



FINISHLINE

Jan / Feb '11



PO Box 475,
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2320

www.mtc.org.au

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A belated happy new year everybody, I hope you all had a relaxing and enjoyable xmas and new year period, spent plenty of time catching up with family and friends and now looking forward to the rest of the season, local triathlons and perhaps Ironman in Port.

Robert

newsletter@mtc.org.au we welcome all comments, articles and criticisms, thanks!

**THANK YOU
FOR YOUR
SUPPORTING
OUR
CLUB**

PRESIDENTS WORD



Welcome to 2011, I hope everyone had a Merry Christmas.

I would like to start with a big thank-you to all those who got up early and raced the December race. We all appreciate your understanding and from the growing volume of traffic building during the morning we definitely made the right decision to start an hour early. I would also like to extend a huge thanks to those who got up even earlier to help us set-up. This would have been the quickest and most organised set up ever, thanks again. This was helped by our Race Directors (Dave and Matt) marking the ground on the Saturday afternoon to ensure the racks and bunting were in the correct spot.

It is worth noting that we have had 4 different winners in the first 4 races who are all in the same age category. This will make for a very interesting year to see who takes the title. The December race was won by a very fast Tony Daley (T-Boy) who only rounded up Craig Shafer in the closing stages of the run. It is believed that both Shafer and T-Boy posted PB's for the run leg. Well done guys.

You may have also noticed the new MTC tent which looked great thanks to Matty Hubbard. We hope to utilise it at other events where we have supporters.

We will be having our bi-annual kids try-a-tri day in February, so if you have any friends whose kids would like to come and have a go at triathlon in a non-competitive environment, stay tuned for more details in next month's newsletter.

I hope you had a very safe and enjoyable Christmas and we look forward to seeing you in the new year with some nice new Santa delivered bling to show off.

Train safe.

Cheers

Ja



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The speed in which endurance events sell out continues. By now you would know that Ironman WA sold out within a few hours of entry opening. This event has also dropped the teams category.

Try-a-Tri Day

Our Bi-annual Try-A-Tri day will be held on the 20th February this year. The morning is open to any junior aged between 7 and 15 years old. The prime intention of the day is to allow non members the opportunity to come along and see what triathlon is all about. If you know of anybody who may be interested please let them know about the day. Pre-registration will be available via the MTC website (www.mtc.org.au). It would be greatly appreciated if all those intending to partake (both members and non members) pre-register, this will allow the committee to properly organise the day and ensure its success.



Not sure if the club race is going to happen due to some fairly crappy weather happening, don't want to drive to the pool to find out, who ya gunna call.? Well from now on if conditions are so bad that you find yourself in this position you can call the club phone (0426448283). Either a recorded message will be available or our club president, Ja will advise if the race will take place.

STOP PRESS

As this edition was being finalised I was advised that Mel Sexton has been offered the opportunity to be a competitor in the French Division 1 Triathlon Series. A lot of you would know Mel and her brother Brendan began their triathlon careers as MTC Juniors. They have both willingly given their time at some of our previous Try-A-Tri Day.



Presentation Day

While it is still a few months away and there is still lots of racing to happen, keep in mind our end of season presentation day. At this stage a date of Sunday 29th May has been proposed and after the success of the day last year, the Walcha Waterworks will probably be the venue. More information will be provided as it is confirmed.

Newcastle Foreshore Triathlon

I noticed a few MTC uniforms at this event on Sunday where I TO'd. Must apologise as I didn't recognise too many faces, so if you raced could you let me know how you went for the next edition. Email newsletter@mtc.org.au



This may be old news to some, when asked about what he intended to do after his final year as a professional cyclist, Lance Armstrong revealed that he may listen to his alter ego, Juan Pelota. Showing his ability to have a laugh at his own expense, Armstrong told reporters in South Australia about Juan and his desire to return to triathlon, a sport Armstrong contest as a junior before concentrating on cycling.

