

TRI-ING TIMES

The official newsletter of Triathlon WA - November 2008



TRIATHLON
WESTERN AUSTRALIA



Welcome

Message from the New Executive Officer

May I introduce myself as your new Executive Officer for Triathlon WA. I come to the sport with a background in equestrian sport competition and management.

Originally from South Africa I travelled Europe for a few years before settling in Perth with my Australian husband. Following my post graduate

education in Agricultural Sciences in South Africa, in the past 5 years I have directed my attention and focus to the administration, management and development of sport and sporting events. I am an avid supporter of all outdoor activities and I am thrilled at the opportunity to work with the passionate people in the sport of triathlon.

I aim to implement numerous strategies to raise the profile, participation and high performance aspects within the sport of Triathlon.

Our door is always open so please feel free to drop by and introduce yourselves or ring at anytime if you have any questions.

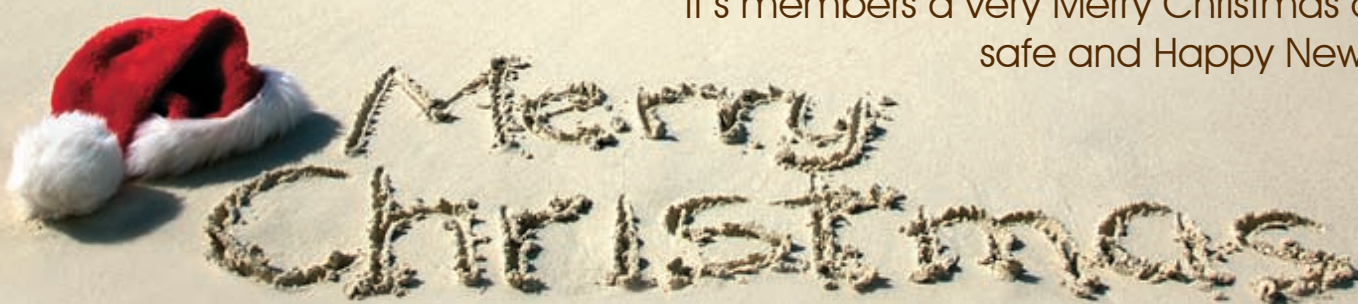
Hayley Lethlean, Triathlon WA EO



new tri season arrives



The Board and Executive of Triathlon WA would like to wish all of it's members a very Merry Christmas and a safe and Happy New Year.



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**Dr.
Fiona
Wood**



PATRON OF TRIATHLON WA

- Plastic Surgeon in Perth WA
- Director of the Royal Perth Hospital Burns Unit
- Director of WA Burns Service
- Clinical Professor with the School of Pediatrics and Child Health at UWA
- In 2004 was named WA Citizen of the Year
- In 2005 was named 2005 Australian Of the Year
- Dr Wood was voted the most-trusted Australian in a poll for last (4) four successive years from 2005 to 2008.
- An "Australian Living Treasure"
- Dr Wood has become well-known for her patented invention of Spray on Skin for burns victims and is a Director of the McComb Research Foundation
- Participates in teams for both the Busso Ironman and Busso Half Ironman events
- The love of triathlon is also shown by various other family members who compete in WA events



ROLE OF THE PATRON

- The role of the Patron is to be a supporter of Triathlon Western Australia and to promote the mission, values, aims and objectives of TWA at every opportunity
- Expectations of the Patron will be to uphold themselves as a representation of what TWA stands for.
- They will also act as a representative force for public relations and marketing usage in promoting the sport, adding to the awareness factor and the sports media profiles.
- Attend public events of the Association as a VIP and may from time to time be asked to participate in significant events
- An appointment is made for 3 years by the TWA Board and is a voluntary position



nutrition
works

simone allen
sports dietitian



Simone Allen, Sports Dietitian has been running "nutrition works" since 2006 and aims to always provide practical nutrition information that athlete's can use to achieve their personal best whatever their level – from the first-timers to the pros.

As Kate Bevilaqua, professional triathlete says "I thought I had it right until I went and saw Simone. She helped me fine tune my daily dietary program as well as my training and racing nutritional needs.

The right foods at the right time can make all the difference, and it has!"

Nutrition works provides specialised triathlon nutrition education and can tailor a nutrition plan to suit your everyday training requirements and also for specific events you are training for. Nutrition works has a \$10 off their first consult discount for all TWA members.

Simone became a Sports Dietitian as she was tired of hearing so much conflicting nutrition information. "Being a National level gymnast for many years I was focused on fuelling correctly but never knew the right way to go about it. I decided to become a Sports Dietitian for this reason and thrive on helping athletes enjoy their food, increase their energy levels and get the most out of their sport!"

Gemma Quayle, Sports Dietitian has also recently joined the nutrition works team and is just as passionate about Sports Nutrition.

Simone and Gemma work out of Ascend Physiotherapy at Challenge Stadium, 9387 2699 and Simone is also at a Dr's surgery in Bayswater, 9279 9980.

To make an appointment just ring the most convenient location or go to www.nutritionworks.com.au for more information.

spotlight on

**Claire
Goldsmith**



Club: UWA

Age Group: 25-29

Occupation: Dentist

Triathlon highlights:

Silver World Age
group 2006

Every Busselton Half

Ironman 2002-2008

Triathlon lowlight: regrets about not racing more because I am prioritising other things that aren't justified

First ever triathlon: Nedlands Sprint in about 2001

Favourite discipline: Riding

Favourite Session/s: Kings Park Bike Loops at Sunrise, or anytime on a good day running for as long as I like

Favourite Training partner/s: Liam Johnson

Stupidest session/training I've ever done: taking it too seriously when Liam and I run together and causing us to have arguments

Most embarrassing training moment: It was actually at a half marathon race in Adelaide when I got lost and ran 26km instead of 21 and came last instead of 3rd.

Favourite Triathlete: Chrissy Wellington

Favourite Athlete: Stephen Redgrave

Funniest triathlete I know: Liam Johnson and Jeremy Drake

Inspirations: adventure racers who are really tough and good and have a spiritual approach to the physical nature of the sport / Anyone making the most of their abilities

My dream is...: To be an orthodontist

I can't live without: quality sleep

Best tip for someone new to the sport: Maintain a balance but realise that this will be heavily weighted to triathlon cos you'll spend all your money and free time on it

My last meal would be...: This question is one of a series in a game that Liam and I love to play. I'd have hot chips from the 8th floor cafeteria at SCGH then maple syrup on vanilla icecream

I love triathlons because...: I choose this craft to master

Favourite saying: If a job's worth doing then it's worth doing well



IS IT BOLDER IN BOULDER?

Kate Bevilaqua

The second half of 2007 I took the plunge and taking leave from my teaching job at Christ Church Grammar School, packed my bags (well, maybe a few very large suitcases!) and took the long way to Boulder in Colorado.

I had read and heard so much about the people and the place, it was definitely time to find out for myself.

The biggest concern from people I had spoken to was the effect of the altitude. Boulder sits in the foothills of the Rocky Mountains and is 5,430 feet above sea level. A long ride or a scenic trail run and you will find yourself above the clouds and in excess of 10,000 feet. It was stunning and I would pinch myself constantly taking in the beauty of the surroundings.

The question was "How was the altitude going to affect me personally and my training?" I thought all would be fine and

I could train as normal but it wasn't long before I was contacting coach "Budgie" and adjustments were being made.

When I first arrived it was the swimming where I suffered the most. You are already deprived of oxygen with your face in the water, then turning to breathe I still didn't

the program picked up and it was time to get back into the track intervals. Sure, no problems, I know what I am capable of and where I should be. Forget it!

I was struggling and this never changed throughout my stay. Budgie and I adjusted my times. It appeared for me personally, that

in regards to endurance, yes, it was a fantastic experience and opportunity.

I built a great base, which I feel set me up for an awesome start to 2008.

But I was unable to improve on my speed.

This is now a priority for me and as I have again decided I will head over to the USA in 2009 to take advantage of the racing

and the summer I do not think I will return to Boulder but rather set up in either Bend, Oregon or San Diego for a whole new experience.

A first thing first however, is mending a few shattered and stressed bones!!

“ **A long ride or a scenic trail run and you will find yourself above the clouds and in excess of 10,000 feet.** ”

feel as if I was getting enough.

This, thank god, eventually changed and I became used to the environment and was able to concentrate on trying to swim faster rather than staying alive!

After a couple of weeks of acclimatizing

**Excitement
Drama
Fantastic Finishes
and
Mathematics**

all part of the *TWA Age Group
Triathlete of the Year Series*
proudly supported in 2008/09 by.....

2XU
HUMAN PERFORMANCE. MULTIPLIED.

CLUB PROFILE

BUNBURY WESTERN AUSTRALIA triathlonclub



Since being formed in 1986, the club has continued to grow and develop in the region.

The Bunbury Triathlon Club is set for a big 2008/09 season with 6 club races leading up to the Club Championships in early April.

The month of November is particularly busy for the club. The Bunberri Classic on November 16th is the first State Series race on the TWA calendar.

Both Olympic and Sprint distance triathlons feature at the Bunberri Classic.

Again the race will include some of the best spot prizes you will find at any triathlon.

The Bunbury Women's triathlon is in its third year and continues to grow. The 6 week training program is hugely popular. This year the Women's tri is on November 30th.

On December the 21st we are holding our

annual Christmas Triathlon at Binningup Beach. The Binningup Surf Life Saving Club has joined forces to assist and promote the event which will introduce triathlon to the locals of Binningup.

Past club Presidents and Champions Kerry Bailie and Allan Holmes both completed the Hawaii Ironman recently after qualifying at Busselton IM 2007.

The club is very proud to have supported Kerry and Allan on their quest to join the elite group of Hawaii Ironman finishers.

Ryan and Ashlee Bailie represented WA in the National Schools triathlon last season.

Ashlee has just qualified for the State schools team this season while Ryan continues to be part of the TWA/ZOOT Triathlon Excellence Program.

Recently the club has had 3 members qualify as TA Level 1 Triathlon Coaches.

Coaching for the Women's Triathlon has been given a boost and in the near future a Trystars program will commence for the juniors at the club.

The club has secured Healthways sponsorship this season and is now officially a Healthy Club.

This fits well with the family nature of the club which has maintained a membership above 100 over the past couple of seasons. After each race the club puts on a healthy breakfast which has stimulated further social networking and camaraderie within the club.

For any triathlon visitors to Bunbury we run a number of club sessions during the week and these times and locations can be found on our web site: www.bunburytriclub.asn.au Or contact Gerald O'Sullivan on 0428921014.

MY FAVORITE TRAINING SESSION

Kate Bevilaqua

My Tuesday morning ride on the Computrainer. It is an intensive aerobic session which includes a number of Ironman race pace efforts at a set wattage.

The length of the ride varies in time as my program progresses from 2-4 hours and the intervals also progress. I would begin with maybe 4 x 5km efforts, peaking with 3 x 30km efforts. I like this session because it teaches me to focus for an extended period of time on my cadence and wattage - not letting it slip below the set level.

I also focus on my nutrition, getting enough food and fluid in at the right time. Being inside on the trainer there are plenty of chances for the mind to wander but this can't happen on race day so I come up with little tools to keep me on task. There is a lot of sweat once I have finished and I feel like I have worked hard but smart enough to not be in the red zone!

Raf Baugh

Tempo Running : I like this session because the quality is on the back end of the session- the legs have to be strong to absorb the first half and if the back half is strong then I know I am in very good shape.

I do a 15-20 minute warm up and cool down and do this session 1 week after base training in the lead up to competition season:

10 minutes at 1/2 Marathon pace (3.20/km at start of training, 3.10/km just before major competition)

10 minutes of 30 sec fast/ 30 sec slow,
10 minutes at 10k pace (3.10/km at start of training, 3.00/km just before competition)

Sean O'Neill

Swimming - the Cottesloe to North Cottesloe open water swim as the conditions are always different, there is plenty of sea

life to look at and you always feel so good on the way back.

Riding - The SRG Thursday morning river ride. Great bunch of guys, some hard efforts along the way and a good coffee to finish with at Brew-Ha.

Running - The Bibbulman track run from Kalamunda to Mundaring Weir and back.

It has got everything so you never get bored and the soft surface means you never pull up sore the next day

Tameka Day

This was my favourite set when still able to run 400m without too much effort.

Track session 5X broken 700's (400m 90% / 1min rest / 300 at 100%)

Favourite because it's a nice mental set, in that it's mentally easier to do 700m when you've only got to think as far as 400m in one go.