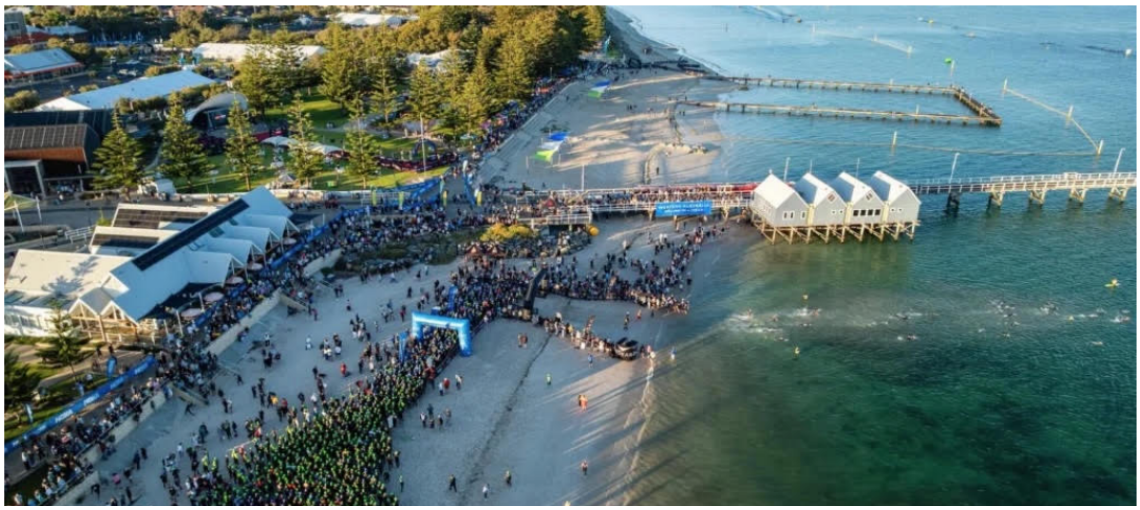
Trying to spot red and orange NCTC suits amongst a sea of black wetsuits proved a little challenging, but eventually we spotted our clubbies. What followed was one of the best parts of race morning, watching them charge up the ramps towards T1, and charge they did! Long legs. Big smiles. Determined faces. They had done the hard part and were ready to get moving. It was epic.

And just as quickly as they appeared, they were gone. Then the next wave came through, and they too flew through transition and out onto the course.
The Ironman athletes were something else entirely. Watching the professionals come through was a privilege. The power, speed and control they displayed was incredible, and they ran with a class and style that makes you appreciate just how much work goes into reaching that level.

There was also a special treat for the local crowd with favourite Nick Thompson. Watching him battle so hard was inspiring, even though his day didn't finish quite as he would have hoped. A podium finish is still an incredible achievement, and seeing that level of determination and skill up close reminds us why we love this sport.
But among all the big names and big performances, it was our own club members who really stole the show for us.

Lucky Phil absolutely smashed the Aquabike, charging through the event and taking out first place. What a performance! And then there was our gorgeous Ann Marie, who was offered a place at the legendary Nice event, not bad for the lady who told me 5 hours earlier- "I'll probably come last out there".

Our teams were also out there giving everything they had. Different goals, different distances, different experiences, but exactly the same determination to get to that finish line. The training sessions paying off, the tempo sessions, Sunday long runs and laps in the pool all making this moment worthwhile.
And that's what makes the Busselton IM and 70.3 so special.
It isn't just about the professionals, the podiums or the finishing times. It's about the person lining up for their first ever race. It's about the athlete ticking off their 10th. It's about the teams, the supporters, the volunteers, the families and the friends standing on the sidelines screaming themselves hoarse. From sunrise to sunset, you all swam, rode and ran until there was nothing left in the tank and a shiny medal to remind you of how strong your body is and how capable your mind is.
It's about seeing someone you've trained alongside push through something they weren't sure they could do.
It's about the satisfied smiles at the finish line.
It's about knowing just how much work, sacrifice, early mornings, tired legs and determination went into getting there.
So, to every NCTC athlete who took on Busselton in December 2025 — congratulations.
Whether it was your first IM or 70.3, your 10th, your first triathlon, your Aquabike, a team event or simply your own personal challenge, you should be incredibly proud. You gave it everything.
From the supporter's tent, we saw the nerves, the excitement, the grit, the determination and the joy. And to us, that makes you all NCTC legends Busselton gave us a beautiful day. Our club gave us an even better one.



