

TRI-ING TIMES

The official newsletter of Triathlon WA - September 2010



TRIATHLON
WESTERN AUSTRALIA



Executive Officers Report

Dear TWA Members and Supporters of Triathlon in WA

The months seem to fly past these days and it is incredible we are already 3 months into the season and 13 events are underway and complete. I am happy to report that to date the season has been fantastic with participant numbers well up at most events and all events running safely and smoothly. We wish to take this opportunity to thank all Race Directors for delivery safe and fun events and recognise and thank our volunteer Technical Officials who contribute valuably to the safety and integrity of events.

Our membership numbers have increased by more than 300 since the last financial year and we are delighted to have cracked the 2000 mark in November with more than 2200 by the start of December. It is evident the popularity of the sport is increasing and given the great races that are on offer, participation continues to increase.

Ironman 70.3 Busselton race entries filled in less than 48hrs with a dominance of TA and TWA members entering the event. Triathlon WA in partnership with TriEvents and various other key stakeholders and sponsors looks forward to planning and delivering a safe and high quality event on 7th May 2011. Earlier this week the entry for Ironman Western Australia 2011 opened and was filled in a matter of hours another clear demonstration of the growth

of the sport and popularity of the town of Busselton as a key venue for great races.

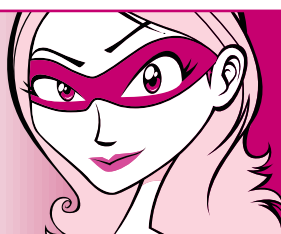
Congratulations to all the newbie's to the sport and we look forward to your continued participation throughout the season. I too have dipped my toes into the triathlon scene and did my first triathlon a few weeks ago. It was such a great experience with camaraderie and encouragement from all participants and spectators. I would also like to congratulate all the winners of the events to date and wish all participants the best in their continued training and participation to accrue points for TOTY over the next 5 months.

The TWA Office Staff will take a well deserved break over the Christmas season and the office will be closed from Wednesday 22nd December through to Tuesday 4th January 2011. Any emergencies during this time, please refer to the TWA website for emergency contact details.

On behalf of the staff and Board, we wish you all a merry Christmas and happy New Year. Safe training and we look forward to seeing you at the first event for 2011, the State Aquathlon Champs on Friday 7th January 2011.

Hayley Lethlean
Executive Officer TWA

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TRYSTARS MEET THEIR SPONSORS

Some of the Rockingham Trystars recently had a great opportunity to visit one of the local Police & Nurses branches and see what their Trystars program sponsor does each day.

They saw Police & Nurses staff in the workplace using their skills to assist others but still having some fun working together. A focus with some similarities to Trystars which seek to develop skills with fun and friendship and promote ongoing healthy learning.

"The opportunity to support a State based junior program with strong community ties and healthy goals for younger triathletes appealed to us" said Warren Littlefair the Manager of Business Development at Police & Nurses

"As the largest locally owned banking institution in Western Australia, Police & Nurses is constantly striving to give back to the community"

Sponsoring organisations like TRYstars is just one of the ways we are reinvesting in the future of our great state" said Mr Littlefair.





The aim of the TADPOLES Junior Multisport Series is to encourage and inspire children to adopt a healthy lifestyle whilst enjoying the experience and teach them that exercise can be fun.

These events provide children aged 7 to 11 the opportunity to swim, cycle and run for enjoyment. It doesn't matter how good they are at sport, it gives them the chance to challenge themselves, get healthy and active and boost their self esteem. The events aren't timed, there are no results, and it's all about participation and having a go. Every participant receives a Finishers Medal at the end of each event.

The TADPOLE Series includes three different formats of multisport, Triathlon, Aquathlon and Duathlon each conducted over age appropriate distances.

Event	Date	Multisport Event	Distance
City of Rockingham	19th December 2010	Aquathlon	100m Swim, 500m Run
Champion Lakes	15th January 2011	Triathlon	100m Swim, 3km Cycle, 500m Run
City of Perth	30th January 2011	Duathlon	500m Run, 3km Cycle, 500m Run
Hillarys #1	20th February 2011	Triathlon	100m Swim, 3km Cycle, 500m Run
2XU Women's Triathlon	6th March 2011	Triathlon (Girls Only)	100m Swim, 3km Cycle, 500m Run
Hillarys #2	10th April 2011	Triathlon	100m Swim, 3km Cycle, 500m Run

The kids don't have to be familiar with these multisports, they just have to be enthusiastic, participate in physical activity on a regular basis, ready to have fun and meet some new friends.

