

JUNE NEWSLETTER

First up apologies for the late issue of the June newsletter, but as most of you know the Noosa Tri Club is a community based club which means all the events, merchandise, emails, newsletters, facebook etc are all produced and organised by a group of committee members who have a passion for the sport and the area.

However every so often we have to put work and family ahead of the club. That said we are all committed people (we are looking for more next year – interested?) who have again put some fantastic stuff together for you over the next 2 months.

Items in this month's newsletter include:

- Membership Renewal
- Sunshine Coast Club Championships Report
- Ying Yang Run First Anniversary
- Off Road Duathlon
- Sunshine Coast 70.3 Training Camp
- AGM
- Presentation Evening
- Award Nominations
- Member Profiles

MEMBERSHIP FEES 2013 / 2014

Membership fees are now due for Season 2013/2014.

Triathlon Queensland have now introduced Compulsory Membership for all affiliated clubs and its members. The cost to be a Triathlon Queensland Member for Adults is \$120 and for Juniors 12-19years = \$60 and Juniors 5-11years \$30. The TQ membership provides insurance cover for the Club and its Athletes while training and participating in Noosa Tri Club Events. Refer to [Triathlon Queensland website](#) for details of benefits and further benefits.

This compulsory insurance requirement means we have now introduced a two tier membership option for you as follows:

- Full Membership Adult \$200 (Club Membership \$80 + TQ Membership \$120 = \$200)
- Full Membership Family \$120 + TQ per person
- Full Membership Junior 12-19years \$70 (Club Membership \$10 + TQ Membership \$60 = \$70)
- Full Membership Junior 5-11years \$40 (Club Membership \$10 + TQ Membership \$30 = \$40)
- Social Membership Adult \$80
- Social Membership Junior \$10

Please review further details of Full Membership and Social Membership [HERE](#).

To renew your full membership or become a new full member go to: [FULL MEMBERSHIP](#)

To renew your social membership or become a new social member go to: [SOCIAL MEMBERSHIP](#)

Any issues please email the club.

Please note the first batch of 100 club social shirts have been ordered. We typically get up to 300 members in a calendar year. Therefore if you want to get one of the first shirts – become a member quickly and confirm your shirt size!!

See the club t-shirt below.

SUNSHINE COAST CLUB CHAMPIONSHIPS

The First Sunshine Coast Club championships were held at the Hervey Bay Triathlon on 5 May 2013. A competition between all clubs based on the Sunshine Coast:

- Noosa Tri Club
- Caloundra Tri Club
- Sunshine Coast Tri Club
- Atlas Tri Club
- Ngungun Tri Club

Points were awarded for members entered, volunteers and age group results.

We are very proud to announce that the Noosa Tri Club was the winner of the event with nearly 30 entries and some fantastic results. See below that amazing athlete taking the cup on behalf of the club:



A big mention to Jo who smashed her PB on the day and Penny's husband who

volunteered on the day to get us those precious points.

Look out for a full report in the Sunshine Coast Daily and the date for next year's competition. We all agree it's a fantastic weekend including for families. See you next year?

YING YANG RUN FIRST ANNIVERSARY

Nearly one year ago two blokes (President & Treasurer) decided it would be a good idea to go for a run on a Friday night and then finish with a beer. YING YANG!

This is now an integral part of the Noosa Tri Club Programme with 15+ people turning up every week for a run / shuffle and beer every Friday night.

We thought we should celebrate the fact has been a year since this training session start and therefore encourage all members to attend on 21 June 2013.

It started with 2. How many can we get 12 months later?

- **What:** Ying Yang Run 1st Anniversary
- **When:** Friday 21 June 2013
- **Time:** 5.30pm
- **Where:** Noosa Lions Park
- **Social:** Halse Lodge – could be more than a couple of beers so leave the car and enjoy the evening!!

OFF ROAD DUATHLON



What: Off Road Duathlon

When: Sunday 23 June 2013

Time: 12 Noon

Where: COD Park, Collwood Rd, Lake MacDonald

Event:

- **Off Road Duathlon** - 3 km run / 18 km mtn bike (2 lap course) /5 km run (Intermediate bike course - there are a few 'tricky' bits but we will brief and advise to *walk* if in doubt!)

Beginners & Juniors:

- **17 – 15 years** - 1 km run / 9 km mtn bike (1 lap course) / 3 km run
- **15 - 11 years** - 500 m run / 3 kms mtn bike /750 m run (beginners bike course - flat, wide dirt road - parents will be welcome to cycle with kids)
- **11 – 8 years** – 250 m run / 2 km mtn bike / 750 m run
- **7 and under** - Off road Obstacle course!

