

# Triathlon Western Australia Annual Report



**2007-08**

## **Triathlon Western Australia Annual Report 2007-08**

Triathlon WA is affiliated to Triathlon Australia which in turn is affiliated to the International Triathlon Union and the International Olympic Committee.

### **Office Bearers**

President	Peter Rash
Vice President	Annie Brinkworth
Secretary	Jenny McRae (resigned)
Treasurer	Gaye McKean (resigned)
General	Brian Kempson (resigned – now in TWA position)
	Matthew Prendergast
	Sam Prince
	Sean O'Neill
	Peter Minchin

### **Affiliated Clubs**

Albany Triathlon Club  
Bunbury Triathlon Club  
Busselton Triathlon Club  
City Triathlon Club  
Club M Triathlon Club  
Esperance Triathlon Club  
Fremantle Triathlon Club  
Geraldton Triathlon Club  
Hedland Tri Sports Association  
Kalgoorlie Triathlon Club  
Mandurah Triathlon Club  
Nickol Bay Triathlon Club  
North Coast Triathlon Club  
Ranges Triathlon Club  
Rockingham Triathlon Club  
Stadium Triathlon Club  
UWA Triathlon Club

### **Life Members**

Rob Pickard  
Mark Batten  
Toni O'Donnell  
Peter Hall

## **Aims**

Triathlon Western Australia is an independent non-profit, incorporated association, which is recognised as the peak body for Triathlon in Western Australia. In season 2007-2008, the membership was 1,556 members and represented 17 triathlon clubs. The primary role of Triathlon WA is to represent the members of the Association and to be a quality provider of triathlon, duathlon and aquathlon services within Western Australia. The aim of the Association is to work effectively with all stakeholders in leading the development and growth of triathlon, duathlon and aquathlon in WA.

## **Objectives**

- provide for the encouragement, conduct, promotion and administration of Triathlon, Duathlon and Aquathlon in Western Australia;
- participate as a member of a single uniform entity through and by which Triathlon, Duathlon and Aquathlon in Western Australia is conducted, encouraged, promoted and administered;
- affiliate and otherwise liaise with the peak national (and/or international) body or bodies or other strategically aligned bodies in the pursuit of these purposes;
- co-operate with Triathlon Australia and/or other state triathlon associations in the conduct and development of Triathlon, Duathlon and Aquathlon;
- strive for and maintain government, commercial and public recognition of the Association as the authority on Triathlon, Duathlon and Aquathlon in Western Australia;
- participate to secure uniformity in such rules as may be necessary for the management and control of Triathlon, Duathlon, Aquathlon and related activities;
- pursue through itself or others such commercial arrangement, including sponsorship and marketing opportunities, as are appropriate to the purposes of the Association in Western Australia;
- act as arbiter on matters pertaining to the conduct of Triathlon, Duathlon and Aquathlon in Western Australia;
- formulate or adopt, or adopt and implement appropriate policies, including in relation to drugs in sport, safety, junior and senior development programs and such other matters as arise from time to time as issues to be addressed in Triathlon, Duathlon and Aquathlon;
- represent the interests of its Members and of Triathlon, Duathlon and Aquathlon generally in any appropriate forum;
- have regard to the public interest in its operations;
- encourage Members to realise their potential and athletic abilities by extending to them the opportunity of education and participation in Triathlon, Duathlon and Aquathlon competition and to award trophies and rewards to successful competitors;
- encourage and promote performance enhancing drug free competition;
- seek and obtain improved facilities for the conduct of Triathlon, Duathlon and Aquathlon;
- effect such purposes as may be necessary in the interest of Triathlon, Aquathlon and Duathlon;
- undertake and or do all such things or activities which are necessary, incidental or conducive to the advancement of these purposes and to carry this constitution into effect; and
- procure that all Triathlon, Duathlon and Aquathlon events conducted in Western Australia are conducted in accordance with technical and safety requirements stipulated by the Association from time to time.

## **Presidents Report**

Hello again everyone,

Well another great triathlon season "done and dusted" and I'm sure everyone has had personal highlights from the race calendar - locally, interstate and overseas.

