



RTC Newsletter

September – December 2012

Welcome from the President

Wow what a big first start to the season! A big congratulations to those members who have travelled not only around Australia but also across the globe to compete and represent our strong regional club in various events from Sprint Triathlons, Half Ironman races, Full Ironman races, World Championships, Adventure Races, Mountain Bike races and Cycling races. The Riviera Triathlon Club certainly holds its own when it comes to member representation at events.

We have also had an awesome start to the Mini Tri Series for this year with unprecedented participation numbers. I would like to make particular reference to the outstanding number of Juniors who have been regularly attending our Wednesday night races, its great to see such commitment and passion for these races, keep up the good work guys!

With a number of big club races coming up its now time to kick start your new year and get set for the upcoming Eagle Point Triathlon, The East Gippsland Corporate Teams Triathlon, Wattle Point Club Champions, all race details can be found on our website. www.rivieratriclub.com.au

I would also like to say a big thankyou to the Committee and also to all those who help out at events, it is very much appreciated and enables us to run smooth races.

Keep up the training, and remember to enjoy.

John Morton – RTC President



RTC Members Race around the Globe

World ITU U23 Championships – New Zealand Report by Charlotte McShane

After spending 3 weeks in Wollongong with the sole focus of performing in Auckland, I was very excited to get out there and race. Every session, every day, had been specifically set out to the specifics of the Auckland course, and I could not have been in better physical shape.

My race was first off on the weekend, and it was surprisingly clear skies and a very mild 16 degrees. A two lap, wetsuit swim, I had a pretty decent start, within touch of the front group.

The bike course in Auckland has been described as being the hardest course on the circuit, with 3 steep hills per lap, and 8 laps in total. The first few minutes of the ride are probably the most crucial moment of the race.

For me, it completely changed the outcome of my race. During the first hill, I went from being close to



Tim Boote Travels to China

Tim Boote recently returned from China where he competed with professional adventure racing team Moxie-Nunn at the WuLong Mountain Quest. The 4 day staged adventure race included abseiling, mountain biking, running/trekking and paddling in some seriously challenging terrain. The team finished in 7th position after 4 days of racing, missing out on 6th position by less than a minute.

A radio interview and fantastic video showcasing the event can be seen at the below link:

http://blogs.abc.net.au/victoria/2012/10/local-returns-from-chinese-adventure.html?site=gippsland&program=gippsland_mornings



'2 laps to go'

Clint races in Spain

On the 29th of July 2012, Clint Bain represented Australia wearing the green and gold at the ITU World Long Distance Championships in Vitoria-Gasteiz, Spain. The race included a 4km swim, 120km ride and 3km run.

The beautiful scenery, crazy Spanish spectators, family support, fellow competitors (from more than 18 countries) and the finish were highlights for Clint.

With a swim time of 1:08:00 a blistering ride time of 3:26:00 (35km/hr average) and run time 2:28:00, Clint collected a respectful 34th place, a great result. Well Done Clint!

World ITU U19 Championships – New Zealand Congratulations to Cam Goodison

Cameron Goodison also raced in the ITU Champs U19 event in NZ, Cam finished second in the 18 and 19 years world championships in Auckland, Cam's time of 20.11 minutes for the 1500m swim enabled him to be third after out of the water.

He was still in contention after the 40 km cycle, in second place, less than a minute behind New Zealander Hayden Moorhouse.

Cam went on to pass Moorhouse during the 10km run, but was overtaken by Grant Melzer from New South Wales, who ran a blistering 34.25 minutes to win the world title to complete the race in 2:06:24 hours.

Cam's 37:12min run leg helped him secure the silver medal, finishing in 2:07:27h.

Cam qualified for the world championships after winning the bronze medal at the National Triathlon Series event in Geelong in February 2012.

He is a member of the Triathlon Victoria Development Program and races in ITU Junior Elite events throughout Australia, both Cameron and his coach Nick Conway were very impressed by his results in the World Championships.

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the front, to getting dropped into the second group. My mind was telling me one thing, but my body was just not responding. I was going backwards.

