

TRI-ING TIMES

The official newsletter of Triathlon WA - March 2010



TRIATHLON
WESTERN AUSTRALIA



President's Report

Hopefully you all had a good festive break and managed to recharge the batteries again for the rest of the season.

What an action packed start to our season at Langley Park with the ITU Long Distance World Championships here in late October.

The hot and very windy conditions were best summed up by experienced triathlete and rare spectator for the day, Ron Sammut - "that was a hell race" (and he's raced in Hawaii several times!).

We should also mention the ITU Olympic Distance, Sprint Distance and Aquathlon World Championships in September on the Gold Coast.

So congratulations to all who competed and especially those from WA who became World Champions and medallists.

All our calendar events, both in the metro area and regions, have had excellent attendance so far with increased numbers again from last year.

All the state series events were great races - Bunbury and Rockingham and Busselton.

The Ironman WA at Busselton deserves a special mention because of the extreme heat and windy conditions (41 deg C on the bike and hotter on the run)- this was reflected by the record attrition rate during the race. It was carnage on the run, with most walking and just surviving between aid stations. It is a great effort to compete in any Ironman, but especially this one - so well done to all who finished.

There was also a great turn out down at Mandurah for the State Interclub Championships - great fun was had by all and congratulations to Fremantle and Stadium tri clubs for winning the President's and Rob Pickard trophies respectively.

The New Year saw the State Aquathlon Championships at Sorrento - big seas, strong sea breeze greeted the athletes and another record turn-out - this year points for the TOTY were on the line and all the guns were up there battling it out.

Then of course, just recently the State Olympic Distance Championships were fought out in windy conditions at Langley Park with many great races throughout all age groups and the elites.

While all this action was happening, most TWA members and others had another

big race in mind - our season ending Sunsmart Busselton Festival of Triathlon, incorporating the Busselton Half Ironman.

Entries opened in mid December and just 3 weeks later the 1200 individual places were filled, with a wait list of over 400 competitors! This took everyone by surprise and as indicated on the website, all stakeholders were consulted and it was determined that it was safe to increase individual competitors to 1400 and limit to 200 teams. Many on the initial waitlist have received an email from us and have accepted their places.

These notifications have been finalised and a waitlist published. But please don't despair - historically there is a high drop-out rate, plus we have made it easier for anyone not sure of competing (for whatever reason) to relinquish their spot as early as possible.

This level of interest and participation is vital for triathlon in WA, as many of the services we provide throughout the state to members and to grow and improve the sport are funded by proceeds from this one event.

Peter Rash - TWA President

This year is the 25th Year of Half Ironman in WA (refer to the article below by Mark Batten on its history).

To help us celebrate this anniversary, we are asking that you all scrounge through your old triathlon photos, memorabilia, wardrobes or sheds and contact us for their possible incorporation into a special presentation at this year's event.

It may even be a good time to see if you can still wear (if you dare) some of the gear - in the event or at the after party. Fluoro colours were a favourite... as were mullets and budgie smugglers for the boys, while high thigh cut bathers and big hair for the girls. We will be publishing some old articles from the Tri-ing times to either jog your memory

cells or shock those that weren't around back then.....so keep an eye on the website.

We look forward to seeing you all out there for the upcoming calendar events and hope you stay safe for the rest of the season.

Peter Rash - President TWA

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Gold Coast Super Complex

The future of the sport continues to perform with distinction as the TEP Squad race in the Australian National Junior ITU Series around Australia and in most of the TWA State Series races.

This year it has been really pleasing to see that the girls now are outnumbering the boys in the squad for the first time as participation grows.

At the Gold Coast Development Camp which was held at the Super Centre with a 50 mtr pool / 3km criterium track/ synthetic run track and on site chalet units for team accommodation - the format was a series of races. On the last day a final race saw Kenji Nener make an A final (top 8) and the others from WA into the B final.

Down at the Canberra ITU race the day was hot, the swim had to be moved to a cleaner part of the Lake. Despite this WA triathlete Mike Lori currently training in Queensland ran a great race to be beaten in a sprint finish for a silver medal. The next ITU Junior National race will be over in Melbourne at Sandringham Beach mid February with a full TEP squad racing for WA.

From the Far Side

Ryan Bailie reports on his training over in the Eastern States

When I first started my plan to move into the U23 ITU Racing Olympic format after the great grounding in the TWA TEP Program, I thought it would be a gradual step up into faster racing and harder training coming out of the U19 Junior ranks. However this was soon to be proven wrong as you are thrown straight into the deep end with training and racing and you are now in the big world of triathlon.

My first thought of gradual build up was wrong as a couple weeks of 50km in the pool to get my swim strength up, was more than the monthly totals in Bunbury by quite a bit. Bike training varies between hills, criterium racing, and a track session at the velodrome once a week and longer slower endurance rides. Running consists of a couple of track sessions a week with an NSWIS sprint coach as well as a few tempo runs and one longer run a week!

The month of January involved the AIS National Camp in Canberra which included the altitude research on us as a group of athletes looking for the edge heading into 2012 Olympics. A new contraption known

as intermittent hypoxic breathing versing the old method of being at 3000m of altitude. This study was fairly full on and interesting and looking at early results breathing through the intermittent hypoxic for an hour a day is nearly as effective as being at 3000m. It will be interesting to see how this will be used by endurance sports heading into 2012.

This camp was fairly full on and was great as all the big guys in triathlon were at the camp and was a great way to meet new people you have raced against, but have never really spoken to. Training days would consist of a ride session of 120km of hills followed by a swim session then a run. Later on all the food you can eat at the AIS food hall was a great way to finish off a hard day of training.

As we broke up from the three weeklong camp on the Friday - It was a good opportunity to catch up with the TEP juniors who were racing in Canberra on the Sat and see how they were all progressing this year.



Track Running @ 2.50 min 1 Km Repeats

This was a very tough race and I was glad I was a spectator as the temperature kept rising as the day went on and reached its peak while most were out on the run!

Although we do plenty of races around Wollongong and the NSW region my main Australian ITU races are Caloundra Qld, Rabey Beach Qld and Wellington NZ over the next few months

I hope to maybe see some of you at those races - I will be the one in the WA race suit still wearing it with pride!

'Till then - Keep up the training

Ryan Bailie



A brief history from the Vault

Busselton Half Ironman -What were those first WA Half Ironman races really like ...

Mark Batten spilled the beans on some of its history as a competitor & also race director.

For those who are not familiar with the events history, the first race was held out at Midland in 1983 and was an individual or team entry. So from day 1 in WA the long course has actually had a history of teams in the Half.

In 1985 the event moved to Rottneest with transition area at the Barracks – competitor count was 70 people bought along their plastic foot baths or buckets to wash their feet in after the swim. It was common for a full change of clothing at each transition including clean socks. Nutrition was not heard of and was some lollies if you needed something and you carried your own water.

However the water situation did improve later when you could stop each lap & refill your biddon from a large bucket. The water was bought across from Perth in 20ltr drums because the water on the island was a shocker for athletes racing.

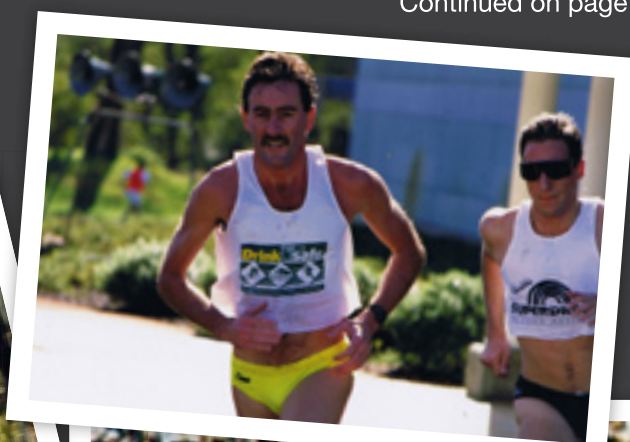
In both 1986 & 1987 the weather for the race was terrible with rain & winds. So it was moved to Collie for the 1988 race. With a low river and rough roads it quickly moved back to Rottneest in 1989 .

Unlike modern day racing the event in 80s- mid 90s was considered something that hard core nut cases did. The race apparel was shorts and singlet combo. Wetsuits were not around. There were plenty of pedals with toe clip cages and a helmet styles often resembled skate board stack hats and the helmet of choice was a 7kg monster from Headway together with Oakley Factory Pilot sunnies.

But nobody cared – it was all about doing the race & often on a couple of week's pre training or maybe reading a triathlon magazine and then entering as Triathlon Coaches were not common.

In 1989 right through to 2000 the event was a regular race on Rotto. Tri-bars had also started to happen from 1987 onwards but they were often monster aluminum cow horns in shape. PowerAde was a drink sponsor in 1995 & 1996. Entry fee was climbing and the budget concious brigade was active.... at \$50 race entry, the accommodation plus a ferry ride and the renowned after party at the Rotto Arms meant serious money was required even back then. Some of the bikes used (all road) were names like Cadex, Cannonadale, Giant, and Centurion. Runners had elastic shoe laces added to speed up the 5 minute transitions.

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Dodging the odd snake or Quokka out on the bike course was a common occurrence each year as it was a wildlife reserve (and that was after party at the Arms).

Then in 1997 the race was awarded National Status as a part of the Half Ironman National Series. This meant complying with a true half course measurement so the course was changed to a 4 lap bike. Gatorade was also introduced to the Half via the National series sponsorship. By now names like Rob Pickard, Courtney Ogden, Loretta Wesley, Todd Voss, Andrew Peterson, George Law were all names synonymous with this race as top performers on the island setting course records on aluminum bike frames, conventional helmets. Some still continue to race Busso Half and other triathlons today but have converted to Lycra, Carbon and other go fast aids...

By 2000 there were over 300 plus competitors and the accommodation was not handling well. The island being an A class reserve meant no mainland vehicles and the course was really not vehicle free due to a tourist bus & shuttles. Even the 2 Tech Official Scooters needed Govt Permits. Bikes and helmets had changed (for the better) and 2 piece race suits were now more common although Speedos and a tee or singlet still were seen at times but not those toe clip pedals on race bikes. Nutrition was happening with Powerbar & GU now being used out on the course (but still those lollies had devotees)

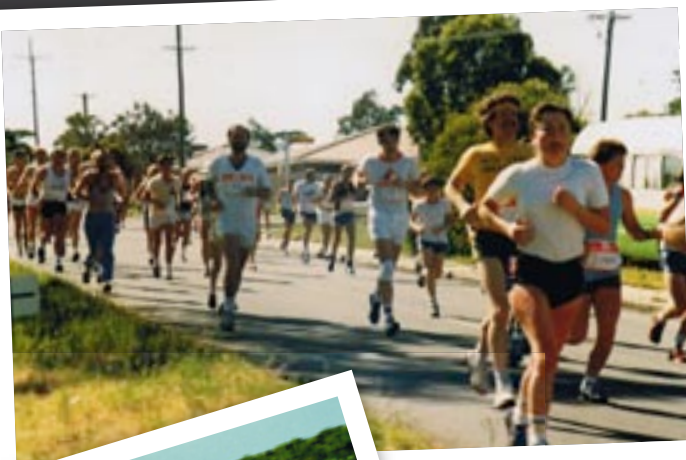
The change had happened again in the sport which really shows its a sport of ongoing innovations.

A lot of people are needed to run these events and Rotto Half had a Sprint on the Saturday afternoon that was marshalled by all of the Sunday Long Course competitors. Then on Sunday they swapped over and the Sprint competitors became the marshals for the morning with a few hangovers around as well.

In 2000 all the race fluid nutrition disappeared off the wharf after landing. It was never found. Triathlete Race Directors being innovators as always... bought all the orange/lemon cordial available from the 2 general stores and 300 people raced on it with many recording outstanding PBs...

In 2001 it all moved to Margaret River for a year and then after some recommendations (re course safety), strong efforts and support from Barry Brown Busselton Tourism & Troy Busswell the Shire President it moved over to Busselton in 2002 where it has resided since.

The numbers then climbed each year whilst the basic original 2002 course was still used and this year in 2010 the unbelievable, a sell out in 3 weeks. Also the overwhelming response of local & visiting triathletes to the event meant it gave the event a real ICONIC status in Australian triathlon circles. - In its "official long course status "25th Year".





Sean O'Neill

Triathlete Adventure Racer

With the Triathlon season now in full swing and the Anaconda Adventure Race series over half way through I thought it timely to give an update on how things are travelling so far. I started this season with high expectations knowing that I had trained through winter and there was no honeymoon to disrupt training (just kidding,

I would much rather be on honeymoon than training). My goal this year was to race the complete Anaconda series, finishing on the podium in each event and winning at least 1 race. As for Triathlon, I am hoping for another Triathlete of the Year Award which means winning a few of the State Series races. Unfortunately the Busselton Half Ironman clashes with the final race in the Anaconda series so I am going to have to give it a miss for the first time in 7 years but I'm hoping some good results in the rest of the series races will get me across the line for Triathlete of the Year.

Race number 1 on the Gold Coast was a shock to the system as I had 2 weeks to cram some paddling training in and I certainly paid the price. My swim was good and I led

My goal this year was to race the complete Anaconda series, finishing on the podium in each event and winning at least 1 race.

the individuals out of the water but it didn't take long for the paddlers to go flying past. By the end of the paddle leg I was 15mins down on the leader with a lot of work to do. The run starts out deceptively flat but the last 5kms involve an almost vertical ascent before descending down the other side. Thankfully this took its toll and I worked my way into 3rd position but still 5mins down on the race leader. I rode as hard as possible but it wasn't until the final 2kms of the bike leg that I caught the leader and managed to take the win by a narrow margin. **Goal number 1 complete!**

Race number 2 of the Anaconda series was on home soil down in Augusta and with the biggest field of any adventure race in the world it was going to be huge. The race didn't disappoint and after winning the first race I was feeling confident for this one. The format was slightly different, starting with the run first followed by a very cold swim in the Southern Ocean. I felt really good on the run and came in 1sec behind the race leader but opting not to use the wetsuit in fear it would take me too long to put on. I still don't know if this was the best decision as I got

bloody cold out there but I exited with a 5min lead. Onto the paddle leg and this time I had a half decent paddle only losing 5mins to the faster paddlers rather than 15mins at the Gold Coast. This gave me a handy lead of 6mins going into the final mountain bike stage and I managed to hold on for my second win of the series. This would have to be the most satisfying win of my career to date and being in front of a home crowd made it even more enjoyable.

Race number 3 was 4 weeks later held over in Lorne, Victoria down on the Great Ocean Road. This would have to be the most scenic course and probably my favourite to date but it ended up being my undoing. Luke Bell from Ironman had entered this race and was always going to make things interesting but it was the local Grant Suckling who was the one to watch.

Grant had finished 3rd and 2nd in the previous 2 races and was now on home soil to extract revenge. Luke Bell led the swim but I managed to catch him in the first transition and once on the ski I was able to build my lead. This was short

Taking out the win at Rockingham has meant I am now on track for my second goal to win Triathlete of the Year but I still need a few more good results to make that happen.



lived as the flying Grant passed me about halfway through the paddle and managed to build a 3min buffer before hitting the run. The run was technical and hilly and again I caught and passed Grant about halfway though regaining the race lead and entering the transition with a 3min lead. The final leg was a technical mountain bike ride which involved 12kms of ascending through the Otway ranges before turning and heading back down again. I might have gone too hard on the run as I just couldn't get my legs to fire on the bike but I was hoping the 3min lead would be enough.

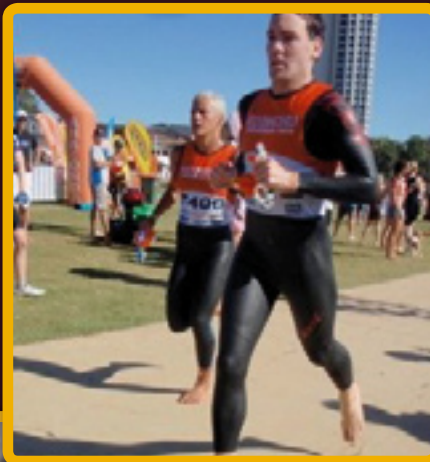
Unfortunately it wasn't and Grant being such a strong rider caught me with about 1km to go. Normally I would never let anyone get away from me so late in the race but the technical downhill caught me out and I went over the handlebars on 4 separate occasions. Finally regaining my composure at the bottom of the hill, I was too late as Grant amazingly stayed on his bike the whole way down and was now out of sight and nearly at the finish line.

I tried desperately to catch him over the final 1km beach run but to his credit he took the win in front of his own home crowd this time. A 2nd was still a great podium result.

I returned home a little disappointed but still thankful I was leading the series and now had the triathlon season to shift

my focus for a while. I spent the next 2 weeks working on my speed as the Rockingham State Sprint Champs was my first race. Unfortunately I didn't quite get my run up to the level I need to but the swim went well and the bike leg made up for the Lorne result. The bike ultimately set me up to win the race and thankfully Kenji went easy on me in the final kilometre of the run.

Taking out the win at Rockingham has meant I am now on track for my second goal to win Triathlete of the Year but I still need a few more good results to make that happen.



Training has been going quite well and although the Aquathlon format doesn't suit me too well I was able to secure second place behind Paul Mackay. My next race will be the State Olympic Distance Champs in Perth then I am looking forward to travelling down south for the 2 country state series races in Karri Valley and Albany.

Sean O'Neill
www.seanoneill.com.au

Saluting our WA World Champions at Sprint, Olympic & Long Course ITU Worlds

Loretta Wesley (dual gold)
Chris Kiley

Bob Thomas
Andrew Eldridge

Ryan Bailie
Michelle Duffield

Congratulations again to all those who podium placed and to the numerous WA triathletes who so proudly represented Australia at the World Triathlon Championships in either the Gold Coast & Perth (or both)



The 2010 State Captains for the WA Secondary Schools Triathlon Team



Kenji Nener & Paige Bowman have been named as captains of the WA Secondary Schools Triathlon Team for 2010. The seniors race in a draft legal format as per ITU triathlons. The WA State Schools team will race in Adelaide at Glenelg on Thursday 18th March, 2010

Kenji is a member of the Triathlon Excellence Program (TEP) recording some fine results when racing in the both the TWA State Series and Tri-Events Series within the Open category as well as in interstate National Series. He has been selected in the WA Schools Triathlon Team for the last 5 successive years

Paige is a member of the TEP Shadow Squad and is currently performing well in her TOTY Age Group holding 3rd position. She has been a member of the WA Schools Triathlon Team for 3 successive years.

TWA and School Sports WA have also begun partnering in 2009/10 with a number of special coaching sessions. This has been to build higher triathlon skills in preparation for the national schools triathlon competition.

| | | |
|-------------------|---------------------|--------------------------------|
| Junior Boys | Jonathon Sammut | Aquinas College |
| | Kurt Wesley | Corpus Christi |
| | Ben Walton | Duncraig SHS |
| | Benjamin Harbers | Duncraig SHS |
| | Matthew Noack | Duncraig SHS |
| | Bernard Scott | Connolly PS |
| Junior Girls | Tegan Scott | Lake Joondalup Baptist College |
| | Alicia Buchanan | Duncraig SHS |
| | Sonia Chua | La Salle College |
| | Sarina Kozac | Swan Christian College |
| | Shannon Miller | Duncraig SHS |
| | Kaitlyn Illingworth | Lake Joondalup Baptist College |
| Intermediate Boys | Tom Medland | Duncraig SHS |
| | Samuel Lade | Scotch College |
| | Sam Zehnder | Duncraig SHS |
| | Nathan Lyons | Kolbe Catholic College |
| | James Knox | Christ Church Grammar |
| | James Truscott | John XXIII College |

| | | |
|--------------------|---------------------------|--------------------------------|
| Intermediate Girls | Toni Lander | Bunbury Cathedral Grammar |
| | Mikala Falconer | Kolbe Catholic College |
| | Jaz Hedgeland | Rossmoyne Senior High School |
| | Emily McRedmond | Frederick Irwin Anglican |
| | Stephanie Boehm | Penrhos College |
| | Kimberley Hallett | Lake Joondalup Baptist College |
| Senior Boys | Kenji Nener | Shenton College |
| | Craig Scott | Lake Joondalup Baptist College |
| | Nathan Woodford | International School of WA |
| | Sam Hoffman | Sacred Heart College |
| | Sam Monaghan (Davies) | CBC Fremantle |
| | Senior Girls | Ella Trimboli |
| Paige Bowman | Someville Baptist College | |
| Lauren Lander | Bunbury Cathedral Grammar | |
| Anthea Stacey | John Paul College | |

THE RIVALRY CONTINUES

Luke McKenzie

I had a tough decision to make recently when I was planning my 2010 racing schedule. As a professional triathlete I have spent the past decade travelling abroad to race during the Aussie winter. I spend most of the international racing season living and competing in the USA and I always face the same dilemma each and every year. Should I stay in Australia when the calendar clicks over into May and race that one last race before I head North? Or should I escape those first few crisp autumn mornings at the end of April and head for the warmth of the northern spring and focus on racing in the first of the big Half Ironman events State-side?!



Last year I decided to stay home in Australia for the first time in six years and do that one last race for the summer, that race was the Busselton Half Ironman.

