



7th September 2011

It is action time for Wellington's world championship representatives. The racing starts in Beijing today with the Aquathlon (swim-run world championship). The age grade sprint races will be on Saturday morning. The Olympic distance age graders will be racing on Sunday morning and finally our own Lachlan Davy will be racing in the junior men's world championship which is the very last race of the festival on Sunday afternoon. All the best of luck to all of the competitors.

News, Views and Reviews

Club Duathlon Results

The hills proved as popular as ever in the Wellington Club Duathlon Champs raced on Sunday. The overall men's winner was Kona-bound Deano Gaskin, 2nd was Tony Buckingham and 3rd Jeff Culver, the women's title went to Tineke Berthelsen, 2nd Sarah Gardner and 3rd Deb Trendle. Check out the full list of results [here](#)

Rugby World Cup interruptions to triathlon training

Newtown Park will be closed to the public and so will both the Freyberg and Kilbirnie pool parking areas during the RWC2011. It will all be worth it though if NZ win.

Saturday Morning Swim Session

Come along and join us for a swim on Saturday mornings. We have a lane booking every week from 7 - 8am at Kilbirnie Pool. These sessions are open to all club members, and we encourage everyone 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.

Mr Smith's Half Ironman Training Group

This is your last chance to sign up for Mr Smith's Half Ironman Training Group for people doing the Taupo and Rotorua Half Ironman events in December. As part of the group you get:

- A proven training plan that will have you peaking at the right time for your event
- Twice weekly group training sessions (Wed 6pm and Saturday 8am)
- Weekly podcasts with training tips, advice, and information helping you prepare for the event
- Workshop sessions where we go through race planning, nutrition, and more
- Unlimited coaching support - answers to any and all questions you may have along the way
- The opportunity to meet others doing the same event and training as you

For more information see www.mrsmiths.co.nz/half-ironman or email gerrard@mrsmiths.co.nz.

Gerrard has also provided a hill gradient analysis of all the many climbs you can do around Wellington, check it out by clicking [here](#)

Proactive Physio - Articles

Proactive is the Tri club's physio sponsor and they have offered to write a series of articles for the newsletter, click [here to view the latest Article](#)

Triathlon Talk - Sept 29

The big triathlons of the year are fast approaching. Taupo Ironman is just 6 months away with lots of ½'s before then. How is your training going?
Are you breaking training plateaus?
Are you recovering well?
Have you any idea what you are doing?

If you are new to triathlon or are a seasoned pro you should come to our Triathlon Talk for some helpful tips and tricks. Bronwyn from Altitude Inc in conjunction with Gerrard from Mr Smith's Coaching are holding a presentation focussing on how to be your best in training and be at your peak performance for your chosen event. Come and hear from these two specialists plus two amazing Wellington Triathletes:

After starting triathlons just a few years ago to winning his age group at Ironman Canada (amongst other things), Tony Buckingham will be sharing some of his stories about how he got in to the sport and trained to become a Champion! We also bring you the legendary Nick Ruane. Nick suffered a stroke when he was 3 and this year completed the Taupo Ironman. Nick will share his great story about how his determination saw him achieve this massive feat and his next goal of completing the Triathlon Long Distance World Championships in Nevada. Entry is by donation as we help Nick fundraise for the Long Distance World Championships in November.

6pm-8pm 29th September
Comfort Quality Hotel
213-223 Cuba Street
Please RSVP with your name, email address and phone number to bronwyn@altitudeinc.co.nz.

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

2011/12 season: There will be 2 terms this year.

Term 1: Oct 25th till Dec 22nd (9 weeks).

Term 2: Jan 24th till April 5th (11 weeks).

Cost: Term 1: \$180 + pool entry

Term 2: \$220 + pool entry

Both terms: \$380 + pool entry (discounted for payments before October 25th)

Member Profile

Jane Heather-Sclater is a busy and determined triathlete who knows all about the fun of travelling with her sport after attending world championships in Hawaii, Budapest, Vancouver and Gold Coast. She is stepping up in distance this year, attempting to race her first half ironman. Jane teaches at Queen Margaret College in Karori and does a great job of coaching and mentoring young triathletes into the sport.

How did you get into triathlon? I started triathlon in 2005 as a form of recovery after surviving 12 years in violent marriage with a husband who had developed post-traumatic stress through the police force. I did it to show my daughter that I had the strength and courage to begin a new life and try new challenges.

What is the best place to train in Wellington? Describe your ideal training day. My ideal training day would be to take the whole day of work and just be free to train with no time limits!!!! A swim at Scorching Bay, a ride on the flat around the Bays and a run through Otari Bush.

Describe your worst or most embarrassing moment in triathlon. Probably the worst and most embarrassing moment all in one was when I raced in a selection race at Kinloch and came out of the water and could not find my bike and could

not remember where my bike was racked or even what my race number was . I was wandering around looking like an idiot when a spectator yelled out “Your number is on your chest!!!!”

Your most significant triathlon achievement?

Coming first in my age group at the Sprint nationals and 12th in the world last year.
Coming third at nationals in Standard distance race.
Coming 8th in the World Aquathlon in Hawaii.

What else would you like to achieve in your triathlon career? I suffer from Glycogen Storage Disease which makes endurance training and racing extremely challenging, but I really want to complete a half ironman. I will be doing Port of Tauranga(2012) So hopefully I will earn my medal along with everyone else...

What is your favourite race and why? Sprint Nationals at Kinloch because I love the course and I have gained the most medals at this race. The lake is awesome and smooth, the bike is fast and the run is partly cross country- all the things I love.

What would your words of advice be for a beginner triathlete? I always say to the girls I coach at school....

‘You are out there to take on a new challenge, immerse yourself in the experience, enjoy the atmosphere, feel alive and above all race your best race on the day.’

Quick Questions:

Best discipline: Swimming but I love running the best.

Describe your swim technique in 5 words: Erratic, imbalanced, high cadence, strong kick....

Your most epic bike ride: The ride up the coast then up and down the Akatarua’s

Ironman or Olympic distance: Scorching Bay when I beat Warren!

Your role models: Lance Armstrong, [Bruce Heather](#) (My dad who holds the record for the most wickets in NZ club cricket.. and still playing at 71!)

Your triathlon nickname(s): Tinkerbelle



Recipe of the newsletter

Basil pesto with risoni

This delicious, light pasta is a cinch to make - and only uses four main ingredients.

Ingredients

400g rigatoni or penne
olive oil spray
200g button mushrooms, sliced
2 cups shredded skinless cooked chicken
2 cups spinach
1/4 cup (60ml) lemon juice
1 tablespoon olive oil

Instructions

Step 1 Cook pasta following packet directions until al dente.

Step 2 Meanwhile, spray a large non-stick frying pan with oil. Heat on a medium-high heat. Cook mushrooms for 5 minutes, or until golden and liquid has evaporated.

Step 3 Drain pasta, then toss with mushrooms and remaining ingredients. Serve immediately

Upcoming Events

Saturdays -

Club swim session 7am, Kilbirnie Pool

18th September - [Pelorous Trust Half Marathon, 10km and 5km](#)

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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www.wgtntriathlon.org.nz

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