

Canterbury Triathlon Club

Newsletter

October 2012

Note from the editor

Hi all, thought it best I introduce myself to those of you who don't know me! As well as somehow ending up being the Tri Club Personality of the Year I've also been nominated to edit the Tri Club newsletter along with Karin Pehrson. Karin has managed to find a job in outback Australia where there is limited internet, so I'm in the hot seat.

I've been doing triathlons for 8-9 years now and have become a bit of an Ironman junkie, I definitely prefer racing long distance, those short races hurt far too much for my liking! I'm racing at IMNZ again this coming March and contemplating heading back to IM Cairns as well. I raced IM Cairns this year after IMNZ was shortened and I loved it.

Any suggestions for the newsletter please zap me an email on newsletter@canterburytriclub.co.nz or chat to me at a race. If you're not sure who I am, I'm

the one on the flowery custom painted TT bike, and I'm usually racing in pink kit!

Happy training and racing!

Nadine



Presidents Bit

All the hard work over the cold winter months has been done now by athletes competing at the upcoming World Triathlon Championships being held in Auckland at Labour Weekend and it is now time to "show their stuff" and I have no doubt that we will see many New Zealanders, including Cantabrians, on the podium. World championships are a wonderful experience so make the most of meeting athletes from all points of the globe. I will be on the side-lines cheering you all on - have a great race.

Thanks to Nadine Voice and Karin Pehrson the club newsletter is now up and running again and I encourage you all to submit information in order to ensure that it does continue. I look forward to some articles about the World Champs.

Canterbury Duathlon Champs

The Canterbury Duathlon champs were held at Ashburton on 12 August as part of the Ashburton Duathlon Series. Unfortunately the rain gods were out in force but the Canterbury athletes are a hardy bunch and that was not going to deter them from putting on a good performance. Championship results are as follows:

| | | | |
|------------------|------------------|------------------|------------------|
| Female Under 20 | Ella Harris | Male 50-60 yrs | Nick Braithwaite |
| Female 20-30 yrs | Amanda Scott | Female 60-70 yrs | Shirley Rolston |
| Female 30-40 yrs | Sarah Watkeys | Male 60-70 yrs | Laurie O'Neill |
| Male 30- 40 yrs | Brett Tingay | Male 70+ | Ray Bennet |
| Female 40-50 yrs | Leonie Kaywood | | |
| Male 40-50 yrs | Christian Couper | | |
| Female 50-60 yrs | Louise O'Connell | | |





**Canterbury Duathlon Female Champion
Leonie Kaywood
Canterbury Duathlon Male Champion
Brett Tingay**



Russell Harrison Kirk showing off his muddy outfit after the duathlon champs!!!

Awards Night by Karin Pehrson

The Tri Club Awards Night, which doubled as women's olympic race screening and junior squad fund raising event, was held on August 4 at the Palms Cinema. A large crowd of club members with friends and family showed up watch the olympic race on a movie screen and scream their lungs out cheering for Andrea Hewitt as she fought to hang on in the run during those last exciting moments of the race. And of course to congratulate the well deserving club members awarded with the awards:

| | | | |
|------------------------|----------------|---------------------|--------------------|
| Sportswoman | Andrea Hewitt | Rookie | Julieana Findlay |
| Sportsman | Tom Davison | Novice | Jackie Pye |
| Junior Sportsman | Zac Barber | Personality | Nadine Voice |
| Junior Sportswoman | Laura Steffens | Coach | Steve Mealings |
| Female Age Group | Leonie Kaywood | Administrator | Kerry Newton |
| Male Age group Athlete | Rob Creasy | Official | Ken O'Rourke |
| Chris McAteer Award | Gary Burgess | Outstanding Service | Michelle McConchie |
| Youth Athlete | Greg Moore | | |

Race Trophies

| | | | |
|----------------------------|----------------|--------------------------|------------|
| Female Sprint | Laura Wood | Female Olympic Triathlon | Reubyn |
| Male Sprint | Mike Phillips | Bisschops | |
| Vicky Fowler Junior Female | Laura Steffens | Male Olympic Triathlon | Rob Creasy |
| Gilbert Connor Junior Male | Zac Barber | | |

Olympic Course - Female

20 – 24 Reubyn Bisschops
25 – 29 Amanda Scott
30 – 34 Deborah Hazelden
35 – 39 Gail Harvey-Heyward
40 – 44 Julieana Findlay
45 – 49 Leonie Kaywood
50 – 54 Julie Edwards
55 – 59 Karen Watson
60 – 64 Julie Rooney