For more information visit www.triseriewa.com.au/tadpoles or call 08 9244 5200



TWA TECHNICAL

At IMWA 2010 we provided a Technical Team of 19 Officials for the 1294 competing athletes.

The 12 metre draft zone, 25 seconds to overtake and no dropping out of the draft zone once entered were the most notable of the new race rules for the WTC Ironman. By the end of the 17 hour race there were 147 infringements given mainly to intermittent proximity drafting in and out of the 12m zone or not immediately dropping back once overtaken.

It is not pleasant to have to disqualify an athlete who has put so much time, effort

and money into a single event but at the end of the day it is the responsibility of the athlete to know and understand the race rules. Of the 147 infringements there were 7 DQ's; 1 for urinating in public and 6 for not reporting to the penalty box for the 4 minute penalty. Nine athletes incurred double infringements but no athletes incurred 3 or more penalties. Athletes understood what they had done wrong and were careful not to repeat the mistake. Ensuring safety and fairness for all competing athletes is the primary concern of the Technical Team.



 On the Go Physio

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It has been an exciting start to the season helped by the early sunny weather.

Richard Dunn shined in the opening Duathlon, with Wayne Pech hot on his heels.

In the womens, Tammy Stone battled early with Lucy Anderton and managed to break away on the bike.

In the short course event, Dale Cameron and Scott Taylor were neck to neck at the end of the bike leg but Scott had enough left in his legs to push for the win.

Glen Tranter and Graeme Mayes exited the swim together in the ALAC Triathlon; however Glen dominated the rest of the race, winning with a margin of over 3 minutes. Tammy Stone managed to hold off a late surge by Bob Martin to clinch second.

Adrian Nicoll emerged from the shadows on a sunny Sunday to set a blazing time in the Aquathlon. Dale and Scott resumed their tussle but this time Dale had the upper hand in the water and took out second place. Denise Coombe was too strong in the swim and overtook Lucy Anderton in the womens.

The Try a Tri brought out a few more faces as people dared to have a go at this crazy thing we call a sport. They found out it was fun too! Jason Page flew to victory as did Denise Coombe for the womens. Reversing the order of the disciplines proved beneficial for swimmers Bruce Wilson and Pam Green who both came from behind and lead the charge out of the water to the finishing line. Glen Tranter showed he was in good form as he managed to break under the hour mark for the Great Southern Bicycle Company Handicap, posting the fastest time of the day with Wayne Pech not far behind. Belinda Ross was the first to cross the line for the womens. With great prizes on offer, everyone was out to claim the handicap trophy with the handicapper put to the test for the opening round of the handicap series. In the end the day belonged to

the womens as Marilyn Connell put in a great run leg to come out on top of the GSBC Handicap race and won by over 30 seconds ahead of Meeghan Clay and Georgie Cameron. Go the Girls!!

While several members took a trip to Bunbury to complete in their Classic event, the rest of us took advantage of having an easy one with a quick splash and dash on the beach and a coffee afterwards! They say running barefoot on the beach is good for your feet well at least we wont need any pedicures for a while!

With the river not so inviting this year, the Denmark Handicap triathlon became a duathlon and all the runners came out of the woodwork for the event. Richard Dunn excelled again with the fastest overall time with Andrea Campbell the fastest for the womens. But it was Louisa Bells day as she clinched the handicap win with Tom Wenbourne pipping Gerard Cameron in the final stages to take out second.

With two more races left before the Christmas break, the club historically enjoys good turnouts for both events. The Amcal Handicap is a great short and sharp race, half the distance of a sprint, ie: the Flash.

Meanwhile the annual year end Aquathlon takes place out at the picturesque Whalers Cove with Christmas the theme for the day. Costumes are highly recommended with competitors completing a 1km swim followed by 3 x 10km bike loops with some steep hills thrown in to ensure we fully enjoy the Christmas Champagne BBQ Breakfast to finish. Thankfully we have water safety out there as some costumes are harder to swim in than others.

Tammy ATC President



TRIATHLON IN THE UK

It's always fascinating comparing triathlon participation, training and races in different countries. As a globe-trotting triathlon coach I get to spend time in both the UK and Perth and coach athletes in both countries. In some ways the two scenes are incredibly similar (both love aero shaped carbon!) in other ways really very different. Here's some interesting facts which you might not know about triathlon in the old country:

Triathlon in the UK has seen a long sustained boom over the last 15 or so years with participation numbers now extremely high. Due to the Olympic inclusion (notably the television coverage of Sydney) triathlon has really entered the public consciousness. As a real sign of the times, British celebs have started participating - F1 driver Jenson Button raced at the London Triathlon just a few weeks ago and has a 2:07 Olympic Distance PB.

The London Triathlon is so popular now that it is spread over two days and has over 13000 participants (including relay teams). The swim is in a dock in the East of London (very cold and dark in there!) and transition is indoors - hosted in an enormous exhibition hall.

As well as the large races there are hundreds of smaller events too. On any summer weekend UK triathletes now have at least three races to choose from within an hour or two's drive of where they live but they do tend to start early - 5 or 6am starts are pretty common! Mainstream UK culture is only slowly coming round to road closures for sporting events so local authorities like races to complete before mid-morning.

The UK triathlon season runs from May to late September with many early and late season events being pool based. Normally these are sprint distance and have just a 400m swim - in a 25m pool - with athletes started every 30 seconds or so spread out over several hours. These are excellent introductory events for beginners and make

great training races for more experienced athletes. By late June the seas, rivers and lakes around the UK are warm enough (just) to swim in and the main open water races begin.

Swimming facilities is a bit of an Achilles heel for UK triathletes. Swimming coaching standards are good but coaches can be hard to find and UK pools have a habit of taking the lane ropes out of the pool by default and so there's far less lane-swimming than in Oz and only at specific times of day. Whilst there are plenty of fast swimmers right at the front of the fields, far fewer Britons than Aussies trained for swimming as kids so overall the swim standard is a little lower.

Duathlon is also very popular in the UK, particularly just outside of the triathlon season in April and October when air temperatures are a bit chilly for wet racing! The UK has a big running community (it's the perfect climate after all!) so running standards tend to be high in triathlon as many runners make the transition. Entering T1 with the first pack of runners is very hard indeed!

Many Aussies stop riding their bikes in the winter because of the weather, so it's only natural to assume the Poms would do the same! Actually, this isn't the case, whilst the mornings and evenings are dark in winter and necessitate use of turbo trainers (wind trainers) on a weekday, on Sunday mornings most triathletes are out on their bikes battling with the cold, wind and rain. If you get well wrapped up it's surprisingly pleasant and gets you out enjoying the green (very green!) fields of the British countryside for a few hours. When it comes to weather UK triathletes are a very hardy bunch, just about the only thing that keeps them off the road is snow!

Adam Young
TWA Level 1 Coach



CAKE OR PASTA?

CARB LOADING – WHAT'S THE GO?

It's that time of year when our clinics start filling up with enthusiastic triathletes commencing their training for Busselton Ironman. Apart from focusing on the constant fuelling up and recovering for numerous training sessions, hydration testing and the all-important race plan, one of the other boxes to tick is the carbohydrate loading plan.

So Carb loading...

Carbohydrate loading is an excuse to eat more in the days leading up to an event however the *right fuel* is all important ; Pasta – yes, cake – no.

Benefits: The purpose of carb loading is to maximise our muscle glycogen, or fuel stores, prior to an endurance race. It is only likely to be beneficial in events longer than 90 minutes in duration.

History: In the past we have heard of carb loading involving a depletion phase of three to four days on a low carb diet in conjunction with hard training and then immediately followed with a three to four day loading phase on a high carb diet combined with an exercise taper. Not fun. Thankfully also not of any additional benefit!

