



11th January 2012

Welcome to 2012!!! It has been an eventful year so far - and hopefully everyone had some time off and managed to dodge the rain at least a bit!! There has been no rest for the wicked as a number of events have taken place over the holiday season with many in the club achieving some great results.

News, Views and Reviews

Half Ironman Results

There have been plenty of excellent half ironman results at Ironmaori, Taupo, Rotorua and Tauranga over the past few weeks. Well done to all club members who competed. A few of the notable achievements from Ironmaori included iron-couple Kevin Nicholson and Tristine Emery coming 1st and 3rd respectively, and Andrew Brunt 2nd! At Taupo Simone Robbers and Deb Trendle came 3rd in their age groups, Jo Doherty 6th, Olivia Hilhorst 8th, Jenny Fildes 9th and Dave Creamer 6th, Jeff Culver 7th, Ed Banks 9th. At Rotorua, Tony Buckingham came 8th, David Craig 5th and Fiona Dowling was the 4th woman. There were many great races in Tauranga including wins in their age groups from Deano Gaskin, David Craig and Sue Mellsop. A race overview of Tauranga and Whangamata can be found [here](#). Many apologies to those we have missed!!

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@wgtstriathlon.org.nz.

Lunatic Wellington Triathlete

Our last profiled triathlete Laurence Pidcock made the news recently for his 'lunatic' double crossing of the Tararua's. [Click here](#) for the Dominion post write up. He is following it up by cycling from Auckland to Queenstown in preparation for the Wanaka half. We are chucking around some new nickname ideas for Laurence... 'Crazy' and 'Stu' are amongst the forerunners!!

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 to secure your spot.

Volunteers for Challenge Wanaka

If you're in Wanaka and not racing on Saturday 21st January, why not get amongst the action and help out at Challenge Wanaka at the same time? For more info contact Anna Hiatt on volunteer@challenge-wanaka.com or sign up online [here](#). With over 650 volunteers needed for the event, there are plenty of roles to choose from for all ages and levels of fitness.

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 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.

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 we are giving away to the first 2 members who send me an email [here](#)... There is one tiny condition though - you have to write a race report for our website afterwards. [Their website is here](#).

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

Bronte Tennant has just completed her first year studying at Otago enjoying the student life and keeping up her training. She is a staunch Wellington supporter and member of the club. This is what she has to say...

What do you do when not training or racing?

Sleep, Hang out with Friends, I guess a bit of uni and study.

How did you get into triathlon?

Through the contact energy triathlons at scorching.

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

Swim at Tawa pool in the morning, ride through Makara, run in the bush tracks around Tawa.

Describe your worst or most embarrassing moment in triathlon.

In one of my first triathlons my chain came off, had to flag down a random car to help me put it on since I couldn't yet do it myself. The guy that hopped out of the car had a broken arm. He was most unhelpful.

Your most significant triathlon achievement?

U19 NZ sprint tri champs 2011.

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

Well I just got a new bike.... It's quite nice.

What is your favourite race and why?

Any of the scorching races since they are chilled out and enjoyable.

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

Learn how to put your own chain on before you do a race.

Quick Questions:

Ironman or Olympic distance?: Olympic Distance

Best discipline: Swimming (she is fast!)

Describe you swim technique in 5 words: overly energetic right leg kick?

Longest ever bike ride? Probably one leg of road Lake Taupo, so only 80km

Best 10km run time? 51.21



Recipe of the newsletter

Teriyaki salmon

A humble meal with an exotic twist that doesn't take much effort and could even be cooked up on the barby!

Ingredients

- 4 x 200g salmon steaks
- 1/2 cup teriyaki marinade (e.g Kikkoman)
- 1 cup long-grain rice
- 2 cups water
- 2 teaspoons sesame seeds, toasted, to serve
- 2 bunches bok choy or broccolini, steamed, to serve

Instructions

Step 1 Place salmon steaks in a ceramic dish. Add teriyaki marinade and turn salmon to coat well. Stand for 20 minutes.

Step 2 Place rice in a saucepan and cover with water. Place over a high heat and bring to the boil. Simmer for 5 minutes or until craters form over rice. Cover and turn off heat.

Step 3 Heat a frying pan or cast iron chargrill over a medium-high heat. When pan/grill is hot, place a piece of baking paper in pan – this will stop the fish sticking. Cook 2 salmon steaks for 2-3 minutes on each side for medium rare or until cooked to your liking. Transfer to a plate and cover with foil to keep warm. Repeat with remaining salmon.

Step 4 Divide rice among 4 plates. Top with salmon. Sprinkle with sesame seeds and serve with steamed greens.

Portions: 4

Time to make: 30 minutes

Upcoming Events

14/15th January: [Epic Swim](#) Lake Taupo.

28th January: [Scorching Triathlon](#) with a Wellington yellow and black 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 January: 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](#).

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