

Gundy

Race wrap and results from Goondiwindi Hell Of The West - after the recent floods made for the swim leg to shift to the Botanical Gardens (3rd time in 4yrs) the event went ahead under sunny skies with light winds to make for near perfect conditions. The 2km swim is held 3.2km away from the bike transition so athletes have to throw the run shoes on and run to the bikes with the final run leg adjusted to 16.8k. Club members Peter Fry, Justin Hunter, Rob Tappenden, Jess Fleming and Coach Nick Croft all raced today. Peter Fry had a great race to better his 6hr race from hell in 2012 to post a 4.48, Rob in his first 2/80/20 went 4.44, Justin 4.33, Jess won her AG (35-39) in 4.18 and was second female outright and Nick won 45-49 in 4.07 - great going guys and this really is a fantastic event put on by a very passionate group of volunteers and one to mark in the calendars for 2014.

Caloundra Race 5

Breaking News: Stevie "Website" Wise won his age group in 51mins. Basil "Big Mac" Macreadie 4th in age group in 55mins. And a top 10 finish in the Clydesdale for Big Jas. Well done boys you deserve a thick shake. Reports are that first place getters received a medal and a bunch of bananas !



FEBRUARY NEWS LETTER

Well 2013 is well and truly underway with storms, cyclones, holiday makers returning home, election dates set and not forgetting lots of training and plenty of racing on the triathlon calendar.

We have a lot to cover in this month's newsletter including:

- Racing in January
- Whats Happening in February
- February Club Event – 70.3 / 35.15 & Kids Triathlon
- Sunday Long Rides
- Sunshine Coast Club Championships
- Presentation Evening & AGM
- New Membership
- Club Kit
- Coaches Corner
- Noosa Triathlon Juniors
- Social
- Member Profiles

RACING IN JANUARY

The weather towards the end of January meant that the Noosa Tri Club Sprint Distance Triathlon was cancelled. However several Club members still managed to compete in other races around the world including Auckland 70.3.

Big congratulations to Jess “Transition Queen” Fleming who smashed the field in her age group in New Zealand with a time of 4hrs 45mins and came 10th overall – she has now qualified for kona!

Dyson “the sperm helmet” Findlay was close behind at 4hrs 51mins and Nat “I’m Getting a Serious Haircut” Bromley finishing in 5hrs 16mins.

Dyson was again disappointed to lose to a chick and issued a formal statement to the Noosa Tri Club Committee at the Ying Yang Run:

“I would say to the committee, as I said to those who have joined this Noosa Tri Club: “I have nothing to offer but blood, toil, tears and sweat.

I have before me an ordeal of the most grievous kind. I have before me many, many long months of struggle and of suffering. You ask, what is my plan? I can say: It is to wage war, by sea, land and air, with all my might and with all the strength that God can give me; to wage war against that really really fast chick Jess. That is my plan. You ask, what is my aim?

I can answer in one word: It is victory, victory at all costs, victory in spite of all terror, victory, however long and hard the road may be; for without victory, there is no survival. I will beat her before this year is out ”

Well the Noosa Tri Club think Dyson might be taking it a bit too seriously but with only 6mins between them it's going to be entertaining watching the challenges over the coming months.

WHAT'S HAPPENING IN FEBRUARY?

Refer to the February training programme for details of training sessions. Things to look out for:

- Wednesday 5.45am – Group run – led by Corallea, Wayne & Anton (the punisher)
- Friday 5.30pm – Ying Yang run – led by Mark & Basil
- Sunday 5.30am – Long Ride – led by the Mike (the cranky kiwi)
- Saturday 9 February 5.30am – Transitions
- Friday 22 February – Ying Yang Run “Partners & Friends Special”
- Sunday 24 February – Long Course 70.3 or Half Long Course 35.15
- Sunday 24 February - Kids Triathlon 4 years and above
- Sunday 3 March - Club BBQ – Noosa Lions Park

YING YANG RUN “PARTNERS AND FRIENDS” SPECIAL

Friday 22 February - you and your other half are invited to the Ying Yang Run “Partners and Friends’ Special.

Each member that brings along their Mrs, Mr, Partner, Special Friend or mate to the Ying Yang Run will receive a free drink courtesy of Noosa Tri Club.

That's right the Mrs Club President will be attending!!

NOOSA TRI CLUB LONG COURSE OR ½ LONG COURSE

Please click [here](#) to register for this event held on 24 February 2013 at 5.30am at Noosa Lions Park.

The event course will include: Swim 1.9k Noosa Canals, Ride 90k to Cooroy and back x2 and Run to Elvis x4. Option to do half the distance if too long.

This is a long day for the athletes and the organisers. We therefore call on all members (especially the ones who have received or want to receive entry to the Noosa Triathlon and Mooloolaba 70.3) to volunteer their time and assist and support the event. Please email us to confirm your availability.