Olympic Course - Male

16 – 19 Macaulay Pye
20 – 24 Callum Brown
25 – 29 Thomas Henderson
30 – 34 Rob Creasy
35 – 39 Nathan Smith
40 – 44 Paul Bethell
45 – 49 Rob Houtt
50 – 54 Stephen Mark
55 – 59 Gary Burgess
60 – 64 Mike Summerlee
65 – 69 Ross Allen
70 – 74 John Gordon

Sprint Triathlon

| Male | | Female | |
|------------|------------------|------------|----------------|
| Under – 19 | Callum Brown | Under – 19 | Kiri Atkin |
| 20 – 39 | Rob Lord | 20 – 39 | Emma Meyer |
| 40 – 59 | Stephen Mealings | 40 – 59 | Leonie Kaywood |
| 60+ | Ross Allen | 60+ | Dianne East |

Congratulations to all winners, and thanks to those organising the event. Watching the race on a big screen with a screaming crowd while munching away on Lynette Johnstone's delicious finger food was really something different from watching it from the couch at home, on TV, with a take away pizza.

Triathlon Camp

The annual triathlon camp was held at Methven for the first time this year and those attending enjoyed comparative luxury being sheets - no sleeping bags here - and a shower and toilet to each room - not like the conditions endured by the seasoned campers who have experienced the Hanmer camps!!!

Those involved in organising the camp and coaching once again did a brilliant job and the food was outstanding - Mark and Ann were amazing hosts - Roast lamb and roast pork and dessert.....

The bike ride to Methven was rather windy and good use was made of the Ashburton pool for drills and technique. Transition training went well for all, except for Tanya Merchant, who unfortunately slipped and ended up breaking her little toe as well as having four stitches in it.

The photos below show the group photo in spa then compulsory dip in 9 degrees pool which was followed by a very quick exit.



World Champs

Good luck to everyone competing at the World Triathlon Champs in Auckland this month, I expect to see some race reports coming through for the newsletter. Stay strong and keep your mind in the game regardless what is thrown at you, eg uniforms not arriving in time.

Canterbury Tri Club athletes competing are:

Elite Women - Andrea Hewitt

Standard Course

| | |
|-----------------------|-------|
| Reubyn Bisschops | 20-24 |
| Olivia Moon | 20-24 |
| Ben Moore | 20-24 |
| Ben Phillips | 20-24 |
| Craig Savage | 20-24 |
| Laura Wood | 20-24 |
| Thijs Hubber | 25-29 |
| Kate Myers | 25-29 |
| Amanda Scott | 25-29 |
| Rob Creasy | 30-34 |
| Russell Harrison-Kirk | 30-34 |
| Debi Hazelden | 30-34 |
| Sarah Allen | 35-39 |
| Lidia Belles-Escrig | 35-39 |
| Heath Eckersley | 35-39 |
| Laurence Gay | 35-39 |
| Gail Harvey-Heyward | 35-39 |
| Zarnia Morrison | 35-39 |
| Phillip Paterson | 35-39 |
| Nathan Smith | 35-39 |
| Andrew Abakhan | 40-44 |
| Paul Bethell | 40-44 |
| Andrew Collins | 40-44 |
| Julieana Findlay | 40-44 |
| Axel Reiser | 40-44 |
| Sarah Blair | 45-49 |
| Peter Conley | 45-49 |

Sprint

| | |
|------------------|-------|
| Zac Barber | 16-19 |
| Samuel Elstob | 16-19 |
| Nathan Schuurman | 16-19 |
| George Mcdonald | 16-19 |
| Greg Moore | 16-19 |
| Robert Lord | 20-24 |
| Callum Brown | 20-24 |
| Jeremy Moore | 35-39 |
| Shaun Mcsoriley | 45-49 |
| Stephen Mealings | 50-54 |
| Peter Mcleod | 50-54 |

U23 Elite Men - Tom Davison & Mike Phillips

| | |
|-------------------|-------|
| Michael Ferigo | 45-49 |
| Rob Hoult | 45-49 |
| Leonie Kaywood | 45-49 |
| Tanya Merchant | 45-49 |
| Tim Raw | 45-49 |
| Geoff Barry | 50-54 |
| Andrea Cayford | 50-54 |
| Julie Edwards | 50-54 |
| Stephen Mark | 50-54 |
| Scott Molina | 50-54 |
| Martin Riley | 50-54 |
| Louise O'Connell | 50-54 |
| Chris Todd | 50-54 |
| Gary Burgess | 55-59 |
| Dave Dwan | 55-59 |
| John Hellemans | 55-59 |
| Kevin Iles | 55-59 |
| Grant Jeffreys | 55-59 |
| Sue Jones | 55-59 |
| Martin Langridge | 55-59 |
| Ruth Punnett | 55-59 |
| Judith Taylor | 55-59 |
| Julie Wagner | 55-59 |
| Karen Watson | 60-64 |
| Julie Rooney | 60-64 |
| Michael Summerlee | 60-64 |
| Dianne East | 65-69 |
| Allan Middleton | 70-74 |

| | |
|-----------------|-------|
| Laurie O'Neill | 60-64 |
| Paul Scotter | 60-64 |
| Ross Allen | 65-69 |
| John Gordon | 70-74 |
| Samantha Olley | 16-19 |
| Laura Steffens | 16-19 |
| Sophie Evans | 16-19 |
| Rebecca Gifford | 20-24 |
| Eva Bury | 40-44 |
| Pam Yee | 40-44 |
| Nicky Page | 45-49 |

| | | | | |
|----------------------|-------|------|---------|-------|
| Mary-Clare Delahunty | 45-49 | Jill | Summer | 65-69 |
| Lynette Johnstone | 45-49 | Paul | Scotter | 60-64 |
| Dee Mccarthy | 45-49 | Ross | Allen | 65-69 |
| Jackie Cook | 50-54 | John | Gordon | 70-74 |
| Kerry Newton | 50-54 | | | |

Ironman World Champs, Kona, Hawaii

We have a number of athletes competing at the Ironman World Champs on Sat 13th October (Sun 14th Oct in NZ time) check out www.ironmanlive.com if you want to follow the progress of our Canterbury athletes – Gina Crawford, Andrew Black and Shirley Rolston.

Full list of NZ athletes competing in Kona:

Pro Elite: **Gina Crawford (Christchurch)**, Joanna Lawn (Auckland), Cameron Brown (Auckland). 25-29 years: Larisa Marsh (Auckland), Erin Furness (Hamilton) 30-34 years: Anna Ross (Auckland), **Andrew Black (Christchurch)**, Helen Kay (Auckland). 35-39: Jarrod Newell (Auckland), Hilary Wicks (Papakura), Gigi Green (Auckland), Scott Hotham (Auckland), Armando Galarrga (Auckland). 40-44: Jamie Hunt (Auckland), Jeff McGrath (new Plymouth), Phil Richards (Drury), Kim Dorling (Auckland), Sandra Boubee (Tauranga). 45-49: David Craig (Wellington), Aimee Perrett (Feilding), Robyn Gutry (Hamilton). 50-54: Mark Burke (Wellington), Sue McMaster (Palmerston North). 55-59: Debbie Clark (Tauranga), Andrew Davidson (Auckland), Graeme MacDonald (Whangarei), Brett Mudgway (Napier), David Moriarty (Havelock North), Kingi Smiler (Wellington). 60-64: Alan Fletcher (Manukau), **Shirley Rolston (Christchurch)**. 65-69: Tiare Lund (Kumeu). 75-79: Neil Fleming (Taupo).

If you want to keep up to date on all the news and interviews from Kona make sure you are listening to our very own John and Bevan on their IMTalk podcast, www.imtalk.me

Sport Canterbury Awards Night

On Friday 2 November, the Marriotts Canterbury Sports Awards 2012 are going to be held at the CBS Arena to honour dedication and achievement.

Triathlon nominees are :

| | |
|---------------------|--------------------|
| Official | Ken O'Rourke |
| Administrator | Kerry Newton |
| Outstanding Service | Michelle McConchie |
| Coach | Stephen Mealings |
| Junior Sportswoman | Laura Steffens |
| Junior Sportsman | Zac Barber |
| Sportsperson | Andrea Hewitt |

All are welcome to come along and support the triathlon nominees and this event so if you would like to attend please contact Dorothy McPhail president@canterburytriclub.co.nz

Tickets are \$80 and this is a formal dinner.

Upcoming Events

Make sure you have your race schedule sorted for summer!

If you are still looking for some events to enter then check out the following local races.

- PhysioMed Triathlon Series & Shoe Clinic Blokes Tri & Du Series - <http://www.womenstri.co.nz/>
- Ultimate triathlete – South Island Sports Festival - <http://www.ultimatetriathlete.co.nz/>
- House of Travel Triathlon Festival - <http://www.triathlonfestival.co.nz/>
- Surf n Turf Aquathon Races - <http://www.surfnturf.co.nz/>
- Tri Grand Prix – www.trigrandprix.co.nz
- North Canterbury Triathlon - <http://www.nctri.co.nz/>