Pelota is Spanish for ball. I'm sure everybody knows about Lance Armstrong's cancer battle so can workout the humour in the name.

The Hawaiian Ironman has been talked about for quiet a while as being an event that Armstrong is interested in competing in, obviously the media coverage would be enormous. While people in the sport may regard Kona as the ultimate event, it still doesn't rate very high on the general public's calendar. I can't recall seeing in the main stream media that both the male and female categories were won by Australians last year. The male event being the four year in a row by an Australian. Maybe if Juan Pelota gets a run we will see it on the news, they may even mention who won.

LOST PROPERTY

The club is collecting an ever increasing amount of lost property after each club race. Listed below is the current items being carried around in the club trailer. If you have lost something please check with Ja or one of the committee members at the next club race, it just may be in the trailer.

- 1 x Kids Huffy (Blue) helmet
- 1 x Running cap (Corporate Express logo)
- 1 x MTC—Serene Pools Lycra singlet
- 1 x pair kids thongs (Brown)
- 1 x cap Beresfield Memorial Cricket Club
- 1 x Soccer Jersey (Holland Team)
- 1 x Cap (Australia Post)
- 1 x pair kids Asic shoes (White/Red/Black)
- 1 x kids goggles Speedo (pink)
- 1 x goggles Eyeline (Grey/Black)

Hell of the West

After the devastating floods in Queensland and some doubt as to whether the HOFW would or could be staged, the weekend has happened. As per original plans a few hearty MTC and TTC members ventured north for the event. Ja advised that the swim location was moved to a reasonably nearby pond. Probably safer than swimming over some submerged object. The quality of the water apparently made the river at Morpeth look like it was where Mount Franklin Spring Water came from. Three laps of the pond were required, exiting the water after each lap to cross the timing mats. This was followed by a 3.2klm run back to transition. With some water still laying around, the cycle route also saw a change. Hopefully we will have a full race report next issue.

Results for those who competed are as follows.

Tony Daley—4:24:05 (3rd fastest run for AG)

Peter Clarke—4:25:40 (4th fastest run for AG)

Peter Yapp—4:26:36

Kevin Picton—4:34:38

Dean Morison—4:41:22

Brian Lawrence—4:49:51

Allan Lawrence—4:58:33 (6th in 50-54, 2nd fastest run for AG)

Andrew Daly—5:03:23

Graeme Chamberlain—5:18:29 (bragging rights over MTC Pres.)

Tim Belcher—5:22:26 (2nd in AG)

Ja Davis—5:57:53

Peter Hodgson—6:08:42

Tim Adams—6:41:11

Ted Anderson—withdraw during the race



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The season so far.

With the club season at the half way point consistency seems to be one of the main factors in who is leading the point score race for the much sort after MTC age group winners trophy.

This information is based on results up to and including the December race.

Sub Junior Male has Jysen Bell on top with one win, two seconds and a fifth narrowly follow by Mitchell Hunt with three wins from three races.

Sub Junior Female has Jenna Stevens well in front with a win, two seconds and a third place from the four held races.

Junior Male is being lead by Lewis Daly with two wins and two second places.

Junior Female is fairly open with no competitor having competed in all of the races. Sophie Hodgson is the current leader with two wins and a second, closely followed by Courtney Wevers and Amelia Hodgson.

Intermediate Males, Jacob Crowe is leading from Ben Loss. Jacob has four wins over Ben following him home in each race.

Intermediate Female is all wrapped up with Mikhele Rundle being the only competitor.

The Senior groups has some close point scores due both to some good racing and the number of races contested.

In the Male 15/18 group, Sam Welbourne can probably make some space available on the mantle place with three wins from three starts. The two other contestants having only contested one race each.

Male 19/35 is currently being lead by David Robertson with two wins and a second. Lindsey Collison and Jason Levey are close behind having each contested the four races with good results.