MANDURAH INTERCLUBS - RACE REPORT

Sunday 11th January 2026

First Race of the New Year, time for new resolutions and half the season over already! Following is an honest and inspiring report from one of our newest members, Kristy:

The Race That Hooked Me

In many ways, finishing the Mandurah Interclubs Triathlon was the moment I realised triathlon was something I genuinely wanted to give a proper run at. Not because I had an amazing race, stood on a podium or crossed the finish line feeling fresh. Quite the opposite. It was one of the most challenging, humbling and educational experiences I've had.

Whilst it wasn't my first triathlon, it was only my third race in my very first season, and it seemed determined to introduce me to every possible "first" all at once.

- My first official sprint distance triathlon.
- My first 750m ocean swim.
- My first-time meeting everyone at the club tent.
- My first race using clip in shoes.

(As it turns out, perhaps not the ideal day to tick all those boxes.)

My phone nearly ended up in pieces when the alarm when off at some truly offensive hour to make the trip to Mandurah. I was equal parts excited and terrified. I wandered over to the club tent where I was lucky enough to meet Rob and Chantelle, who immediately introduced themselves and made me feel welcome. It was a small gesture, but when you're standing there wondering if you've made a terrible life decision, it makes all the difference.

The swim was what worried me most. Swimming was certainly not my strongest discipline, and a 750m ocean swim sounded... terrifying and ambitious. But I'd completed the Rockingham Super Sprint the month before and thought, *How different can Mandurah be?* Apparently, very. Rockingham had been so flat and shallow I could have walked most of it if things got desperate.

Everything I'd heard about Mandurah described it as calm, peaceful and beautiful. The ocean clearly hadn't read the brochure. The swell was rolling, the chop was relentless, and Poseidon seemed to have woken up that morning and chosen violence.

I knew things weren't looking great when the commentator announced, "It's definitely a wetsuit swim... if you have one." I did not. Naively, I'd assumed that "Australian summer" meant "no wetsuit required." Another valuable lesson added to the rapidly growing list. I noticed I was getting quite a few sympathetic sideways glances from people who saw I was one of the few people voluntarily entering the water without the added buoyancy of neoprene. Still, I figured I was already there, so I might as well give it a go.

That confidence lasted about 40 metres. The temptation to quit was overwhelming. 750m doesn't sound particularly far when you're standing on land. In the ocean, it felt like somebody kept quietly moving the finish buoy to another postcode every time I looked up. I honestly don't remember much of the 29-minute swim (yes, it took me that long), other than surviving it. I do remember emerging from the water with very few others around me. I wasn't one of the last to exit the water for my age group. I was one of the last to exit the water. Full stop.

I staggered into transition, trying very hard not to donate my breakfast to the beach before grabbing my bike and wobbling towards the mount line. Thankfully, the ride was much more enjoyable and the weather for the ride and run was beautiful. Apparently, the Mandurah ride course is considered fairly technical. At the time I had absolutely no idea what "technical" meant. Ignorance really is bliss.

This was also my first race using clip ins, so naturally I'd spent the ride watching experienced athletes preparing for transition. I noticed several riders elegantly slipping their feet out of one of their shoes before the dismount line while the shoes stayed clipped into the pedals. *"That looks easy enough,"* I thought. Triathlon friends, it was not.

Instead, my dangling cycling shoe smacked the ground with every pedal revolution like a toddler throwing a tantrum while my other foot desperately tried to remember how to pedal on its own. Safe to say, I quickly decided this particular transition technique would not be featuring in future races.

