

# Noosa Tri Club

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## ITU Cross Tri World Championships

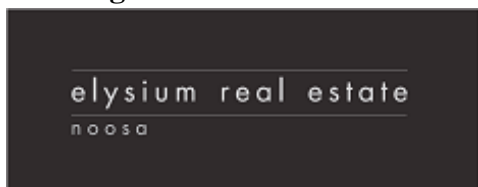
Noosa has a cracker in Lake Crackenback!

Noosa brought the heat to Lake Crackenback in NSW's chilly Snowy Mountains during the month for the ITU Cross Tri World Champs. The 80-strong Australian contingent, aged between 20 and 68 all conquered the wilds of Lake Crackenback's "trails and tribulations", rocky creek beds and the technical off-road bike course. All of our local competitors deserve genuine commendation for qualifying and thriving in the demanding race – Anne Alford 1<sup>st</sup>, Bardie 3<sup>rd</sup>, Anka 3<sup>rd</sup>, Steve Wise 3<sup>rd</sup>.



It was our very own Kim Beckinsale who was the first woman across the line, claiming overall line honours and her age group WORLD TITLE in a tick over three hours.

Introducing some of our **PROUD SPONSORS**. We'll be hearing from them:



1

### BRIBIE TRI

Jump down to Bribie for race 2 of the series.  
Sat/Sun 10<sup>th</sup>/11<sup>th</sup> December.

2

### CLUB XMAS

Celebrate an active Christmas at the Noosa Aquatic Centre.  
Saturday 17<sup>th</sup> December.

3

### BUDERIM 9

Nine hills. Three hours.  
Ride for a cause - Cerebral Palsy.  
Sunday 18<sup>th</sup> December.

### SUMMARY

**Cracker World Champ**  
Well done to Noosa athletes & Kim Beckinsale !

**Noosa Tri**  
World's largest OD Tri and more success stories

**P3: Shoulder Pain**  
Understand the ball and socket

**Infit Christmas**  
Gift ideas for your special athlete

**Sharing is caring**  
We want your input to share the NTC spirit:  
[NTClubNews@gmail.com](mailto:NTClubNews@gmail.com)

Always check our website for more details:  
[www.noosatriclub.com](http://www.noosatriclub.com)

### SPONSORS



## Noosa Tri – More Success Stories

Following on from last month's write up about the Noosa Tri, here are more highlights...

Last month we credited our master class athletes, this time we praise the up and comers. Pictured here are two of our juniors, Hamilton Andrews and Cassie Barnes. Cassie placed 2<sup>nd</sup> in her very first OD triathlon and Hamilton placed 3<sup>rd</sup> with a PB of 2:09:16. Great work and good luck in the future!



It has been announced that the 2016 edition of the Noosa Tri maintained its 2015 accolade of the **World's Largest** Olympic distance triathlon; ahead of London, Chicago and Hamburg – A true credit to our **local** race.

The Noosa Tri Club also walks away with first place in Division II of the Tri Club Series – well done to our athletes and thank you to our faultless supporters!

## Painful shoulder? Welcome to the club.

Shoulder pain is one of the most common complaints we at P3 Physiotherapy see with swimmers and triathletes. The shoulder socket is a unique joint, comprising of a large ball articulating with a small socket. The joint requires significant mobility, and as a result, inherently has poor stability.



Physiotherapy.

The analogy that is often used is that the shoulder joint is like a seal balancing a ball on its nose. The main thing that keeps the ball stable is a group of muscles called your rotator cuff.

With swimming, we often develop an imbalance in this cuff, which results in abnormal movement, pain, inflammation and sometimes tears in the rotator cuff tendons.

How healthy is your cuff? Two simple tests will give you a basic idea of your cuff health.

First, stand with your back on a wall, feet 30cm off the wall. Place your hand behind your back, elbow 90 degrees, palm on the wall. Without using your bottom to push off the wall, push your arm back, levering your body off the wall. You should be able to do 15-20 of these relatively easily.

Second, grab a Thera Band (or bungee cord), stand tall, elbow 90 degrees and 10cm off your hip, keeping your shoulder blade still, rotate your forearm away from your body (horizontal). All of the movement should be from the ball and socket, without any movement of the trunk or shoulder blade. Once again, aim for 15-20 reps.

How did you fare? These are good basic cuff maintenance exercises to keep your shoulder balanced and prevent injuries. The evidence on shoulder rehabilitation has improved a lot in the last 5 years, with better outcomes seen across the board of shoulder conditions.

From the team at P3, have a great Christmas break and may 2017 bring PB's to all of the Noosa Tri team!

## Infinit Possibilities this Christmas

For just \$30, secure this Nutrion Gift Pack valued at



over \$50 - Great for the beginner triathlete or anyone having troubles with their nutrition and wanting to try something new.

The package includes single serves of all the generic blends - Go Far, Go Far for Women, Speed, Speed for Women, Jet

Fuel and Repair - plus 2 water bottles.

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