The Facts: Here are the basics to carb loading for an endurance race;

- Carb load for approximately 48 hours prior to the race.
- Aim for 10g carbohydrate/kg body weight
- Aim for low fat, low fibre, high carbohydrate foods such as low fibre cereal, low fat milk , yoghurt and creamed rice, tinned fruit, white bread, sports drinks and cordial, nutritional food supplements and of course, pasta. Resist the urge to eat cake.
- Use in conjunction with an exercise taper.
- Do several "trial runs" in conjunction with longer training sessions leading up to the race and adjust food choices and amounts as required. At nutrition works we find that everyone is different and not all food choices suit everybody. Tweaking your carb loading plan (and race plan) is essential for a nutrition plan to be beneficial.
- Females may not require the same amount of carbohydrate so if you can't reach the target of 10g carb/kg it may not make any difference.

So there it is. Carbohydrate loading is of great benefit to endurance athletes and essential for Ironman triathlon but - You need. To practice. Your plan.

Our team of Sports Dietitians at nutrition works are sports nutrition specialists and well-practiced at making sense of all the numbers and can assist you with developing your own individual carb loading plan if required.

Stay fuelled and we look forward to seeing many of racing the 2010 -11 Series from Bunbury Olympic, Ironman Busso , all the Metro Sprints down to the Busselton 70.3

CITY TRI CLUB

City Tri Club was formed in 1992, it was originally known as Tri R&I as the members worked for the R&I Bank. To attract more members and encourage women to join it was decided to change the name, hence "**City Tri Club**".

City Tri Club was chosen as it symbolised the catchment area of where the training venues would be utilised. This is still the case as many of our members train at venues located close to the CBD.

Over the last 18 yrs the club has boasted many outstanding world class athletes; more than a dozen of our members represented Australia last year in the ITU Long Distance World Championships. This year we currently have over 150 members with 45 of those being TRYstars.

TRYstars was introduced to the club by Helen Garnett in the 06/07 season and has proven to be hugely successful; many of the children who started in the first season are still TRYstars and are still having a great time doing it. The club hopes to keep inspiring these kids and progress them through to juniors.

We have 3 coaches for TRYstars and Helen Garnett has written a training program for the coaches to follow, all of our activities are based on having fun whilst training. The club has a healthy, fun, give it a TRY philosophy with TRYstars and we feel this is a huge part of the TRYstars success.

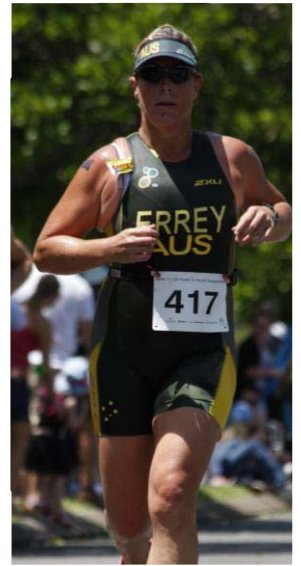
We run 4-6 events for the TRYstars over the season, the majority of these are held at Bayswater Waves. This is a great facility and the staff and management go out of their way to help. TRYstars runs very efficiently due to a dedicated committee and fantastic parent help. The club couldn't run this program without these fabulous people who put in a lot of time to help.

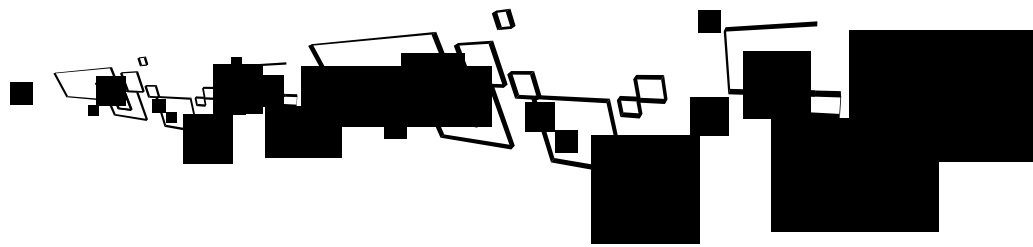
We have children in the club who have been inspired

to do triathlons because their parents do triathlons and we have senior members who have been inspired to triathlons because their children do TRYstars.

The club have recommended coaches for all disciplines of triathlon and coaches who will write specialised individual programs. One session that is favourite for a lot of senior members is Wed morning cycling in Kings Park with Vicki Delves, this session is not for the faint hearted, it is a great strength building session and one you must try if you like Mount St.

The club is continuing to grow, largely due to the popularity of the Busselton Iron Man and Busselton 70.3 races. We are hoping to have a large contingent of members competing in Busselton 70.3 in May 2011 and we are anticipating a long and successful future for the **City Tri Club**.





ESPERANCE TRIATHLON CLUB

We have had very busy members this year. Travelling to Busselton, Yepoon, Albany, Bunbury and further afield to Malaysia and Singapore, among other places, competing in Olympic Distances, 1/2 and full Ironman competitions.

As a result, we had two winners at the local Sports Star of the Year Awards. Shannan Dixon took top honour, being named Sports Star of the Year for triathlon, while Pam Williams won Veteran Sports Star of the Year for her running.

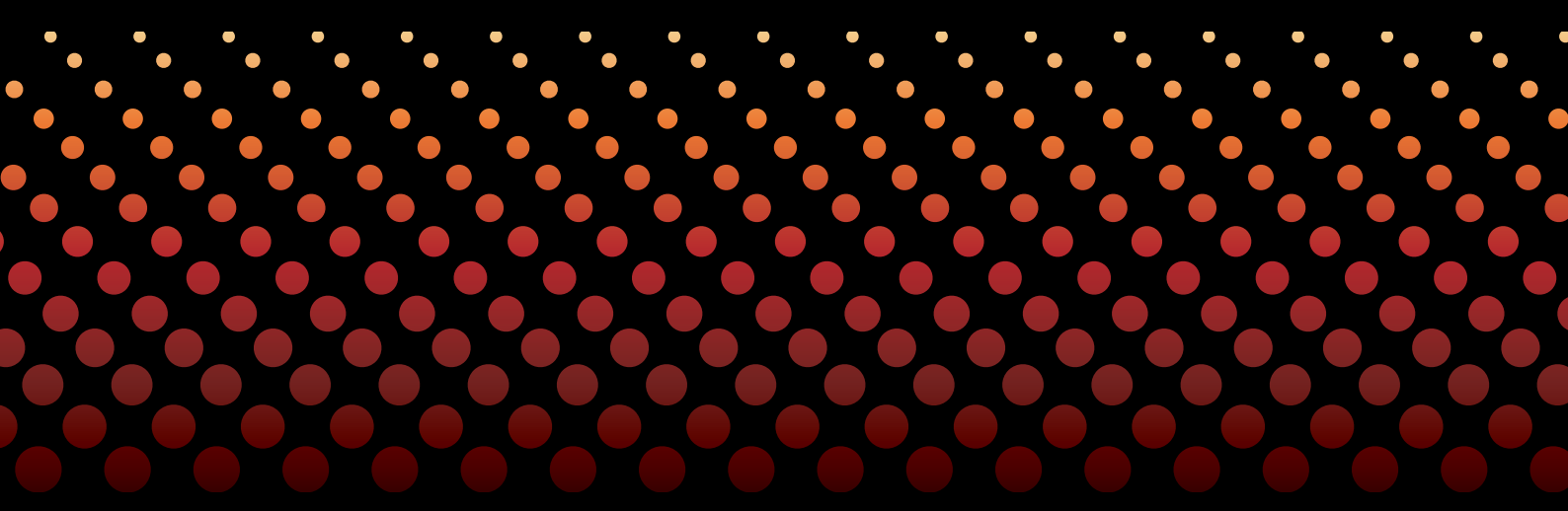
Grant Landers also took members for a Level O Coaching Course last week which was very informative and of great value. With all the experience and knowledge being shared down here, the club is becoming one heck of a brains trust.

We have held our Corporate Triathlon this season. With 18 teams and a luncheon and presentations after, it was a very enjoyable day. It might just be the starting block for new members.

We only have one more event for 2010 after the aquathlon to start the season and a few scratch races. The Dempster Triathlon is an open event that attracts a crowd and has a long and a short course with the run along our picturesque foreshore.

