

August Newsletter

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Latest news.....



Latest news

Overview

Lots going on this month! This weekend kicked off our WTC duathlon and triathlon series, with a great turn out for our first event. Well done to Greg Nicholas, Lauren Higgins, Lachlan Harlyck and Trish Haronga for your respective wins and a massive thank you to all that volunteered.

This month also had the Lauren Parker annual swim followed by an afternoon tea and speech from Lauren. Unfortunately the weather decided it should be winter before the end of winter which made for a chilly swim. But that was soon made up for by the inspirational talk from Lauren and the yummy food!

The auction is open to assist in raising funds for Lauren's ongoing recovery, lots of great items on offer. See link [here](#).

Shortly after the Lauren Parker fundraiser we held our AGM. All office-bearers are to continue their fantastic work in their roles supporting the club, and there was some really good feedback raised, so thank you to all that attended. Minutes from the meeting can be viewed [here](#).

We do want to hear your views about how we are doing well/ what we could do better, so would really appreciate it if you could find the time to participate in a short survey ([here](#)).

We were also very lucky to be represented by some super speedy athletes at the recent Ironman 70.3 World Championships in South Africa, on a very challenging course.

Congratulations to Antonia Cox, Annabelle Hartigan, Nakita Brown, Vicky Dawkins, Mathilde Batailler, Jocelyn Bretherick and David Lock on your fantastic performances!

Upcoming

This week we have the World ITU Championships on the Gold Coast, where we have the following WTC members racing:

Sprint Distance (Thursday 13 September)

Ellie Sarka F 25-29

Laura Hale F 30-34

Angela De Paula Assis F 35-39

Emily Washbrook F 35-39

Nicole Ward F40-44

Claire Dewar F 45-49

Sally Colley F 50-54

Jenny Gilbert F 60-64

Jack Haggerty M 16-19

Jack McLean M 25-29

David Washbrook M 35-39

Heinrich Badenhorst M 40-44

Nigel Playle M 45-49

Laurent Doyen 45-49

Darren Ingram M 50-54

Pete McLean M 50-54

Gary Tall M 55-59

Greg Pride M 65-69

Olympic Distance - Sunday 16th September

Mel Marsh F35-39

Phoebe Fear 40-44

Annabelle Hartigan 40-44

Amanda Whiteman 40-44

Jenny Gilbert 60-64

Susan Nicholson 60-64

John Ketelbey 30-34

David Washbrook 35-39

Adrian Ciano 40-44

Darren Winterford 40-44

Laurent Doyen 45-49

Peter Walker 50-54

Graeme Beattie 60-64 M

Phoebe Fear 40-44F

Also, Emma Jeffcoat will be racing in the professional race at **3pm on Saturday** and Lauren Parker will be racing in the Elite Paratriathlon on **Saturday at 7.15am**.

We also have Deanna Waters officiating at the races, again a huge commitment and effort to our sport.

Best of luck to everyone out there!

2018/19 Season Club Races - Second Duathlon





Second Duathlon of the season - 14th October!

Registrations are now open for race 2 of the 2018/2019 Duathlon/Triathlon Series which will coincide with Ironman World Champs in Kona, Hawaii on October 14. Come join us after the October race at Manly Surf Lifesaving Club where we'll have coverage of the race on the big screen. More details to come.

Race manuals and more details on the club website [here](#), or for further information please email racedirector@warringahtriathlonclub.com

Race entry [here](#)

The club triathlons commence on 18th November and a race each month through to April 2019 for which great value series entry is available.

These club races are an important part of the club's performance and social focus, your support through early entry, encouraging training partners and friends to compete or volunteer is appreciated.

We have arranged a little inter-club challenge against Balmoral Tri Club where the 18th November WTC race and the 2nd December Balmoral Tri Club race will be a home and away head to head between the clubs.

Tri NSW Regional Interclub Competition





One race into the official TNSW interclub series and we trail Balmoral in the overall points score, but it is early days as there are ten races in the series. WTC expect to have a good turnout at the second race in the series, join us there at the Nepean Triathlon. Details of the competition, links to all races in the series and how the points score works are all available [here](#)

Pos	Team	Overall Points	Race 1
1	 Balmoral Purple Cobras	13.5	13.5
2	 Warringah Waves	8	8
3	 Northern Suburbs Mighty Mites	1	1

Coaches' corner



Got some race goals for the upcoming Tri Season? We work with a limited number of athletes but have some spots coming up to join Team Ward. Individually tailored programs, group sessions, experienced professional level 2 performance coaches. If you'd like to have a chat or know more please call Nic on 0402092430 or email us at team.ward@optusnet.com.au



Racing Heart have created a 10 session card for group training! Just like you're coffee card.

The RH Group Training Session 10 Pass Card can be used across swim, bike, run (including weekly Track Sessions, Narrabeen) scheduled throughout the year/season.

1. **Casual: \$15. 10 pass: \$145 (including one session free)**
2. **Racingheart season program athletes:**

- **Casual: \$10; 10 pass: \$90 (including one session free)**
- **RH Season Program/Premium Plus:
Coaching fee waived**

Track: \$4 (for TA membership card holders)

show your card at the gate or \$6 general entry.

Terry Hills Pool: \$7.50 (max 4 people per 25m lane)

To purchase a 10 pass card or any other questions,
please contact the RH Coaching Team:

- mick@racingheart.com.au
- chris@racingheart.com.au
- rebecca@racingheart.com.au



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Financial club member of Warringah triathlon club

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