

TRI-ING TIMES

The official newsletter of Triathlon WA - March 2008



TRIATHLON
WESTERN AUSTRALIA



Welcome



Busselton - Moving with the times

The Busselton Half Ironman Triathlon is on again! The beautiful town of Busselton will again play host to this event on Saturday 3rd May 2008. This year we are aiming to make the event better rather than just bigger. The event has grown significantly over the past couple of years and with this comes the need to assess the event thoroughly, especially in regards to safety.

There will be changes to the event this year which we hope will make it a more safe, fair and enjoyable day for everyone involved.

Many of the teams entrants from 2007 will no doubt step up to the main event this year and Half Ironman novices will traditionally make up the

majority of the field. Western Australia had over 700 representatives last year and we are expecting a similar local response for the 2008 race.

Among the elite athletes, Victoria's Mitchell Anderson (2005 Ironman WA winner) will be attempting to win his first title whilst Peter Loveridge will be looking to convert his second placing in 2007 to a winner's cheque. Standing in both their ways ... former champion Jason Shortis! The women's race has Charlotte Paul (2007 Ironman WA winner) up against Lisa Marangon (2007 Half Ironman winner) in a classic battle.

Western Australian athletes are capable of challenging for the top positions. In the men's race, Sean O'Neill and Brad Hosking finished in the top 10 last year and if they are fully fit will be a force

once the run leg starts. Our best female chances rest with the resurgent Jo Bennett and Claire Goldsmith. There are a few athletes also training hard behind the scenes who have the potential to cause an upset on the day.

A Kids Triathlon and a Magic Mile Fun Run will take place on the Friday afternoon around the same time as registration for the Half Ironman Triathlon and the team event. The traditional Meltdown Party should not be missed on the Saturday night after the race.

Entries are now open and with entries piling in every day, don't miss out!

www.busseltonhalf.com.au

Junior Development Report By Brian Kempson

The WA juniors in triathlon are working hard to improve their skills for a number of upcoming events all being held interstate.

The Junior Pathways Squad (JPS) attended the Australian National Championships in Hobart in February and Schools WA team also competes in Devonport, Tasmania in March. The future stars of triathlon are certainly not limiting their races anymore to just being around the Perth area.

For the JPS group and senior schools, the bike leg is now a draft legal race which is completely different to our local triathlons.

So, the two groups joined together for a number of skills workshops out at the Midvale Dome to work on bike drafting,

and learn more about pack riding and strategies for their races during sessions in December and January.

All of the triathletes agree that it has been a fantastic learning experience assisted by Midvale Dome Coaches and Tony Banks from Schools WA.

You may notice these junior triathletes at the various local races, with the JPS Group competing in their sponsored blue ZOOT tri suits and WA Schools in black and gold tri suits.

TWA intends to conduct more of these dual workshops in the future in a range of areas. This will grow junior skills locally and then produce some outstanding podium placings over time for our WA juniors.



ATHLETE SPOTLIGHT

LAJOS JOHN VARGA III

Club: North Coast

Age Group: Open

Occupation: Student, part time photographer, Product Lord at Murray Smith Freo!

Triathlon highlights: • 1st place 16-19 WA Triathlete of the Year 05/06 • 3rd place Open WA Triathlete of the Year 06/07 • North Coast Triathlete of the Year 06/07

Triathlon lowlight: Getting stitches.

First ever triathlon: Busselton Tri Club Sprint Distance 2002 - I did the swim leg.

Favourite discipline: It's all about consistency, dope skills and a positive attitude.

Favourite session/s: Hung over long ride through the hills with my iPod in the middle of the day!

Favourite training partner/s: If I'm not training by myself it would have to be the Exceed Tri Squad and Raf's Thursday intervals.

Stupidest session/training I've ever done: I hate early mornings so most morning sessions ... and running home nude from Claremont to Mosman Park. Long story!

Favourite Triathlete: The Unit! (Leigh Willison)

Favourite Athlete: Lance Armstrong.

Funniest triathlete I know: Wade Kelly.

Inspirations: My mum and anyone with a good attitude!

My dream is ... To live life nude.

I can't live without: Midnight snacks!

Best tip for someone new to the sport: Do the Meelup Triathlon or the Wild West Bike Tour.

My last meal would be ... Baked eggs and a long macc from Tiger Tiger.

I love triathlons because ... I can eat what ever I want!

Favourite saying: It is what it is!



PAULINE WILTSHIRE

Club: Mandurah Triathlon Club

Age Group: 65-69

Occupation: Retired

Triathlon highlights: World Championships in Switzerland 1998 (10th), Perth 2000 (9th) New Zealand 2003 (10th)

Triathlon lowlight: Being unable to compete when I was injured.

First ever triathlon: November 1992 Quit 1 at Shelley - I had just turned 50 and quit smoking.

Favourite discipline: Running is my love.

Favourite training partner/s: My husband, Ivan.

Stupidest session/training I've ever done: With the Hash House Harriers on Cocos Island.

Favourite Triathlete: Emma Snowsill.

Inspirations: Incredible encouragement from fellow competitors and supporters.

My dream is ... to be competing in triathlons at 80 years of age!

I can't live without: Running (and Ivan of course).

Best tip for someone new to the sport: Just enjoy!

My last meal would be ... Chips, cream cake and chocolate (severely deprived).

I love triathlons because ... it is a social outing for me - lots of fun.

Favourite saying: Worse things could happen.



PEAK PODIATRY

Going in feet first

Peak Podiatry Subiaco has been actively keeping triathletes on their feet (and bikes in some cases) for over 15 years. Darryn Sargent has been involved with triathletes at all levels from junior development squads and first-timers having a go, all the way through to ironman and international Olympic athletes.

"Dealing with really motivated people is the best thing about treating triathletes," says Darryn.

"Be it assessments to prevent injuries, screenings at the beginning of programs or seeking treatment for injuries, they all want to do anything they can do to help themselves. That enthusiasm and drive is infectious, as is the joy of completion and accomplishment."

Darryn, Ryan and Vivian's extensive sports podiatry experience at Peak Podiatry Subiaco and close appreciation for the requirements of triathlon enables them to provide each athlete with sport specific treatment programs for foot and leg injuries.

"Our digital gait analysis allows specific diagnostic and visual feedback for us and the athlete on their individual gait and biomechanics. This is a valuable tool to provide accurate diagnosis, accurate footwear prescription, improved biomechanics and orthotic prescriptions where necessary," says Darryn.

This information is just as useful for the novice athlete getting into triathlon as it is for the ironman athletes. Anyone at any level can benefit from the experience at Peak Podiatry.

"I am very grateful to the triathlon community that has supported us for many years and appreciate the opportunity to be a regular annual sponsor of TWA", says Darryn.

Peak Podiatry Subiaco is located at 211 Nicholson Road Subiaco and you can contact Darryn, Ryan or Vivian on 9388 9999 or admin@peakpodiatry.com.au (they can also be spotted looking very badly out of sorts on training runs during the week). Convenient on-site parking is provided and appointments are available during and after hours Monday to Friday and Saturday mornings.



Darryn (far left) and his team!

Off the Beaten Track

By Eloise Dortch

Here is an event to pencil in the diary for next year: Ranges Triathlon Club Off Road Triathlon.

This small yet well-run event offers something for everyone – from triathlon first-timers and mountain-bike riders to seasoned triathletes looking for variety.

If you have never visited Lake Leschenaultia in the Shire of Mundaring, make a plan to go there. This large, pristine freshwater lake, with sandy white beaches and well-shaded grass parkland interspersed with natural bush, is a special spot that a surprisingly large number of Perth people don't know about.

With cheap, clean camping (including a café and hot showers!), the venue is ideal for a triathlon. Most of the race organisers and some competitors capitalise on the pretty surroundings and camp there the night before. However, at 40 kilometres north-east of Perth, the venue is also close enough to easily drive there in time to race the same morning.

Ranges Triathlon Club inherited the Off Road Triathlon from the UWA Triathlon Club, after UWA initiated the event and ran it very successfully for a few years.

According to Ranges president Mel Farley, part of the charm of the race, held this year on January 20, is its low-key atmosphere. "No one is racing for sheep stations. This event breaks up the season, as all the serious stuff starts after that."

This year, two triathlons were held – a sprint involving a 750-metre swim (including a dash onto

the beach and around a tree at the far end of the lake); a 21-kilometre mountain bike course (three laps); and a six-kilometre trail run. A short distance race was also held, including a 400-metre swim, 14-kilometre mountain bike ride and a four-kilometre run.

For an unlucky few, the super-dry conditions in Perth over December and January made the pea gravel particularly slippery and St Johns Ambulance volunteers treated several cases of gravel rash and some leg injuries. The lake still had plenty of water in it but with the water temperature at 25 degrees, wetsuits were banned (in 2007, wetsuits were only just allowed after the water measured 23.9C).

Mel said that the club planned to re-introduce obstacles into the run leg next year. It was a straight out-and-back course this year but most participants seemed to prefer the unusual challenges set in 2007, such as clambering over a dam wall, scrambling through a tunnel, over picnic tables and logs and running through water (as a 2007 participant, the author can vouch for the fun these novelties provide!).

Nineteen-year-old Sarah Dunnage, of Fremantle Triathlon Club, won the women's sprint distance this year while Sean O'Neill, of Stadium, won the men's. Craig Dufty and Teresa Andrews won the short distance race.

Sarah, a keen runner and mountain bike-rider, has now won the off road sprint three times consecutively. Also planning to compete in the Great Karri Ride at Northcliffe on March 1 and 2 (a two-day, 112-kilometre, solo or team mountain bike event), she urged others to give the off road tri a go. "It's quite a special event and it's not as competitive as some of the other tris," she said.

While next January is still a long way off, Mel has some good news for those interested in doing more off-road events. Ranges Triathlon Club is planning to hold at least one other off-road event this winter, probably an off-road duathlon. Keep an eye on the Ranges Tri Club website or www.triwa.org.au for details.



A clean swim start in Lake Leschenaultia



Ranges
Triathlon
Club

FAST FACTS

Formed: July 2006

Membership: 30+ (including some living in the Perth Hills, some on the coast.)

President: Mel Farley

Vice-President: Kevin Norris

Famous athlete: Jo Bennett

Club training: Swimming at Bayswater Waves; Bike from Kalamunda Cycles; Runs.

Strengths: You guessed it! Hill-climbing

Web: www.rangestriclub.org.au

Contact: info@rangestriclub.org.au



Long course winner Sarah Dunnage on the bike leg of this year's Off Road Triathlon.

Princess Pinarello's PONDERINGS

by Lisa Kempthorne

It started as a little ouch, moved on to be a training partner that won't leave you alone and now you're parked up in the physiotherapist/chiropractor/sports doctor (choose your health professional) wondering where it all went wrong. Injuries are no fun and unfortunately as triathletes, it's a fine line between pleasure and pain in our sport.

Being a former swimmer, my legs seem incapable of coping with the punishing workout they receive during cycling and running training. Shin splints, ITB friction syndrome, plantar fasciitis and piriformis syndrome are some of the delights I have sampled over the years and I'm still managing a couple of them. None of them are yet to make me consider throwing in the towel, but getting the right treatment from the right person, talking to triathlon friends and maintaining a positive attitude have kept me in the game.

To help any of you poor bods who are battling an injury, here are the hottest tips from around from the triathlon community.

Running shoes

"One thing that I have passed on to many newbies is to check how long they have had their shoes and to make sure they are actually running shoes, not three-year-old (or worse) cross trainers - a real common first mistake for newcomers to the sport when they try to crank up some running initially. This eliminates a lot of foot / shin / knee pain almost instantaneously."

Annie Brinkworth, TWA Board Member and triathlon stalwart.



Swimmer's Shoulder

1. Work to improve your body roll and address this weakness when you are tired.
2. Work to develop your breathing (and roll) to your non-dominant side.
3. Avoid entering the water across the midline of your body and particularly avoid a 'traditional' thumb-first entry.
4. Specific strengthening / stabilising exercises of the shoulder joint which your physio has given you (e.g. Theraband work etc).
5. Establish balance between the strength of the muscles 'behind' your shoulders with those 'in front'.

Paul Newsome, Swim Smooth guru and former elite British triathlete.



"The best tip I could give for ITB problems is to look at your bike set-up and in particular, your seat position. Nine times out of ten, triathlon-related ITB problems are caused by incorrect positioning on the bike and compounded by excessive kilometres in the same position. Generally having the seat positioned too far back is the major contributor and can be quickly fixed by getting a professional bike set-up. Moving the seat forward in gradual increments by up to 1cm (10mm) will have a significant effect."

Sean O'Neill, three-time WA Triathlete of the Year

Bike Setup



Know your body

"Know your body and if there's pain that's more than just 'pulling up sore' or a 'niggle', then seriously rest it and get a professional diagnosis. Triathletes are naturally tough and may try to keep going through the pain as it is not in their competitive nature to back off!"

Claire Goldsmith, Busselton Half Ironman second overall female and Perth Olympic Distance Champion in 2007

Strength

"When I think of injury I immediately think of making sure you have strong core and gluteal muscles to work from. By strengthening these, all the other muscles don't have to work as hard and it lessens the chance of them getting injured."



Katrina Burnett, top open female competitor.

These are all fantastic tips and will hopefully prove useful, however if you are going through an injury here's a word from the Princess. Look on the bright side! Keep your eyes firmly on the light at the end of the tunnel because it is rare you will experience an injury that cannot be fixed, so keep heading towards that light. And in the meantime, make the most of your downtime! While you're not doing the pilates, yoga, physiotherapy exercising and ice, spend time with your family and friends. I have had a series of injuries, but each time I have gotten over them and tried not to complain too much while my partner seems to be indestructible as he munches through hundreds of kilometres each week injury free! I'm still having fun and know full fitness is around the corner.

Injuries are not a death sentence, friends.

A COUPLE OF COMPETITIVE

Spirits



If you spent all day motivating a range of folk to exercise and educating them on how to look after their body, what would you do in your spare time?

Positive Lifestyle Training's Andy Roberts and Ceinwen Williams choose to be the kind of people they want their clients to aspire towards: healthy, positive and carving up triathlon courses all over Western Australia.

Two years ago, Andy started up his own personal training business Positive Lifestyle Training after spending some time in London and realising the market and great outdoor lifestyle in Perth would be perfect for mobile fitness. Ceinwen had recently completed studies in human movement and was on the hunt for a fulfilling full-time job.

"When I met Andy a couple of years ago, he needed a personal trainer and wanted a girlfriend and I fulfilled both requirements!" Ceinwen said, laughing.

Being in the health and fitness industry, the couple's free time is sparse and finding time to train themselves is difficult. Both come from an incredibly sporty background, Andy being a top junior tennis and cricket player, plus he was asked to join the South Australian National Football League with potential to move up to the AFL, while Ceinwen was a national level swimmer.

With their competitive spirits champing at

the bit, Ceinwen and Andy felt the need to do something for themselves. Ceinwen's interest in triathlon peaked while swimming coaching for Wellbeings' Carol Hughes squad.

When I met Andy a couple of years ago, he needed a personal trainer and wanted a girlfriend and I fulfilled both requirements!

"We needed something to aim for, triathlons are something just for us," said Andy. "Our clients also take an interest in what we do and we like to inspire them based on stuff we do, not just tell them to do!"

Braving the triathlon world for the first time in the Trievens enticer series last season, Ceinwen and Andy both won their age categories for the series. They had been bitten by the triathlon bug and this year entered the Pure Blonde pursuit series, but not without some funny times as they got used to the challenging sport.