Female 19/35 is similar with Kimberley Fletcher leading closely followed by Rochelle Freeman, Gabrielle Laird and Lynda-Jane Shafe. Kimberley has contested all four races with good results while the chasing three ladies have only three races each.

Male 35-44, Kelly Ford is the man, four races for four wins. As a lot of members in this age group are committee members who have other race day duties and only race occasionally, they will probably say that's why Kelly is dominating.

Female 35/44, another group where the number of races contested will have a big effect on the eventual winner. Both Karen Webb and Belinda Farley have two wins each, Karen also has a DNF. The leader is Megan King with three seconds from three races.

Male 45 plus, really anybody's, Mr Fix-it, Brian Lawrence has three wins but has only contested three races, Greg Engels and Dean Lawrence have both contested all four races but have appear to have some deal going as they have swapped finishing positions for each of those races. The dark horses are Tony Welbourne with three seconds from three starts and Shaun Welsh with a win and a second from his only two starts.

Female 45 plus may also be open to any of the contestants. Louise Fitzsimmons is the current leader with two wins from two starts followed by Helen McCloy with a second a third. These two ladies have competed in the most races so far so anybody could take out the group.

Well done to all competitors in each age group, you are all part of what make MTC a great club irrespective of where you may be on the point score list.

And remember Steven Bradbury.



Kelly Safety Systems P/L

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Mel Sexton

Mel Sexton recently received some great news.

Mel has been offered the opportunity to join French Triathlon Club “Tri Val De Gray” for the upcoming French Division 1 season.

Tri Val De Gray was established in 1995 and is based in the town of Gray in the Haute-Saone region. The club has previously competed in the Division 2 Series but has been promoted to Division 1 for 2011. The series is a draft legal competition consisting of 16 male and 11 female teams that contest a five race series starting in April and ending in September. The format of the competition is each team nominates a number of competitors, five of those are awarded points depending on their finishing position which go towards the teams pointscore. The points gained from each race are tallied together to determine the series winner.

This series has become so popular with triathletes of the calibre of the Dextro ITU competitors that a rule change this year requires at least two competitors in each team must be French. The first male race last year was won by Jonathan Brownlee. Last season only one team member had to be French which saw most point scoring positions being dominated by foreign competitors.

Mel was pleased to find out that a member of her team is an old training partner, Barbara Riveros. Barbara is a Chilean triathlete who has trained and competed in a number of events in Australia over the last few years. Last season Barbara finished number 11 in the Dextro ITU rankings with one win in the Sydney round of the series.

Although they will be competing for the same team this year, one of the previous meetings between Mel and Barbara was at the 2005 Triathlon World Championships in Japan. The two competed in the Junior Female category with Mel taking out third position and Barbara finishing ninth.

Also joining the Tri Val De Gray team for the 2011 season is one of Mel’s current training partners, Steph Auston. Steph is another local junior who has been competing in ITU Draft legal races for a few seasons and has been awarded the Tri NSW U19 Female Athlete of the Year award for both 2008 and 2009. Both Mel and Steph are trained locally by Aaron Lean at Multisport Solutions.

The 2011 race schedule will be Nice in April, Dunkirk in May, Paris in July, Tours in August and the final race in La Baule in September.

Mel is setting up a blog site so people can follow her training and racing adventures while in France. Follow Mel at www.melsexton.blogspot.com

On behalf of MTC, I’m sure you all join me in congratulating Mel and wishing her all the best for the upcoming series.



Triathlon Event Information

This section has been suggested by Belinda Edstein and will hopefully be included in each edition. The idea is to provide some information on various triathlons that may be of interest to members. These will generally, but not always, be outside of the Newcastle / Hunter area. They may not always be before the event for that year so maybe something to think about for the next season. If you have done a tri that you feel may be of interest for MTC members let me know and it will be included.

This month's event is the Trial Bay Triathlon. This event is run by a very committed group of people from South West Rocks on the NSW Mid-North Coast. Being within driving range of Maitland / Newcastle and held in paradise it is already popular with some of our members as well as other Newcastle triathletes. The race gets a large amount of support from tri clubs from Port Macquarie and Coffs Harbour.

