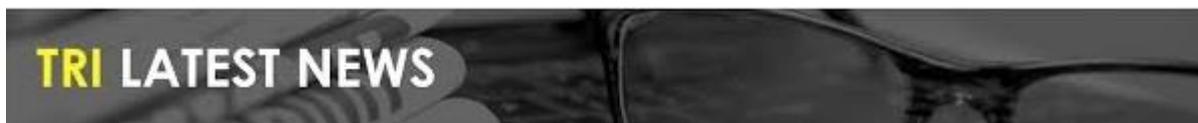




30 March 2017

Busy times over the last few weeks. With Ironman NZ closely followed by The Sovereign Scorcher Triathletes aplenty have been strutting their stuff.

Mother Nature, again, played a big part in both events. "Testing" would be the polite way to describe Taupo on March 4th . "Windy, cold and damp" is all we can say for Wellington for the Nationals! With that, some great stories of courage and perseverance from Ironman. With the Nationals, the cream, if slightly watered down, once again rose to the top.



The Great Kiwivelo Triathlete Pro Bike Package

How would you like to live like a pro for a year? At least in terms of being looked after bike-wise by Kiwivelo Wellington?

Well...Kiwivelo has put together an amazing 12 month package for one deserving Tri Wellington member. It includes:

- A Trek Speed Concept bike (or similar road bike for members who do short course races);
- Kiwivelo cycling kit;
- Velogic bike fit;
- Bike maintenance (including servicing, parts and repairs); and
- Use of race wheels for events.

Applications should be emailed to applications@wgtntriathlon.org.nz by 15 April 2017. You don't have to be the best triathlete in Wellington to be the winner but you do need to have ambitious goals for the year ahead.

Thank you again to Shane and Kiwivelo Wellington for making this possible.

www.wgtntriathlon.org.nz/wp-content/uploads/Kiwivelo-form.pdf

www.wgtntriathlon.org.nz/wp-content/uploads/Kiwivelo-criteria.pdf



Results

IMNZ - Dean Galt was our only podium finisher and Kona qualifier on a windy Taupo day. This was Deano's 7th crack at IMNZ and you can read about how he transformed his race performance (and body weight) [here](#). Lot's of other brave performances by our 17 competitors, including the Nicholson twins Ngarama and Viv coming 4th in their age groups, Ange Penney 7th and Dave Creamer 10th as he knocked off another finish on the first Saturday of March.

National Standard Distance champs - Scorching Bay

A weather bomb arrived not long before the start but we still had some fast and furious racing with lots of Wellington medals. 2nd overall on the men's side was Josh Hemara and on the women's Anni Pfitzinger, both not far off first after strong performances. Our AG gold medalists in age order were Annika F25, Sierra Ryland F30, Tony Keith M40, Nic Hankinson F40, Steve Mellsop M50, Colin Sasse M60 and Richard Sweetman M70. Hopefully all our many medalists have received their medal in the mail!

Wellington School Champs - Splash n Dash

After the Wellington schools triathlon folded last year we have been looking for an alternative and arranged for Splash n Dash to host under 14, under 16 and under 19 races. The winners were:

Under 14 girls - Pippa Nicol - Queen Margaret

Under 14 boys - Hugo Campbell - Scots

Under 16 girls - Charlotte Floodsmith-Ryan - Chilton St James

Under 16 boys - Liam Chesney - Scots

Under 19 girls - Marina Comesky - St Catherine's

Under 19 boys - Nicolas Cecioni - Kapiti

The race was a hit with College Sport Wellington and will hopefully become a fixture on the calendar. Special thanks to John Hancock for donating the trophies.

Splash n Dash season wrap up

Tri Wellington claimed most of the season titles (best 5 races over the season), including overall titles to Angie Keen and the evergreen Steve Mellsop. For both of them it was a case of being the most consistent rather than the fastest. In the age groups we also had: Becky Hawthorne first under 19, Angie F20, Nat Hardaker F30, Rebecca Speirs F40 (after a great battle with Susannah Sharpe). Matt Berg took out M40 and Steve Mellsop was not surprisingly unbeaten in M50+. Thanks for another great season guys despite the less than favourable weather!

Auckland Half and NZ Aqua Bike Champs

Tri NZ and Garth Barfoot have been promoting the new Aqua-Bike event which has its first world championship in Canada in August. Well we have the inaugural women's winner, Taryn Ryan who made the most of an injury preventing her running to maximise her swim-bike and with her overall victory also win free flights to the event - now that is a good prize! Good results also from Harrison Hitchins 1st in under 20 (3 minutes off first overall), Jane Loughnan, Mirjam Morris and John Skinnon all placed in their age group. Paul Rodway continued his season of success being 1st 60+ year old in the 'normal' half ironman!

Breca Wanaka

The new sport that everyone is talking about - adventure swim running - made its NZ debut on the weekend. Eight keen Wellingtonians were there to sample it including John Hancock and Matt Berg, aka The Mountain Snails who completed the long course in 8 hours 43...

You can listen to him talk about the [whole Breca experience here](#) (23 minutes in) and read his race report [here](#).

And here is a link to the [slowtwitch article](#) on the race with heaps of cool pictures

It really is a very exciting addition to the multisport event list in NZ, expect to see lots more in this space.



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](#).

Recent Highlights:

Sports Mentors Scholarship

Applications are now open for the prestigious Global sports mentoring program, lots of kiwi women have been accepted on this one month program previously so check out the details here:

<https://nz.usembassy.gov/espnw-global-sports-mentoring-program-2017/> .

