



**25th January 2012**

Well it is mid summer (apparently) so it is time for triathletes to split into 2 distinct camps, 'the hares' who will be zooming around doing timetrials getting ready for their sprint and olympic distance races to come and 'the tortoises' the irondistance trainers who are putting in massive training days where they spend as many hours sitting on a bike as they will sleeping. Whichever camp you belong to the hardwork you put in now will pay off later.

## News, Views and Reviews

### **Wanaka Results**

The club had a decent contingent at Wanaka last weekend - here are some highlights:

Margo won the 30-39 women in the full challenge. Andy K did a solid time and 2nd quickest bike leg amongst the 30-39 men. Jason Jamieson did an excellent 12.45 or so in his first ever iron distance race. Other finishers included Daryl, Di and Michael Courtney.

Laurence was 8th overall with a great time in the half, mandy hancock was 3rd women in the 45-49 age group and Ann Bondy was second in another later age group. Kath Tate overcame breathing problems to smash her half ironman PB in well under 6 hours. John Hancock was solid. Other finishers we spotted club president Claire, Helen and Glen.

Lachlan did an absolute cracker of a race in the elite sprint race, inc a 15.02 5k run to finish! 10th overall, right in the mix in a star studded field. Jane Loughnan and Mandy Gibson were medallists in the age group race.

### **Weetbix Tryathlon Training Sessions:**

For those children competing in the Weetbix Tryathlon on 19th February, the club has set up two training sessions to help with transitions.

**Date:** Sunday 29 January

**Venue:** Hutt Recreation Ground, Bellevue Road, Woburn, Lower Hutt

**Time:** 2 sessions either from 9:30-10:15am or 10:30-11:30am

**Cost:** \$5 per person

**Numbers:** maximum of 50 per session. To register: [click here](#).

Find out more info about the Tryathlon [here](#).

If you are interested in volunteering to help with the training session, please email [info@wgtntriathlon.org.nz](mailto:info@wgtntriathlon.org.nz).

### **Introduction to triathlon session**

This is a 3 hour session covering equipment, key rules, transitions, training, open water swimming, and more. There is a mixture of practical sessions, theory, and discussion. Perfect for anyone doing the TriWoman, 393, or Scorching Triathlon events.

**Date:** Sunday 26th Feb

Time: 9am start  
Location: Scorching Bay  
Price: \$25

**Email:** [gerrard.smith@wgtntriathlon.org.nz](mailto:gerrard.smith@wgtntriathlon.org.nz) to secure your spot.

### **The Scorching Olympics**

The club is encouraging members to get teams together for the first ever scorching teams challenge on feb 12. To make the event a bit more fun we want you to think of entering as a country, any country really... except Burundi which is already taken! It is up to you how far you take your support of your adopted country, it could be just in your team name but prizes will be given for clever supporters who come up with flags, uniforms, dances and national anthems. So lets start forming some teams and do not worry about your level of fitness the distance is a very achievable 400m swim, 15km bike and 4km run.

### **Wellington home of Ironwomen**

Check out the [Ironman NZ course records page](#) to see wellington tri club very prominent on the womens side of the draw - Sue Mellsoop is there multiple times in multiple age groups, all we can say is wow but also look out for Deb Trendles record swim and Michele Allison's record breaking performance in 2010. Come on boys lets step it up!

### **Aquathlon National Champs**

Want to be an aquathlon champ or just compete in a fast and hard event? The Aquathlon National Champs are being held in Nelson on 11th February. [Click here](#) for more info.

### **Wellington Tri Youth Squad**

The Wellington Tri Youth Squad started last year with goals of developing triathlon specific skills, having fun, and building towards end of term Splash & Dash and Scorching Triathlons. More information about joining for term one this year can be found on our [website](#). SwimT3 has kindly provided a \$200 SwimT3 voucher award for the "most improved" participant in the WTC Youth Squad for the 2011/12 season which will be awarded/announced at the end of year prize giving.

### **Club Gear**

Together with our club sponsor Swim T3 we are working on putting together some club branded tri gear. Additionally, this year we are going to have some club branded casual wear also. Watch this space for more information!

### **2011/2012 Memberships**

Membership for season 2011/12 can be paid for on our [website](#). Please email us on [info@wgtntriathlon.org.nz](mailto:info@wgtntriathlon.org.nz) if you are having problems with memberships. If you are a returning member and need to update your membership card, bring your card along to a splash n dash or a scorcher registration and the omnipresent (and entirely wonderful) Cathi Davey will clip your card for the new 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.

## Member Profile

Ann Bondy is a triathlon legend, she has been to multiple world champs events and when she feels like a trip to hawaii she puts in an entry to ironman nz. Every season we see her at so many events and usually receiving medals, what an inspiration

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

Every possible thing I can fit in that mostly includes good food, friends and some adventure.

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

A friend told me about the Kapiti Women's tri way back in the early days. It was the scariest

triathlon I ever did but was hooked from that point on.

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

Lots of best places, all determined by the weather.

**Describe your worst or most embarrassing moment in triathlon.**

Last Sunday at the awards ceremony at Challenge Wanaka. I did the Lake Wanaka Half and came in second in my age group. The awards were impressive and I managed to drop mine off the podium in front of a marquis full of triathletes. It smashed in half. The crowd did one of those awful "Ooooh!" noises. Needless to say, the follow up comments have been pretty funny - at my expense, of course...

**Your most significant triathlon achievement?**

Aquathlon and Duathlon World Championship podium finishes in my age group. Gold, Silver and Bronze (6 in total), along with two Kona finishes (8th in 2010).

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

A world championship podium finish in my age group. Vegas eluded me as the swim was cancelled and it became a biathlon.

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

IronMaori!!! The kaupapa is important. It is changing lives!

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

Believe in yourself, relax and enjoy. Anything is possible! Just set your goal and go for it.

**Quick Questions:**

*Best discipline:* It keeps changing, depending on the state of the body

*Describe your swim technique in 5 words:* One word! Shi-te!

*Your most epic bike ride:* Kona!

*Ironman or Olympic distance:* IM

*Your role models:* People who don't mind coming last.

*Your triathlon nickname(s):* Bondy or Butterfingers



hold it together Bondy (on the right)

## Recipe of the newsletter

### **Choc-banana pikelets**

Kids will enjoy making these fruit-filled pikelets – with chocolate! – as a special breakfast treat.

#### **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 minutes

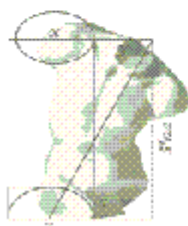
## Upcoming Events

**28th January:** [Scorching Triathlon](#) with a back to work theme, note it's on Saturday because of the ocean swim the following day.

**29th January:** NZ Ocean Swim Capital Classic. [Click here](#) for more info.

**11th February:** Aquathlon National Champs, Nelson. [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](#).



**PROACTIVE**

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