Once again all our WA events were safe, well run and with record attendances, so a big thanks to all the Race Directors, Technical Officials, Advertising/Sponsors, Volunteers, Coaches & Supporters.

Special thanks also to the TWA staff, board and various club committee members who are the behind the scenes power that continually drives our sport along and make it enjoyable for all.

Congratulations to all the Triathlete of the Year (TOTY) award winners and all those members who achieved PB's in their chosen event distances.

The coming season and late 2009 promises to be even more exciting in Perth and Australia.

Apart from all the great races on our upcoming TWA calendar, we again host the 2009 Australian Olympic Distance Championships here in March 2009 (which is also a qualifier for the 2009 Gold Coast ITU Triathlon World Olympic Distance Championships in September 2009).

In addition, we will host the 2009 ITU Long Distance World Championships here in Perth on 25 October 2009, and our own Busselton Half Ironman race on 2 May 2009 is a Qualifying Event, which will add another dimension to what is already the best Half IM event in Australia (OK - so I'm a little biased!)

So hang on to your hats and start planning your season now to take advantage of all these fantastic high profile, world class events in own backyard.

Let's see how many World Champions WA can produce!

I look forward to seeing you all out there again next season

**Peter Rash**  
**TWA President**

## **Executive Officers Report**

Triathlon in Western Australia continued to evolve this past season in many ways. Participant numbers in nearly all of our calendar races were at record levels for the second consecutive year and the numbers of coaches and officials who participated in official training courses was up from 2006/07. Our flagship event, The Sunsmart Busselton Half Ironman Triathlon reached new heights in terms of participation, event management and presentation.

A major focus for the Association over the past 12 months has been the establishment of the Junior Pathways Program (JPS) for our talented junior athletes. This group was supported in the way of race gear from Zoot Performance Wear, a travel subsidy to Hobart for a National Series race and many skill workshops including a bike session with former Ironman WA winner, Mitchell Anderson. This program forms the start of a long term plan to become a WAIS funded sport within the next 5 years.

The Technical Official Program has also been well supported in 2007/08. Participation in three calendar events as an official was rewarded with a reimbursement of TWA membership fees which is a small way to recognize the often thankless task of officiating. Hopefully this will continue to encourage more members to assist run the sport in this way.

Coach Education was another focus for our staff and it was rewarded with three level one accreditation courses held across the state including Bunbury and Kalgoorlie. There was over 40 coaches put through the program and we are working with these people to ensure that clubs develop a strong coaching structure to help support members.

The Sunsmart Regional Kids Tryathlon Series was held in 5 regional centres. Those centres participating included Kalgoorlie, Geraldton, Esperance, Bunbury and Albany. All were successful with special mention to the Kalgoorlie club who hosted 200 young triathletes! We managed to extend the services offered to some clubs through specialised coach education seminars which we plan to expand next season.

Duncraig Senior High School ran a triathlon specific program through 2007 and 2008. This program has been in place for around 4 years and in 2008/09 TWA is taking steps towards officially endorsing the program. Development Officer, Brian Kempson is working with the school on providing opportunities to educate the students in coach education, technical officials training and sport specific skills.

The 2007-08 season saw 26 events on the calendar.

There were 11 State Series races for seniors and 4 for juniors throughout the year. The races conducted were well supported and we are working with the respective Race Directors to ensure we continue to have quality events for the membership this year.

Triathlon in Western Australia is continuing to grow in popularity. However, we must continue to evolve and look to our membership for feedback and support. We aim to make the sport strong in the areas of participation, membership, juniors, coaching and administration. We are working with our main stakeholders to help secure the health of the sport for the future.

**Philip Gregson**  
**Executive officer**  
**Coaching**

A list of Recognised Practising Coaches is kept updated and available on the TWA website under the "coaches" tab.

This now includes Junior Coaches who qualify for the TWA Junior Five Star Rating criteria:

- Level 1 Accredited
- Accredited Coach with Insurance
- Working with Children Check
- Conducts Junior Program
- Conducts Trystars Program

TWA only recognises coaches who are actively coaching and have a minimum level of coaching insurance as deemed by Triathlon Australia.

**TWA recommends that all athletes and clubs check the accreditation status of their coach.**

#### Level 0 Coaching Course:

TA has produced a draft copy of a Level 0 Triathlon Skills coach education course. This is a 1-day course aimed at teachers/parents with a Trystars focus.

When the course is eventually approved by Triathlon Australia, TWA will coordinate a course to be run in Perth.

#### Level 1 Coaching Course:

TWA increased the number of Coaching Courses held for Level 1 this year compared to 06/07 figures with an additional 25 more "prospective" regional coaches attending.

The Level 1 Course now focuses in more detail on practical skills and getting people into coaching via a practical learning experience.

Perth in August 2007 (22 attendees)  
 Kalgoorlie in May 2008 (13 attendees)  
 Bunbury June 2008 (12 attendees)

Currently the retention rate of course attendee's verses active accredited coaches is less than 19% each year.

This is a major concern for our sports future.

This year TWA aims to address this by creating more opportunities for coaches within the club system to encourage greater involvement and development of club coaches. Our long term aim is for all clubs to have active accredited coaches.

#### Level 2:

The next Level 2 Course is scheduled by TA for 3rd May 2009 in Queensland.

#### CEPT (Coaches Education Program Triathlon)

This program began in May 08 with the Half Ironman Seminar at Challenge Stadium

It is designed to add coaching value for the WA Coaches by bringing information and education through high level presenters throughout the course of the year.

#### Junior Pathways Squad

The Junior Pathways Squad (JPS) has a TWA Junior Panel to oversee the structure, logistics and results of the program.

Juniors in this squad are encouraged to have their own coach. The JPS Panel organises high performance workshops for the athletes and their coaches to assist in their development.

There were 5 members of the squad in 2007/08 with the highlight being 2 members qualifying to attend an Australian Series race in Hobart.

The JPS squad and members of the WA Schools team worked together and attended a series of coaching sessions with experienced cyclists to learn and practice skills related to the art of bike racing in a drafting environment as this type of racing is common over shorter distances at advanced level competition.

**Brian Kempson**  
**Development Officer**

### Schools' Triathlon

Secondary Schools Triathlon: TWA assisted School Sport WA with the running of their Secondary Schools Triathlon on Friday 2nd November. This event starts with selection races for the School Sport State Triathlon Team, followed by a teams' race and finishing with a novice race for individuals, the latter two to encourage students to participate in triathlon, often for the first time. In 2007 approximately 320 individuals and 105 teams participated from 39 schools. Once again this was a 10% increase in the team participation but a massive 60% increase in the individual participation from the previous year. The small number of schools involved is disappointing and we would like to see more becoming involved in this great event. This race could not be run without the assistance of many teachers, parents and TWA members and we thank them all for their time and effort.

Primary Schools Teams Triathlon, Nedlands: TWA also assisted School Sport WA with the running of their Primary School Teams Triathlon on Wednesday 7th November. This event is held to encourage students in Years 6 and 7 to participate in triathlon. Teams consist of boys and girls from either school year with a swimmer, a cyclist and a runner. Approximately 220 teams participated in 4 waves of 55 each to ensure the students safety. This is a great event with huge enthusiasm and excitement from all the schools who participate and plenty of parental encouragement. For most students this is their first experience of triathlon and they come away with a very positive feel for it. Building on the success of this event, School Sport and TWA are planning a second Primary Schools Teams Triathlon for the coming season which will be South of the River at the new Champion Lakes Regatta Centre near Armadale. Once again TWA would like to thank all members who assist with this race either by promoting it around the local schools or by getting involved on the day.

