



Club Champs Reminder – 7 weeks to go

Club Champs is a 'club distance' triathlon (half-way between a sprint distance and an Olympic) involving a 1km swim in a sheltered inlet, 30km out and back cycle and 8km flat run. The race is the only opportunity you really ever get to run for your club against other NSW triathlon clubs to see which club is crowned '2012-2013 NSW Club Champion'.

The race though is only a small part of what always promises to be a FUN weekend away! As race start time is Saturday afternoon, most people head up on Friday night and stick around for the dinner and party at Club Forster on Saturday night. A lot of beer is consumed, a lot of cheesy music played and some dodgy dance-moves hit the dance-floor, but anyone who has ever been will agree that this a fantastic opportunity for you to hang out with fellow members and indeed meet new ones!

We would also encourage members to bring their family to Forster for the weekend. In addition to there being a real community feel to the event, WTC will need volunteers to assist with the race. If you or any of your non-racing family are able to assist with marshalling, please contact Bev Thorsen at gthorsen@bigpond.net.au.

We hope as many of you as possible can make it. If you are interested, here's what you now need to do:

1) Enter Club Champs race via <http://regonline.activeglobal.com/Register/Checkin.aspx?EventID=1119879>. Please note that you MUST be a member of Triathlon Australia in order to race.

2) Book accommodation. WTC recommends and has reserved rooms at Sails Apartments for the weekend <http://www.sailsapartments.com/> ((02) 6555 3700 (02) 6555 3700). Sails offers 2 and 3 bed luxury self-contained apartments. 2 bed apartments (sleeping 4 people) will cost \$690 for the weekend. 3 bed apartments (sleeping 6 people) will cost \$810. We ask that members organise who they will be sharing the relevant apartment with and book accommodation with Sails directly. WTC will not be booking accommodation on behalf of members. Also please mention that you are from WTC from booking! For members seeking more modest accommodation, we can also recommend Kelanbri Motel <http://www.kelanbri.com.au/index.htm>

3) Confirm that you and your family will be attending the dinner at Club Forster on Saturday night. WTC has reserved a venue within Club Forster exclusively for WTC members to enjoy a yummy 3 course meal. There are usually a few fun WTC speeches looking back at the racing season and even a song or two, so we would encourage you to attend before the real partying kicks off afterwards! The cost of the dinner is \$26 per person. You can purchase your dinner ticket online now via the following link (you are also able to purchase additional tickets for your family members) <http://regonline.activeglobal.com/Clubchampsdinner>.

Junior News

TRYstars camp

WTC Coach Symon Astley, ably assisted by some of the WTC juniors, ran a very successful TRYstars camp in January. Eleven keen youngsters, aged between 7 and 12 years, converged at the Terrey Hills Swim Centre for three days of triathlon skills and fun! Games such as the slowest bike race, square of death and noodle races were integrated with skills in all three disciplines. At the conclusion of the camp, the children raced in a triathlon to show off their newly learned skills. Thanks to Jesse Freeman, Damon Astley, Morgan Nicholls and Kieren Tall for their help with the camp. A great success!



Upcoming Events

Sat/Sun 16-17th Feb - Jervis Bay Triathlon Festival- For all those down in Husky this weekend, we shall be having a CLUB BBQ at 4pm on Sunday by Moona Moona Creek. Come share your war stories with fellow members and have a good feed before hitting the Husky pub later on! Please BYO meat and drinks. Location is per the attached map. See you there!

<https://maps.google.com.au/maps/ms?msid=214743643118122438752.0004b8465b3de6c3ea0dd&msa=0&iwloc=0004b8465c6db0a57ef6a>

Sunday 17th March- Warringah Triathlon Club Race, North Head.

Saturday 6th April - NSW Club Championships – see the WTC website for more details.

<http://www.warringahtriathlonclub.com/nsw-club-championships.html>

Suggestions for next newsletter?

Send to: mattncleo@westnet.com.au



Canberra Sprint Distance Race Report January 25, 2013

Weekly training times

Canberra twice in the last 6 weeks ... What brings athletes together to race in the murky waters of Lake Burley Griffin on a long weekend? Could it be the scenic beauty?

