



February 16<sup>th</sup> 2018

*Oh yes we are getting excited – tomorrow is the first triathlon in the new Capital Triathlon Series. The start of a new era! We are starting small with a sprint triathlon but it is all part of building our experience and expertise. It is not too late for you to join in the fun, we are accepting cash entries on the day for just \$40.*



### **The TryArthurlon/Club Sprint Champs – Feb 17**

It is too late to register online but you can still compete at our first local triathlon of the summer. Just come down to Scorching Bay by 7am on Saturday morning to sign up. Distances are a very achievable 750m swim, 15km bike and 5km run. All the details are here: <http://capitalcitytriathlon.kiwi/>

Many thanks to all the people who have volunteered their time to make this event happen, we really appreciate it and remember that at the end of the race after you have had your sausage at the club tent we would love some help packing the gear away again.

The club would also like to acknowledge the very generous support of the Pelorus Trust in allowing this event to happen.

### **Membership is OPEN**

We understand some people have had issues with registering. Please use the link below and if you have any issues can you [email me directly here](#) please. If you register by 9pm today you can still be eligible for a medal in tomorrow's club champs!

[https://membercui.active.com/membership/crp/membership-reg?programId=51504&locale=en\\_NZ](https://membercui.active.com/membership/crp/membership-reg?programId=51504&locale=en_NZ)

### **RESULTS**

We publish all results in full (that we know about!) on the club's Facebook page. Here is a brief glimpse at the highlights:

Club Steelman Titles are awarded to our first male and female finishers at the biggest half ironman event of the summer: Taupo 70.3 (as voted by you). Two new winners this year, Rebecca Elliott just taking out the title from Taryn Ryan and on the men's side Kane McCollum holding off Malcolm Cleland in another close finish. Kudos also to Michele Allison for winning F60. Over 30 Tri Wellingtonians raced so it looks like the Steelman titles will be staying in Taupo for next season.

Splash n Dash has been amazing, helped by the sensational weather we have seen regular crowds of 200+. We awarded our first club aquathlon title in December and Nick Sasse and Deb Lynch were decisive winners and have gone on to dominate the series. The club's speedo challenge was taken out last week by Matt 'Brazilian' Berg and Danielle Trewoon. The long ocean swim option has proven almost as popular as the traditional swim run so why wouldn't you come along, there are still 3 races to go.

Corsair Classic, National Standard Champs, what a course... I still wake up at night in a cold sweat thinking about that final hill on the run! Great fun was had by the Wellington crew who made their way down to Christchurch with the stars of the show being Nic Hankinson defending her F40 title and Nick Sasse who was 3<sup>rd</sup> overall.

Carloads of Tri Wellingtonians made their way to Kinloch last weekend and they came back heavily laden with medals, golds went to our beloved President Nat Hardaker in F35, Angie Keen F30 and Josh Hemara M30. Josh also helped out Nick Sasse and Lachlan and Christian Davey in winning the relay event that followed. Well done everyone we hope you achieved what you were aiming for including holidays in the Gold Coast in September.



**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](#).

Jen Rose has really got the Wellington coastal swim series humming with their biggest event just one week away – the swim around Matiu/Somes Island, more information here: <https://www.tractionfitness.co.nz/round-matiusomes-swim/>

For people going to World champs in Gold Coast our sponsor BCD travel are pulling together a travel and accommodation package that you should definitely look into. If you do not use Facebook and you would like to hear more then you can email James who is liaising with BCD: [james@jtassociates.co.nz](mailto:james@jtassociates.co.nz)

The club t-shirts are proving a bit of a hit (thanks Troy). If you have not picked yours up yet they are at Swim T3 just waiting for you to grab them - as long as you ordered one!

## TRI MEMBER PROFILE

*Kane McCollum has been our half ironman distance star this summer. He was a surprise winner of the Steelman title in December and has since backed that up by being our first finisher at the Port of Tauranga half where his bike split was a scarcely believable 2:12 for the 90km. If Kane was still a policeman he would have had to give himself a ticket in some of the residential areas. His biggest assignment of the summer is still to come, IMNZ next month:*

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

When I'm not training or racing I'm usually eating or sleeping. I like to get out on my mountain bike for 'fun'. If I magically had the time I'd probably spend it fishing.