The event is held over the two days of the weekend with Junior events held on the Saturday afternoon and the Senior race on Sunday morning.

The Saturday afternoon events start at 12:30pm with the Milo Mini Adventure, followed by a Mini Aquathon, and Mini Triathlons. These are open to children aged from 5 years to 15 years old. Cost of entry is \$20 for 5-7yrs, \$25 for 8-15 or \$60 for teams. All these events are held around the camping ground at Trial Bay Gaol. All are run with the assistance of a great and large group of local volunteers.

Sunday sees the Senior triathlon which consists of a 500m open water swim across part of the bay, competitors walk from transition around the beach to the swim start. The ride is a two lap course totalling 26kml. This is from transition at the gaol camp site, into South West Rocks itself, a left turn sends you out towards Jerseyville, another left and your heading towards Smokey Cap Lighthouse but don't worry you don't have to do the climb to the lighthouse as you turn off and head back towards the gaol before any real climbs. The 6kml run is from the gaol back towards South West Rocks and back along the beach. For many years as your need to cross a small creek before getting to the finish line, it has been a sort of tradition to take your running shoes off before crossing the creek. This is something that the officials are trying to stop as it is against the rules.

The senior race is open to people 15 years and older, there are Open, Male, Female and Team categories with prize money paid to the first three place getters on both Male and Female Open as well as the winners of each age division. As another incentive there is a tri club challenge trophy and club tents are very welcome. On race day, transition and numbering starts at 6am, race briefing is at 7:10am with race start at 7:30am.

For this year the race is on the weekend of the 19th and 20th February. Entry fee is \$80 before the 4th February and \$100 after and before the race weekend. There are no race day entries. Registration is held at the South West Rocks Country Club on Saturday 19th between 1 and 5pm or on Sunday at the transition area from 6am.

More information and entry can be found at the following: -www.coastline.com.au, by phoning Peter Needs Pharmacy on 0265666700 (business hours) or Mary Dunkley on 0265666795 or email trialbay@gmail.com.

With the improvements to the Pacific Hwy, South West Rocks is only an easy 4-5 hour drive north, turn off the highway at Kempsey. The area has a number of caravan parks/camp areas as well as hotels/motels and holiday homes available but get in early as the best ones go early as this is a very popular area.

There are a number of venues available for meals as well as supermarkets if you want to do your own cooking.

If you enjoy a relaxing holiday where you can just relax and lay on the beach do yourself a favour and spend some more time there. The last time my family was at the Rocks there wasn't any McDonalds although there was an Eagle Boys if you must, what it does have though is a great traditional fish and chip shop and to the delight of my wife and daughter, a good gelato ice cream and coffee shop.

I must say that I think this area is paradise, I spent my primary school years living on a farm between South West Rocks and nearby Smithtown and more recently spent a week every year holidaying at the Rocks. If you either decide to do the tri or simply have a holiday in the area do yourself a favour and ride out to the lighthouse. The last bit is a bit of a climb but well worth the effort.

Hamish Robert's

The December race saw the return of one of MTC's younger members. Hamish Roberts contested the race along with his dad, Paul and two younger brothers, Harrison and Ashah. For those who may be unaware, Hamish was a passenger in a motor vehicle accident last year which saw him on life support for some time.

Hamish's dad Paul has kindly put together the following information regarding the period since the accident and how Hamish enjoyed being able to race again.

Hamish had been in the Air Force for 12 months and loving it, he had started his trade as a radio and computer programmer as well as having started training for his first Half Ironman, in 2010.

On the 17th of March, Hamish was in the back seat of a car which was hit by a semi trailer outside the RAAF base at Richmond.

He was in ICU for 4 weeks, in a Drug induced coma, before he was moved to the Brain Injury Unit in Westmead on April 27th.

In the coming weeks had to be taught to, sit up, walk and talk and feed himself again.

The one thing that was always on his mind was First to get back to work, and secondly do a Triathlon.

Hamish has made small inroads, but, they are all milestones all the same.

Speech has got better, writing and texting very good, and memory always improving.

But the neuropsychologist, put it a nutshell, something that we were aware of, that due to his prolonged Post Trauma Amnesia state, equates to a prolonged recovery, again an undetermined time but a guide to the recovery time.

Hamish has been at Bar Beach now for 6 months recovering and getting ready for his transition back to work.

The unit team has suggested that he remains an outpatient for the foreseeable future after that. The unit Doctor has suggested he has time off work until January/ March 2011.

We had recently seen the Unit Doctor (Mon 13 Dec) to clear Hamish to do the December Triathlon here at Maitland, and it was agreed that (Paul, Hamish's Dad ,and brothers Harrison and Ashah), be alongside him all the while to ensure he did not get too fatigued over the 55min 53 second race time. He went well over the swim, and was flying on the bike, outpacing his brothers by 5 minutes, so at T2 I asked if he wanted to wait for his brothers, his reply was " I'm on a roll and want to keep going" and ran the 2km non-stop (his previous time for a 2.4km was 7min 33 seconds) Which is another goal he is constantly chasing.

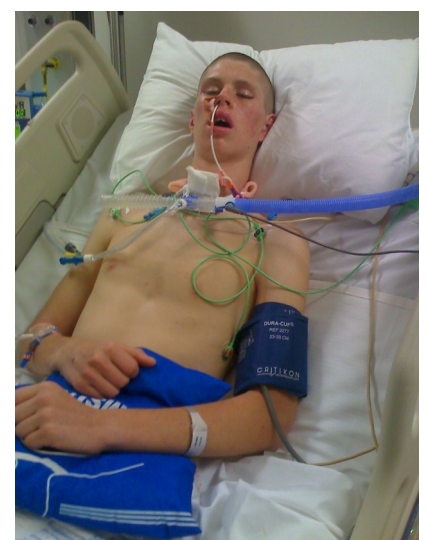
When asked at the end of the race by Robert how did it go ? Hamish's reply was , "All I want to do is push my limits, and that is what I have been doing for months , and it is what I said throughout the race!!!!" (irrespective of time, the look of enjoyment on Hamish's face showed how happy he was, Robert)

But, the good thing is for the parents is that, Hamish is alive and kicking - Agile , Mobile and oh! So Hostile - quote from (Remember the Titans)

Hamish told me that he intended going home and going for a training run that afternoon, Paul has confirmed that when it got a little cooler in the afternoon Hamish and his brothers did do the run and pushed a few more limits.

Paul also advised that the Air Force have been great throughout this period and Hamish will soon commence a return to work program as part of a rehabilitation plan, this will be at Williamstown.

Paul has advised me that at the club January race, Hamish improved his time by three minutes.



Editorial Comment

A few positive things this month, although one came about due to a very sad and increasingly too frequent occurrence. That being the death of Caves Beach triathlete, Graham Denton. A number of triathlon and cycling forums ran threads related to the accident, the amount of online support expressed for Graham's family on Transitions alone was awesome. This led to one person, who didn't even know Graham, organising a memorial ride from The Entrance to the site of the accident and back. Roughly 50 riders turned up for the well organised informal ride. Besides supporting Graham's family, the ride was all about promoting respect between cyclists and motorists. A number of similar rides were organised on the same day in other locations by people who also had never met Graham but felt strong enough to do something. Nice to see people come together for a worthy cause, although one we shouldn't have to get involved with.

Our December club race saw lots of good things happen. As Ja has commented, the transition setup was probably the best we have had, lots of helping hands and some pre-marking by our race directors saw things come together beautifully, a great job by all concerned.

During the bike leg I noticed a competitor (Rachelle Eschebach, hope that's correct) stop when she turned onto South Park Road. Rachelle's bike just didn't feel right, she said it seemed to be unstable in the back. This looked like an under inflated rear tire, Rachelle rode a little further down the road before stopping and returning to transition, while she probably could have completed the bike leg, on a day with increased traffic she just didn't feel comfortable enough to continue, a smart choice, well done. I think sometimes we as competitors push on and risk lots when we should have an early finish.

It was also good to see Hamish Roberts return and compete. The smile on both Hamish's and dad Pauls faces after the race was good to see. More about Hamish elsewhere in the newsletter.



Q & A with Karen Webb

Q1) How long have you been involved with triathlon?

A) **17 years**

Q2) What attracted you to the sport?

A) **That it was an individual sport I had always played in a team sport.**

Q3) Do you have a sporting background and if so what sports were you involved with?

A) **Yes I played Hockey for NSW and focused on that for 13 years.**

Q4) What level of participation do you want to reach, i.e. club races, local sprint distance, half ironman, ironman, Kona.

A) **I have competed in many sprint races as well as 8 x ½ ironmans and 1 ironman. Now I'm concentrating on cycling.**

Q5) Which of the three disciplines is your best and worst?

A) **Best cycle, worst run.**

Q6) What sort of training do you do at the moment, do you have a program or just do what you can when you can or maybe just turn up and race for the fun of it.

A) **I have a coach for cycling and ride 4-6 days a week with 1 swim a week and 2 gym sessions.**

Q7) MTC promotes family participation, do you or would you encourage family members and friends to try triathlon as a sport?

A) **Its great for the whole family both my kids race they love it.**

Q8) Do you see triathlon as a long term sporting activity for yourself.

A) **I'll keep going as long as the body will allow.**

Q9) Triathletes are suckers for the latest "go faster, look better" gadgets, if money wasn't a problem, do you think you would fall into this category?

A) **Yes I love all the bling bling for bikes.**

Q10) What type of bike do you ride and if funds weren't an issue what would you ride?

A) **I ride a Trek Madone 5.2 and a Trek Equinox 7, I would love a Trek Madone 6.9 Lance Armstrong Radio Shack team bike.**

Q11) Do you have any heroes that inspire you, triathlon related or other?

A) **Lance Armstrong and Anna Mears**

Q12) What's your meaning of life, is it 42 after all?

A) **I'm still trying to work that out.**



IT'S THE LAW

This month's "It's the Law" relates to rules regarding forward motion of the competitor during the race.

General rule 1g: "If leaving the course for any reason, the course must be re-entered at the same point.

During the Swim leg:-

Rule 4: a competitor may use any swim stroke for propulsion through the water, tread water or float.

However Rule 5 states that:- A competitor may stand on the bottom or rest by holding an inanimate object such as a buoy or stationary boat. However a competitor may not make use of either the bottom or inanimate objects to make forward progress (so now walking in the shallow areas).

During the Cycle leg:-

Rule 14: A competitor is not permitted to make any forward progress without the bicycle and all its component parts.

Rule 17 refers to "The bicycle helmet must remain securely fastened on the head of the competitor at all times once the bicycle is removed from the rack until it is replaced" (no unclipping while you run from the dismount line to the rack).

During Run leg:-

Rule 27: A competitor may not crawl.

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MTC SEASON RACE CALENDAR

Please Note - SUBJECT TO CHANGE - FOR THE LATEST CHECK OUR WEBSITE

RACE CALENDAR
26th September 2010
24th October 2010
28th November 2010
19th December 2010
23rd January 2011
27th February 2011
27th March 2011
10th April 2011
<i>Club Champs 14th May 2011</i>

NEXT COMMITTEE MEETING

7:00PM TUESDAY 8th February 2011
EAST MAITLAND BOWLING CLUB

ALL WELCOME



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Races and events other than those in the MTC Season Race Calendar are also provided as "Information Only". MTC has no association with the running or organising of these events.