

# TRI-ING TIMES

The official newsletter of Triathlon WA - April 2009



**TRIATHLON**  
WESTERN AUSTRALIA



## Big Winners at Busso



Busselton turned it on for the 2009 Half Ironman ... Perfect weather, big fields, fast course, great expo and a huge support crowd all made for one of the most exciting days in triathlon. Then there was the best - out there - spectators' awards!!

Early birds enjoyed the swim course being open for a friendly swim with the pros on Friday morning then off to the race expo and Busselton area. Then the ongoing action of the Kids Tri - Magic Mile & Fashion Show got everybody ready for registration

Race day and Peter Jacobs going for win number 5 in the male Pro field with Charlotte Paul backing up Ironman China 2 weeks previously in the womens pro field. Finally Charlotte ran down Lisa Marangon in the last few kilometers after she had led all day. Then Peter Jacobs succumbed to a big 6 minute bike surge from Luke McKenzie that he never quite got it back in the run



### PRO RESULTS

- |                   |                   |
|-------------------|-------------------|
| 1. Luke McKenzie  | 1. Charlotte Paul |
| 2. Peter Jacobs   | 2. Lisa Marangon  |
| 3. Courtney Ogden | 3. Nicole Ward    |





# criterium Racing: A View from the Inside

Criterium Racing is cycle racing at its most exciting - a fast-paced, multi-lap race on a tight and flat street course of approximately 1km in length. Criteriums are raced over a specified time rather than a distance with the races not lasting longer than 1 hour meaning the racing is fast and furious!

Criterium Racing gives spectators the opportunity to be close to the action! What they don't tell you is that it hurts worse than anything you can imagine, your heart rate goes from resting to 170bpm in less than a minute and then you have to keep it there for an hour, or in my case till I got spat out the back of the bunch. Criteriums are usually on a hot dog style circuit, great to watch but painful to complete, the hot dog course means accelerating up to 45km/hr and then slowing to a standstill to corner then accelerating again!!!!

The 2009 Perth Criterium series was held over the Australia Day Long Weekend this year. The racing started on Friday night in Joondalup and moved to Leederville Saturday afternoon, East Victoria Park Sunday afternoon and wound up with a race up and down Riverside Drive on Monday, Australia Day.

I was signed up to race in the support race with a Cyclemania team consisting of two of WA's multisport superstars, Rafael Baugh and Paul MacKay, my job was to hang on and hopefully keep both of them at the front of the pack to take home some money!!! Other Triathletes competing included Stuart Durham and Sean O'Neill and Felicity Sheedy-Ryan in the Women's Racing and in the main A grade race Ironman Bike Superstar Matt Illingworth.

Friday night was my first attempt at a serious cycle race and what a shock to the system, 5 minutes into the race and I was suffering, just managing to hang onto the back of the bunch as we rode round the tight circuit averaging 47km/hr, it seemed that every time we came out of a corner someone attacked and everyone's heads went down and the speed wound up again.

Nobody managed to break away and after the 40 minutes of racing it came down to which team had freshest set of legs, unfortunately I was not there to help my teammates out. As the pack came out of the final U-turn the Eddy Hollands team had a strong lead out and Marty Depiazzi came through with a strong finish. Paul had to settle for 4th place, not the way the team wanted to start but still in the money.

Saturday morning came and I was supposed to get up to do an easy recovery ride, but that simply wasn't going to happen, it got to about 10am before I could move to get out of bed and do anything, the body was already starting to hurt after only 1 day! Time came to move down to Leederville and get ready to race, this had to be my favourite course over the four days, it was a long downhill straight, down Oxford St to the finish followed by a quick sweeping left hander onto Newcastle St then a super tight U-turn to go back onto Oxford St and then back uphill to the turning point. This

course had plenty of spectator friendly spots where you were almost guaranteed to see a crash, what with the number of hay bails hiding gutters and potholes in the road.

The race started even faster than Friday's, by 5 minutes into the race the first crash had come right on the tight U-turn at Newcastle St, one of the biggest cyclist I've ever seen came down right in front of me and I had absolutely no where to go, except straight over the top of his rear wheel. Having just managed to stay upright I hung on to the back of the pack and just became a passenger in a fast and furious race, everybody was trying to break away and people were taking all sorts of crazy risks. With about 10 minutes to go in the race and everybody chasing Raf Baugh down the bunch was starting to get strung out and that's when things went real bad for our team, Raf off the front and Paul trying to get back up there to block for him tried to dive up the inside of a few riders, as Paul moved passed one rider another moved over in front of him forcing him to veer right and into the fencing right in front of the finish line at 50km/hr. Paul's bike got wedged in the fence and he went over landing on top of some poor unsuspecting spectators. Paul ended up fracturing his wrist and probably cost him the Trievents and TWA series championships, that he was looking at dominating, we wonder if Sean had planned it?