No doubt it was one reason. This was a qualifying race worth double points for athletes wishing to qualify for the World Sprint Distance triathlon championships for age groupers held in London.

Most of us arrived on Saturday night in Canberra to notice by the local SES that a major storm front was on its way. There were big black clouds, howling winds and hail. We were smartly told that our "lets cycle the course the night before" was a no goer by the local officials.

So we sulked ...went home to lay out our gear for the morning and head out to a local Italian restaurant for dinner. It bucketed down and weather was just plain awful.

Race morning proved to be clear day, slightly overcast and lovely cool temps.

The Warringah crew looked great. Most of us in full kit and looking strong, fit and formidable!

The swim start was a long wait between waves (to keep the numbers down on the cycle course) it seemed frustratingly slow with at least 1/2 hour delay for the start for most waves. We had a 10 min wait for my wave in the water! The swim only took less than 14 mins!!

Finally my wave started (definitely helps to have a pre race swim so you can feel the water in Canberra). The water is brown, zero visibility, full of debris, no sharks or jelly fish but lots of sharp rocks on the shore. Listening to the pre race briefing was also of major help for the race as they told you what to look for in sighting for the bouys... A mistake I made at Canberra half... was not listening to the swim brief and having no clue where I was going in lake!!

Canberra has to win the award for the longest run from the swim to transition. But once that was over it was a fast flat course on closed roads (2 laps) on the bike leg. There were TO's everywhere on course. There were ruthless. I got my first yellow card... Me ... (I am TO!... So embarrassed... Shame). I was unfortunate enough to have a rider going at the same speed as me We were playing cat and mouse. Anyway to make along story short she overtook me and I didn't drop back several metres. My excuse ...I was in the "zone" and didn't even realise what I did. I was out to cycle my heart out no intention to cheat!

So we live and learn as I sat in the penalty box sulking. 6 girls then-caught me on my ride. I finished the race in 11th position but I worked out if I subtracted 2 mins from my finishing time. I would have come 6th!

The run was flat and fast around the lake. There was lots of Warringah support out there...but I think it was just hold on and put every thing into it. Particular thanks go to Rowena and Jeff as they flew past me. Telling me to "keep going Rob... not far to go..."This is the support that makes Warringah so special.

Well done to all our podium finishers. (Pete Walker, Greg Pride, Jenny Gilbert, Michael Anderson, David Washbrook) It was great to see Rowena, Luke, Shannon, Alex, Noriko, Sally and Jeff . Sorry I have missed a few guys.

Greg Pride took to the mic at the presentation.... promoting the club and all the recent efforts in training for our members. ...also explaining our handicap system for club races. (I am still confused but I believe you)...Just don't ask me to explain it! Great PR anyway!!

Good luck to all who raced ... A few of us may be heading to London in September 2013. Stay tuned. (Personally I just want to wear Lycra with my name on my backside and have an excuse to go to Queens country).... Just the once!!

Written by Robyn Walker.



Sunday

RUN - 7am (@1 hour). Meeting point South Curl Curl Surf Club or Narrabeen Lake. Free

SWIM - 4pm. Meeting point Manly Dam section 1 carpark. Free

Tuesday

BIKE - 5:30am. Meeting point at United Service Station Dee Why

RUN - 6.30pm. Meet point Queenscliff Surf Club. Structured run session facilitated by a WTC Coaching Alliance member. Cost \$5

Wednesday

SWIM - 7 pm. Virgin Active Frenchs Forest. Structured training set/stroke correction. Contact Dan Howitt. Cost \$5

Thursday

BIKE - 5:30 am. Meeting point at United Service Station Dee Why. Members co-ordinate their own session or attend structured bike training session facilitated by a WTC Coaching Alliance member – Cost \$5

Friday Swim/Run – 6.30pm meeting at Shelly Beach boat ramp. 700metre swim followed by a 5km run. Followed by a steak and beer at the Charlie Bar, Manly

Saturday

BIKE - 6am. Meeting point corner of South Creek Rd and Pittwater Rd Dee Why. Free

BIKE SKILLS/TRANSITION - 9.30am. Meeting point Lake Park, Narrabeen. Structured training session facilitated by WTC Coaching Alliance member Symon Astley. Cost \$5