

Riviera **Triathlon** Club



Inc.

RIVIERA TRIATHLON CLUB NEWSLETTER

EDITORIAL

ISSUE NUMBER 2

With the winter blues now behind us it's time to think about activities other than running and riding. In this issue you'll find information on swimming, keep it handy as the techniques shown will improve your swimming to no end in the months ahead. Remember it's a free country, if you feel we need an article in the newsletter about any issue, contact Jane or Vaughn on 554219 ah but not after 8:30 pm.

Congratulations to Jenny McConnell - 2nd age group at The Australian Duathlon Championships Mt Martha and Vaughn 4th.

Thanks again to all our helpers at the race, without you it wouldn't happen!

INSIDE

Next Meeting 7th Nov Profile 7.30pm

Social Night Monday 10th Oct Raising Dragon Bairnsdale 7pm Duathlon Series presentation.

SWIM (Think fish)

BIKE

At the races Sale Duathlon 6th Nov Lake Guthridge - Further details soon

Race entry forms

Membership forms

Riviera Triathlon Club

Results Cape Conran Duathlon 7th August, 1994

<i>Competitor</i>	<i>Run Time</i>	<i>Cycle Time (includes 2 transition)</i>	<i>Run Time (overall time)</i>	<i>Placing</i>
Women				
Jenny McConnell	16.42	1.00.08	1.13.56	1st
Men				
Carl Neil	14.35	52.49	1.04.58	1st
George Robinson	15.21	52.46	1.06.26	2nd
Jess Robinson	17.05	57.09	1.12.06	3rd
Johnathan Nicoles	16.42	1.00.08	1.13.56	4th
Mick Clancy	17.47	59.39	1.14.56	5th
Colin Smith	17.04	1.00.47	1.16.01	6th
Dwayne Kelly	17.42	1.04.06	1.18.36	7th
Adam Hawksworth	19.27	DNF	DNF	

Congratulations to all Competitors!!

*Next Duathlon = Swifts Creek Sunday 4th September
(Part of the Winter Games)*

Contact Sally Murray 051 521375

or

Peter Hogan (E.G.R.S.A.) 051 521357



George Robinson, of Orbost, was first across the line in the winter family games duathlon on Sunday.

94-1325-8A



First woman across the line in the Winter Family Games Duathlon on the week-end was Jenny McConnell, of Bruthen, pictured changing into her running shoes in the transition area.

94-1326-18A

Derby's Clinton Bain in Japan Triathlon
article - it does not give the date, from what I was told - but Sunday in Feb

DERBY'S CLINTON BAIN IN JAPAN TRIATHLON



CLINTON LEADING A LARGE PACK OF COMPETITORS IN THE 180 KM CYCLING SECTION OF THE TRIATHLON.

In January this year, I decided to get back into serious triathlon training after a four year absence (due to overseas travel and two years at Looma).

I considered the options of competing in one of the five Ironman triathlon events on the world circuit. I was familiar with the nature of Ironman triathlon events, having previously competed in the Australian title at Forster, NSW in 1988 and 1989.

Looking at this year's calendar, the race in Japan seemed most suitable and what a great excuse for a holiday! Fortunately, my application to compete was accepted, so now the arduous preparation lay ahead.

The Ironman triathlon involves a 3 - 9 km swim in a freshwater lake, immediately followed by a 180 km cycle and then its straight off the bike into a 42 km marathon run. Then you can rest!! Basically, this equates to swimming, cycling and running your way from Derby to Broome!

I had five months to prepare for the race, during which I consumed approximately 350 bananas and 600 litres of water in training and copious quantities of food in general. I swam 120 km (despite the Derby pool being closed for 5 weeks - thanks to the King Sound Resort for allowing me to use a swim exerciser in their pool), cycled 5,700 km and ran 1,180 km - a total of approximately 440 hours of training! I left for Japan, feeling that I was quite well prepared for the event.

Race day dawned - I was up at 4.30 am for my pre race meal, woken by four different alarm clocks (no way was

preparation!). At 6 am, it was 25.5 degrees C with a 90% humidity - tough race conditions. I began the race with 799 other competitors in a deep water start.

The swim went well and I completed the course in 61 minutes 20 seconds. I was happy with the time and felt good coming out of the water. A quick change into my cycling gear and off on the start of my 180 km cycle.

The highlight of the race for me, apart from finishing, was the cycle leg. The bike course took the competitors through very scenic areas - there were mountains, lakes, forests, rice paddies (many, many rice paddies!) and quaint villages. The most amazing thing was the thousands of supporters of all ages lining the streets and shouting encouragement in Japanese. I soon



PUSHING HIMSELF PAST THE PAIN BARRIER, CLINTON COMPLETES THE FINAL LEG OF THE TRIATHLON, THE GRUELLING

learnt the meaning of these words. They cheered with such enthusiasm, I felt as if I had a personal coach on every corner. I finished the ride in 5 hours 12 minutes, giving me an average speed of almost 35 km per hour - a lot quicker than I expected. Coming off the bike on a high, it was straight into the marathon.

The time was now 12.45pm and the temperature had soared to 34 degrees C, with very high humidity. This is where I felt the benefit of having trained in the Kimberley - although at times during the run (particularly towards the end) I experienced considerable pain, I think I had the edge on some competitors who had trained in cooler conditions.

I finished the race in 10 hours 9 minutes - at least 20 minutes faster than I had hoped for, I was over the moon - I had finished 157th out of a field of 800 competitors. I was the third Australian and the first West Australian across the line.

For the rest of the day I was on a real high, and as I went through the motions of receiving a massage, eating a meal and finally having a rest, I realized how true the saying is 'that you only get back what you put in'.

DERBY WALINK/TAFE EVENING CLASSES

Commencing August

- Welding
- 1st Aid
- Clarisworks
(Mac & IBM)

6 people per class,
to register please call
Rose on 931 272
or 911 352 a/h