HAHA!!!! No I'm sure Sean is not that type of competitor and would've loved the challenge of going head to head all season with Paul. But seriously back to the racing, the final few laps were hard and fast with nobody getting away and another sprint finish, this time one by Rowan Burton, Marty Depiazzi maintained his lead by placing third.

Traditionally the Australia Day Long weekend is always a hot one but I have never raced in such brutal conditions. Sunday's race was in East Vic Park, great view for those having a beer at the Vic Park Hotel, but horrible for the athletes. It must have been over 35 degrees by the time we started racing and with the wind be blocked by the Vic Park Hotel, there was just no way to cool down. This race had the highest DNF rate with more than half of all three races failing to finish. In the race that mattered, our support race, the rules had changed with no Paul MacKay we needed to find a new man to lead the team, so Cyclemania team boss Wayne Evans called all of us in and gave out the instructions. 5 minutes into the race the instructions went out the window, Sean O'Neill had a point prove, someone must have said something to him about forcing Paul to crash HAHA just kidding. But Sean drove the bunch and set a pace that few could follow, by the halfway mark Sean and Logan Calder were off the front with a small main bunch of 10 left trailing behind. Sean and Logan worked well together to stay away for the rest of the day with the main bunch being dragged up by Raf Baugh and Rowan Burton, unfortunately these two were not strong enough to catch the

leaders and Logan out smarted Sean with half a lap to go to take the victory in the toughest stage of the series.

And, finally the last day of racing had arrived and you could tell everyone was physically and mentally at their limit. The boys from Carboshotz were weighing athletes to check to see how much fluid was being lost during the four days and each individual race, I managed to lose 4kg across the days, and I spent bugger all time at the front of the bunch so imagine how much you could lose if you were working it hard off the front! The final stage was a true hot dog style circuit up and down Riverside drive between Barrack St and Victoria Ave. What a course and I have to say what a crowd, with the crowd building for the Fireworks and the cyclists support crew it was awesome, hammering down Riverside Drive at 60km/hr with the crowd being so close just makes it so exciting that you push yourself that much harder. The growth in crowd and the increased desire to impress that pace was on, my average speed for the criterium was 42km/hr and my average Heart Rate for the 40 minutes was 172bpm!!!! This race was excitement plus with a minimal headwind one way and slight tailwind down the finishing line it was always going to be fast. With no one being able to break away from the group it looked like it was going to be another sprint finish. With 3 laps to go Raf went on what had become one of his usual attacks, Raf would go flat out into the headwind and the Cyclemania boys would sit at the front and block, or slow the pack down for him, unfortunately at the top of end of the course Raf got a little too excited and tried to pedal through the corner, this doesn't work, Raf clipped his pedal and it threw him to the ground, by the time he had picked himself up the bunch came through and he had to settle into the back of the pack and hang on. The race came down to a photo finish with Matthew Irvine taking the final day's win.

On the overall results Marty Depiazzi claimed the title followed by BradRobson and in third place Sean O'Neill. In the other races Flick finished 11th overall in the Women's Criterium Series and in the Main event Jono Cantwell won the A grade race followed by up and coming junior talent Luke Durbridge and in third place Ironman bike specialist Matt Illingworth.

I would like to thank Trievents, Matt and Dave for putting on such an awesome weekend of racing and showing me a new level of pain, I would also like to thank and show my appreciation to my Cyclemania teammates, for helping me with learning all the skills necessary for criterium racing.

Finally I would definitely recommend doing some cycling events over winter for all those looking to gain an advantage in the bike for next season.

Stuart Denton  
Triathlete  
Criterium Team Member of Cyclemania

# spotlight on



## Paul Mackay

**Club:** Stadium

**Occupation:** Tax Accountant

### Thoughts on European triathlon?

I relished the opportunity to race in different countries given the number of races being conducted every weekend within close proximity to Switzerland (my former training base). I enjoyed racing against athletes from different nationalities every weekend.

### How is triathlon racing different in Europe?

- Elite racing in Europe is much more team based – like cycling races. Athletes represent teams at triathlon events and financial support is provided by the teams.
- Most racing is done late morning or during the afternoon.
- It is not unusual to see people taking off all their clothes in transition (both men and women). EURO style :)

### Are the prizes much more enticing?

The national triathlon federations are competing against each other to raise the profile of their events given that there are numerous events taking place throughout Europe every weekend.

Hence, prize-money is generally much more attractive when compared to Australia.

It is common for elite athletes to receive incentives to race in an event (in addition to prize money such as appearance money, travel and accommodation assistance)

### What do you like most about racing back in Perth?

Atmosphere (people), weather and good sportsmanlike behaviour (athletes not cheating on the course or corrupt officials)

### Triathlon highlights:

7th place at 2001 Australian Olympic Distance Championships, 5th place at 2001 World Duathlon Championships, Winning Swiss national triathlon series (and taking home a VW Golf for a year)

### Triathlon lowlight:

Quitting / retiring from professional triathlon in 2002 (and subsequently finding a real job)

### First ever triathlon:

Milo Junior Triathlon – early 1990s

### Favourite triathlon location:

Mooloolaba, Australia and Bardolino, Italy

### Favourite discipline:

Run

### Favourite Session/s:

Long hilly group bike rides

### Favourite Training partner/s:

Boys from Club Helena and Col Stewart's training group

### Stupidest session/training I've ever done:

Where do I start (take your pick):

- Run: 101 x 400m track (1 more than Emil Zatopek)
- The longest day (sunrise to sunset): 4 x (45k bike + 10.5k run)
- Black Wednesday: 20k long run with black tracksuit, gloves and beanie on a 40C day one afternoon

### Most embarrassing training moment(s):

Probably group rides wearing old bike knicks (Scottish background).

### Favourite Triathlete:

N/A

### Favourite Athlete:

Lance Armstrong

### Funniest triathlete I know:

Raf Baugh / Jarrod Brauer

### I can't live without:

Having a purpose in life

### Best tip for someone new to the sport:

Enjoy yourself

### My last meal would be...:

Lobster Mornay

### I love triathlons because...:

I love training and racing

### Favourite saying:

It's hard to fly like an eagle when you are dealing with turkeys  
PS: Paul has since suffered a wrist injury (read TT Criterium report) and after leading the TWA State Series Races has had to sit out the end few races of the 08/09 Tri Season.

# CLUB PROFILE

# Stadium Tri Club

Stadium Triathlon Club has a long history, although we do prefer to revel in our present glory than in days of old. However we do have a longstanding connection with the triathlon community here in WA.

The club first started as the Superdrome Triathlon Club in 1990. Our first AGM was chaired by our Club Captain of the time, Simon Beaumont. Our first President was David McCulloch. In July 1997 we changed our name to Stadium Triathlon Club (STC). STC has always had, and continues to have a healthy representation on the TWA board.

Since the inception of the State Interclub Championship event in 1993/94 season, we have featured prominently on the trophy with many firsts for both the Rob Pickard (Club Champion) and President's trophy categories. This is testimony to how our members rally together as a club.

It is interesting to see minutes of seasons past and see they discussed similar issues that we discuss today.... Insurance, membership, social activities, income revenue, club gear, training sessions, events, and how to do it all ...

The membership records are sketchy at best but it appears we have had between about 80 and 160 members for most of our history. We started out with about 140 – 160 members, and then dwindled to around 100 for a while. We did change our tack in about 2002 and take on a more structured coaching environment for our members.

This was beneficial and our numbers returned to around 160.

Overall we range from absolute beginners to some of the best triathletes our state has to offer. We range in age from school kids to mid 60's although the vast majority of our demographic does lie between 25 – 35.

Our current recipe seems to be the best to date with record membership numbers (250!) and record participation levels of those members in both



training and social activities. Our head coach Dr Rob Suriano is an accredited Exercise Physiologist and Level 1 Triathlon Coach. He has a great team of assistant coaches that work with him and together they make available a well balanced program to our members.

We have a dedicated and dynamic club committee, with Shaun Sleep at the helm as President. Many other club members are always happy to pitch in and help when needed. This collaborative approach also extends into our club race in the Karri Valley. We have run this event for 6 years and are very proud of its success. We are also taking our club's values into the wider community this year with our support of the Greater Good Foundation.

We are a fun, friendly, cohesive club that looks after each other. We train, compete and play well together. Many personal and competition goals are constantly being achieved.

Go the Barracuda!!

This is how we see our club, now and into the future.

## Our Vision

The purpose of STC is to maintain a positive environment that enables athletes of all abilities to be a member of a friendly and supportive club that meets their training, competition and social needs.

## Our Mission

We provide:

- expert coaching and a variety of training activities
- excellent facilities
- educational and development opportunities
- social interaction, and
- competition

## Our Values

We value friendship, participation, health and fitness, achievement, cooperation and the opportunity to give back to the community.

[www.stadiumtriclub.com](http://www.stadiumtriclub.com)

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