Boy wasn't I glad I stayed! Not only did I win the race but it was so much more than that. It was the experience and hospitality that really made it one of the best races I did all year in 2009. Given it is on the same weekend as two of my favourite races of all time, Wildflower in California and St. Croix Ironman 70.3 in the Virgin Islands, this is what makes my dilemma. But in the end when it came down to the crunch, I had to go with Busso. I love the place and I can't wait to return!

I have always enjoyed travelling to Western Australia and in particular Busselton. I think it holds a special place in my heart, mainly because it was the place where my triathlon career began a new chapter. It was in 2004 and it was my and Busselton's first Ironman race. I was only 23 years old at the time and decided that I wanted to finally take on the challenge of racing the gruelling Ironman distance. I went into the race with a pretty relaxed attitude and I was mainly just looking forward to the challenge and my goal was to cross the finish line. When I found myself leading the race in the first 10km of the marathon I thought maybe I might do OK at this Ironman thing. Little did I know I was about to be hooked on this Ironman gig and it would become everything I live for.

Something else which I didn't realize at the time, was that I was about to enter what would become a long but friendly rivalry with another up and coming Ironman competitor, Pete Jacobs from Sydney. We jostled back and forth throughout the 2004 race and with only a few kilometers to go in the marathon he shot past me to claim second place behind Aussie Ironman legend, Jason Shortis. I ran down the finish chute about one minute behind



Pete, ecstatic to have not only finished my first Ironman but also coming in third place.

Since 2004 Pete and I have met in many races around the world, including Hawaii, Malaysia, Singapore and the USA, to name a few. I have won a few of the battles and he has come up trumps on others. It's a great battle every time we line up! Pete is only a few months younger than me so I can see the rivalry continuing for many years to come. Pete lays claim to several Western Australia Half Ironman titles and I know he and many other pros will be keen to get one back on me after I won the race last year at Busso

I look forward to returning to Busselton on May 1st to try and defend my title I won last year, but most of all to enjoy one of the best triathlon events currently running in Australia, if not the world!

See you out there!

Luke



Mandurah Triathlon Club Inc.



The Mandurah Triathlon Club was first established on July 1st 1988 by a handful of keen local endurance enthusiasts. From humble beginnings with a handful of members the club has never looked back with membership growing constantly. The club now has in excess of 100 members and is seeing record race turnouts in 2010 with more than 60 participants starting the club races.

The club proudly hosts the WA State Interclub Championship race which was the brainchild of

Clive Choate and this very popular event has been hosted at Doddies' Beach for the past 17 years. The 2009 State Interclub was a sell out and it is a testament to the great team spirit that WA triathlon clubs have cultured within their club. It is refreshing to know that the club spirit is as strong as ever within WA clubs.

The Club has a 10 race calendar which features and 8 race summer series, the State Interclub Championship and a new initiative in 2010; the Mandurah Corporate Triathlon. The Corporate Triathlon concept came about on the back of widespread community interest in triathlon. It has put Mandurah Tri Club on the map on a local level and has created a real buzz within the local region. This event demonstrates the Club's commitment to the sport and an interest in introducing new people to triathlon. A feature of summer events has been the popular "Splash & Dash" every Friday night at Doddies' Beach – a promotion of family fun and fitness, all welcome.

In recent years under the leadership of President Grant Tomlinson and a dedicated and enthusiastic committee the club has gone from strength to strength. As interest in triathlon continues to grow, the Mandurah Triathlon Club has initiatives in place to grow with the sport. As technology has evolved so has the Mandurah Triathlon Club, the 2008/09 season saw the committee approve the purchase of an electronic timing system used to provide split timing results at all Mandurah Triathlon Club events. The Club now boasts some of the most economical and quality racing in WA.

The Club focus going forward is about providing more for its members including high quality events, technical and information nights for members, and the club is now looking for a social club director/organiser to give new people in the club an opportunity to meet and learn from the more experienced club members.

In the past the club has had a big focus on junior development/ TRYstars and whilst this is currently on hold, the committee is working to structure a junior development program and is seeking a Junior Coordinator for next season.

The Club has a rich history in world class athletes dating back 20 years and similarly brilliant juniors have come up through the junior programmes over the years. With such a huge range in ages and ability spanning 7 decades, juniors to 70+, the Mandurah Triathlon Club offers an opportunity for anyone to join the club whether they are a first timer or a seasoned athlete.

The years to come are an exciting time for the Club and we welcome new members to give it ago. The Mandurah Triathlon Club is great place to start and an even better place to stay.

See you soon,

MTC



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