



December 4th 2017

What a fantastic start to the season! 75 people at the Labour Day swim, 130 at our Capital Series duathlon, 220 at the first Splash n Dash. We keep winning races too; Taryn took out the iconic Tinman Triathlon and just this weekend Josh and Sarai Hemara defended their Ironmaori Half Ironman titles in Napier. Who says triathlon is struggling in the sunshine capital of the world.



Membership is OPEN

Okay so there was a little bit of drama around the membership as the new season kicked off on November 1. Our delightful new registration system 'Active' decided to try to auto renew most of last season's members. That plus some double Tri NZ subscriptions meant quite a few refunds being required. The good news is we are well and truly back on track now and accepting registrations for the new season, at the amazing new price of just \$25 for adult members. Why would I want to join Tri Wellington you may ask yourself – well try this for starters:

- Members of Tri Wellington qualify for a whopping 'aquatic club' discount off your Wellington pool annual/monthly membership
- Swim T3 are back on board and offer our members a 10% discount on all non-sale items in store.
- KiwiVelo Wellington not only give the best bike fits in town they also give one lucky member a 'Bike like a pro' package that is basically priceless (just ask Sarai)
- Resonance Podiatry can teach you how to run good, their run assessments use the latest 3d technology and are significantly discounted for Tri Wellington members
- Sponsor BCD Travel simply give away \$250 travel vouchers to 2 lucky members every prize giving and help organise awesome tailored travel deals for World Champs and other overseas tri adventures
- Speaking of prize giving it has become the highlight of the Tri calendar with a huge number of prizes and fantastic guest speakers.

We have dates for club races

We have a large range of races for our members:

December 9 – Not our race as such but the Clubs Long Distance trophies go on the line in the Taupo 70.3. The 'Steelman' trophies will be awarded to the club's 1st male and female finishers. All paid up members for this season are eligible to take this prestigious prize

December 13 - The first ever Club Aquathlon champs is being raced as part of that night's Splash'n'Dash, medals to be given in our traditional Junior (under 19), Open (20-39), Veteran (40-54) and Super vet (55+), all our club members will automatically be entered if they do the 730m swim 4km run option. The overall men's and women's winners will get a Championship medal on the night.

February 17 – Club sprint champs, also known as the TryArthurlon. Raced as part of the Capital Triathlon Series we are very pleased to continue 29 years of multisport tradition. Note this is a Saturday morning (Round the Bays is on the 18th). Medals awarded on the day.

March 17 – Club standard distance champs, again as part of the new Capital Triathlon Series at Scorching Bay. Medals awarded on the day for Adult age groups only (no junior race).

So that means in our 3 Adult age groups you could claim a Triple Crown of Triathlon titles this season. Most importantly we have triathlon races in Wellington to look forward to in 2018. Look out for more announcements and a registration link for the Sprint and Standard distance triathlons soon.

Crazyman – Sunday December 10

The premiere multisport race on the Wellington calendar has moved in the calendar to early December, we reckon if you are not going to be doing Taupo 70.3 (which is the same weekend) then you should enter this brilliant event. We want local events to keep happening so get those (late) entries in! Check out www.crazyman.co.nz for more information.

Sponsorship Update – A big welcome to Swim T3

We have some good news and some bad news on the sponsorship front. BlueSeventy have changed distributors and removed our club discount code as a result. The good news is that we have an even better replacement - Swim T3 on Oriental Parade right near Freyberg beach and pool. As I recently discovered there is no substitute for physically trying wetsuits on before buying and the team there are great at making sure you get the perfect fit. As well as that great service they will give Tri Wellington club members a 10% discount on all non-sale items.

RESULTS

We publish all results in full on the club's Facebook page. Here is a brief glimpse at the highlights:

Ironmaori Half Ironman Napier: Josh and Sarai Hemara defended their titles, Sarai winning quite comfortably by 20 minutes over the next women finisher. Michael Grain is relatively new to triathlon but he is making us take notice not just for his magnificent beard, claiming 4th overall. Well done to all our finishers.

IMWA – A rather large shark cruising the swim course meant Ironman WA became a duathlon and forest fires threatened the bike course but that did not put Ngarama Milner-Olsen off her stride, she finished 3rd in her 35-39 AG and has earned herself a trip to KONA!

Tinman Std Distance race: Tri Wellington put in a powerhouse performance up in Tauranga at the first qualifying race for Gold Coast. No less than 3 of the top four women across the line were Wellingtonians, Taryn Ryan and Sarai Hemara were 1st and 2nd and Ngarama Milner-Olsen was not far behind her coach Sam Warriner in 4th place overall. We counted 15 qualifiers in the list Tri NZ announced post-race so well done and get your passports ready.

Capital Triathlon Series – Duathlon: It might seem a while ago now but some great racing in our test event back in early November saw German pro Deb Lynch run past Nic Hankinson with Kellyf Sutherland third, while in the lads section Lachlan Davey pushed past Nick Sasse and Kane Armstrong, Nick and Kane both had strong races at Tinman to qualify for God Coast Worlds so it proved a very useful hit-out. The feedback received post event was overwhelmingly positive so big thanks to all you wonderful volunteers who made it happen.