I ended up in the second group, which for the rest of the ride, I pretty much led the whole way. That same hill I was the first to the top, and often gapped the other girls each lap. I couldn't have been any angrier at myself. By the end of the ride we were 2minutes 30 down.

There were 2 really great runners in my group, and I guess the one moment of the race I am proud of was my genuine belief that I could outrun them. I didn't have a great transition, but closed the gap almost immediately to them and stuck there for almost the whole run.

I ended up finishing 12th. A long way off what I wanted, what I know I am capable off, and what I prepared for. It's hard to walk away with a positive mind set when you don't achieve a goal you have been preparing for all year.

I don't think I've ever experienced so many highs and lows in 12 months before. There have been points where I honestly had no idea why I was still



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faith in my ability and where all I wanted to do was go home. Triathlon can be really sh*t at times.

However, I am very fortunate to have such an amazing support group around me to remind me of the long-term goals.

I have done some things in training this year which I never thought I was physically capable of doing, and although I have yet to reproduce this where it matters, I at least now know that physically I have a lot left inside me.

I now have a break at home, before we start preparing for the 2013 season. I'm excited.

Thank you to Triathlon Australia and NSWIS for their support not only over the weekend, but the whole year. I feel very fortunate to have the opportunity to represent my country, and I hope I will have that opportunity for many years to come.

Thank you also to my extremely patient coach Jamie Turner, who had gotten me in the absolute best physical shape possible, and of course for his belief in me throughout the year. Also to my other 'family' the NSWIS training group. It's a pretty special group of people to be involved with. My real family, who I can always rely on, and of course the many other supporters I've had throughout the year, including my physio Alex Price, Katie Slattery at NSWIS and my sports psychologist Paul Penna. There are so many more people that have had a huge involvement in the last year, and I am extremely grateful.

Thank you to Triathlon Australia and NSWIS for their



Canberra 70.3

Riviera Triathlon Club had a number of members compete in the Canberra Half Ironman (70.3) in early December. Amongst the group of 8 was an impressive 7 first timers to the distance.

The race consists of a 1.9km swim in Lake Burley Griffin followed by a 90.1km (5 lap) ride on a looped course taking in some of Canberra's best sights and then a 21km (3 lap) run through parklands.

A summary of results is provided as follows:

Tony Avron – Cotton: 6:41:44

Toby Smith: 4:57:04 (Sub 5 first Half IM!)

Paul Smith: 5:32:15

Simon Walsh: 6:11:58

Prue McTaggart: 5:52:25

Tim McAuliffe: 5:11:18

Mick Beckers: 6:19:53

Rod Smith: 4:38:11

Naveen Joshi: 5:41:12

A great effort by all, well done!

Anaconda Adventure Race - Lorne



A number of RTC members made their annual pilgrimage to Lorne for the Anaconda Adventure Race held in early December. This year three events were on offer, the Anaconda Adventure Race, The Anaconda Mini and the Anaconda Junior Survivor. RTC had members competing in all events and both in teams and as individuals.

The Anaconda Mini was held on the Saturday in temperatures well in excess of 30 degrees, this combined with the tough course took its toll on many competitors. Thankfully for those undertaking the main event on the Sunday the heatwave had largely passed.

The RTC crew put on an impressive show with a number of Top 10 finishes in a strong field of athletes. A summary of results can be seen as follows:

Anaconda Adventure Race

Tim Boote – 4:02:52 (7th Male Open)
Ryan Cross – 4:08:42 (9th Male Open)
Sharon Dilly – 5:09:01 (2nd Female Veteran)
Mandy Habener – 5:18:24 (5th Female Open)
Brad Fisher and Clint Bain – 3:59:01
(1st Male Veteran Team)

Anaconda Mini

John Morton – 3:12:43 (14th Male)
Team Bleggs on Legs – 3:32:45
(12th Mixed Team, Sharon and Howard)

Junior Survivor

Tom Fisher & Duncan Fisher
A great time was had by all next year.

Lakes Entrance – Sprint Triathlon Wrap Up

The inclusion of the Lakes Entrance Triathlon into this seasons racing calendar saw the race once again (after many years) roll through the esplanade in Lakes. A great number of participants took part across the three different events, the Kids Tri, the Sprint Tri and the Mini Tri.