The run followed a beautiful stretch of coastline, but by then I was absolutely cooked. The swim had emptied the tank, and the bike had spent whatever was left. I remember Maddie T running back and forth along the course cheering everyone on, encouraging every athlete she passed and running alongside a few of them. It was exactly what I needed and made me appreciate being a member of NCTC even more.

Normally, running 5km wasn't something I gave much thought. This one hurt. A lot.

I barely remember crossing the finish line. I mostly remember someone catching me before I fell over while another volunteer removed my timing chip. I somehow made it back to the club tent, where I stood motionless for several minutes trying to breathe while mentally itemising the invoice my body had just sent me. Everything hurt. Even things I didn't know could hurt. But somewhere between surviving that swim and recovering enough to stand upright again, something shifted.

Finishing that race gave me a confidence boost I didn't know I needed. I discovered I genuinely loved the challenge of combining three sports into one ridiculously long morning. There was something addictive about pushing through discomfort, solving problems on the fly, and finishing something that had felt impossible only a few hours earlier.
Besides, why be average at one sport when you can be equally average at three?
From that point on, I was hooked.



I threw myself into training with the club, joined the WITD course, completed another two triathlons, and eventually crossed the finish line at the Busso 50. I learned a whole other language that included words like transition, base training, drafting, sighting, wetsuit legal, aerobars, brick workouts, fartlek, bonking, fuelling, mount line and OWS. I now own items specific to swimming, cycling and running that I didn't even know the names of, know they existed or what their purpose was until I started racing but now don't think I can live without.
Looking back now, Mandurah wasn't the race where I discovered I was good at triathlon. It was the race that reignited my passion for health, fitness and beating personal goals alongside likeminded people who are happy to share this crazy journey with me.

BUSSELTON FESTIVAL OF TRIATHLON - MAY 2026

Saturday 3 May - Busso25, Busso50, Foreshore Triathlon - Kids / Enticer / Sprint
Sunday 4 May - Busso100 - 2km swim / 80km cycle / 18km run

From the youngest 7-year-olds doing their first Kids Triathlon to NCTC's very own septuagenarian George Funk, everyone got into the spirit of the 25th Anniversary. HUGE THANKS to our volunteers who transported and erected the big club tent.

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

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

BUSSO 50 and BUSSO 25 - RACE REPORT - MAY 2026



A year ago, completing the Busso 50 felt like a huge and somewhat impossible goal. Yet somehow, there I was crossing the finish line with tired legs, a full heart, and a huge amount of gratitude for everyone who helped get me there.

While the finish line was the final chapter, the journey started months earlier with the Women in Triathlon Development (WITD) training program.

It wasn’t always easy—juggling multiple training sessions each week around work and family life, early weekend alarms, and plenty of moments of self-doubt. But doing it alongside an incredible group of women, and with the support of our amazing coaches, turned a daunting physical challenge into an unforgettable journey of empowerment and the realisation that we are capable of so much more than we give ourselves credit for.

Standing at the start line on race day, there were plenty of nerves, but I just kept telling myself, “One stroke at a time, and thank goodness for the favourable ocean conditions.” Conquering the 2km open-water swim before the cut-off was a huge milestone, but the pats on the back were short-lived as it was straight onto the bike.

It was during this leg, around the 25km mark, that I found myself questioning my life choices. I couldn’t see any other competitors and was convinced I was in last place. Then, out of nowhere, I heard, “You’re smashing it, Kathryn!” I looked over to see Madi Toovey flying by. I definitely didn’t feel like I was ‘smashing it’, but the encouragement was exactly what I needed out on the lonely stretch of Tuart Drive through the forest. The tears and negative thoughts slowly turned into positive self-talk: trust the training, you can do this, and who cares if you are in last position—at least you are giving it your all.