In the New Year it's all go with scratch and handicap races, the Kids Tri and a few fun events like out at beautiful Cape Le Grand and at Norseman which creates a fun rivalry with the Kalgoorlie Tri Club to see who can get the most points towards the GETs Series (Goldfields Esperance Triathlon Series). A few of us will also travel to the Albany OD and the Kalgoorlie OD plus we have our own Esperance OD Classic.

And last but not least, those of us lucky enough to get in will be heading over to Busselton for the 70.3 Ironman in May. Whew, what a season we have in front of us and what we have achieved during our off season. Each season just gets better and better!



IRONMAN WESTERN AUSTRALIA CHAMPION 2010!!

OMG!! I can't believe I get to write that as the title of my blog! It is only really starting to sink in although it has been 3 days since the race.

Where to begin.....?

It has been a big year for me with 6 Ironman in 12 months. A come back to racing, get some fitness back kind of year. After the disappointment of Hawaii I was looking forward to racing WA to finish the year on a high before a break over xmas. It was going to be great racing in front of my home crowd, family and friends.

Leading up to the race I was pretty relaxed, sure I had expectations, but it is always about executing my race plan and hopefully the rest will follow. A trip to Margaret River early in the week to relax before making driving to Busselton and begin dealing with the hype which is Ironman!

Race morning was the usual rituals although a lot earlier than normal. With a 5.30am race start for the Pro's the alarm went off at 3am! That is even early for me! My normal breakfast and we were on our way. The water was calm and I was looking forward to a great swim. I have been working hard on my swimming and this has been reflected in my times in the pool. But again it was not to happen in the open water. After staying with the main pack for a few hundred meters I was left to swim the rest of the 3.8km solo, which was definitely not good! Reflected in my very slow swim time!!

Onto the bike and I was well aware of the margin to the lead girls and that I had my work cut out for me. But Ironman is a long day and I was, as always, going to give it everything I had! After a short mechanical stop at the first round about I was back on my bike in what was ideal conditions and on my way. The nature of the bike course allowed me to see the margin at each out and back and it was encouraging to see the time come down. Riding back into town after each lap was incredible with the local support.

Hard not to be motivated with support like this!!!

By the time lap 3 came around if I continued the way I was riding I had calculated I may have the lead into T2 and was pretty excited about that prospect. With my head down I went for it. Coming into transition, I still felt I had cycled within my limits and was ready to run a solid marathon.

The plan was to take it out slowly!! I have a habit of flying out of transition, and beginning the marathon way too fast! I would love to negative split the 42.2km one day, but that will have to wait for another day! When Bec went running by I constantly told myself, my pace, my race plan! I need to stick to that. So I did. I was surprised to see after the first lap the gap between Bec and I closing and before I knew it I had made the pass and all of a sudden I was leading the race! Oh my god!!! By the third lap of the run I knew the mental games would begin but I just continued to put one foot in front of the other and

soak up the amazing atmosphere and crowd support. The last lap I was still doing okay and taking in gels and fluids at every aid station. With 2 km to go I began to feel the quads cramp and after the last aid station they were beginning to buckle underneath me. It was not a nice feeling at all! I was unable to run! The last km was taking forever! It became a fast walk, then a pull along the railing! All I could think to myself was "not now!" "please not now!" I am so close and I am not letting this one go! I remember hearing the crowd cheering and screaming loud as I entered the finish chute but to me the banner was not getting any closer. It was a struggle as I pulled myself a long! I then realized there was a ramp up to the finish line which I had not noticed before. As soon as I tried to walk up it, the legs completely buckled and it was all over. I was still not there though! Crawling was the only option left! Once over that line, it was absolute relief! I did it! I was not moving. I was completely and utterly spent! This was the moment I had been dreaming of my entire Professional career but I didn't even have enough energy to stand up on my own 2 legs! To wave to the crowd or take in the moment.

A win is a win though and I will take it!

After the medical staff brought me back to life and I was able to open my eyes, a wide grin came across my face as I realized that I had won! I was the Ironman Western Australia Champion for 2010!! I still can't believe it!

It has been the most incredible year! After 18 months of injuries and not knowing if I would ever have the opportunity to do what I love again to winning an Ironman, I have experienced it all. But with endless amount of support from family and friends.

To my sponsors for believing in me K-Swiss, Novatron, Ryders, Computrainer, Blue Seventy, FELT, Selle SMP Saddles, GU, Nuun, SKINS, Tony Bence and Ruth Chang.

To Andrew Budge who got me involved in Ironman in the first place with the passion he displays with every athlete. And coach Jeff Shilt, what can I say!! You took me on board after 3 stress fractures with a strong belief of what could still be achieved. Although I totally hated the word patience this year, the results speak for themselves! This is just the beginning and what a great start it has been!

To mum, dad, Aunt Janice, Uncle Neil, Darryl, Wesley, Jane, Peter, Chris, Bec, Kerry and Shannon (and Mackinley) for your support on the weekend. I know you have had to deal with a lot over the years, but that definitely makes it all worth while.

To Guy for looking after me after the race, which believe me, was not easy in the state I was in!! Thank you

And now, it is time for some R and R! Mentally and physically the body needs a break so I can come back faster and stronger in 2011!

It was a day that I will never forget!



IRONMAN WESTERN AUSTRALIA

- PHOTOS FROM THE DAY





SCHOOL SPORT WESTERN AUSTRALIAN TRIATHLON CHAMPIONSHIPS

Friday 5th November, 2010 was an action packed day down at Champion Lakes, Armadale for many of the best Junior Triathlete's in Western Australia. Champion Lakes was holding its' second State Championship for School Sport Western Australia and it was close to a perfect day. With very little windy and cool conditions it promised to be a fast day. With a new location for transition area and a new swim course there was plenty of excitement in the air.

The day was divided into 3 different races, State Selection races followed by a teams event and then finished off with a Novice Race, used by many schools as there final assessment for the Triathlon component of Physical Education Studies. This year saw an increase in individual competitors with some 120 athletes competing for 36 spots on the State Team.

The racing was fierce from the first gun. Juniors (12/13yrs old) completed a 300/11/2 course with Kira Hedgeland winning comfortably in the girls.

The Junior Boys was a whole other story with 5 boys coming off the bike to start the run within 30 seconds of each other. It stayed that way and ended with Michael Storer winning by just 11 seconds from Leighton Cook, Jonnie Sammut, Ben Walton and Kurt Wesley. Some very famous WA surnames in that race.

The Intermediates (14/15yrs) completed a 600/16/4 course with Jaz Hedgeland dominating the girls' race and posting the 3rd fastest race

time for the Intermediates.

In the Boys race Sam Zhender biked and ran strongly to win.

The Seniors (U19) raced over the traditional Sprint distance. With a 2 lap swim it made for exciting viewing with Craig Scott and Anthea Stacey taking home the wins.

Full race results are available from www.schoolsportwa.com.au

From the Champion Lakes event 1st and 2nd in each age group are automatically selected to represent Western Australia with the other 4 spots in each team being selected from results in other selection races.

Each age group has 2 more attempts to qualify -- for the Juniors and Intermediates this meant racing at Power Station and Left Bank Triathlons and for the Seniors they have just completed Mandurah Interclubs and will finish their battle at the State Sprint Champs, Rockingham.

The State Team next year will travel to Redcliff, Queensland Tuesday 29th March - Friday 1st April and compete against other States for a National Title. In previous years WA has consistently finished in 4th place just behind the big 3 states.

The State Team will be announced immediately after the State Sprint Championships at Rockingham, more information can be found at www.schoolsportwa.com.au or by emailing stuart.denton@det.wa.edu.au



Craig Scott on his way to victory in the Senior Boys at Champion Lakes.



Intermediate Swim start.



Jaz Hedgeland starting the run with Mikala Falconer entering into the Transition Area.

TRIATHLON EXCELLENCE PROGRAM

November Update

November has entailed another valuable month on the training and racing track, from a quick trip back home to take part in the Anaconda Adventure race in a team to rounding off the month with the start of a three week camp at altitude; in Falls Creek Victoria it has had it all!

The month got under way with a quick week long trip back home to take part in Anaconda Adventure race in Augusta apart of a team, who had kindly payed my flights home to take part, special thanks to Damon Willmore from Bunbury Chiropractic Clinic for getting me across and enabling me to compete in their team.