Bike Hire: Unfortunately Bikeon are not able to come out with bikes on the day but here is the info that Tracey sent through for those wanting to hire a mtn bike for the day/weekend.

- BikeOn offering a 50% discount on our standard bike hire (**\$20 per day** instead of \$40 which we charge for event hire)
- 2 bike racks available for hire (\$5/ each), 1 rack can take 2 bikes and the other 3 and they easily fit on any car tow ball.
- Free upgrade to our best quality mountain bikes (TREK 3900) available in sizes from XS to L (we also have 3 new TREK 24inch Junior Mtn Bikes (suit riders approx.. 7-12yrs))
- Bikes would need to be pre-booked by Thurs 20Jun late evening preferably
- Bikes will be made available for pick-up from 1 of our 3 key Agents: Noosa Tour Centre(Hastings St), Adventure Sports(Gympie Tce Noosaville) or Venture Cycles(Noosaville).
- Bikes to be returned to us here at our workshop (29 Leslie Drive, Noosa Heads) anytime on Sun or Mon morning where we will clean & service before delivering back to our Agents.
- For pre-orders please let us know your name, approx.. height & your preferred pick-up location/agent and time.

Social: BYO BBQ following events. Note this is an enticer event with a focus on socialing. So bring your friends, family, food and drinks. If a success we will run again This is again another free event as part of your membership!! Be careful though your off road leader will have you doing stuff like this next!



SUNSHINE COAST 70.3 TRAINING CAMP / BLOCK

Thanks to USM Events 30 members of the Noosa Tri Club have entered the sunshine coast half ironman (70.3) in September. In addition at least 20 members have entered separately. That means 50+ members racing.

We plan to have our Club Marquee ordered and delivered in time plus club sponsor Café Lemonde will be holding a social event to celebrate completion.

We are also very excited to announce that our club coach and friends Multisports Consultants have offered to provide a 4 day training camp in July to help us get to the start line. The training camp valued at \$450 is being offered to Club Members for just \$100. Details as follows:



What: Sunshine Coast 70.3 Training Camp **When:** Thursday 25th July to Sunday 28 July 2013

Details:

- Thursday 25th July – Long Run / Bike / Open Water Swim
- Friday 26th July – Pool Swim / Long Ride / Run Off Bike
- Saturday 27th July – Open Water Swim / Ride
- Sunday 28 July – Club Event 2/60/15
- Sunday 28 July – Club Presentation
- Event will be fully coached by our friends Nick & Jess

Enter: To be part of this great training session. Please email the club and confirm your attendance. We will then forward details of meeting points, payment process etc

Social:

- Optional brekky after run Thursday and coffee after swim Thursday
- Coffee / brunch after run Friday
- Sat pm pizza / pasta dinner
- All the meals / coffee etc – self funded by individual

So come on. Take a couple of days off work and be part of this great training block and be successful at the Sunshine Coast 70.3.

AGM

The new season is fast approaching and the annual AGM date has been set. Are you a club member who wishes to be more involved? Maybe you have aspirations to be the President, Treasurer or Secretary? Or maybe you just want more input into how things are run? Well here is your chance to get involved:

- **What:** Presentation Evening / AGM
- **When:** Sunday 28th July
- **Where:** RACV
- **Time:** AGM 5pm
- **Details:** Review of year past including finances. Vote for the new committee members including President, Secretary and Treasurer.

PRESENTATION EVENING

The end of season club presentation evening has been organised as follows:

- **What:** Presentation Evening
- **When:** Sunday 28th July
- **Where:** RACV
- **Time:** 6.30pm to 10.30pm+
- **Cost:** Free to members and \$10 for friends and family (under 10 years free)
- **Details:** Finger Food, Drinks (up to \$500 behind bar) live music and presentations. Look out for the pro presenters!
- **RSVP:** Please confirm by email your attendance by Monday 22 July – sooner the better for catering purposes
- **Awards:** We request your choice for the club awards. Nominations as follows:

NOOSA TRI CLUB - SEASON 2012 / 2013 – CLUB AWARDS

ATHLETE OF THE YEAR NOMINATIONS



Penny Hearn: What a surprise. I'm sure there are many more worthy than me! Not sure when the year starts!

Have competed in Noosa 2012, Devonport, Mooloolaba and Hervey Bay 2013. All Olympic distance. Came 4th at Noosa, 1st in Devonport, 1st at Mooloolaba and while in the lead at Hervey bay, had a flat and ended up 4th.

Am participating in my first 70.3 in Cairns next week.

In Cairns Penny finish 2nd in her age group!!



James Rosborough: Now this is funny. Lets see....Mowing the lawn, chasing the kids around the streets at dinner time and pushing the double pram up the 'Halse Lodge" hill for a bevvie after the ying yang on fridays. Apart from that I enjoy the occasional triathlon event, Melbourne, Port Macquarie, Cairns, Yeppoon, Mooloolaba, Noosa & Busselton to round out the year. Sadly work gets in the way and I've been close to separation on numerous occasions, usually following a "sorry hun, we've got a race on that weekend..." Almost just as sad, training is a distant third to family and work and its usually after the race with much reflection the thought of 'I knew I should have trained a little more for that'. I'm honoured that someone would even consider me for this title and can think of at least 10 other people more dedicated and more talented than I. Either way, you've brought a smile to my face and now considering getting in the pool on a cool, almost winter day.

Jess Fleming Facts:

1. World Champs in Auckland Olympic distance - 5th
2. Hervey Bay 100 1st overall Female
3. Auckland 70.3 - 1st AG
4. Hell of the West - 1st AG, 2nd overall
5. Batemans Bay Ultimate- 1st AG 2nd overall
6. IM Port Mac, 1st AG - 3rd overall



Beat that!!

CLUBBIE OF THE YEAR NOMINATIONS



Carol Hitchcock: Not really sure what you want. I'll summarise my main results below. I participate in the Wed morning runs and some Friday night runs. I am going to start doing the club rides on Sunday also. I attend all club races unless they clash with something else, and did the winter series last year.

Results:

- Cairns Ironman (1st ironman), 8th 30-34 F in 11.31
- Anaconda Adventure race 2012, 3rd mixed team of 2, fastest female run leg
- Rainbow Beach double tri, 2nd female on combined races
- Bribie Tri series, age group winner F30-34
- Hervey Bay 100, 3rd female 30-39, 5th overall F
- Club 70.3 1st F
- Ultimate Tri Batemans Bay (2/120/20), 2nd F 30-34, 6th F overall

- Noosa winterfest 160k ride, 1st F 30-39, 4th F overall
- Hervey Bay OD, 3rd F 30-34
- Glasshouse Mountains 30km run, 2nd F

Next race, Challenge Ironman Vitoria (Spain)



Karen Artis Me: Involved in the club for ten years. Regular, (stubbornly persistent?) attendance at many training sessions in spite of consistently ordinary performance at races. Regular and enthusiastic attendance at social events. This is my second stint on the committee, with time spent previously as secretary, vice pres and now secretary again.

Karen has been one of the driving forces of the club in the past 12 months. Taking on the role of secretary is very hard and time consuming but she has done this superbly even though she has had to put up with the President's constant harassment. She has helped transform the club into a well organised, social and enjoyable environment for all its members. I'm sure you agree?

Not only that she has entered many races this year and bit by bit has improved at all legs especially running. Finishing the year with a PB at the Hervey Bay Triathlon.

Isn't that what we all strive to do!

Well done Karen

Joe Fahey: Started proper training 12 months ago
2 tris in 6 months – PB in last one

Train with club 3-4 times a week

Hardest session is Girraween – very hard to go to that one but I make myself as I feel it is the only way to improve. I always think about how good I feel afterwards

I try to come to as many club events as possible – only limited by me having to take my daughter to her events (can't wait till she has her license!)

I love the encouragement from all club members – that is one the reasons I keep going

I used to worry about coming last in everything – now I don't care. I just love the training. One day I will get better!!

Basil McCreadie: Basil joined the Noosa Tri club approx 3 years ago. His aim being the Noosa Triathlon which he completed successfully..

Since then he has been instrumental the success of the Sunday Long Ride (became the cranky Sunday ride) and the Ying Ying Run. Turning up consistently and being the friendly face of the Noosa Tri Club.

He became the Treasurer last year (another time consuming role) which he has completed



successfully by spending money on important club items such as the club BBQ!

In addition his training and racing has improved to the point of finishing regularly in the top 10 of his age group (although he is getting on!). This included top 5 at Hope Island.

GOOSE OF THE YEAR NOMINATION



Jason Russell: What can be said about the big fella. Heading towards being a club legend with excuses ranging from flu, religious beliefs, injury through to tiredness. Has he ever turned up on time?

He has had several comical monuments including banter with club coach Nick Croft. Jason believes botox is the reason for Nicks youthful looks - and not his healthy training regime. True or false?

The highlight of Jason's skills were displayed on the bike, when he veered off the road and proceeded to do a superman dive into the grass verge. Gold!

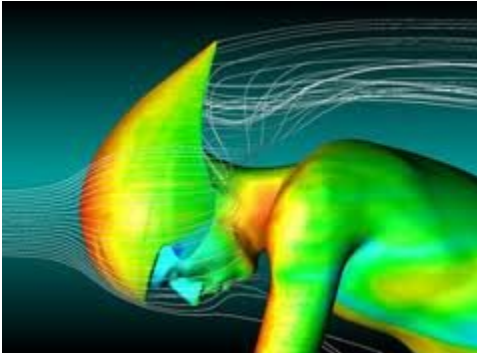
His next major statement of content is to beat Del Woodford at Sunshine Coast 70.3. Goose of athlete of year next year?



David Royal aka Death Wish Dave: The name and the photo sum up this great guy's challenge for Goose of the year.

Nicknamed Death Wish Dave (DWD) by Jess following his near death descending skills on a long ride with the club. He took it too far one day down Gyndier Drive after receiving his new bike from the US. Turn 10 at 60k an hour – screech bag smash – concrete wall

He survived and women between 18 to 50 can rest easy knowing he is ok.



Dyson "Sperm Helmet" Findlay: This award was conceptualised back in 2011/2012 to congratulate Jess on her transition skills e.g. no bike shoes, leaving swimsuit on etc

How ironic then that a main contender for the Goose of the Year Award was outed by Jess.

If you are not aware Dyson and Jess have an open challenge to beat each other at all events.

How it must hurt then when earlier in the year during a 70.3 Dyson was passed by Jess on the bike leg (wearing his sperm helmet). He turned, looked and heard her say "How is the helmet going for you?"

He finished nearly 15 mins behind but has promised to take revenge at Sunshine Coast 70.3.



Mark Pickerill: A picture paints a thousand words!!

AWARD 4 - JUNIOR OF THE YEAR (Best Performing / committed young person of the year)



Junior Awards Nominations - Junior Athlete of the Year

Name:- Jess Muller Age:- 16

Achievements:- State Schools Triathlon Championships – 14th place Intermediate Girls ; Australian Youth Championships – 16th Intermediate Girls Age Group; Bribie Island Triathlon – 1st place 15yrs Girls Age Group

Involvement with the Noosa Tri Club & Training Sessions:- Jess has been a member of the Noosa Triathlon Club for the past 3 seasons. This season Jess attended Junior Sessions very regularly, and participated in all of the club events that were of a suitable distance for the juniors. Jess was a member of the Triathlon Junior Development Program and represented TQ at the AYTC youth championships. Jess has been a great role model for the younger athletes and is always willing to help the younger athletes. Jess is competing against an extremely strong group of triathletes, and although she has not yet been able to achieve her goal of making the State team, she remains focussed and determined to try again next year, whilst balancing her senior studies.

Name:- Angus Luhrs Age:- 13

Achievements:- Qld Schools Triathlon Championships - 11th place 13yrs Age Group; Qld Schools Triathlon Championships - 1st Junior Boys Relay Team (4th fastest run out all the Junior Boys)

Involvement with the Noosa Tri Club Events & Training Sessions:- Gus was awarded a Noosa Triathlon Club Scholarship and attended nearly every session made available to him, so this was his first year in the sport of triathlon. Angus had no bike experience prior to taking up the scholarship and made significant improvements on the bike over the 5 months. Angus is so tiny he could not fit onto the smallest Junior Club bike, and was most appreciative of the effort the club made to acquire a bike of a suitable size so he could ride a bike his size, safely. Angus made an effort to attend club events that were of a suitable distance for the Juniors and certainly impressed many of the adults with his outstanding running ability. Angus was a great asset to the junior program, using strengths obtained from a surf lifesaving background to triathlon. Angus is looking forward to being involved in Triathlon again next season and is hoping to get his older sister involved too. Angus has the potential to develop into an outstanding triathlete, but for now is focussed on developing skills that he will be able to use when he grows.

Name:- Brodie Modini Age:- 15

Achievements:- Junior ITU Race Weekend Runaway Bay 9th Place ITU Junior Youth Category - Qld Schools Triathlon Championships - 9th place Intermediate Boys (3rd 15yrs age group) , Qld Schools Triathlon Championships - 3rd Intermediate Boys Relay Team (2nd fastest run out all the Intermediate Boys),

Involvement with the Noosa Tri Club & Training Sessions:- Unfortunately Brodie only attended one or two training sessions with the Juniors, and was unable to participate in club events mostly due to clashes with his running commitments. Brodie did however make an effort to improve his swimming and joined Nick's adults tri squad group leading up to the State Schools Championships. Brodie is a very talented athlete, who has the challenge of balancing an elite junior running program with Triathlon.