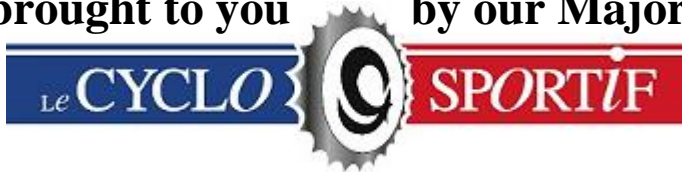


# Noosa Tri Club

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## IRONMAN Cairns

We Cairn do it!

Cairns did what Cairns does best by all accounts; a fantastic event, atmosphere and great race conditions. We had several Noosa Tri Club athletes in both of the main events, and a few unlucky ones out injured or sick – thanks to Peter Fry and Ken Rae for committing to the travel and supporting those who were able to race.

Congratulations to our Ironman athletes; David Anderson, Michael Besser, Seano (“Goofy”) Clancy, Ryan Rae, Justin Voss. Further commendation for the efforts of our 70.3 athletes; Marion Brown and Chloe Kay.

We welcome everyone to pursue a triathlon of any distance and build to the “craziness” of an Ironman.



### SUMMARY

IRONMAN Cairns  
NTC compete and complete

GeoQuest  
Adventure Racing in NSW

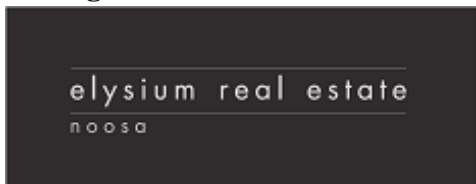
Club Duathlon  
Run-Ride-HillClimb

Women’s Camp  
Culmination of  
“women in sport”  
initiative

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)

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



**1**

**GC MARA**  
Gold Coast Marathon with runs of all distances.

1<sup>st</sup> & 2<sup>nd</sup> July

**2**

**VELOTHON**  
Sunshine Coast Velothon taking riders around the Coast and hinterland.

14<sup>th</sup> - 16<sup>th</sup> July

**3**

**KING OF MNT**  
Pomona’s famous King of the Mountain.

23<sup>rd</sup> July

### SPONSORS



## GeoQuest Adventure Race

GeoQuest is Australia's first, biggest and best adventure race and we had a few brave locals make the journey down to Sawtell on the central NSW coast for it. Held June 9<sup>th</sup> to 12<sup>th</sup>, the race saw everything – and we mean, EVERYthing. Wild weather, ridiculous terrain, crazy swell, cancelled sections and lots and lots of MUD FUN.



Teams were faced with the reality that the event could be cancelled at any minute. At the event briefing, the full course was modified, which meant that two river paddles were cancelled along with the connecting MTB leg due to potential flood risk.

Looking out at the swell was petrifying, so there was some relief when the course was shortened to three laps around the harbour, but still a little nerving having to handle the dumping beach break to return to shore.

Many more battles were fought over the duration of the course to make it to the finish line very early (around 3am!) on Sunday morning. Well done to our local teams (and their supporters).



## Club Duathlon

Well done to everyone who participated in the Duathlon club training event on Sunday - everyone seemed to enjoy the run up to Laguna Lookout! It was a spectacular morning for a Run-Ride-Run.

There's some great photos of the morning on Facebook and below is the group starting out on the first run.



Winner of the day's spot prize – neatest transition set-up, ever! Despite racing for sheep stations (not really), there's always time to keep "things" in order.



Thank you to all the wonderful volunteers for setting and managing the course, keeping us safe!

## PROUD SPONSORS

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## Noosa Women's Camp

The Noosa All Women's Camp held over 2.5 days during June was a great crew to work with, all being new to the sport and all lining up for their first Noosa Tri later this year.

Day 2 of the camp took a journey over the Noosa Tri bike course before a bike skills session. Breakfast followed at Café le Monde before a Q& A forum then a run form and technique clinic showing the ladies a dynamic stretching routine, plyometrics, run drills and how to become more efficient.



The afternoon took in Heart Rate Monitor discussion on how to set your training zones and use the HRM in training and racing. We wrapped up the days training with a transition skill session before the evening outing with dinner at Zacharys on Hastings St for some good food and more banter which kept the laughter flowing.



The final day put the ladies through a mini tri then a swim over the Noosa Tri course in Laguna Bay before wrapping the camp up with random draw prizes and a lunch. A great long weekend of it and this camp completed a Noosa Tri Club / MSC Sport initiative to introduce beginners to the sport and great to see that of the 24 that started back in February, 16 are doing their first Noosa Tri in just under 20 weeks time.

Great work girls! And thanks Coach Jess!

## Noosa Ultimate Festival

The very end of May saw Noosa welcome (with warm weather) a weekend of fun and fitness across the three triathlon disciplines; swim, bike and run. Below are the results we've sourced for each event. As you will see, we had great representation and we congratulate each and every one of you for getting out there and giving it a red hot go.

<b>Swim 3.8km</b>		
Sean Clancy	1:00:02	3rd
Rob Tappenden	1:00:17	7th
Graham Bradford	1:05:17	20th
Indiana Voss	1:07:48	1st
Marion Brown	1:13:38	8th
<b>Swim 2.0km</b>		
Dmitri Simons	31:13	4th
Brian Hannon	39:30	20th
Bertram Birk	41:54	35th
Tim Paul	46:32	43rd
<b>Swim 1.0km</b>		
Jakarta Voss	18:02	8th
<b>Swim 500m</b>		
Hayden Small	8:19	1st
<b>Ride 160km</b>		
Adam Dinnage	5:07:46	18th
<b>Ride 100km</b>		
Kieron Harrison	2:47:28	3rd
Dmitri Simons	2:47:28	4th
Sean Cary	2:48:23	7th
Graham Bradford	3:20:08	17th
Nicola Voss	4:06:12	13th
Karen Artis	4:10:57	3rd
<b>Run Half Marathon</b>		
Rob Tappenden	1:27:13	4th
Sean Clancy	1:29:12	15th
Ryan Rae	1:30:13	15th
Andrew Saw	1:46:06	34th
Taryn Standing	1:48:38	17th
Marion Brown	2:23:32	41st
<b>Run 10km</b>		
Peter Holgate	51:38	1st
Tim Paul	54:33	38th
Phil Bradford	54:37	40th
Birtram Birk	55:58	27th
<b>Run 5km</b>		
Trevor Allen	17:55	1st
Chloe McLennan	19:41	1st
Jacque Mackenzie	25:03	5th
Mackenzie Voss	27:40	2nd

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