

On the move

Keeping Wellington Triathletes up with the know

16th November 2011

Cold triathletes seems to be the trend from the last 2 weekends, our NZ representatives in Vegas for the Long Distance Worlds discovered it can get chilly in the desert as near freezing conditions caused the cancellation of the swim. The rest of us discovered something similar at Scorching bay on sunday (if the squeals during the swim warm ups were anything to go by) but we toughed it out and the wellington triathlon season is underway...

News, Views and Reviews

Vegas in the Snow

Well done to the team who braved the cold conditions in Vegas last weekend. The majority of the feedback has been positive despite the swim being cancelled and a cycle course being described as brutal. Ann Bondy and Nick Ruane were our top achievers getting medals in their categories, Kev Nicholson was the NZ team captain and finished in 6 hours to be the fastest wellingtonian. Tristine Emery and James 'medical tent' Turner also finished well up the field. We are very proud of you all.

Club Night, World Champs Wrap - Monday 5th December 6.30pm

Come along and attend to hear stories from all our World Champs competitors, starting with our Beijingers, our Kona 3 and then the newly returned Vagasites there should be some great stories so we look forward to seeing you there!!

2011/2012 Memberships Open now

Membership for season 2011/12 can now be paid for on our [website](#). Please email us on info@wgtntriathlon.org.nz if you are having problems with memberships (especially family memberships which are a bit more complicated).

Don't forget: you will need your membership card with you and clipped for this season to be eligible to qualify for the NZ team at Auckland on November 20, Cathi Davey will have the clipper with her in Auckland.

Karori Children's Duathlon

Calling all young triathletes! The Karori Children's Duathlon is being held on Saturday 19th November at Keith Spry Pool. It will be a fun day out for all the family! For more information [click here](#).

Volunteers Needed

The club is running a training session for children taking part in the Weetbix Tryathlon on 29th January. If you are interested in helping out with taking the children through some brief transition practice and the course, please email info@wgtntriathlon.org.nz. We are also seeking volunteers for the bbq at the next Scorchers on Dec 4.

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. More information and the registration form can be found on our [website](#).

Epic Swim Lake Taupo Jan 14/15

Lake Taupo must be the best place for open water swimming in New Zealand and this January you have the chance to swim quite a lot of it! There are multiple distances to pick from 100m for the little ones to 2.5km for 12 years and older all the way to 10km for the super keen. The organisers have kindly given the Tri club 2 free entries which will be given away at the Tryarthurlon Club Sprint Champs so lets get behind this cool event. [Their website is here](#)

Supplementary License Plates

It is illegal for your bike rack to block your license plate so here is an easy solution you might like to try, this [website offers supplementary licenses for just \\$17](#)

Entertainment Books

If anyone has missed out on buying an Entertainment Book this year, let us know because we have four Entertainment Books left. Email us on info@wgtntriathlon.org.nz if you would like to purchase one.

Member Profile

Dr Sarah Beable is an accomplished triathlete who returned recently from an excellent performance at Beijing, she is not resting on her laurels though as she will be up in Auckland this weekend trying to qualify for next years olympic distance world champs.

What do you do when not training or racing?

I will be found working in Waiouru, or back in Wellington in either Accident and Medical clinics, or working on the sporting sideline. When not working usually drinking coffee, reading, hanging out with friends and family!

How did you get into triathlon?

I was playing representative netball in Auckland, and stirred up a previous nasty back injury from track and field days. The docs at the time told me to give up all impact sport and jump on a bike. So I did! Started running, and learned kind of how to swim and with some great coaching direction from Silas Cullen and Jon Ackland at the time, lined up for Tauranga Half Ironman as my first race.....hooked.

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

Steady swim with Kate and 'team Wellytron' at Kilbirnie, followed by 'team meeting' at Maranui Café, ride out to Belmont hills and reverse makara loop, and run through Mt Vic and up to the Prison. Sleep. Repeat.

Describe your worst or most embarrassing moment in triathlon.

There are a few worst moments, but most embarrassing still makes me blush! First 10 minutes on the bike in Kona, was knocked off by a super excited age group male causing me to rip my race suit clean across the butt! Spent the rest of the race hiding my pale behind from TV cameras, and not wanting to "turn my race number to the front"!

Your most significant triathlon achievement?

Bronze Medal Long Distance Worlds 2006, is up there, but probably winning my age group at NZ Ironman in 2007, and with it, qualifying for Kona.

What is the most you are prepared to spend on your favourite triathlon 'toy'?

Can't say. Josh (my partner) will read this and then I will be in the dog box.

What is your favourite race and why?

New Zealand Ironman. Amazing atmosphere, great course lined with spectators, and feels like every minute you spent sacrificing and training is worthwhile.

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

Surround yourself with people who will support you, and help you enjoy the journey. Start off small, and make it fun! Remember to not get caught up in times/results, honestly crossing the line is a huge achievement.

Quick Questions

Ironman or Olympic distance?: Ironman, can't beat it. Unfortunately due to chronic injury am into Olympic Distance where I don't need to spend so long in aero position.

Best discipline: Used to be biking, but think I am now much the same over all 3.

Describe you swim technique in 5 words: Splash, splash, breathe, splash, splash, breathe (editors note, that is 6 words!)

Most epic bike ride? 201.1km

Best 10km run time? 40.01, Fingers crossed for a new one soon.



Recipe of the newsletter

Scrambled eggs with tuna

This is the quickest meal ever, perfect for post workout laziness.

Ingredients

- ✓ 3 eggs
- ✓ 4 tablespoons trim milk
- ✓ 1 spring onion, finely chopped
- ✓ 95g can tuna in spring water, drained
- ✓ 2 tablespoons diced Peppadews (optional)
- ✓ freshly ground black pepper
- ✓ 2 small wholemeal pita bread
- ✓ 1 cup chopped fresh spinach

Instructions

Step 1 Whisk eggs and milk with a fork in a microwave-proof bowl. Cook on high for 1 minute. Remove and whisk again.

Step 2 Microwave for a further 30 seconds on high for eggs to begin scrambling slightly. Remove and add spring onion. Cook for 30 more seconds.

Step 3 Stir with a fork. Add tuna and diced Peppadews (if using). Season with pepper. Spoon onto bread and serve with spinach.

Portions: 2

Time to make: 10 minutes

Total cost of all ingredients: \$5.34/ \$2.67 per serve

Upcoming Events

19th November: Karori Children's Duathlon, Keith Spry Pool Karori. [Click here](#) for more information.

20th November: ITU Triathlon World Cup, Auckland. [Click here](#) for more information.

4th December: [Scorching Triathlon](#) including club sprint champs "The Tryarthurlon"

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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