

# On the move

Keeping Wellington Triathletes up with the know

19th October 2011

Wellington is (gradually) warming up. Triathletes have been spotted bravely swimming at freyberg beach, the roads have been full of cyclists trying to stay in the aero position. Summer is nearly here so there are lots of events coming up, read on below.

## News, Views and Reviews

### Scorching Triathlon series launch night

You do not want to miss this one. Next wednesday night October 26 this summers scorching series is being launched in style at the shoe clinic store on willis st. It is a chance for newbies to be introduced to the sport as we will have representatives from across the wellington triathlon community available to answer your questions. Speakers are rumoured to include world cup medallist Kate McIlroy and there will be \$1000 worth of prizes drawn on the night - including a new 2XU wetsuit. [Click here to read the event information](#)

### 2011/2012 Memberships Open now

Membership for season 2011/12 can now be paid for on our [website](#). Nb There have been questions about the family membership, the process is a bit convoluted you need to enter the first person then when second screen arrives you need to select add another person before clicking family again. If you are still having difficulties email the club with family names and ages etc and we can enter your details directly in the backend.

Members who have re-signed are asked to bring along their existing membership cards to one of the clubs functions such as the scorcher launch evening or the first scorcher on november 13 to get their clip for this season. If you have lost your membership card [email the club](#) to let us know you need a new one in this years registration pack.

You will need your membership card with you and clipped for this season to be eligible to qualify for the new zealand team at auckland on november 20.

### Kona Results

The two wellington tri club stars seemed to be in every official NZ team photo proving yet again just how photogenic wellingtonians are. They also put in awesome performances on the lava fields of hawaii. Deano Gaskin improving his time of 2009 by over an hour coming in at a very impressive 9 hours 45 and Margo Southgate a super quick 11:46 for her first visit to ironmans holy grail. New member Laurence Pidcock was another first timer who performed excellently finishing in just over 10 hours. We are proud of you all.

### 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](#).

### Open Water Swim Instructor Course

Ray Boardman is running an open water swim instructor course in wellington this weekend. [Details can be found 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)

### **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 and the organisers have given the Tri club 2 free entries to give away so let's get behind this cool event. [Their website is here](#)

### **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.

Nb. it is not likely to be on this weekend due to the public holiday.

## Member Profile

Matt Harrop is a naki boy but he has been studying and working in Wellington for the last 7 years. He has taken to triathlon like a Taranaki dairy cow takes to its salt lick and only just missed out on a medal at the World Triathlon Champs in Beijing last month finishing 4th in the 20-24 year old age group.

### **You just got back from a very impressive performance at the World Champs in Beijing, what are your thoughts about the race?**

Beijing was fantastic. The race was organised with typical Chinese efficiency (throwing people power at any and every potential problem) and no stone was left unturned. The accommodation was great, and the Olympic course was magic and challenging. I'd love to go back and race the ITU Asian Cup there one day although it would be quite a different experience in the heat of summer. We had perfect conditions on race day, cooler than many had expected but it was conducive to good performances from those of us coming from winter. The NZ results certainly reflected that.

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

I'm a lawyer, so you'll probably find me at work or at a café with espresso in hand.

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

Decided I wasn't keen to take lightweight rowing to an elite level, and was lucky enough to have a friend refer me to the legendary John Hellemans. The rest is history.

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

Without a doubt, the hills.

An ideal training day would start with an open water swim (a lap of the Lighthouse) with some of the local lads, followed by a solid hammer session on the bike with the MeoGP crew (Paekakariki Hill via Moonshine), with the obligatory après-velo coffee stop and good banter at Deluxe on Kent Terrace.

Last but certainly not least, a nice off-road tempo run on Mount Victoria as the shadows get longer.

**Describe your worst or most embarrassing moment in triathlon.** Struggling with a helmet buckle in T2 at Nationals in 2010 due to frozen hands. For a brief moment I contemplated running in my aero helmet.

### **Your most significant triathlon achievement?**

Two top-5 placings at ITU Age Group World Champs in 2010 and 2011.

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

It depends, but my philosophy is that life is too short to ride bad bikes. Ride what you love and love what you ride.

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

Tough question. Loved the inaugural Wells New Plymouth Half Ironman in 2011. Perfect summer weather, home crowd support, a genuinely challenging course, and great organisation by Selwyn Brown and his team.