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

Unfortunately I was never exposed to endurance sports until 2008. I was 28 when I bought my first road bike and started cycling. Fast forward to 2013 and the first time that I completed the Tour of Southland. I trained for almost three years with that goal in mind after a 'mate' of mine who had also done it said it would be too tough for me! It was a goal I viewed as the pinnacle of road cycling in NZ, and felt like I needed to take a break for a little while. I began running and swimming as alternate forms of exercise and then started hanging around Anthea a bit too much... I completed my first Ironman in 2015 at IMNZ. I definitely prefer the longer events like 70.3 and IM. The longer the cycle leg the better!

### **What is the best place to train in Wellington? Describe your ideal training day..**

I live on the Skyline in J'ville so Makara Valley is right out my backdoor. I'll often just drop into the valley and train out there. It's a lot safer than battling with cars and intersections in town.

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

I've got some lofty goals but I might just keep those close to my chest for now. I've put a big emphasis on my swimming this year and it's slowly paying off so I'd really like to see my IM swim dip into the mid 50's but I'd be more than happy with a sub hour swim at IMNZ this March.

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

My favourite race would have to be the Rotorua Xterra off-road Tri. The distances are not super long but you get to swim in the blue lake and the MTB trails in Vegas are world class. It's such a cool event.

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

This one time... I did a triathlon and I didn't wear any socks during the cycle leg... Someone took a photo and my team mates at Wheelworks Racing saw it. They've never let me live it down (editor's note, I never wear socks in a triathlon!)

### **What would your words of advice be for a beginner triathlete?**

Consistency is Key. Employ a coach and listen to what they have to say. I've had the same coach for about 8 years now and we have a great relationship. I trust that he knows what he's doing and what's best for me. Also buy some Wheelworks wheels... they're guaranteed to make you go faster!\* <https://www.wheelworks.co.nz/>

\*individual results may vary

### What tri means to you in 10 words:

Competition is reward for all the hard work spent training!



## TRI COACH TIP

This week's tip comes from Gerrard Smith from Mr Smith's coaching.

If you're always trying to go faster in every training session then you're probably burning a lot of energy but may not be getting the full benefit. You might have been told to slow down but it just doesn't make sense or feel right. A "good solid workout" always leaves you feeling better.

It is a strange thing to get your head around, the idea of slowing down having benefits, but it does:

- Your body becomes more efficient (at pumping blood, carrying oxygen, better fat burning capabilities, movement patterns, etc)
- You recover faster so can do better quality training
- It's nice to be able to chat with others as you train!

The problem with training faster all the time is usually you're probably not training fast enough to make a real difference. It just "feels good". This is the dreaded "grey zone" you might have heard of.

So get to know what your "base endurance" zone feels like to make sure you are training at the right level for the easier sessions. You can use devices like a heart rate monitor or power meter, or if going by feel make sure you can breathe through the nose for several minutes at a time.

And when you have harder training to do, make sure it is truly hard enough. Again devices like heart rate monitors or power meters give you feedback about this.

But either way, don't get stuck in the middle all the time where you won't get as much benefit from the training.

## TRI UPCOMING EVENTS

**February 24<sup>th</sup> – Matiu/Somes Island swim**

**March 3<sup>rd</sup> – Ironman New Zealand**

**March 17<sup>th</sup> – [Club Standard distance champs](#)  
Scorching Bay**

## TRI SPONSOR TIP

Resonance Podiatry Video Analysis

Resonance have amazing technology to break down all the parts of your run. Balance is a key word in good run technique and for a start the treadmill you run on has pressure pads to see just how balanced you are. The experienced technician will then break down your run looking at landing patterns and all the angles throughout your stride. [Read all the details here](#) and remember Tri Wellington members get a discount on this service.

A big thank you to our OLYMPIC sponsors:



And also our highly valued SPRINT sponsors:

