



**SURFERS PARADISE
TRIATHLON
CLUB:
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BY:**



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From the President's Desk

Welcome to the final edition of the SPTC Sprint for 2010. We had our AGM and trophy presentation day on the 24th of October and I would like to welcome our new secretary Karen Richards and treasurer Helen Hawkins. I am continuing on as president for another year, and look forward to working with them and the other committee members. Hope you all have a safe and happy Christmas and I look forward to seeing you all racing and training hard into the New Year.

Chris Lett

UP-COMING EVENTS

(Races Marked in Red are Point-Scoring Events)

November 6th Qld All Schools State Championships

Kawana Waters, Sunshine Coast

14 Nov Gatorade Race 2 Robina

To Enter log on to USM events

December 5th, Ironman Western Australia, Busselton

SOLD OUT

12 Dec 2010 Canberra Half Ironman

SOLD OUT

12 Dec 2010 Gatorade Race 3 Raby Bay

16th Jan - Race 4 - Gatorade Queensland Tri Series - Robina

6th Feb - Race 5 - Gatorade Queensland Tri Series - Caloundra

20th—26th February 2011—Qld Sprint Distance Championships,

Location: Suttons Beach, Redcliffe

Entries Close: Wednesday prior to the event

20th Feb - Geelong Multi Sport Festival

27th Feb - Race 6 - Gatorade Queensland Tri Series - Raby Bay

25th - 27th Mar - Mooloolaba Triathlon Festival

To join waiting list, log onto USM Events. Team entries still available

2nd April 2011

TQ Series Off Road Triathlon Championships

Venue: Kurwongbah
Distance: Short Course
350-10-4

Information & On line entries: www.tre-x.com.au

10 April 2011 2011 Triathlon Queensland Olympic Distance Championships

Venue: Suttons Beach, Redcliffe

1st May 2011—Port Macquarie Ironman/Ironman 70.3

SOLD OUT

1st May 2011 Gatorade Series Grand Final/Luke Harrop, Gold Coast

Jen's News

Oh my golly gosh....how busy have the last two months been for the Club. Club Presentation day and AGM was an amazing day with around 70 adults and 20 kids, a great way for the club to get started into the busiest part of the season.

We had the first of the races with Kingscliff, Raby Bay and ½ Ironman Coomera with awesome results from our juniors, age groupers and our newbie's. Most recently we've had a big weekend at Noosa and Port Macquarie and before we know it we have Robina, ITU Junior events and Ironman Busselton in December. Just like that it will be Xmas!

I'm so happy to say that club attendance to training sessions has been going through the roof. The summer weather is with us and the consistency in training is very prominent.

Bike sessions are very popular and it's great to see the squad following road rules, bike etiquette and generally showing amazing signs of skilfulness and safety whilst biking in big groups. Keep the good work up guys and stay safe!

Swim sessions have been the big improver, with 3 lanes packed with 10 or so per squad session, the motivation is great! Track sessions are still powering and each session new faces turn up for one of the most popular sessions in the program.....we love pain!!!

Welcome to our new SPTC club committee. We are looking forward to the next couple of events with the Barchino Hats and Havaianas afternoon on the 12th December and the Xmas raffle drawn on the 25th November at Mikes Bikes.

Uniforms are mostly out now and the squad looks awesome when we are all together. We have plenty of stock, so get in early before you miss out for the season.

SEE YOU ALL AT TRAINING!!

TQ AQUATHLON RESULTS

The Triathlon Queensland Championships were held on Saturday October 23rd at Pandanus Beach, Manly. Congratulations to all who competed. Your results were awesome!!!

Full Distance

		Time	Overall Position	Age Group Position
Oliver	Hulbert	0:31:01	1	1
Charlie	Quin	0:32:45	4	2
Brittany	Forster	0:33:55	9	1
Daniel	Coleman	0:34:01	10	3
Brady	Bastin	0:37:04	26	4
Clinton	Cooper	0:37:29	27	5
Sophie	Walker	0:38:54	34	3
Kye	Grant	0:40:14	40	7
Tanya	Joyce	0:44:23	61	6
Dylan	Murphy	0:45:32	66	8
Kate	Murphy	0:48:09	74	5

Sprint Distance

		Time	Overall Position	Age Group Position
Jace	Grant	0:11:19	6	1
Jake	Burnell	0:12:46	22	9



RACE REPORT—NOOSA TRIATHLON

NOOSA, NOOSA, NOOSA. You know the week-end is going to be good when you hit the motorway and you can see bikes on cars, all heading north.

I must say, some of these bikes looked like they were worth more than the cars that they were carried by. There was even one bike that looked like it was developed by NASA and was clearly heading for the airport.

Saturday morning a few arrived for an early ride - with everyone else that was doing Noosa. One could have mistaken this for the race—it was NUTS!! Then a swim— water temp 24 degrees - not so sure about that, butanyway. I swam out to the first buoy. I was FRANTICALLY trying to stay afloat—then Mark said “ You, know, you can stand up here”..... Of course I knew. Home for a rest and knowing that I am all over it.....

Race Day. Oh my God, oh my God!!! We form a line and join the march into transition with our bike pumps, and helmets on our heads. We do our thing and I don't know about you but I get this empty feeling when I leave my bike. You know - when you think you've forgotten something.

Anyway now we are down to race day and we have our race plan: SWIM, RIDE, RUN, SHOP, DRINK.

My team mates MADE me party—Bummer!! 15 for dinner and 15 different stories. We all had such a good time. BRING ON NOOSA 2011!!!!

By Michelle Beddoes

A large contingent of SPTC members travelled to Noosa to compete in the teams events also. Congratulations to all those who competed and apologies to anyone we forgot!!!

NAME	TIME	PLACING
Craig Walton	1:50:18	12th
Drew Viles	1:57:34	23rd
Ashleigh Gentle	2:01:22	2nd
Matthew Eastwell	2:01:40	24th
Tracey Zammit	2:16:57	3rd
Brett Wardley	2:17:44	1st
Garth Plank	2:19:05	54th
Colin Clarey	2:22:48	48th
Mark St George	2:23:43	93rd
Geoff Booth	2:30:02	100th
Tracey Stinson	2:40:45	18th
Michelle Beddoes	2:47:26	27th
Mark Bastin	2:53:44	85th
Sue Holding	3:09:19	7th
Jo Ward	3:46:22	1st
Tanya Ferguson	3:54:37	11th



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massage pilates
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Don't let your achilles heel be your achilles HEEL!

Many triathlete's and indeed lower limb athlete's will at some stage through-out their sporting endeavours come to experience pain in the achilles heel region. It can come on quickly or it can slowly worsen over time. Irrespective of whether the onset is slow or rapid the presentation of achilles heel pain has some common characteristics. The common reports of Achilles heel pain include:

- pain the heel region when taking the first steps getting out of bed in the morning
- pain when taking the first steps after a period of prolonged sitting (eg getting up from your office desk, or out of the car)
- tenderness when putting shoes on (pressure on the Achilles tendon)
- pain following or during physical activity (for triathlete's running will be more aggravating than cycling).

There are several major **differential diagnoses or causes of pain** in the achilles tendon area. These include:

- *Achilles tendon tear* (this is not referring to the tendon being torn in half-but rather a 'nick' in the underbelly of the tendon-similar to putting a nick in a sausage!).
- *Achilles 'tendinopathy'* –a big word! This refers to progressive 'wear' of the achilles tendon that develops over time. In essence the tendon gets more fluid within its sheath and the tendon strength progressively lessens. In days gone by this has been referred to as Achilles 'tendonitis' however this term is now recognised to not be truly reflective of the tendon pathology (if you were to look at the tendon under microscope would see that there was in fact little or no inflammation).
- *Retro-calcaneal bursitis*-this refers to inflammation of the bursa (fluid filled sac) that sits between the achilles tendon and the underlying bone (the calcaneus).

What causes Achilles heel pain? Irrespective of the pathology or the diagnoses the causes of heel pain tend to be multi-factorial. It is normally a combination of factors that will coalesce together to bring the pain 'on'. Left unrecognised, corrected, or treated, these **contributing factors** will serve to perpetuate and ultimately worsen the heel pain. These factors will typically include:

- Poor hip and core (trunk) stability-resulting in poor biomechanics with running that increases loading on the achilles tendon.
- Over 'pronation' with running and walking. This refers to a prolonged or greater than normal period of inward foot roll which also increases loading on the tendon (60-80% of the population are over pronators).
- Training volume and load changes- the most common being a quick or large increase in volume or intensity or change in terrain.
- Poor footwear- typically this is running in old shoes for too long!



What can you do to minimise your chances of developing achilles pain and treat achilles heel pain?

- Ensure your calf length is satisfactory. The AIS stipulate a measure of 10cm for calf length testing.
- Ensure good lower limb mechanics (hip and core stability)
- Over pronators-correct over pronation with a prescribed and correctly fitted orthotics.
- Strengthen the tendon itself with 'eccentric' tendon strengthening exercises. Research has shown us that these strength exercises need to be performed with the right technique for 100days!

In summary heel pain tends to take time to settle-requiring the correct mix of rest and addressing of contributing factors. Unfortunately tendons have very poor blood supply and as a result simply resting will often not be enough to eliminate heel pain. Often on return to activity the pain will return-but do not despair-knowing what to do in your specific case will get results and the above will serve to enhance your awareness and understanding.

Train smart and stay safe and keep up the great work guys!

Brad Beer (Physiotherapist, B Phty/ B Ex Sc, MAPA)

NOVEMBER SPECIAL MEMBERS:

Whole Body Vibration –Great for core stability buy 8 passes get one free!

As used by NASA, the TITANS, leading AFL teams.

Special Junior Event

Keep your juniors on the track and out of the physio practice!

All SPTC parents and juniors are invited to attend a 1hour workshop for juniors 19yrs and under.

Where: Back In Motion Mermaid Waters (Q Super Centre)

When: 6-7pm, Tues November 30th, 6:45-7:45pm.

Why: To learn and become aware of the most common injuries that 'derail' juniors and how to avoid the likelihood of their development.

Who: Brad Beer (former elite junior triathlete, Physiotherapist)

RSVP: to Brad Beer: b.beer@backinmotion.com.au

Cost: free!



NEWSFLASH!!!!!!!!!!!!

COMMITTEE MEMBERS FOR 2011

The club held its annual general meeting and trophy presentation day at the Broadbeach Bowls Club on the 24th of October. The following Officebearers were elected

President: Chris Lett,

Secretary: Karen Richards,

Treasurer: Helen Hawkins.

The following Committee Members were elected:

Cheryl Forster	Liaison Officer
Rhonda Darben	Newsletter
Sophie Walker	Newsletter
Jennifer Ferguson	Social
Michelle Beddoes	Social
Tricia Hughes	Social
Belinda Vardy	Social

RACE REPORT—GATORADE RACE 1, RABY BAY

24 Club members travelled to Raby Bay on the 17th of October for the first race of the 2010/2011 Gatorade Tri Series.

Our club members did a fantastic job gaining individual and club points. Their efforts have got the club off to a great start for the season. Keep up the good work.

RESULTS FOR QTS DISTANCE

- Brittany Forster 00:47:26
- Charlie Quin 00:47:51
- Paul Shearer 00:48:49
- Daniel Coleman 00:49:04
- Brady Bastin 00:49:44
- Brett Wardley 00:50:18
- Bradley Soden 00:51:20
- Kerry Wylde 00:53:33

- Sophie Walker 00:54:08
- Stephanie Kaleta 01:00:13
- Kye Grant 01:01:04
- Dylan Murphy 01:04:02
- Robert Wecker 01:04:04
- Helen Hawkins 01:13:25
- Tanya Ferguson 01:21:14
- Kane Richards DNF

ENTICER

- Kye Wylde 00:22:15
- Jordan McLennan 00:22:36
- Connor Dougherty 00:23:54
- Jace Grant 00:26:49
- Jake Burnell 00:30:51

MEMBER OF THE MONTH

SUSAN HOLDING

AGE: 25 AGAIN

YEARS IN TRIATHLON: 1985— 1993, Then 2006—present (11 years)

BEST RACE EXPERIENCE: The People’s Race at the World ITU Championships on the Gold Coast last year. Great race venue —and of course, because I won!!!

WORST RACE EXPERIENCE: Kingscliffe 2010. The ocean was really rough so you were tired before you started the bike. We were the second last wave to go off so we were last out on the course and it was hot, they ran out of water and it was demoralizing. As well as that the course was longer than advertised.

GOALS : To improve my times for Mooloolaba and Noosa next year. And of course to finish Ironman Port Macquarie in March without feeling too bad during the race.





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20% OFF ALL BIKES FOR SURFERS PARADISE TRI CLUB MEMBERS

MIKE'S BIKES/SPTC XMAS CLUB RAFFLE

We are very pleased to announce that our Three major Sponsors and Scody have donated prizes for our XMAS CLUB RAFFLE

14 FABULOUS PRIZES TO WIN!!!!!!!

1. Your Choice of 3 Entry level Avanti road bikes (Mikes Bikes)
2. European Style Cruiser bike (Mikes Bikes)
3. ENDURA pack (Mikes Bikes)
4. 5 x \$50 vouchers (Back in Motion)
5. 5 x \$50 Gift Vouchers (Scody Performance wear)
6. A \$100 Gift Voucher (Barchino)

To be drawn at 7:30 pm on Thursday 25th NOVEMBER at Mikes Bikes, Miami. Winners notified.

GRAB YOUR TICKETS NOW!!!!

Mikes Bikes Miami
1926 Gold Coast Highway,
Miami, 4220
(07) 55 358 799
(07) 55 358 668

SPORTS SUPPLEMENTS

Written By: Kelley Bright

Dietitian | Exercise Physiologist | Sports Dietitian

As the first races of the season fast approach I thought it would be a good time to discuss the role of sports supplements in competition nutrition. Supplements as the name suggests are supplemental to the diet and will enhance but never replace a healthy balanced diet for achieving optimal nutrition for both racing and training.

The following is a breakdown of the most common sports supplements found in your local Triathlon/bike shop and how they can be used correctly and appropriately to deliver maximum benefits for performance and recovery.

Supplement	Form	Composition	Use
Sports drinks	Powder or liquid	5-8% Carbohydrates 10-25mmol/l sodium 3-5 mmol/l potassium	Provides both fluid and carbohydrates for hydration and refueling. Can be used pre, during and post race. Diet varieties do not provide any carbohydrates for refueling.
Sports Gels	Gel 30-40g sachets	60-70% carbohydrates (25g carbs per sachet) May contain caffeine in varying quantities	Easily consumed and quickly digested form of carbs for exercise lasting longer than 1 hour Pre event snack for athletes unable to tolerate regular food No nutrient value so unsuitable as a general snack
Liquid meal replacements	Powder (mix with water or milk)	1-1.5cal/ml 15-20% protein 50-70% carbohydrates Vitamins and minerals	Pre event meal for athletes unable to tolerate normal food Post exercise recovery Food sources should always be considered first option for meals and snacks. Over consumption may lead to unwanted weight gain
Sports bars	Bar 50-60g	40-50g carbs 5-10g protein Usually low in fat and fibre Vitamins and minerals	Pre race when tolerance to normal food is low Solid Carbohydrate source during exercise lasting longer than 1 hour especially when hunger is likely Post exercise recovery. Ideal for use where appetite is suppressed following race or access to food is limited Portable nutrition when traveling

Olympic distance sample nutrition plan incorporating supplement**Pre-Race**

Aim: top up muscle and liver glycogen stores and optimal hydration

Carbohydrate requirements: 1-2g per kg body weight

Examples: Plain cereal with milk, yogurt and fruit or Meal replacement drink or Sports bar plus 300-600ml Sports Drink

Swim

15-20 min prior to swim 300-450ml sports drink

Cycle

Aim: Prevent fatigue and maintain hydration

Carbohydrate requirements: 30-60g carbohydrate per hour

Examples: 300-600ml of Sports Drink plus 300-400ml of water to top-up fluid intake. Add a sports gel within the first 15-30 km of cycle. This will provide approx 60g carbohydrates

Run

Consuming sports drink during the run or consuming a second gel on the run, will further add to your carbohydrate intake during the race and maintain hydration

Recovery

Aim: restore muscle and liver glycogen stores, Replace fluid and electrolytes lost in sweat, Repair muscle breakdown and damage and maintain immune function

Carbohydrate requirements: The highest rate of muscle glycogen uptake occurs during the first hour after exercise aim for 1grams per /kg/hr for first 2-4 hours post race.

Examples: 250-350ml Recovery Drink, Recovery sports bar, 500ml low fat flavoured milk, Sandwich with protein

Remember to always trial supplements at training before incorporating them into your race day regime to prevent any nasty stomach upsets

When used correctly, sports supplements can definitely enhance sporting performance and recovery however will never replace a balanced healthy diet. You can't beat a warm white bread honey sandwich on a long ride!

ADVERTISEMENT

Why cook at home?

All Mains \$20



Sunday Nights

5pm To 9pm

Must bring newsletter to get offer

RACE REPORT—COOMERA 1/2 IRONMAN 2010**By Tracey Stinson**

I remember distinctly the meeting of the SPTC ladies we had at Barchinos to plan out which races we were going to tackle. It was on this fateful day in February that Michelle and I decided we would tackle the Gold Coast Half Ironman .

Well the big day finally arrived – it had been tough sticking to the winter training and I still wasn't sure I had done enough to get me through. Jen seemed to think I was ready so that was enough for me.

I had heard many stories about the Calypso Bay Half course, that it was boring, extremely hot (yeh right!) and dusty. It was a strange place stuck out in the middle of the cane fields (I thought I caught the faint sound of banjos playing as I drove in on Friday to check out the course).

I decided to check out my major stress point first – the swim leg. It was raining and overcast as I stopped the Astra and heading over to the edge of the bank – I looked at the map and worked out where the swim course went. The course had smelly mangroves on one side and a razor sharp wall of oyster covered rocks on the other side – it looked like bull shark heaven to me. Then I saw some completely crazy dude in a wetsuit out there in the dark, dank, murky depths by himself doing a practice swim – he just looked like shark canapés to me....

As I drove around the bike course it started to sink in - this was a 90 km bike ride so it was going to take me at least an hour in the damn car!!! The little voice inside my head said “Hell I hope you can actually finish this race....”.

I was almost as paranoid about getting a flat tyre as I was about becoming shark bait. But in my usual style, a life spent devoid of planning, I realised at 10am on Saturday (just before I was due to rack my bike) that I should check my tyres. And of course, there were holes, chips and splits all over them. After I had pulled the best part of six pack of glass out of my back tyre alone, I knew it was time for a mercy dash to Mikes Bikes!

The triathlon gods were shining down on me that Saturday as I pushed my sad looking bike in to find Margo behind the counter and about a thousand other eager customers all milling around. In Margo's usual supremo customer service style she ushered me through to the mechanics and did some very fancy negotiating on my behalf – (Henry Kissinger could have learned a thing or two let me tell you..... After explaining to me the difference between good and bad tyres using a very easy to understand and instantly familiar sheet thread count metaphor, Margo managed to have the re-shoeing of my trusty steed prioritised to the top of the job list...I only just had to time duck out and buy a new pair of sunglasses (wishful thinking) before my bike was ready to go...

I had the obligatory pasta dinner of course the night before the race and spent the next three hours obsessing about how to pack, carry and ration all the food and liquid I was apparently supposed to consume during this mad personal challenge. Once I had made up my double strength bottles of High 5 and unwrapped and rewrapped my powerbars into greaseproof paper and safely tucked these all into the fridge it was off to bed for as many hours sleep as I could jam in.

Up at 4am on race day to chow down on my usual muesli breaky, pack the car (according to the Sally Smalley- inspired checklist) and ready to go. Thanks so much to LSHTB who (knowing me all too well) checked the fridge one last time only to find my entire nutrition plan stuffed into the door behind the OJ.....he calmly strolled out to the car, got into the driver's seat ready to start the car and nonchalantly handed me my entire sustenance for the race. I can't believe I ticked it off the Sal-list without actually putting it in the car...bugger....thank goodness for LSHTB!

Off we go, nerves are really starting to build now. I try to sit still and breathe deeply in the car but my legs just keep twitching and jigging around with nervous energy. When we arrive we see that Mark and his helpers have secured the SPTC tent “site of the meet”, right at the finish line. Terrific, I think to myself, now all my club buddies will get to see me crawling, drooling and dragging myself over the line....I am really nervous now, need to visit the infamous portalo – oh what an experience these are...its only sheer desperation that forces me to endure such a revolting experience.

I found Michelle and we exchanged nervous cuddles, commenting on the crappy conditions. We met up with Brett, Willy (Kerry), Mark and their entourage at the SPTC tent and slowly each one of us greased ourselves up and donned the wetsuits. Michelle and I even had black caps which really made us look like tasty seal snack for the bull sharks.... Did I mention how nervous I was at this point?

Michelle and I followed Coach Jen's marching orders and got in early for a good warm up swim. And yes this was probably one of my better decisions – I managed to get all that claustrophobic feeling of panic out of me by continuing to keep my head down and swim the full warm up.



Michelle and I lined up for the deep water start, hugging one another again and wishing each other luck. The gun goes and I instinctively dive into the middle of the washing machine – magically I did not cop any kicks to the head, no scratches, no pulling of legs, nothing. It's just like training and I imagine I am in my usual spot at the back of the pack in the 2nd lane at Miami pool being gently sucked along by Rhonda's bubbles....before I even realised it we were round 1, 2 3 buoys and headed for the turn around. I looked up and noticed that it is wetter out of the water than in as the skies well and truly opened and the deluge continued. I did have a passing thought that if I got into trouble now or Mr Shark did take a fancy to this strange looking seal lunch that waving my arms furiously would probably do me no good at all, as no one in the water safety boats could see a bloody thing....just keep swimming Trace....as I went round the turnaround buoy it seemed like the current had decided to help and I just seemed to float effortlessly along and back into the bay where I could see the swim exit. I pushed a little harder with this new found confidence and was soon out and running up the ramp trying to remember all those "how to get your wetsuit off quickly" tips.

So far so good, now out onto the bike. I had to keep telling myself to stay calm and take it easy as the temptation to hammer was ever-present. Some dude with his fancy disc wheel went screaming round me on the first roundabout and almost took us both down as he struggled to keep the bike upright and avoid collecting me as he slid sideways round the roundabout. Very lucky for him that he didn't take me out cos I was ready to hurl plenty of abuse if he robbed me of my chance to actually finish this damn race.

It wasn't long before Michelle caught and passed me on the bike. Given her strength and all that hard time trial training she had endured as part of the A Team for the QLD Cycling champs, I figured that was probably the last I would see of her today. We both commented how shitty the weather was again and she was off into the downpour.

I saw Jen, Margo and Trish out there cheering us on (thanks guys!) and despite the rain I was really enjoying the whole experience. I managed to come in off the bike in my predicted time of 3 hours.

I tried to stay calm in transition while I ferreted around in my enormous plastic bag to retrieve a dry towel and socks. Out onto the run and I wondered whether my legs had actually realised they were expected to keep running for 21 km. The first 7 km felt great and I was sticking to my 5 – 5.5min km happily. Passing quite a few of the "oldies" who I knew were in my 40+ wave.

Then slowly but surely my hamstrings and quads started to protest. By the second lap of the run they were no longer just protesting – they were definitely out on strike. All those "oldies" I had passed with my cocky attitude on the first lap were now coasting passed me with that knowing smirk on their faces...I could hear their thoughts "ah I knew she went out to hard, the green ones always do...."

I was reduced to the slowest "Cliffy Young shuffle", in intense pain and really wanting to stop and walk. I saw Willy, Dean and Mark all out on the run course so there were plenty of encouraging exchanges between us all, high fives and sympathetic pained looks on our faces. It was still pissing down as I finally dragged my sore and sorry derriere over the line.

Thanks so much to all my SPTC teammates for their support and encouragement and especially to Jen who kept me motivated and turning up to all the training and hard work. Congrats to everyone who toed the line – you are all champions!

I can't finish without a big thank you to my LSHTB and all the other triathlon widows/widowers who supported us to get there and stood huddled in the tent for the entire 7-8 hour rain fest.

I can't wait for Port Macquarie in May 2011 – bring it on!!!

Well done Brad Eastwood, Mark Clough, Peter Resch, Hutch, Greg Dixon, Scott Groves, Marion Pyrlik, Brett Wardley, Steven Soden, Dean Gallagher, Kerry Wylde, Mark Bastin and Michelle Beddoes!

Tracey Stinson



SOCIAL EVENTS AND FUNDRAISING

ANNUAL AWARDS DAY



The club held its AGM and trophy presentation day on the 24th of October to celebrate the achievements of individual club members during the 2009/2010 season. Congratulations go to:

JUNIOR ENCOURAGEMENT: Brad Soden, Zac Richards, Lachlan Richards

HIGHEST ACHIEVEMENT: Brittany Forster

GREATEST INDIVIDUAL: Susan Holding

ENCOURAGEMENT AWARD: Carolyn Neill

IRONMAN OUTSTANDING: Richard Petherbridge

OLYMPIC OUTSTANDING: Dean Gallagher, Pam Brass

PRESIDENTS AWARD: Margot Rupe, Tricia Hughes

COACHES AWARD: Shar Dalziel

BEST SWIM: James Broadbent and Sami-Jo Kitto

BEST BIKE LEG: Kerry Wylde and Ellen McDonald

BEST RUN: Kane Richards and Helen Hawkins

MOST CONSISTENT: Kelvin Martin, Tracey Stinson

MOST IMPROVED: Bill Moar and Tania Dros

YOUNG IMPROVED: Kye Wylde and Shannon McQuaid

YOUNG ACHIEVER: Brady Bastin, Sophie Walker

IRONMAN: Ian Hutchinson and Michelle Beddoes

ROOKIE OF THE YEAR: Mark Bastin, Rhonda Darben

BIRTHDAYS

November

Jenny	ALCORN	2
Daniel	THOMPSON	2
Werner	HRASTOVEC	4
Tracy	QUIN	4
Benjamin	QUIN	4
Dean	GALLAGHER	6
Jackie	FAIRWEATHER	10
Ann	SMITH	13
Lyndall	ALEXANDERSON	14
Madeline	HOEFLER	14
David	EASTWELL	15
Benjamin	ROWLAND	16
Matt	ROSE	22
Sean	GRIMES	24
Tania	EASTWELL	24
Megan	THOMPSON	30

December

Chris	LETT	17
Brady	BASTIN	17
Braeden	ALEXANDERSON	17
Mark	BASTIN	24
Stephanie	KALETA	27
Chris	NYSSSEN	28

“HATS & HAVAIANAS”

Xmas get together at Barchino...12th December get your RSVP and money into Shar by 6th December, limited numbers so get in early!!