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

Consistency is the key. You really do get out what you put in to this sport.

### **Quick Questions**

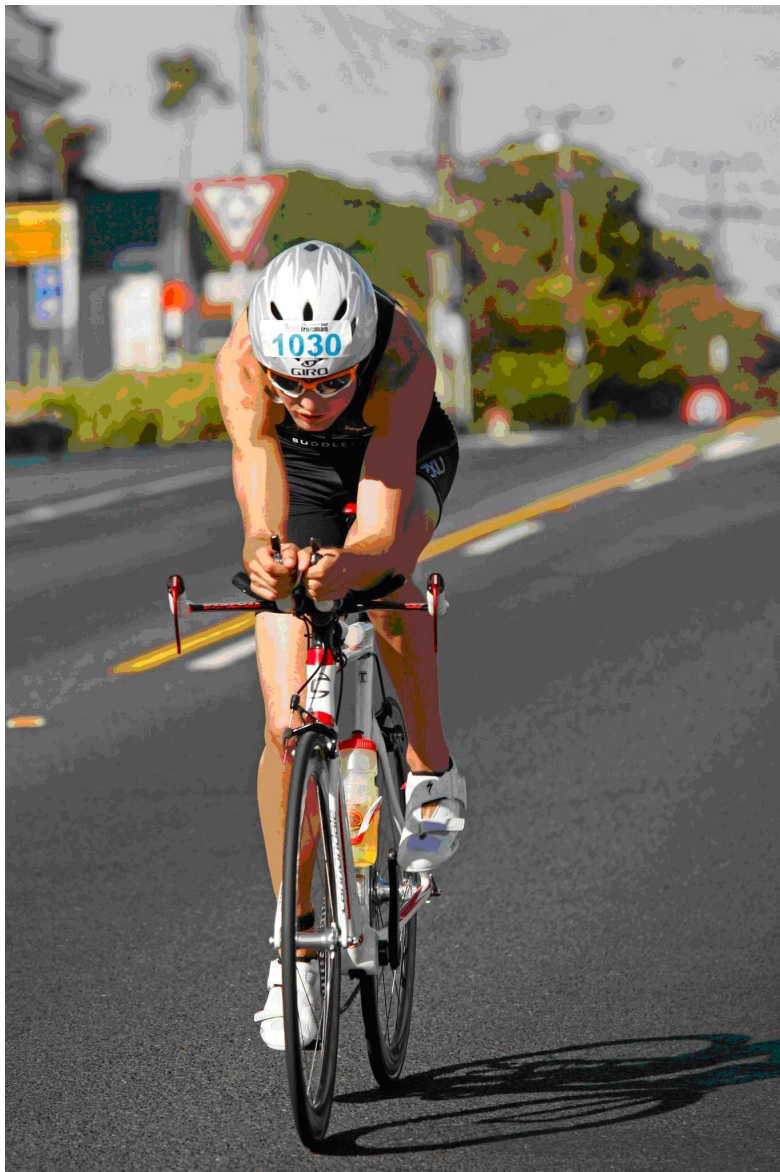
*Ironman or Olympic distance?:* Half Ironman or Olympic.

*Best discipline:* Run

*Describe your swim technique in 5 words:* Get through, wait for run.

*Longest ever bike ride?* Nothing over 160km (big Akas days, Taupo, Taranaki Cycle Challenge etc)

*Best 10km run time?* Have run high 33 mins on the track.



## Recipe of the newsletter

### **Carrots with honey, cumin and coriander**

A simple coating of aromatic, earthy flavours will make this sweet side dish difficult to resist.

#### **Ingredients**

- 6 medium carrots, peeled, cut in 5cm-long sticks
- 2 teaspoons ground cumin
- 2 tablespoons honey
- 4 tablespoons chopped fresh coriander
- freshly-ground black pepper, to season

## Instructions

**Step 1** Cook carrots in boiling water for 2-3 minutes, or until tender-crisp. Drain well and return to pan.

**Step 2** Add cumin, honey and coriander. Toss until carrots are evenly coated. Season with pepper and serve immediately.

**Portions:** 4

**Time to make:** 10 minutes

**Total cost of all ingredients:** \$2.84 / \$0.71 per serve

## Upcoming Events

**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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