School Sport State Triathlon Team 2008: This year there were 35 members of the team once again managed by Graham Maier, supported by Stuart Denton, boy's manager, Michelle Downs, girl's manager and Tony Banks as coach. Thank you to all of them for their hard work preparing and looking after these youngsters. The team consisted of:

<b>JUNIORS</b>					
<b>GIRLS</b>			<b>BOYS</b>		
1	Jenelle	Crooks	1	Blake	Lee
2	Ashley	Ellis	2	Matt	Perris
3	Emily	McRedmond	3	Matthew	McCosker
4	Gaby	Caceres	4	Sam	Lade
5	Jaz	Hedgeland	5	Tom	Medland
6	Kimberley	Hallett	6	Trent	Derecourt

<b>INTERMEDIATES</b>					
<b>GIRLS</b>			<b>BOYS</b>		
1	Ella	Trimboli	1	Jonathan	Anderson
2	Ashlee	Bailie	2	Kenji	Nener
3	Anna	Williams	3	Joey	Coote
4	Paige	Bowman	4	Bradley	Brown
5	Heidi	Krause	5	Jack	Neary
			6	Jack	Kierath

<b>SENIORS</b>					
<b>GIRLS</b>			<b>BOYS</b>		
1	Adele	Richards*	1	Ryan	Bailie*
2	Ashley	Fearnley	2	Joe	Kierath
3	Lauren	Hancock	3	Michael	Lori
4	Katherine	Humphreys	4	Troy	Main
5	Katelyn	Vernon	5	Christian	Dix
6	Jade	Turner	6	Nathan	Riseborough

We weren't sure what to expect from Devonport, Tasmania, venue for the national schools championship held in March earlier this year. But Mother Nature came good and for the first time in three years we had perfect conditions for the two race days. Flat, but very cold seas were challenge for those without wetsuits, but all survived unscathed. The bike course was also mostly flat and fast, while the run course was multi-lap giving great spectator access. Our individuals and teams performed well under the guidance of managers Michelle Downs and Stuart Denton and coach Tony Banks. In the points competition we came 5<sup>th</sup>. But for team spirit and a sense of fun, ably captained\* by Ryan Bailie and Adele Richards, the WA team was number 1.

Everyone put in a top effort but there were a few outstanding performances. None better than from the Bailie kids – Ryan and Ashlee. They both achieved 4<sup>th</sup> place finishes in extremely competitive national fields. In the senior boys event, which was, for the first (and maybe last) time draft legal, Ryan exited the swim a minute or more down on the lead pack. He formed a second pack which he marshalled and lead 90% of the time to close the gap. Despite his huge workload on the bike he had a sensational run and mowed down all but three of the leaders - an amazing performance from Ryan. His sister Ashlee is also a real talent on the bike and her 4<sup>th</sup> placing was a terrific result.

There were other notable performances including from our juniors, some of whom are very new to the sport. Kenji Nener had the fastest run split in the intermediate boys to capture 5<sup>th</sup> place. Junior girl Jenelle Crooks once again showed her talent to finish in the top 10 as did junior boy Trent Derecourt. Intermediate boy Brad Brown wasn't put off by the cold, being 4<sup>th</sup> out of the water and placing 12<sup>th</sup> overall. The experienced Mike Lori and Jade Turner performed strongly in the senior age-group.

Our relay teams also had some great performances. The junior girls' team (Kimberley Hallett, Jenelle Crooks, Jaz Hedgland) and the senior boys' team (Joe Kierath, Ryan Bailie, Mike Lori) both secured bronze medals in the teams' race.

The inspirational, team lifting performance of the meet came from Troy Main, whose pedal fell off during the cycle leg. Troy had worked very hard for many months just for this one race, and while you or I might have given up, Troy rode out the rest of the bike course using one leg and finished off the event. He is a very exciting future champion.

Finally, I must comment on the great support the team received from the parents and families. From assembling the bikes, to taking photos and just supporting the team throughout the races, the parents were wonderful.

It looks like the 2009 event will be in Tasmania again and will be something to really look forward to.

This for some is the first stepping stone in the Junior Development Path to becoming an Elite Triathlete and therefore an important part of TWA's Junior Pathways Program.

Duncraig Senior High School: Duncraig SHS has an excellent triathlon program in the form of the Duncraig Triathlon Academy (DTA), now in its 7th year. Each year DTA have a good proportion of students in the State Team. TWA has encouraged the school with this program over the years. This program also sees the local TRYstars program being boosted by children keen to try triathlon with a view to entering the DTA. The school and TWA have recently agreed to have a mutually beneficial partnership to take the program forward in 2009.

