

OCTOBER NEWSLETTER

October is always a big month for Noosa Tri Club with lots of member honing their skills and fitness in preparation for the Noosa Triathlon.

The Noosa Triathlon is only 5 weeks away and as usual we have provided the perfect training platform for you to be firing on all cylinders on race day. Refer to the attached programme for all sessions. Some highlights include Sunday Tri Course Swims, Multi-Loop Event and Bike Course Ride & Run off Bike.

We will even help you to practise socialising with Yin Yang run and Club BBQ.

All of this on top of the big month we had in September with 50+ members racing in the Sunshine Coast 70.3.

SUNSHINE COAST 70.3

With over 50+ members entering the first ever sunshine coast 70.3 we expected a good time and some good results. We got both!

Apologies for not listing everyone's time and result but club search is no longer an option and would take me forever to search etc. So instead why don't you come to the next club BBQ and let your fellow members know how you got on.

Some highlights:

- Overall race winner was Pete Jacobs in a scorching time of 3hrs 39mins.
- Jenny Hurley finished 2nd in her age group in 5hrs 13mins. Look out for her race report in next newsletter.
- Basil (Treasurer) made it to the start line and finished the race even though he had broken ribs.
- Steve Wise first long race in 5hrs 9mins. Lost by more than double his age to Dyson and owes him dinner at Bistro C

The race also doubled as the inaugural Findley Fleming challenge cup with Basil "the Ribs" Macreadie taking significant bets (so much so he could afford a holiday to Hamilton island straight after) on race day:

- Dyson "Sperm Helmet" Findlay produced a PB time of 4hrs 33mins.



- Jess “transition queen” Fleming remembered her cycle shoes and finished in 4hrs 27mins.

So Dyson was again beaten by a girl. Albeit a very fast one!

Well done to everyone who start and finished the race. Great effort!





Sunshine Cost 70.3 Post Race quotes:

“I’ve been focusing on strength recently which helped on the bike. However I killed the run with negative splits thanks to the tutoring from Wayne and Corrallea at Wednesday morning runs” Pete Jacobs

“I did a PB and ran the half marathon in 1hr 31mins and that b##ch still beat me! I fancy some fush en chups.” Unnamed member

“Ummgh Im tired. My Ribs hurt. I woke up with the sniffles so will give race a miss. Next year though” Big Jason

“Beating Kiwi blokes is so easy. Especially when i remember my bike shoes. Nick can i have some chocolate tonight?” Jess Fleming

ALSO DURING SEPTEMBER

Two major Triathlon events were held during September with several of our Athletes competing and representing the club:

World 70.3 Championships – Las Vegas – 9 September 2013

Paul Worroll – 5Hrs 17mins finished 82nd in Age Group

Sabrina Mohn – 5Hrs 17mins finishing 33rd in Age Group

Greg Ball – 4Hrs 51mins finishing 8th in his Age group

World Triathlon – London 12 – 16th September 2013

Peter Holgate – 2Hrs 30mins finished 24th in Age Group

Rosemary Longstaff – 2Hrs 40mins finished 21st in Age Group

Look out for the Race Reports coming soon!!

WHAT'S HAPPENING IN OCTOBER?

Refer to the attached [program](#) for details of October Training Sessions. Things to look out for :

- Wednesday 5:45am – Group run – lead by Corallea, Wayne & Anton (the punisher)
- Friday 5:30pm – Yin Yang run – lead by Mark & Basil – WE ARE BACK IN THE NOOSA NATIONAL PARK!!
- Sunday 5:30am – Long Ride – lead by the Mike (the cranky kiwi)
- Open Water Swims over Noosa Tri Course every Sunday at 4pm (Summer start time)
- Club BBQ Noosa Lions Park 6 October (This Sunday)
- Noosa Tri Course Group Ride and Run - Sunday 20 October
- Saturday 26 October - Transitions
- Sunday 27 October 5:45am – Club Event Multi-Loop

SUNDAY TRI COURSE SWIM & CLUB BBQ



For the month of October the Sunday open water swims will take place in the Noosa Canal starting from the Noosa Lions Park. Nick Croft will take you all around the Noosa Triathlon Course.

The club will also be getting the BBQ out of the Club House. So come down bring your friends, family, kids etc and enjoy a bit to eat. BYO and you don't have to swim.

What: Tri Course Swim & Club BBQ

When: Sunday 6 October 2013

Time: 4pm

Where: Noosa Lions Park

Notes: BYO Food and Drink

Attend: All family and Friends welcome

NOOSA TRI COURSE GROUP RIDE AND RUN

What: NTC Group Ride & Run

When: 20 October 2013

Time: Roll Out 5:30am

Distance: 40k + 10k

OCTOBER CLUB EVENT

What: October Club Event

When: 27 October 2013

Time: Registration 5:30am

Distance: Multi-Loop

Enter: <http://www.noosatriclub.com/event-listing/>

INTO THE FUTURE

Look out for the following things coming soon:

- Noosa Triathlon VIP Club Tent (BBQ & Beers)
- Noosa Tri after party. Held by a great supporter Cafe LeMonde
- Free Noosa Tri Club Running shirt to regular attendees at Wednesday morning run and Yin Yang Run.
- Hervey Bay 100. Noosa Tri Club Team heading up
- Xmas club event and Kids event
- Sunshine Coast Club championships

MEMBER PROFILES

Take a look at our [member profiles](#) - new profiles added each month! Say hello next time you see them.

We will be asking for some new member profiles shortly. Please lookout for the email request.