My part in the team was the challenging 14.2km coastal run that followed Augusta's beautiful coast line which included some challenging rock hoping to some soft sand beach sections, to some wicked single track bush trails, the run had it all! The run was very tough to say the least and after getting away early and maintaining around a 20 second lead for the majority of the run I was run down with around 300m to go by fellow Ryders Eyewear athlete and one of Australia's top duathletes in Raf Baugh. Unfortunately the legs didn't have the turn of speed needed to take the quickest run split and I would tag my team in 2nd place. Following the run leg was the swim, then the ocean paddle followed by the mountain bike and then it all concluded with a 2.5km beach run to the finish where your team must remain together and after all these gruelling legs my team finished in 5th place overall. A great day was had and I highly recommend this event to everyone!

Once back from WA it was back to business as normal with a run economy VO2 test at NSWIS in Sydney which was great fun. It was good to see that my VO2 max was at 76 and is one of the highest readings I have recorded to date. Another VO2 test is planned as soon as we return from altitude at Falls Creek after this specific run block and it will be interesting to see how things have changed. I'll keep you all informed as to how things went second time around.

The end of the month has seen us go into camp at Altitude in Falls Creek Victoria which is a bit over a 7 hour drive from Wollongong and is around 1600metres above sea level. The main focus of the camp has been on running. The options up here have been endless and the trails are perfect for running. Ever second day has been a quick trip down the mountain to Mt Beauty where we have been swimming, which has been great to



mix it up swimming in an outdoor 33 metre pool for something different. Riding has entailed some indoor ergo/ roller sets to a specific heart rate and we have also ventured out onto the road, which is quite tough as everywhere seems to be undulating rolling hills, just the way I like it!

With South America not too far away the training is going to only start going up another gear in the next month, which is just the way I enjoy it. I'll keep you posted as to how it all has progressed!

Take Care
Ryan



2010 MANDURAH INTERCLUB TRIATHLON CHAMPIONSHIP

240 competitors entered the 2XU State Interclub Championship held at Halls Head, Doddys Beach last Sunday. Event organisers, Mandurah Triathlon Club did not disappoint the sell-out entrant list putting on a well organised event with ideal weather conditions.

The Interclub Championships were initiated by Mandurah triathlete Clive Choate 18 years ago with the idea of promoting club spirit and friendly rivalry, as well as recognising Rob Pickard, the Triathlon WA president who, for almost a decade, had contributed much to the sport.

Two trophies are defended in the State Interclub Championship; the Rob Pickard Trophy and the President's Trophy. The Rob Pickard Trophy is awarded to the team with the highest points tally at the end of the race. Each participant scores points for their club.

This year the trophy was won retained again by Stadium Triathlon Club. Stadium had 43 finishers compete in the event to secure the win just ahead of North Coast Tri Club who entered 50 members.

Stadium scored a total of 4397 points ahead of North Coast on 4213, separated only by a couple of finishers. 3rd place Exceed performed well in their first season as a new club on 3348 points. Mandurah placed fourth with 2173 in its best result to date, followed by UWA (2000), Fremantle (1577), Bunbury(1419), Rockingham(1161), City (354), Busselton

(242), Esperance (139).

The Presidents Cup, is awarded to the club with the greatest point average, was won by Exceed Triathlon Club with a convincing win over the other clubs with points average of 119.57 per competitor.

Exceed had some great performances by their female and male members placing 11 members in the top 20 male and females to put them out of reach of UWA on 105.26. The triathlon included a 750m swim, 17km cycle and 5km run.

Race Director David Whiteley thanked all of the volunteers of the event commenting that without them or the event sponsor the events could not happen.

UWA's Felicity Sheedy-Ryan was first to cross the finish line in a time of 56:30. The first male to finish was Exceed triathlete Michael Kent in a time of 53:32.

Karli Chambers was the first Mandurah female to finish placing an impressive 8th female in a time of 1:03:46 while Blair Forsyth was the first Mandurah male across the line in 59:29

The Interclub event is the only race where competitors do not race as an individual but race to accumulate points for their club.