All the above activities help to assist the junior development of Triathlon and any members wishing to become more involved in Junior Development at all levels would be welcomed.

**Ann Blatchford**

## **Technical and Sanctioning**

### **Active Technical Officers**

In January, 2008 we ran what was probably the most successful TO introductory course held for many years with some 25 persons participating, many of them continuing with the practical session at a subsequent Calendar event to qualify as TO1. Also during the season we saw 3 TO's from previous courses who upgraded to level 2 at the end of 2006/7 making a substantial contribution as members of the Senior Technical Team at Calendar events. However at the same time we lost the services of four level 2/3 TO's who moved away from Perth for much of the season. We hope 3 of these will be back next year and we did have one interstate TO2

move in. It is still the case that we have some difficulty fielding a senior team at all events and it becomes almost impossible when two events are scheduled for the same weekend.

The Committee hope to conduct a TO training course, probably in September and possibly for repeat later in the season and are seeking funding for courses in country regions.

### Technology Developments

The Committee is proposing a system based on the use of individual stop watches for use in the Penalty Box at least in major events. We are also looking to investigate the use of video cameras on motor bikes or in the Penalty Box and hope to develop a Radio bank for the Technical Team independent of but able to link to the Race Director systems. Replacement of some aging motor bike helmets and a second digital thermometer are also proposed for the budget for 2008/9.

### Daylight Saving

This has been met with mixed feelings (to say the least) with particular concerns late in the season about competitors trying to set up in transition and the problems faced by Technical Teams with helmet check – in and with monitoring course details including water safety, signage etc.

### Sun Smart Half Iron Man Triathlon – Busselton

We believe the event this year was probably the best, fairest and safest held at Busselton. This was in large part due to the provision of 3 senior interstate TO's flown in to strengthen the Technical Team but also to the introduction of wave starts and to a coordinated strategy for tackling drafting.

Finally my thanks to my Committee for their support and the time and effort they contributed throughout the season.

Steve Barrie  
Chair TWATC

## Outstanding Results

### Triathlete of the Year

<b>Open Male</b>	<b>Sean O'Neill</b>	<b>Open Female</b>	<b>Felicity Sheedy-Ryan</b>
M under 14	Samuel Lade	F under 14	Emily McRedmond
M under 16	Jonathon Franklin	F under 16	Paige Bowman
M 16-19	Johan Borg	F 16-19	Amy Hancock
M 20-24	Clinton Doak	F 20-24	Nicole Gunthorpe

M 25-29	Thomas Bakowski	F 25-29	Jade Paton
M 30-34	Paul Zani	F 30-34	Eloise Dortch
M 35-39	Ben Jarvis	F 35-39	Michelle Clinton
M 40-44	Craig Kimpton	F 40-44	Kylie English
M 45-49	Rob MacPherson	F 45-49	Robyn Scott
M 50-54	Alan Nicholls	F 50-54	Jenny Owen
M 55-59	Peter Ranford	F 55-59	Jan Billingness
M 60-64	Robert Scott	F 60-64	
M 65-69	Ivan Wiltshire	F 64-69	Pauline Wiltshire
M 70-74	Steve Barrie		
AWAD	Bob Thomas		

## STATE CHAMPIONS

### State Aquathlon Champions

<b>M Open</b>	<b>Peter Robertson</b>	<b>F Open</b>	<b>Felicity Sheedy-Ryan</b>
M 16-19	Michael Lori	F 16-19	Alicia Hallett
M 20-24	Ryan Wilmott	F 20-24	Hayley Norton
M 25-29	Andrew Mosel	F 25-29	Keira Macfarlane
M 30-34	Anthony Palmer	F 30-34	Caroline Zani

M 35-39	Leigh Willison	F 35-39	Nathalie Bond
M 40-44	Karl Thorstensen	F 40-44	Loretta Wesley
M 45-49	Dale Wesley	F 45-49	Robyn Scott
M 50-54	Peter Rash	F 50-54	Anna Brindal
M 55-59	David Norton		