Time to get those new bike lights for winter riding

Some great discussion on what to get and that brightest is not always best, Karl Jackson reckons this is the best site for working out what is best <http://road.cc/content/buyers-guide/212914-updated-your-guide-best-front-lights-cycling-beam-comparison-engine>

Bailey is in the newspaper

Bailey Van de Coolwijk will be racing her last schools triathlon this coming weekend. She recently had an informative interview with the dompost <http://www.stuff.co.nz/dominion-post/sport/college-sport/90434514/young-wellington-triathlete-baileyrose-van-de-coolwijk-sets-her-sights-high>

Good luck to her and all our other competitors in Wanganui.

Good luck to everyone heading to Hawkes Bay this weekend

The road to Napier will be chock full of cars with bikes on the back as a large number of us compete at the brand new 'Harbour to Hills Half Ironman'. Have a great race everyone.

World Champs Travel Packages by BCD Travel

We have travel packages available for world champs in Rotterdam and in Penticton, please contact our wonderful travel sponsor BCD if you are interested in either of these travel options.

www.wgtntriathlon.org.nz/wp-content/uploads/Rotterdam.pdf

www.wgtntriathlon.org.nz/wp-content/uploads/Penticton.pdf

TRI MEMBER PROFILE

Claire Hannan is one of the gem's in the Wellington Triathlon scene, she gives so much of her time and energy officiating at races around NZ and recently all over the world. That does not stop her competing locally though and she has had an impressive season at club champs and at splash and dash..

What do you do when not training or racing?

Travelling, spending time with friends and family and I'm a Technical Official for Tri NZ and ITU

How did you get into triathlon?

My sister got me into the Special K ladies triathlon series back in the day, loved it.

What is your most significant achievement in Triathlon to date?

Starting and Finishing in any race without injury is significant.

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

Half ironman one day and Officiating at the Olympics.

What is your favourite race and why?

I really enjoyed the Gold Coast Age group Luke Harrop Sprint race last year, non-wetsuit and swimming with the sharks!

Tell us about officiating at the Rio Paralympics?

6 weeks prior to Rio, I received an email advising another official had withdrawn and as first reserve would I accept the role. Couldn't believe it, and within days tickets were booked, security forms done, photo id taken and uniform sizes selected.

From arrival to departure we were well looked after, security checks and scans everywhere in and out of all venues, a suitcase full of uniforms in hand and first day we went straight to the opening ceremony (all 2 ½ hours of driving but that is another story).

We stayed at the Olympic village, which was amazing and bordering on dangerous, dodging every type of speeding wheelchair imaginable. The food halls were enormous and a little overwhelming, with a very large selection of food, we worked out quickly that the same food was served 24 x 7 and we soon mastered the art of selection and speed feeding. Yes, there was a free MacDonal's with limited menu, you realized where you were while waiting in the queue looking at the two Iranians in the wheelchair in front, talking to the US athlete on crutches, in the distance the big screen showing Sophie Pascoe swimming to another win. There were mosquitos but repellent was everywhere and no bites received.

Rio was the first time Triathlon was included at the Paralympics so there was a lot of expectations and excitement. It was an awesome experience to be part of, all the athletes were so excited and overjoyed to be there. The Cococabana crowd came out in abundance and cheered the athletes, many were not used to such attention at events and their smiles and gritting determination was inspiring. These athletes not only go through all the training and injuries like other triathletes, they also have strict medical criteria and have to conquer all the challenges their impairments bring.

I am fortunate to have had this experience and I thank the Wellington Tri club for running a Technical official course years ago that started me and many of my friends on this journey.

Quick Questions

Best discipline: Swim

Your most epic bike ride: Taupo Cycle challenge

Ironman or Olympic distance: Olympic

Role models: Dad and Mum and all those that work hard, even more so if they have "mountains to climb"

Claire on her way to a medal at club champs in December:



TRI COACH TIP

Each week we will have a contribution from a local coach on a rotational basis.

This week Gerrard Smith from Mr Smiths coaching offers his tips for your end of season review:

End of Season Review

It's that time of year where many people are reflecting on their season. Typically you get told to review your performances, strengths & weaknesses, and other such things. And yes you should do that, but you should also reflect on your underlying health and well-being.

It's not just the training that makes you successful. Health and well-being is a key foundation that supports successful training.

Think about, and identify specifics around what may have caused:

- Good or poor health
- Being injury prone or injury resistant
- Disrupted or consistent training
- Good or poor eating habits
- Stress or anxiety
- Mental ups & downs
- Sticking points with the family or partner

With a list of specifics, you can then plan what to do about each of them in the future. Get your foundations right so sexy & fun stuff can be more successful.

For further details on Mr Smith's Coaching, go to www.mrsmiths.co.nz



02 April - Napier Half Ironman, www.harbourtohills.co.nz

29 April - World Masters Games Triathlon events, Auckland [details here](#)



Our physio sponsor Proactive have a new offering that uses DNA testing to look at your genetic suitability to particular diets and exercise (wow):

DIETING - THERE IS MORE THAN ONE WAY

At the end of last year a [study](#) was conducted on people by Eran Segal and Eran Elinav of the Weizmann Institute of Science that confirmed what we at

Proactive and the team at DNAFit already know; there is no one-size-fits-all approach to dieting and weight loss.

Read the full article here <http://proactive4health.co.nz/dieting-there-is-more-than-one-way/>

To find out more about our membership benefits check out our website [here](#) via the [link](#).

A big thank you to our OLYMPIC sponsors (click on the logos to visit the websites):



And also our highly valued SPRINT sponsors:



Let's not forget our discount and product sponsors as well:

