



07 February 2017

*Wishing all our members a “very” belated Happy New Year. We trust that you all had a very Merry Christmas, a safe New Year and have ripped in to 2017 full of energy. If you managed to track down a decent amount of sunshine, well done you. I am sure Wellington’s summer is “just around the corner”.*

*We would like to take this opportunity to pass on our thoughts, love and condolences to the family and friends of Bernie Portenski, who passed away very recently, following a typically hard fought battle with cancer. Known to many, a true personality in all she pursued in life, she will be missed. Rest well Bernie.*

*With that, whatever your goal is for 2017, some words to tuck away...*

*...”Triathlon – It’s not about finding your limits. It’s about finding out what lies just beyond them.”*



## Results - The Highlights

Apologies it has been so long since our last newsletter we can only skim through the results since early December:

IronMaori, another great event in Napier and another incredible Wellington double victory with Josh Hemara getting the reward for some serious training then having the pleasure of seeing his victory emulated by his younger sister Sarai in a breakthrough performance.

TryArthurlon Sprint Champs featured another dominant Rebecca Elliott victory and an exciting Davey brother one two with Lachlan taking the title and bragging rights.

Taupo 70.3 saw no less than 33 Tri Wellington competitors and one stand out performance with Rebecca Elliott 4th overall and 1st age grouper in a very impressive 4:37.

Rotorua Half and associated events saw 15 Tri Wellingtonians, none of whom were quick enough to get a selfie with Senor Gomez - Paul Rodway was the star with 2nd in 60+!

Port of Tauranga Half, once again the clubs LD championship race and 2 great performances from Nat Gaskin (2nd AGer overall) and Malcolm (4:16) Cleland earning themselves the 'Steelman' titles.

Sovereign Tri Takapuna - star of the show was Jo Crawford who got the reward for some extremely hard training over this past year to take first AG lady. Nick Sasse scored some points for the men by taking out the national aquathlon title and back it up less than 24 hours later with 4th overall at the Ocean Swim at Lyall Bay.

Elite Series. We are super proud of our team of elites who while not taking victory in any of the races have performed consistently well enough to earn us top place on the Club points system with just one race to go at Kinloch this coming weekend. Many thanks to these 'Elite' Wellingtonians: Deb Lynch (c), Annika Pfitzinger, Taryn Ryan, Nat Hardaker, Josh Hemara, Lachlan Davey and Christian Davey. If you are in Kinloch give them a huge cheer as they take on NZ's best.

### **Membership for 2016-17 is open**

This seasons membership runs through until October 2017 so it is not too late to sign up. We have some fun events like the speedo splash n dash this month, then the club standard distance champs are in March. If you are hoping to go to World Champs you have to be a club member and post season we have the club prize giving in May which is always popular especially if we find ourselves another great guest speaker. The [link to register is here](#):

Costs are the same as last year, \$70 for adults and \$35 for juniors - But both the Junior and Adult membership packages include 2 options now, Club membership only or Club membership + Tri NZ membership. Some of you might have already paid your Tri NZ (TRIBE) membership directly in the past 4 months so you can select the club only membership. We encourage you to sign up to both.

### **Splash n Dash Speedo Addition - Feb 22 is national speedo day**

With all the ghastly weather it is hard to feel motivated to ocean swim let alone swim without your wetsuit but all that is about to change with the annual togs only Splash n Dash on Wednesday Feb 22. We want a record turnout of dedicated speedo and tog wearers to bring a little bit of warmth to Oriental parade. First prize as always is a packet of chocolate nuts. See you there and tomorrow night too for our final practise. Let's support our great local event series!

### **Wellington Schools Champs - Wednesday March 8**

After some serious thinking we have moved the Wellington Schools triathlon to being a swim run only event and made it part of the Splash n Dash event on that day. This is consistent with Tri NZ's schools event where the Aquathlon has become a big part of their junior program. Hopefully it makes the event a lot more approachable for school age teenagers. There will be 3 age groups and distances:

U14 – 400m swim/2km run

U16 – 400m swim/3km run

U19 – 400m/5km run

### **The Great Kiwivelo Triathlete Pro Bike Package**

How would you like to live like a pro for a year? At least in terms of being looked after bike-wise by Kiwivelo Wellington?

Well...Kiwivelo has put together an amazing 12 month package for one deserving Tri Wellington member. It includes:

- A Trek Speed Concept bike (or similar road bike for members who do short course races);
- Kiwivelo cycling kit;
- Velogic bike fit;
- Bike maintenance (including servicing, parts and repairs); and
- Use of race wheels for events.

Applications for this great package will open shortly, so keep your eye out on the Tri Wellington Facebook page for further details.

The successful applicant will be announced at Tri Wellington's Prize Giving at the end of the season.



**Please become a member of our Facebook community group to stay in touch with all the latest training and event opportunities.**

To register [go here](#).

### **Recent Highlights:**

#### **The CSP Saturday session is free to all.**

Every Saturday morning at 7:30am the CSP team are holding an open training session at Freyberg (weather permitting). They do all 3 disciplines and are happy to cater for all ages and abilities. I have been to a couple of their

sessions and they are great preparation for events like Kinloch and the Nationals here in Wellington. No need to book etc, just turn up and say hello on the beach.

### **Let's start promoting the Nationals here in Wellington**

It is up to us, the Tri Wellington community to make Nationals a success and hopefully keep it here in Wellington. We have suggested 2 ways we can do this, 1. Encourage people you know to enter, there will be full road closures and it is a flat course. 2. We can offer homestay accommodation to out of towners who would like to come but are worried about cost. What better way to build the sense of community. If you are able to host an out of towners or two on March 9-10 then [email us here](#).

### **The Wellington Town Belter - March 18**

A local event organised by popular local triathlete Helen Bradford, all entry fee money is going to St Johns. More information here:

<https://www.facebook.com/events/564422097099539/?ti=icl>

### **The next youth development session is Wednesday Feb 15**

A coached swim run session for local juniors (under 18). This session is perfect preparation for the Wellington schools event which will be held at the same venue in March. All the details are here:

<https://www.facebook.com/events/1679722592327163/permalink/1679722595660496/>



*Annika Pfitzinger has followed the Kate McIlroy path into triathlon, a successful running career that stalled after injury has seen her remembering her early fun triathlon events and chancing her arm at making the elite level. Luckily we have picked up Anni as she has moved to Wellington to live with her partner, Olympic 1500m runner Hamish Carson. So far she is making a good fist of the transition with some good results at both Tinman and Takapuna and she will be racing for our elite team again at Kinloch this coming weekend.*

### **What do you do when not training or racing?**

When I'm not training or racing I'm mostly trying to stay off my feet. I recently finished watching the whole series of Suits and Game of Thrones and am on the lookout for a new series now! Other than that I love cooking/baking. No matter how tired I am I'm always ready to whip up something yummy. I am also going back to Uni to study part-time this year so that should help fill in the time between training sessions as well.

### **How did you get into triathlon?**

My road to triathlon has been an interesting one! Running has always been my main focus but I've competed in triathlons since I was young, doing about as many Weet-bix triathlons as possible and then competing in some Tri's through high school. I never really focused that much on triathlon, I just did them because I was swimming and cycling as cross training for running. I had a few good results in track, cross country and road running but I kept getting injured so as of February last year I decided to give triathlon a go again!

### **What is your most significant achievement in Triathlon to date?**

My most significant triathlon achievement so far would have to be placing 5th elite at Tinman this year in my first triathlon in about 8 years.

### **What else would you like to achieve in your triathlon career?**

I haven't really achieved that much in triathlon yet so there's plenty yet for me to do! If I work hard enough on my swimming and am able to get it to an elite standard my goal is to represent NZ at

the Commonwealth Games and Olympics one day.

### **What is your favourite race and why?**

My favourite race...hmmm... I think Takapuna might be my favourite. I've watched friends compete there for many years and I finally got to race there for myself last weekend. The atmosphere is always great and the short cycle laps through town make it an exciting race!

### **Most embarrassing moment in Triathlon?**

My worst or most embarrassing moment in triathlon...my limited triathlon experience doesn't give me much to work with! I'm sure there will be plenty of embarrassing moments in my future but the most embarrassing so far would probably be when I was heading out for a ride with my dad and as I was about to ride away my neighbour yelled out to me that I forgot my helmet. Oops.

### **Your partner Hamish Carson is an Olympic 1500m runner, how much does it help you living with an elite athlete?**

It's great living with Hamish because he really gets what it's like being an athlete. We both go out and train for a few hours, come back exhausted and then don't feel guilty about just wanting to hang out at home.

### **Quick Questions**

**Best discipline:** Run

**Describe your swim technique in 5 words:** Getting better, still needs work

**Your most epic bike ride:** A 5 hr ride with at least 2 hrs of non-stop climbing in the mountains behind Boulder, CO, followed by a 30min steep winding descent.

**Ironman or Olympic distance:** I haven't done an Ironman so I'll go with Olympic!

**Role models:** My parents - they were both great runners and are so supportive.

**Tri nickname:** I don't have one yet but I'm open to suggestions!



## TRI UPCOMING EVENTS

12 Feb - Sovereign Tri Kinloch - National Sprint Champs

04 Mar - Ironman New Zealand - Cam Brown to become the first super vet to win an IM?

11 Mar - Sovereign Tri Wellington - National Standard Distance Champs, all raced at Scorching Bay

29 April - World Masters Games Triathlon events, Auckland [details here](#)

## TRI SPONSOR TIP

Forever referred to as the 4th discipline, we are very pleased to introduce a new sponsor “Cardea Nutrition”.

Cardea provide a new way to manage your nutrition, their service is entirely online and they have an expert team of registered dietitians who offer a range of nutrition advice:

- Achieving peak performance
- Making weight
- Weight loss
- Supplement use
- Competition day fluid and fuelling strategies
- Child/adolescent athlete nutrition
- Iron deficiency
- Gastrointestinal disorders
- Food allergies/intolerances
- Preventing illness and injury
- Fuelling in harsh environments (hot, cold, altitude)
- Endurance racing

They have offered our members a discount as follows:

Complete Package is \$425. For your members, \$385 (a \$40 discount).

This includes an initial consultation, 3 x follow-up consultations and a meal plan.

Standard Package is \$290. For your members, \$270 (a \$20 discount).

This includes an initial consultation, 1 x follow-up consultation and a meal plan.

Just say you are a Tri Wellington member when you contact them. You can also subscribe to their newsletter for free and follow them on Facebook, [www.cardeanutrition.co.nz](http://www.cardeanutrition.co.nz)

Now their sponsor tip and it is a favourite of most of us...

### **Caffeine - performance enhancer or jittery distraction?**

Check out [the article by Cardea Nutrition](#).

To find out more about our membership benefits check out our website [here](#) via the [link](#).

A big thank you to our OLYMPIC sponsors (click on the logos to visit the websites):



And also our highly valued SPRINT sponsors:



Let's not forget our discount and product sponsors as well:

