

# TRI-ING TIMES

The official newsletter of Triathlon WA - August 2008



**TRIATHLON**  
WESTERN AUSTRALIA



## Welcome



### Message from the TWA President

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, Sponsors & Advertisers, 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.

We will continue to focus on junior development through our JPS program, conduct courses for technical officials and prospective coaches (and for general education of members). So keep an eye on the website for the latest information.

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 qualifier for the 2009 Gold Coast ITU Triathlon World Olympic and Sprint 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 our backyard.

Let's see how many World Champions WA can produce!! Look forward to seeing you all out there again next season. Cheers for now.

Peter Rash - TWA President  
[www.busseltonhalf.com.au](http://www.busseltonhalf.com.au)

### Regional Clubs

## in the spotlight

Kalgoorlie, the hub of the Goldfields, is 600km East of Perth. It may seem an unlikely place to have such a strong triathlon following, with no lakes, rivers or oceans, lots of red dirt and dust, not to mention the heat, but our 90 or so members are very proud of our triathlon community.

The Kalgoorlie races are held from the back of the Goldfields Oasis, enabling us to use the indoor 50m pool, before heading out onto the roads of Kalgoorlie. The season starts mid October running through until April, over that time holding

10 club races, a junior triathlon, a corporate triathlon, a women's triathlon and finishing our season with the Goldfields Classic O.D. We offer two distances at our club races (600:24:6 or 300:9:3) working on a handicapped system allowing every ability a fair go. This coming season Kalgoorlie is hoping to incorporate a Trystars program and junior development, to cater for our very family orientated club.

Kalgoorlie is a classic character town and our club members reflect that beautifully. Members range from all ages and abilities, from

### KALGOORLIE TRIATHLON CLUB

our very own Julie Kerr; 2007 world number 1 for her age group in Germany, to those who lack speed or the desire to win, but make up for it with personality and their give it a go attitude.

The club holds regular training sessions through out the season all details can be found on our website:

[www.kalgoorlietriathlonclub.com.au](http://www.kalgoorlietriathlonclub.com.au)

Everyone is welcome to attend these sessions. If you are a fly in/fly out worker, look us up and come along to experience first hand the warm Kalgoorlie Tri Club hospitality.

Junior Luke Gibson in transition at one of the regular KTC races held on a course by the 50mtr Indoor Pool Swim Complex.



# Swish Design



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# Vancouver...

## a cold cold tale



After having survived three calf strains, Kate Bevilaqua's training camp from hell, months of the smiling assassin urging me to swim and run faster, having to go to Hobart to qualify- we arrived in sunny Vancouver. Then the clouds moved in and that was it for two and a half weeks.

Day 1 - 6pm - down to the water's edge to check to see what 15 degrees felt like. Just as I pulled my hand out of the water thinking that it felt bloody cold, the Tahitian team who traveled with us from Los Angeles and who had ventured to the water's edge, all screamed in pain....or was it frostbite already. This was going to be an interesting swim - but we shouldn't get too concerned because the sea is as flat as a mill pond.

Day 2 and after unpacking the bike and putting on the wet weather gear, it was off for a ride over the course. The website described the course surface as "rough in parts". The road maintenance crews were still digging up the road surface trying to repair cracks and potholes the day before the race.....According to the postcard; Stanley Park is beautiful this time of year. We bought the postcard thinking that there must be another park. In the afternoon I went for a swim in the Oceanside pool. It was raining hard by now and the lifeguard had two umbrellas and wellies on.

Day 3 saw the scheduled swim course familiarizations at 7am. Dave Wrightson and I plunged into the ocean and I was fine until about 15 strokes - then the familiar ice cream "brain

freeze" experience hit me. "Shit this is cold" I hear everyone saying. I look back to the shore and see the Tahitians walking back to the hotel. Head down again and off I go....brain freeze again. "Dry your eyes, Princess" I mumble and make it to the first bouy (also known as a boooeee) which is about 450 meters offshore. I stop and look around and there are only about 10 swimmers out of a possible 2 or 3 thousand with me. Most have swum back to shore.

The group swells to about 15 so we push on and swim the remaining course and exit about a Km down the coast at transition. I'm cold but comfortable with the swim thinking to myself that because it is so flat here, anyone who can push through the first 10 minutes will get a long head start on the bike. I walk back on the seawall and watch a raccoon scurry into the bush. Back in the hotel I take off my wettie. The water is so cold that I have broken out in hives and my feet are as red as a cooked crayfish.

Two days before the event the juniors' race. The day is cold and wet. Three juniors get pulled out of the water and one goes to hospital with hypothermia. The road maintenance gang is still repairing the course. My wife and I go to Grouse Mountain which is as far away from the city as East Vic Park - it has snowed on the top of the hill. We watch a lumberjack show through the rain and cloud.

One day from the event and the Sprint distance event is held. Richard Wood gets gold and a few more

suffer hypothermia. I'm looking forward to the race and in the afternoon I head down for a swim at the second scheduled swim course familiarization time. I wait 15 minutes and no other Aussies arrive (or hardly anyone else for that matter) - so I head into the water with some Canadians. There is a slight onshore breeze of about 10 knots - but that doesn't matter.

Race day comes and so does the wind. The first wave heads off at 6:30 - the AWAD athletes. At 7:30 the breeze has picked up to a strong onshore wind of about 25 knots and the normally placid shoreline now has 4-foot waves pounding it. I see Anna Brindal and wish her well - she is looking very calm. 8am comes and after applying a liberal coating of Vaseline over my nose and cheeks, I head into the water for my warm up happy that I have done some of the Saturday afternoon beach swim sessions with Brian. I see Mark Batten disappear under a large wave. I'm focused and complete a 10-minute swim, exiting just as the final women's wave is being corralled into the first beach holding pen.

I take a moment to have a photo taken with a group of West Aussies and we see the women's wave herded away from the beach pen back into the gear tent. We go into the tent to find out what's happening just as the squall hits and we wait. Batten starts telling everyone about the New Zealand Ironman where the swim leg was cancelled - this does not look good. We are told that the start has been delayed 10 minutes which comes and goes. One organizer hands out thermal blankets as we all huddle like penguins on an ice flow.

After 25 minutes we are told that the swim has been cancelled. I think that I'm the only one who doesn't smile. We all trudge off for the Km walk down the beach to the transition. I think I see an ice berg. Later we hear that the two safety craft (joke) were swamped by the large waves which is why the swim was cancelled. The organisers had small row boats.....can you believe that??!!

Almost 2 hours after our scheduled start, the first run leg starts. I have a beanie on, my arm warmers and cycle gloves, and three T-shirts. By the time I finish the first 3.1km leg and get on the bike, I have warmed up enough to shed one T-shirt. The bike leg is cold but I warm up a lot yelling abuse at the Mexicans and the Yanks that have formed two large packs and fly past me doing about 10kph more.

The run starts, and the support from the Aussie supporters is fantastic, so I forget the cheats and settle in to the run, shedding clothing with every Km. The last lap is great as I can finally stretch out a bit, and I revel in the last km to the finish, waving my Aussie flag proudly.

The day is certainly one that I'll never forget - and it made me appreciate far more the quality of the events we have in WA, and in being able to race in relatively warm conditions. I think that that the Aussies are going to pound the rest of the world next year at the Gold Coast....and that the Tahitians will do well too. I went on the web site today to check the results and saw that I had been bumped from 58th to 60th, and that even though the event was held three weeks ago, the results are still provisional because of so many protests. What a shamozzle. But I am glad I had the chance to compete and to join some great people to represent my country. !

Richard Burnell, Australian Age Group Triathlon Team - Vancouver 2008

The SunSmart Busseton Half Ironman Triathlon was the first race in the 2008/09 Australian Half Ironman Triathlon Series. The event continues to grow in many ways, not least in participant numbers. This year saw the largest field ever assembled in a Half Ironman Triathlon distance race in Australia. 963 individuals and 270 teams (1,700 individuals) registered for the race. Included in the program of events was a trade expo, Magic Mile fun run and a kid's triathlon on the Friday afternoon before the main event. Professional athletes also held clinics on open water swimming, running and visited local schools in the area.

Pete Jacobs recorded his 4th successive win at the event in a record time of 3 hours 50 minutes and 1 second and was chased home hard by Peter Loveridge who was the Bridesmaid for the second year running. The men's field was boosted by the inclusive of high profile athletes, Jason Shortis and Mitchell Anderson. Local Triathlete, Sean O'Neill surprised some of his more fancied opponents with a strong 4th placing.

The women's event saw 2007 Australian Ironman Champion, Rebecca Keat, hold off a fast finishing Claire Goldsmith to take her second Busseton title.

2007 Ironman WA Champion, Charlotte Paul, also competed in the women's race.

The course changed in 2008 to encompass a new transition area on Barnard Park. The swim course started adjacent to Busseton Jetty and finished through the exit of Ironman WA into the event village for transition.

A 3 lap bike course, combined with a 3 lap run encouraged the largest crowd in the events history to line the course and encourage ever competitor to the finish line.

Thanks must go to our major sponsors SunSmart, who have supported the event for the past few years as well as Events Corp, the Busseton Shire and Chamber of Commerce who encourage local volunteers and businesses to support the event as well as all of our sponsors who continue to support the event each year.

The 2009 event will be held on Saturday 2nd May 2009 – Time to start training.

Philip Gregson  
Executive Officer  
Triathlon Western Australia

## Statistics from 2008

### Demographics

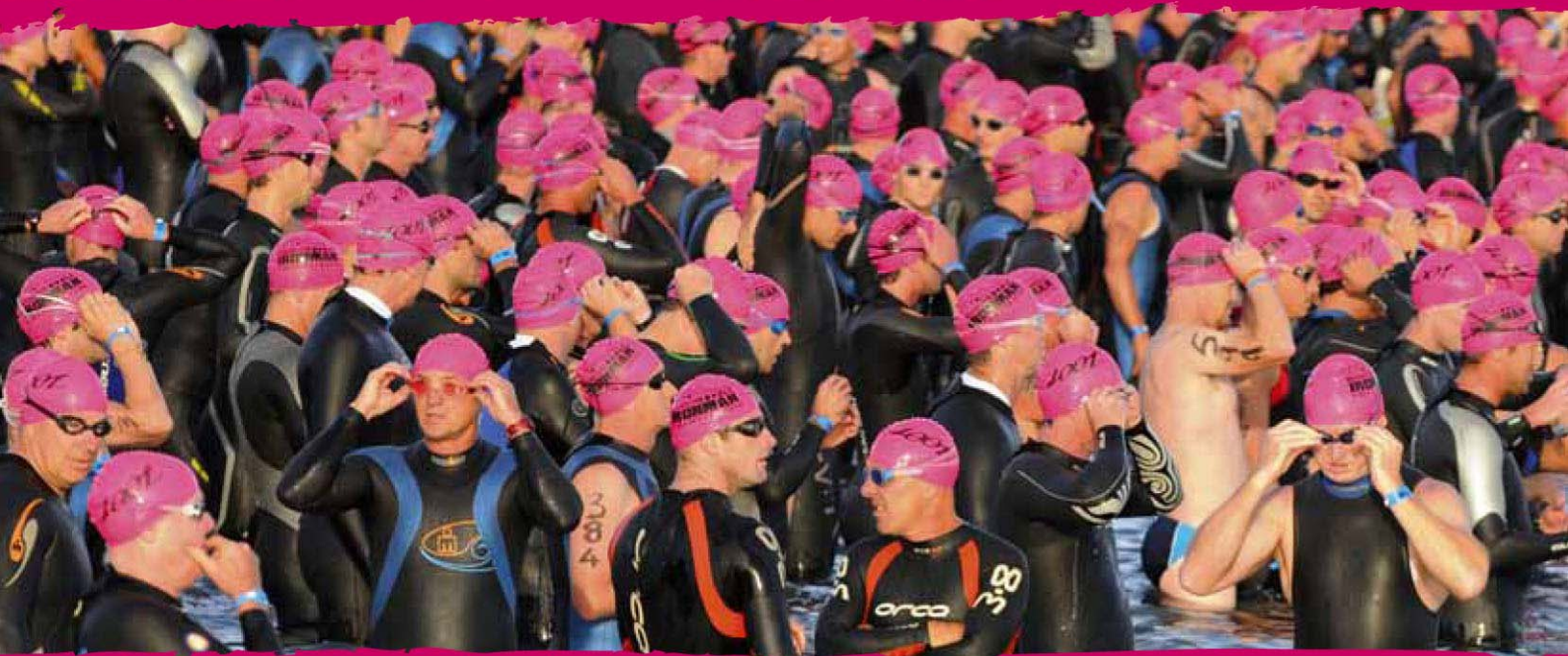
- 963 registered individuals
- 884 individual finishers
- 32 individuals who did not finish
- 43 individuals who didn't start
- 4 disqualifications
- 270 registered teams (3 per team in 230 instances and 2 per team in 40 instances)
- 206 teams finishers
- 5 teams who did not finish
- 2 teams who did not start



