

Noosa Tri Club

Inform. Inspire. Your newsletter. Your club.



Noosa Earns Weight in Iron!

The Ironman distance triathlon is nothing to sneeze at... 3.8km Swim, 180km Bike, 42.2km Run

The first weekend in May saw some of our local warriors head to Port Macquarie to represent Noosa at Ironman Australia and the Ironman 70.3 Port Mac. While conditions may have been favourable, the course, the distance and every other aspect of the race is never easy. That said, small victories were had with some personal best achievements and that elusive finishing line being caught.

Mother's Day arrived one week later and our local leader, Jess Fleming, ventured overseas to Challenge Taiwan. This was a true challenge for everyone, battling the triathletes' combined nightmare of heat and humidity. Having completed numerous endurance races before, Jess had the mental and physical stamina to tick one more off the list and with a second placing in the pro female division. What a wonderfully exhausting way to spend the day. Happy Mother's Day, Jess!

Ice, ice, baby. Good luck to everyone training and competing this Winter.

SUMMARY

Iron Distance
Noosa athletes at Ironman Port Macquarie and Challenge Taiwan

Ewan Phyland
Local legend of the sport acknowledged at surprise breakfast

Straddie Salute
Scenic race attracts largest field in its history

< your story could be here >
We want your anecdotes and pictures

Sharing is caring
Be brave and send us your story:
NTClubNews@gmail.com

Always check our website for more details:
www.noosatriclub.com

SPONSORS



1

CORAL COAST 5150

Port Douglas hosts an enticer, sprint and Olympic distance triathlon on June 5th.

2

CAIRNS 70.3 & IRONMAN

Tropical Cairns is the destination for the next 70.3 & IM on June 12th.

3

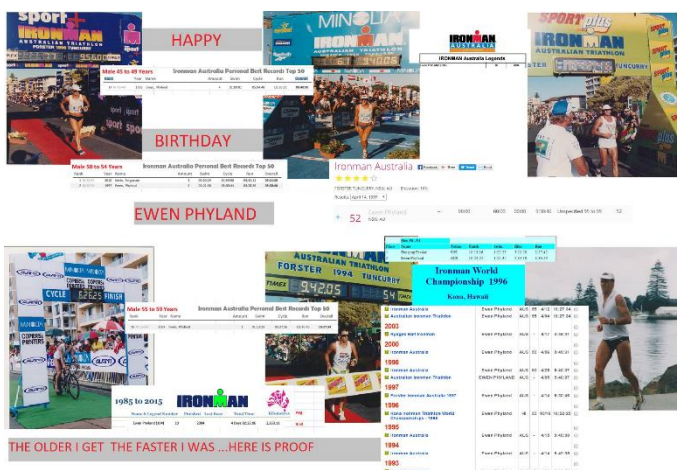
MORETON BAY GRAND PRIX

Redcliffe Tri Club presents a selection of triathlon distances on June 18th.

Ewen Phyland, Local Legend

Ewan's list of achievements are as long as they are amazing.

Earlier this month, some of our current club members attended a surprise breakfast for Ewen Phyland. Ewan was a proud member of the Noosa Tri Club for many years. He is one of a select group of club members who have ever won their age group in an Ironman, in his case some SIX times. He also held the Ironman course record (50-54) for 13 years!



A presentation was made with a plaque highlighting his achievements including 10 Ironman with a sub 10-hour average. **What makes this truly amazing is that he did not start until he was in his late forties!**

Ironman Australia	Ewen Phyland	AUS	55	4/12	10:27:34
Australian Ironman Triathlon	Ewen Phyland	AUS	55	4/04	10:27:34
2003					
Rydggs Half Ironman	Ewen Phyland	AUS	-	8/17	4:46:41
2000					
Ironman Australia	Ewen Phyland	AUS	50	4/06	9:49:31
1998					
Ironman Australia	Ewen Phyland	AUS	50	4/25	9:40:07
Australian Ironman Triathlon	EWEN PHYLAND	AUS	-	4/05	9:40:07
1997					
Forster Ironman Australia 1997	Ewen Phyland	AUS	-	4/14	9:30:46
1996					
Kona Ironman Triathlon World Championships - 1996	Ewen Phyland	HI	50	10/16	10:22:25
1995					
Ironman Australia	Ewen Phyland	AUS	-	4/15	9:40:00
1994					
Ironman Australia	Ewen Phyland	AUS	-	4/14	9:42:05
1993					
Ironman Australia	Ewen Phyland	AUS	46	4/20	9:42:65

During the breakfast, discussions murmured around the room about who else has finished on top of their age group in the Ironman distance race. We're aware of our current legends Denis O'Conner, Jess Fleming, Kate Major, Jenny Tanner, Nita Solomon (sadly deceased), Jan Croft (legendary swim coach) and Ben Weule.

Straddie, We Salute You!

A few from the Noosa Tri Club headed to Straddie again this year for the Straddie Salute. This is a really grass roots style event and one that should be on everyone's list of must-do triathlon events in the future. Whether you choose the Straddie Salute (MTB) or Straddie Pure (Road Tri), both are spectacular with challenging courses starting with an ocean swim, a ride to remember and a rather hilly but scenic run. This year, the event attracted its biggest field ever, so if you are after a great weekend away, put the 20th of May in the calendar for 2017!



NOOSA TRI (NT) CLUB NEWS... NTCLUBNEWS@GMAIL.COM

If you know someone who has competed in an event but is too shy to tell us, please send a "secret" email to the above address. If you have photos, even better! Any news items are greatly appreciated, especially when written in third person - you can be a direct contributor to our / your newsletter. Please share with us, so we can share with our broader NTC family. If your story does not make it into the current/next newsletter, we might be able to add it to the subsequent publication.