"The bike is the hardest thing for me, I'm inexperienced and having a hard time with mechanical issues - I've had everything from flat tyres to dropping my chain this year." said Ceinwen.

"And we've both been lost in transition, finding your bike amongst a thousand others is crazy!"

"I had to learn the hard way that there is an order to doing things in transition," said Andy. "Being so worried about forgetting my helmet in my first race, I put it on straight away then I couldn't get my race singlet on over it which proved pretty amusing for my friends - I wasn't taking off that helmet!"

Amongst the laughs, Ceinwen and Andy push it each other in training with Ceinwen cracking the whip in the swimming pool and Andy giving orders on the bike.

"We train together during the middle of the day when we don't have clients," said Andy. "We try to swim together but I like to have a chat after each lap but on the bike I have to get Ceinwen moving."

Finding the time to train for a sport like triathlon is always going to be difficult, but Ceinwen and Andy make the best of their free time and have even suggested one day they might give the Ironman a go.

"The commitment and dedication is on such a different level for a triathlete compared to an everyday person," said Andy. "If work permitted us to, we'd definitely like to do more training and I'd love to do an Ironman one day but at the moment we fit in training wherever we can."

Profile: Steve Barrie, T.O.



By Eloise Dortch

At the City of Perth Triathlon presentation recently, you may have seen Perth Lord Mayor Lisa Scaffidi's jaw drop when Steve Barrie strode up to the dais to collect his medal in the 70 to 74-year-old age group.

But the fact that he is 72 and completed possibly the toughest Olympic distance race of the season is not the only exceptional thing about Steve.

Steve – who lives partly in Perth and partly in Albany – also gives back to the sport, acting as either Technical Delegate or Race Referee for up to eight races a year. He also sanctions all club races, a job which involves liaising with clubs over details of proposed races so that they will meet TWA's legal requirements. Without people like Steve and a host of other volunteers, there would be no triathlons.

Last year Steve was named TWA Technical Officer of the Year, an award now known as the Steve Barrie trophy.

I should also mention that Steve has survived two rounds of heart surgery and is currently in remission for cancer. As Steve himself suggested when approached for an interview about being a technical official, he's "nothing like typical".

But what is a typical T.O.? They come in all ages, genders and backgrounds. Most race triathlons. We could do with more of them. TWA runs free, three-hour technical official training courses each year and all participants who go on afterwards to officiate at three calendar races are rewarded with free competitive membership, worth \$150.

However not everyone has the temperament for the job and for this reason and people's other commitments, usually only about 60 per cent of

course participants end up officiating at races. In fact, you are likely to see the same core group of about 10 T.O.s at most events. This is by no means a criticism of people doing the training course. TWA strongly encourages all people do the course, even if they do not intend to ever officiate, because the more people in the sport with an exact knowledge of the rules and understanding of what it is like to be a T.O., the better.

Steve, a former long distance runner, started doing triathlons about 10 years ago and first became a T.O. seven years ago. He jokes that by doing so he "joined the dark side", but in fact he is convinced he gets more out of being a T.O. than he puts in.

"Think about the last time you were at a race presentation," he explains. "Even if you didn't win anything yourself, did you enjoy seeing people going up and getting their medal? You don't have to be in the race or to win something, to find it satisfying."

"I took exactly the same view when I used to do long distance running. I felt that you should do whatever you can to put back in what you got out of the sport. Being a T.O., you find it's extremely rewarding when you do it. In fact, you find that even though you are trying to 'put back' into the sport you are getting more out of it again!"

So there you have it. The next time you grumble about the T.O.s' strictness or lack of (I admit it, I have done it), remember that they are triathletes like us who may have given up a chance to race just to help put the event on. Thanks guys, you do a good job!

Keep an eye on www.triwa.org.au for the date of the next free technical official training course, likely to be held later this year.

**The countdown
begins ... 5 weeks to
the Busselton Half
Ironman.
Are you ready for the
challenge?!**

**BUSSELTON HALF
IRONMAN®
TRIATHLON**