**Male Winner**  
Pete Jacobs



**Female Winner**  
Bek Keat



## Individual Competitors by age and sex

## Residence (individuals)

Age	Male	Female	Total
18-24	40	25	65
25-29	92	40	132
30-34	127	45	172
35-39	132	49	181
40-44	110	38	148
45-49	109	28	137
50-54	53	14	67
55-59	24	2	26
60-64	8	0	8
65-69	1	0	1
AWD	2		2
Open	15	9	24
<b>TOTAL</b>	<b>713</b>	<b>250</b>	<b>963</b>

52% of all individual competitors were aged between 30 and 44 years.

## Teams by sex

Male	84	31%
Female	69	25%
Mixed	120	44%
<b>Total</b>	<b>273</b>	<b>100%</b>

Place	Total	%
Perth	629	65.3%
South West WA	88	9.1%
Other Regional WA	48	5%
<b>Total</b>	<b>745</b>	<b>79.4</b>
Victoria	62	6.5%
New South Wales/ACT	62	6.5%
Queensland	27	2.8%
South Australia	1	0.1
Tasmania	8	0.8
Northern Territory	2	0.2
<b>Total</b>	<b>162</b>	<b>16.9</b>
Singapore	15	1.6%
Saudi Arabia	5	0.5
Great Britain	4	0.4
USA	3	0.3
Canada	2	0.2
France	1	0.1
Finland	1	0.1
Czechoslovakia	1	0.1
Poland	1	0.1
South Africa	1	0.1
Indonesia	1	0.1
Scotland	1	0.1
<b>Total</b>	<b>36</b>	<b>3.7%</b>

79% of individual competitors came from Western Australia, with 14% living in the regional areas of the state. Over 20% of the competitors came from interstate and overseas.

90.9% of the competitors were visitors to the region and therefore would have contributed significantly to the economic impact across the region

## Some Results Since Busseton

Pete Jacobs: 2<sup>nd</sup>  
Challenge Roth, Germany (Ironman distance)

Rebekah Keat: 5<sup>th</sup>  
Challenge Roth, Germany (Ironman distance)

Charlotte Paul: 11<sup>th</sup>  
Challenge Roth, Germany (Ironman distance)

Claire Goldsmith: 36<sup>th</sup>  
Olympic Dist World Championships

Pete Loveridge: 14<sup>th</sup>  
Ironman Japan (first race over this distance)

Mitch Anderson: 2<sup>nd</sup>  
Ironman Japan

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