Heading into T2, there was only the 8km run to go, and the real mental battle began. I focused on getting from one kilometre marker to the next, reminding myself how far I had already come. There were moments when a walk break sounded very appealing, but I knew I would regret giving in to that temptation. The cheers from volunteers and spectators along the course provided a much-needed boost, helping me keep moving forward when the finish line still felt a long way away. Crossing the finish line made every early morning training session, every doubt, and every tough moment out on the course completely worth it.

More than anything, the Busso 50 taught me that progress comes from simply showing up, even when things feel hard or impossible. What once seemed out of reach became reality through consistency, support, and a willingness to keep putting one foot in front of the other. A huge thank you to our coaches, whose

encouragement, knowledge, patience and belief in us made this journey possible. I am incredibly grateful for their support and for the WITD ladies that helped me achieve something I once thought was impossible.

Kathryn Peake

EVERYWOMAN RACE REPORT

Sunday 8 March 2026
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. Check out the Everywoman socials for results and photos.



MULLALOO SPRINT - RACE REPORT - Bill Lakic

29 March 2026
Ah, our triathlon hearts burst with the joy of seeing sunrise's golden rays caressing a flat blue green ocean garnished with calm winds under the cathedral-like vault of a fresh clear blue sky.

Yeah, nah, it was nothing like that, um, absolutely nothing like that.

I'm driving in to Mullaloo in the predawn starless black misery that is only matched by that feeling within me, but the outer misery has brought a greasy drizzly rain and a thumping gale as close companions. The weather is just garbage, and I really am praying that my friends at XTR will cancel this stuff so that I can comfortably drive back home to a warm house and add this event to this seasons DNS's and CBF's.

Oh yeah, it's a doozie! That rain is doing wonders for road surface grip, and now let's see what that wind is doing to the ocean. Woops! That is one lumpy angry bastard out there, thank your preferred Deity that I only signed up for the sprint!

As the dawn struggles to rise and push back the black and grey, tragedy strikes. The race is going ahead! I'm actually having to get off my lazy arse and do something, nooooo!!! The drizzle has stopped, so set up transition, check out the course, scowl at the active sea, chat with mates, refrain from climbing the walls.

GO! Into the ocean, and it doesn't disappoint. It's a rough sum bitch, a real head thumper. Only one way out of this, boy, and that is to attack it. My arms are churning through this aquatic four-wheel drive course, switching to breathing every two strokes as I ain't got no gills for the seaward side. I am hammering for all my worth, thankful I'm not doing 1500m of this nonsense, when I suddenly realise that a lot of the guys in my wave are breast stroking. Normally I finish at the unfashionable end of the swim, but here I am, zooming past. In my struggle, there really isn't much room for sympathy, but hey, that's the kind of lovely person I am.

Around the far marker buoy and heading back, the fast powerhouses from the following waves start overtaking me. We bounce like dodgem cars, but I ignore them and keep up my battle with the churning sea, keep the stroke rate up, keep going! Finally, I'm out, onto sand and in oxygen debt, but so thankful to be out of that mess!

The bike, well, she was a bit breezy out there! Breezy also rhythms with greasy, the rain had stopped and the wind was drying out the wet roads, but it was taking its time. Head down, fire up the engines and tell the legs to shut up. I'm going along this road that I have ridden so many times. This 20k sure is taking its time to end. Midway I hear the unmistakable sound of carbon smacking into bitumen, how I hate that sound. I can't see where it is, so on I go. This cross wind means no easy bits, but after an age, the dismount line is my golden saviour.

Bike racked, shoes on, the Prince of Pain is in da house, go! I've run this course lots of times too, and I'm loving the upgraded path surface, but hey sunshine, this ain't about lurv, drop into the black fiery pit of oxygen debt, haul ass boy! Running on flat stuff is so boring, so I sincerely thank my friends the race organisers for putting in a big bastard of a hill to grind up. Once again, shut up legs! But I am having trouble saying it as my lungs are popping out of my mouth, but never mind, I only have to do it twice.

The final kilometre, big stitch stabbing my side, but it's only for another four and a bit minutes, so dig deep and open up the throttle. Oh, how I so love a finish line that goes uphill, adds that little bit of extra spice to that bit of hot vomit porridge that is so wanting to greet this new day!

But stuff that, through heaving breaths I accept the medal adorning my neck, and through red misted eyes I spy trays of Family Assorted biscuits in the recovery area! Like oh my God! Endorphins crown me king of the world as I get a sugar rush from

mouthfuls of Nice and Teddy Bear biscuits. I choke down a sob of joy, restrain myself from crying in a vain attempt at trying to be a man, or at least attempt to behave like one.

So yeah, overall, it wasn't bad at all, and not drowning/crashing/dying helped. Definitely doing it again next year. Peace!

WATERMANS TO THE WALL

2026



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-estimate or under-estimate, unlike winner Ann-Marie who got it right within 0.02 of a second in 2024. Well done to several courageous first-time OWS participants, it's a big achievement.
Many thanks to the Sorrento Surf Life Saving Club for this iconic event.

KARRI VALLEY - RACE REPORT

Sat 14th & Sun 15th March 2026



Clear skies and a warm, late morning start saw these intrepid North Coasters do the freshwater lake swim, the short or long course including a 4km uphill cycle on repeat, and a pleasant trail run. Debuting that day were several NCTC Juniors rocking their new "Ivan's Fund' branded Trisuits. Well Done all!

OVERSEAS REPORTS

The 2025-2026 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

In July 2025 a large contingent of North Coasters took on the iconic race that is Challenge Roth. You have inspired more of us to go for it, and we will see many more ‘Triathlon tourists’ from North Coast venturing to Germany in coming years.

NCTC SURF 2 SURF RUNNING FESTIVAL

Sunday 21st September 2025

The NCTC Surf 2 Surf 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 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.

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

BOXING DAY BIKE RIDE 2026

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 2025 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 2025



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.

Keep reading for the hilarious report from Nat Smallwood:




The Annual Esky Run

The Annual Esky Run, a club favourite,
A Christmas tradition, and certainly a riot!
With tinsel and bells on a hot summer's day,
The clubbies hit the pavement and headed away.

They gathered at Hillarys, ready to go,
With Luke leading the crew and directions in tow.
“The first stop is close!” was the word from the man,
And off went the runners, as fast as they can.

Through the streets they went jogging, with Christmas cheer,
With festive hats ringing, and bevvies in gear.
No Christmas songs echoed through street, sand or sun,
Just chatting and squawking, the North Coasters on the run!

For time on the legs was not really the goal,
There were much finer things for the runners' soul.
A front yard, a cold one, a place in the shade,
Now **that** was the training the clubbies had made!

A huge thanks to Alex, Caroline and Simon,
For helping create such a cracker of a mission.
To Matty, although away, you were missed by the crew,
And Jez for the final, a big thanks to you!

The crew loved the course, and the walkers came too,
Though where they disappeared to, well… nobody knew!
They may have been missing for most of the day,
But whatever you do, don’t say they were lost on the way!

So, thanks to the helpers, the runners, the cheer squad,
The supporters who made the whole event a lot.
Let's keep this tradition as strong as can be,
The best-supported event on the Christmas calendar we see :)

With bells, beers and tinsel, we'll do it again,
Through sunshine and streets, with our favourite club friends.
For the Annual Esky Run is one thing we know —

The colder the esky, the further we'll go!



END OF SEASON EVENT

Our end of 2025-2026 Season Celebration took place on Saturday 1st August 2026 at the Hillarys Yacht Club. Our annual Night of Nights for celebrating achievements of the club and clubbies over the past season was well attended. Many thanks to the management for making the evening roll on smoothly, and thanks to all the decorating volunteers who also helped remove the balloons and streamers afterwards - many hands make light work.
For $40.00 per head and all the food you can eat, it was the best value night out, all subsidised by your club membership fees.
It was a privilege to invite local MP and Member for Moore, Mr Tom French, to attend and present awards to two of our volunteer that night.

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