Splash n Dash Race one – The overall winners were Lachlan Davey and Deb Lynch who both looked pretty comfortable and will start as short odd favourites for the inaugural club Aquathlon titles on December 13... but there are plenty of dark horses who might make it interesting.



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 been busy creating her own long distance swim series on Saturday mornings – the location changing week by week as they explore different sections of the Wellington coastline. The feedback so far has been extremely positive, helped no doubt by the unseasonably warm weather and by the entertainment value provided by James Turner’s “quirky” direction-finding and cramp-induced screaming fits when dragged out of the water at the end of the swim! There are also Thursday 6pm sea swim coaching sessions available to people who are wanting to improve on this all important discipline, more information here: www.tractionfitness.co.nz/swim-training

There has been a bit of banter about the course for the standard distance nationals in Christchurch on Sunday January 28. Apparently it is going to be quite hilly on both the bike and run. I am quite looking forward to it having never previously raced in the South Island. Full details on the event are here <http://www.corsairclassic.com/>

For those of you who like your gadgets check out the latest recommendations here: www.dcrainmaker.com/2017/11/winter-technology-recommendations.html

After the first Splash n Dash the club hosted an information evening on the new Breca style adventure swim-run racing that has really taken off in the past year. We had a really good turnout but if you did miss it and want to know more John Hancock is our local guru and holds regular training sessions you can access via this facebook group: www.facebook.com/groups/nzswimrun/

If you were one of the awesome people that ordered a Tri Wellington T-shirt the good news is the order has been made and we will be sending out an update on pick up options soon.



Phillip Jacques is this week’s profiled athlete. He is into his second year on the Tri Wellington committee and is never afraid to help out at local events, partially because he always seems to be injured!

What do you do when not training or racing?

Indulging my passion for real Coffee and Carrot Cake preferable in the sun and out of the wind.

How did you get into triathlon?

I was talking to Ian Clarke (my Personal Trainer at Habit Gym) about new challenges and he suggested doing a triathlon. The only hassle is that I had to learn to swim properly.

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

Freyberg Beach for swimming and the hills for biking or running. An ideal training day would be no wind or rain, a swim to the lighthouse and then a bike over Mt Victoria, Prison Hill and Houghton Bay hill to home for a coffee and cake in the sun.

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

If it is not too much to ask for, to remain injury free long enough to do another race.

What is your favourite race and why?

The old Scorcher races are hard to beat, low stress, friendly officials and fellow competitors, familiar course and good coffee at the Scorch o rama Café afterwards.

Most embarrassing moment in Triathlon?

At one of my first Scorchers, I made what I thought was a flash mount of the bike and started to push on the pedals, but they wouldn't go around, the bike stopped and before I could get my feet down I fell to the ground in a heap. With my pride somewhat dented I discovered the rear tyre was flat and to make matters worse I managed to puncture both of my spares trying to fix it.

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

We were all beginners once and we are all happy to share, so if you want to know anything just ask.

What tri means to you in 10 words:

Exercising outside with really great people in our beautiful environment.

Photo of Phil out exercising in our beautiful environment



This week's tip comes from local star and swim coach Lachlan Davey

RECOVERY!

I feel this is often the difference between the consistent and the inconsistent athletes.

It's also easier than you may think. I've thought up an easy way to improve your recovery over the summer and to help you get the most out of this season and beyond. Recovery is also important to reduce injuries, which as we all know are very frustrating.

The three R's to better recovery:

ROUTINE: Create a small but effective stretch routine that you run through post training as soon as you finish (every time!).

This should be your top 3+ stretches targeting your swim, bike or run muscles that need attention. Once the routine has been done consistently over time then you won't even hesitate when you finish your sessions or races it will just be a part of your routine.

RE-FUEL: Re-fuel the body with the right nutrition post training. I recommend within 30mins, re-hydrating and having a quick balanced meal containing a good amount of carbohydrates. Then within 2 hours having a more substantial balanced meal with plenty of protein, to repair and re-build your muscles. Of course talk to a nutritionist to get a more personal and detailed nutrition plan.

RELAX: Relaxing is really important as that's when the muscles will recover faster. Not just post training but any time you can. I would recommend trying to take the weight of your legs as much as possible, put your feet up when you're on the couch or watch TV on the floor getting into some floor stretches and of course get out your foam roller and tennis ball and work through your muscles that might be causing a bit of trouble.

Overall the best thing to do is to **KEEP IT SIMPLE** and create a **ROUTINE** just like you have for getting ready for training or work etc.

Hope all of you can improve your recovery over the summer, all the best with your goals and I look forward to seeing everyone out there!

TRI UPCOMING EVENTS

December 10 – Crazyman multisport race, Petone

December 13 – Splash n Dash 2 / Club Aquathlon title, Freyberg beach

TRI SPONSOR TIP

TRY BEFORE YOU BUY

Swim T3 offer a wetsuit hire service and with their location being perfectly by the big blue wobbly thing you want to swim in it is the perfect way to make sure the wetsuit is right for you before you take the step to buying. More information here:

<https://www.swimt3.co.nz/wetsuithire/index/local/reg/wellington/>

A big thank you to our OLYMPIC sponsors:



And also our highly valued SPRINT sponsors:

