



28th September 2011

We are into the full swing of the Tri World Champs season now! The standard and sprint distance champs in Beijing as well as the Duathlon champs in Spain have finished. Both New Zealand and the club have achieved some outstanding results which deserve to be recognised. Meanwhile, we wish Deano Gaskin and Margo Southgate, our Wellington athletes heading to the Ironman World Championship Kona on 8th October the best of luck. Training is also heating up for those heading towards the long distance World Champs on 5th November in Henderson, Nevada.

News, Views and Reviews

Beijing World Triathlon Champs 2011

Congratulations to all the triathletes who competed in the World Champs in Beijing this year!! Wellington pulled out some amazing results and the training through the cold winter months certainly appeared to pay off!! Some of our athletes results are listed below (apologies if we have missed anyone out!!).

- **Elites:** In the elite field, Kate McLroy and Marty van Barneveld were joined by the club's very own Lachlan Davey. Lachlan had an impressive race at his first ever World Champ event, placing 45th in the junior elite mens race. [Click here](#) to view Lachlan's race report.
- **Standard Distance:** Shaun Kavanagh had an awesome race and pulled out a silver in the 20-24 age group. Matt Harrop claimed 4th, Natalie Hardaker 5th, Peter Kane 6th, Anne Bondy 6th, Simone Robbers 9th, Casey Glover 14th, Sarah Beable 16th, Jamie Te Hiwi 18th, Luwane Schuster 20th, Kath Tate 20th, Mike Mercer 22nd, Emma Cachemaille 30th, Glen Turner 31st, Dianna Taylor 33rd, and Nathan Milner 36th in their respective age groups.
- **Sprint Champs:** In the sprint distance, Jane Loughnan scooped up 9th, Tanya Injac Hardy 16th, Bernie Hanratty 18th and Warren Taylor 20th in their age groups.
- **Beijing Aquathlon World Champs:** Congratulations to Ann Bondy who won silver at the Aquathlon in her age group and to both Simonne Robbers and Peter Kane who picked up bronze medals in their age groups!!
- **Technical Officials:** Three technical officials Ross Capill, Cathi Davey and Marguerite Christophers from the Wellington club headed to Beijing to officiate this year. We are very lucky to have these three in our midst. [Click here](#) to read the behind the scenes view of Beijing by Ross Capill.

World Duathlon Champs

Hot humid conditions greeted the athletes lining up in Gijon, Spain. Well done to Damon Peachey on his result 38th in the 30-34th age group. The training paid off - congratulations to all our competitors, and any we have missed!

Coming very soon - Wellington Tri Club Youth Squad

The Wellington Tri Club is about to launch a Youth Squad. There will be two squads - one based in Wellington, and one based in the Hutt. Each squad will have one training session per week, with the goals of developing triathlon specific skills, having fun, and building towards end of term Splash & Dash and Scorching Triathlons.

The squads will run for term 4 of this year and term 1 of next year. A main focus is on developing skills for triathlon so we expect this will suit approximately a year 7 - 10 age range. Full details including days, times, and

pricing will be announced next week, but in the mean time please spread the word with others you know who may be interested.

Proactive Physio Article: Ankle Sprains

Proactive is the club's physio sponsor and they have offered to write a series of articles for the newsletter. It's a pesky injury, but one that it's useful to seek further advice on... [click here](#) to read the article Proactive have provided about ankle sprains.

Triathlon Talk - Thursday Sept 29

Bronwyn from Altitude Inc in conjunction with Gerrard from Mr Smith's Coaching are holding a presentation focussing on how to be your best in training and be at your peak performance for your chosen event. Come and hear from these two specialists plus two amazing Wellington Triathletes:

- After starting triathlons just a few years ago to winning his age group at Ironman Canada (amongst other things), Tony Buckingham will be sharing some of his stories about how he got in to the sport and trained to become a Champion!
- We also bring you the legendary Nick Ruane. Nick suffered a stroke when he was 3 and this year completed the Taupo Ironman. Nick will share his great story about how his determination saw him achieve this massive feat and his next goal of completing the Triathlon Long Distance World Championships in Nevada.

Entry is by donation as we help Nick fundraise for the Long Distance World Championships in November. Come along, pick up some tips and help out Nick.

6pm-8pm 29th September

Comfort Quality Hotel

213-223 Cuba Street

Please RSVP (ASAP) with your name, email address and phone number to bronwyn@altitudeinc.co.nz.

Ironman World Championship: Best of luck to club members Deano Gaskin and Margo Southgate for the upcoming Ironman World Champs in Kona. Follow Deano, Margo and many other amazing athletes by clicking [here](#).

Thorndon outdoor pool swim squad

This year a new coach, better predicted weather and not one but two terms. Meet your new coach Ria Edmonds [here](#). Tuesday and Thursday evenings 7pm till 8pm.

Term 1: Oct 25th till Dec 22nd (9 weeks), \$180 + pool entry.

Term 2: Jan 24th till April 5th (11 weeks), \$220 + pool entry.

Both terms: \$380 + pool entry (discounted for payments before October 25th)

Rugby World Cup interruptions to triathlon training

Newtown Park will be closed to the public and so will both the Freyberg and Kilbirnie pool parking areas during the RWC2011. It will all be worth it though if NZ win.

Saturday Morning Swim Session

Remember, we welcome all our club members at our Saturday swim sessions so come along and join us! We have a lane booking every week from 7 - 8am at Kilbirnie Pool. We encourage all members to come along and give it a go. Just pay normal pool entry and look out for the tri club swim caps - someone is always there to lead the session - look out for updates on facebook.

Member Profile

Reon Rogers, also known as "Tron" is an all round nice guy and a big softy. He fits training for triathlons and half ironmans in around his family life and is often spotted at local events.

What do you do when not training or racing? Spend time with my Wife and daughters, catching up with friend's I've neglected. Sleeping in and tackling the mountain of household chores and renovations that have piled up while I've been training / racing.

How did you get into triathlon? I did a couple when I was at school in the 90's but it was a friend of my wife who was training for the Rotorua half IM in 2007 that that got me started again. I hadn't even thought about doing a Tri until I won the \$200 Shoe Clinic voucher at my first Splash and Dash, I had only entered the swim event. My first Tri was at Scorching bay 2008. On the ride I punctured twice and I was ready to throw in the towel but I finished and the rest is history.

What is the best place to train in Wellington? Describe your ideal training day. Anywhere there not a head wind.....just kidding. Swim: Oriental Parade beach, out to the lighthouse and back. Bike: Oriental Parade, round the bays, back via Happy Valley. Run: Anywhere flat. I also enjoy the trail on Mt Victoria (But don't tell Gene)

Describe your worst or most embarrassing moment in triathlon. Wanaka Half IM 2011. Slipped exiting the swim.... caught on camera.... can be viewed online....priceless.

Your most significant triathlon achievement? Finishing Ironman New Zealand 2010.

What is the most you are prepared to spend on your favourite triathlon 'toy'? I have spent thousands on bikes (yes more than one), bike parts and clothing.

What is your favourite race and why? Rotorua half IM, The course is brutal for the competitor but very spectator friendly. I also have family there that I catch up with after the race and it's a great way to start the Christmas holidays.

What would your words of advice be for a beginner triathlete? Train with other people. Get your friends to join you or find some training buddies. Do some events as a team or start with a shorter distance. If you get hooked, set yourself a goal each year, get a training program /coach but remember to have fun.

Quick Questions

Ironman or Olympic distance?:... Half Ironman

Best discipline: Bike

Describe you swim technique in 5 words: Slow arms, very little kick.

Longest ever bike ride? 210Km

Best 10km run time? 46min



Recipe of the newsletter

Choc-banana pikelets

Spring is here and it's time for fruit-filled pikelets – with chocolate! A post or pre training treat or any time actually!

Ingredients

- 1 cup self-raising flour
- 1/4 cup brown sugar
- 2/3 cup trim milk
- 1 egg, lightly beaten
- 1/2 cup milk chocolate bits
- oil spray
- 1 large banana, cut in 24 slices
- 150g vanilla fromage frais (we used Frûche)
- 1 cup mixed berries (use frozen if you like)

Instructions

Step 1 Sift flour and brown sugar into a large bowl. Whisk in milk and egg until smooth. Gently stir in chocolate bits.

Step 2 Place a frying pan over a medium-high heat and spray with oil. Drop 2 tablespoons batter into pan. Top with 3 banana slices. Cook for 1-2 minutes until bubbles appear on surface. Flip and cook for 1-2 more minutes. Repeat process to make 8 pikelets.

Step 3 Serve pikelets topped with fromage frais and berries (or other fruit if you prefer).

Portions: 4

Time to make: 30-35 minutes

Total cost of all ingredients: 7.92 / 1.98 per serve

Upcoming Events

4th October: Lifestyle Sports Waterfront 5km run/walk. [Click here](#) for more info.

8th October: Ironman World Champs, Kona. Watch Deano, Margo and many other amazing athletes by clicking [here](#).

29th October: K2 Cycle Race, Coromandel [Click here](#) for more info.

13th November: the first scorcher of the season - lock it in your diaries! [Click here](#) for more info.

Remember if you have an event that you would like reported on please feel free to [email WTC](#) or post it on the [WTC Facebook page](#). You can also see a full list of events on the website by following [clicking here](#)

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