### State Sprint Champions

<b>M Open</b>	<b>Brynt McNeil</b>	<b>F Open</b>	<b>Felicity Sheedy- Ryan</b>
M 16-19	Ryan Bailie	F 16-19	Isabella King
M 20-24	Clinton Doak	F 20-24	Nicole Gunthorpe
M 25-29	Neil Griffin	F 25-29	Jade Paton
M 30-34	Anthony Liddell	F 30-34	Eloise Dortch
M 35-39	Leigh Willison	F 35-39	Elizabeth Sinclair
M 40-44	Richard Woods	F 40-44	Kylie English
M 45-49	Mark Batten	F 45-49	Janet Ferguson
M 50-54	Alan Nicholls	F 50-54	Dianne Oliver
M 55-59	David Whiteley	F 55-59	Rosemary Jasper
M 60-64	Bob Scott	F 60-64	
M 65-69	Ivan Wiltshire	F 65-69	Pauline Wiltshire

### State Olympic Distance Champions

<b>M Open</b>	<b>Sean O'Neill</b>	<b>F Open</b>	<b>Kate Bevilaqua</b>
M 16-19	Ryan Bailie	F 16-19	Tessa Garside
M 20-24	Sean O'Neill	F 20-24	Lauren Jones
M 25-29	Liam Johnson	F 25-29	Claire Goldsmith
M 30-34	Paul Zani	F 30-34	Kate Bevilaqua

M 35-39	Matt Jennings	F 35-39	Raiji Sell
M 40-44	Kim Vivian	F 40-44	Kylie English
M 45-49	Ron Sammut	F 45-49	Janet Ferguson
M 50-54	Alan Nicholls	F 50-54	Renette Clementson
M 55-59	Peter Ranford	F 55-59	Jan Billinness
M 60-64	Bob Scott	F 60-64	
M 65-69	Ivan Wilshire	F 65-69	Pauline Wiltshire
M 70 -75	Steve Barrie		

### **State Long Course Champions (Busselton Half Ironman Triathlon)**

<b>M Open</b>	<b>Sean O'Neill</b>	<b>F Open</b>	<b>Claire Goldsmith</b>
M 18-24	Johan Borg	F 18-24	Nicole Gunthorpe
M 25-29	Thomas Bakowski	F 25-29	Hancey Tineke
M 30-34	Nathan Jessup	F 30-34	Jody Brownley
M 35-39	Michael Rees	F 35-39	Michelle Clinton
M 40-44	Geoff Evans	F 40-44	Kerry Bailie
M 45-49	Sandy Burt	F 45-49	Susanna Webber
M 50-54	Chris Kiley	F 50-54	Sally Vaughan
M 55-59	Steve Brown	F 55-59	Pam Williams
M 60-64	Robert Scott	F 60-64	
AWAD	Robert Thomas		

### **Other Triathlon WA Awards**

**Champion Club Award**  
**Chris Hewitt Memorial Award**  
**Steve Barrie Award**  
**Paul Goodman Award**

Fremantle Triathlon Club  
Annie Brinkworth  
Frank Stapleton  
Paul Flux

### **Acknowledgements**

TWA is pleased to formally record its gratitude to the following organisations:

**Healthway** and **Cancer Council of WA** through **SunSmart** are major sponsors of the The Busselton Festival of Triathlon which incorporates the Busselton Half Ironman Triathlon and the Kids Regional Have a Go Tryathlons.

**Department of Sport and Recreation** providing valuable management and facilitation assistance each year. Triathlon WA would particularly like to thank DSR Consultant Samantha Shields for her efforts in assisting the ongoing development of TWA.

**Events Corp** for providing sponsorship and support of the Busselton Half Ironman Triathlon in 2008

SRG and The Marketing Mix for their corporate sponsorship and support throughout year

**Other Event Sponsors include:**

Avanti Bikes  
Bayview Geographe Resort  
Busselton Dunsborough Times  
Busselton Rural  
Busselton Toyota  
Busselton Water  
Pro Busselton  
Reebok  
Ryders Eyewear  
Shire of Busselton  
Shotz Sports Nutrition  
Skins  
Shire of Busselton  
Swish Design  
Transition Wear  
Zoot Performance Wear

**We are grateful to all these organisations for their on-going support of our sport.**