

# SEPTEMBER NEWSLETTER

Well the sunshine coast is a pretty awesome place to live this time of year with blue sunny skies during the day and cool calm nights. Spring is an especially good time of year to be a Triathlete with Sunshine Coast Marathon, Sunshine Coast Half Ironman and Noosa Triathlon all taking place in Sept / Nov.

Its only 5 days before 50+ members take on the first ever Sunshine Coast 70.3 held at Mooloolaba. Are you ready to go?

It's also only 8 weeks before the Noosa Triathlon. Yes 8 weeks!!

Items in this month's newsletter:

- Sunshine Coast 70.3
- Presidents BBQ
- Club Social Shirt
- September Club Event
- What's happening in September - Monthly Programme
- Athletes to Look Out For!

## SUNSHINE COAST 70.3



Its only 5 days before the Sunshine Coast 70.3 with 50+ members taking part in the event held in Mooloolaba.

Look out for the Club Tent and come and say hello to fellow members and supporters.

Basil “the Ribs” Macreadie is making his come back and will be taking bets on the major race of the day:

- Dyson “Sperm Helmet” Findlay - \$2.90

V

- Jess “Transition Queen” Fleming - \$1.60

The moment of truth has finally arrived!!!!

## **PRESIDENTS BBQ**



You are all invited to a Club BBQ at the Presidents house on Sunday 15<sup>th</sup> September 2013 (this Sunday) at 4pm. BYO

Take time to meet your fellow members and discuss the SSC 70.3 experience (Did you survive? Where did you finish? Who won? Who Lost? Who wore a sperm helmet?).

It's also a chance to asked the committee members any questions you might have and to arrange you training in preparation for Noosa.

- **What:** Presidents BBQ
- **When:** Sunday 15 September 2013
- **Time:** 4pm
- **Where:** 2 Flagship Ct Castaways Beach
- **Dress Code:** Casual but Club social shirt should be worn if collected!
- **Award:** The inaugural Findlay Fleming cup

## MEMBERS CLUB SOCIAL SHIRT

Membership to the Noosa Tri Club for season 2013/2014 commenced in June 2013 with over 200 already becoming members.

As part of your membership you receive a new club social shirt.

The first 100 shirts are now available for pick up at club sponsor Le Cyclo Sportif bike shop in Noosa Junction.

Please collect however if they don't have you size or have run out - Greg will take your details and put on list for the next order.

## WHAT'S HAPPENING IN SEPTEMBER

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

- Wednesday 5.30am – Group run – lead by Corallea, Wayne & Anton (the punisher)
- Friday 5.30pm – Ying Yang run – lead by Mark & Basil
- Sunday 5.30am – Long Ride – lead by the Mike (the cranky kiwi)
- Sunday 22 September 6.00am – Club Event 1.5/40/10

# SEPTEMBER CLUB EVENT

**What:** September Club Event

**When:** 22 September 2013

**Time:** Registration 6.00am

**Distance:** Olympic Distance

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

## ATHLETES TO LOOK OUT FOR

Over the coming months there are some major races happening around the world with several of our members competing and representing our club. Look out for the following:

### **World Triathlon – London 12 – 16<sup>th</sup> September 2013**

Peter Holgate - 2Hrs 30mins finishing 24th in his Age Group

Rosemary Longstaff - 2Hrs 40mins finishing 21st in her Age Group

Great results !

### **World 70.3 Championships – Las Vegas – 9 September 2013**

Paul Worroll – 5Hrs 17mins finished 82<sup>nd</sup> in Age Group

Sabrina Mohn – 5Hrs 17mins finishing 33<sup>rd</sup> in Age Group

Greg Ball – 4Hrs 51mins finishing 8<sup>th</sup> in his Age group

Well done guys!

### **World Ironman Championships – Kona – 12 October 2013**

Jess Fleming

Pete Jacobs

Good luck to all. I'm sure you will do yourselves and the club proud.

Let me know if ive missed anyone?

## **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.