With prize money up for grabs in the main event the competition was strongly contested. The top three males and females in the sprint tri are listed as follows:

Males

1. Cameron Goodison (56:58)
2. Tim Boote (57:30)
3. Rod Smith (59:18)

Females:

1. Olivia Wharton (1:10:08)
2. Cassandra Lear (1:11:58)
3. Wendy Jordan (1:13:05)

A big thanks to Ryan Cross who co-ordinated this event and got it up and running again - another excellent addition to the RTC race calendar.

Fun Fact

You know the treadmill at the gym that goes 20 km/hr max? Jump on that for 30 minutes and you are still 53 seconds behind Alistair Brownlee in the 10 km run of the 2012 London Olympic Triathlon. His 5 km split was 14:14.

Mini-Tri's Return to Wednesday Nights



The annual Mini Tri series is well and truly underway. After a great Christmas themed Mini Tri with many Santa's and Reindeers running around BARC, we've had a short summer break. However, the good news is that the Mini Tri's will resume on Wednesday 9th of January.

The current Top 6 Point scorers for the Mini Tri Series are listed as follows:

1. Joe Wagstaff (57 Points)
2. Stephanie Baker (51 Points)
3. Adrian Bromage (48 Points)
4. Daniel Rickhuss (48 Points)
5. Angus Collins (46 Points)
6. Wendy Jordan (46 Points)

A full list of results can be seen here:
<http://www.rivieratriclub.com.au>



What's that you say? The down low with tri lingo

Brick: A bike –run session, where you run immediately after getting off the bike

Fartlek: A style of running which is random or has a varied pace (i.e. 10km run with sprinting at various intervals)

Interval Run: Short fast repeats with walking or jogging between efforts

Hitting the Wall: depletion of carbohydrates and/or drop in blood sugar levels resulting in immediate fatigue and loss of energy.

Wave: based on age, the time your swim starts

Here is a funny triathlon take off:

<http://www.youtube.com/watch?v=1KTEgLKhljw>

Congratulations to Ryan Cross!

The RTC Committee would like to congratulate our very own Ryan Cross, who after being nominated by the committee was recently awarded TriVic's Club Volunteer Recognition Award 2012 at the recent TriVic AGM.

Ryan is a very worthy recipient of this award in recognition of many years of contribution to our club and the sport of



Upcoming Events

- Mini Tri's (Wednesday's at BARC Bairnsdale)
- Eagle Point Sprint Triathlon – Gippsland Championships (20th Jan 2013)
- Geelong Long Course Tri (20th Feb 2013)
- Corporate Triathlon (17th Feb 2013)
- Wattle Point Club Champs (17th Mar 2013)
- Melbourne Ironman (24th Mar 2013)

Fun Fact

According to Livestrong.com: "The San Diego Track Club is widely credited with inventing the triathlon in 1970 as a way to encourage participation and bring awareness to their organisation.

The International Triathlon Union (ITU) began in Avignon, France in 1989 and created a standard for the sport using distances set for Olympic competition.

The sport made its debut in Sydney during the 2000 games.

Q&A with Mandy Habener

Name: Mandy Habener **Nickname(s):** Masher

Profession: Engineer / Project Manager

First triathlon: Mini Triathlon (Brooks event) in Melbourne during 2006, a friend asked me to go along and do it with her, at that time my 7km training rides at <20km/hr were epic!

Preferred distance: Half Ironman

Favorite training session/workout: At the moment I'm really enjoying riding my MTB, hot yoga and paddling. My fave tri specific session was a brick including a 60km ride – 20min run – 30km ride – 40 min run. Also love a 40 x 100m session in the pool on a cycle time.

Most memorable moment in sport: Challenge Cairns 2011 – my first Ironman, the day had lots of highs and lows but I'll never forget that finishing chute.

Favorite training/race food: Gu and Torq Gels, Gu Chomps

Don't leave home without: My car because it has everything I could possibly need.

Next race: Hellfire Cup in Tasmania (a few days of MTBing)

Tip for Readers: Use Qoleum to prevent chafe, Milton tablets to clean drink bottles :)

