

Kalgoorlie Tri Club



THE COUNTDOWN IS ON

Yes well it's less than two months until the icebreaker event of the season, Handicap #1, 14th October 2018. This season we have a total of 18 separate triathlon events so don't spend too much longer on the couch this winter and make sure your training starts soon. This total includes the 8 handicap races, the Corporate Tri, the Women's Tri, the Christmas Fun Tri, the Norseman Tri, the Kambalda Tri, the new Coolgardie Tri, the Club Championships, Both the stand alone Kids Tri's and the the Goldfields Classic OD. To kick the season off we are again holding the Season Launch at 3 Bs in Boulder where we'll showcase a few things and maybe even convince someone to do a live fitness test on a smart trainer? The event schedule will be up on Facebook very soon.

1

**SEASON LAUNCH
EVENT**

13th October

2

HANDICAP RACE 1

14th October

3

**GOLDFIELD'S PHYSIO
WOMEN'S TRI**

21st October



KTC Committee Announced

Lets Make KTC
Great again. Sorry
Dave.



Off Season Activities

KTC members flock
to the Goldfields
Pipeline Marathon
and Cyclassic.



New Junior KTC Members

Not everyone who's
been getting up
early this winter has
been training.

NEW COMMITTEE ANNOUNCED

President - Greg Tossel

Vice President - Dave Roberts

Treasurer - Ryan McNally

Secretary - Cheryl Pitt



Committee members - Dean O'Brien, Dave Clark, Steve Gibson, Shannon Pike, Ruth Culver

Firstly thanks to Dave and Ruth for their past efforts as President and Secretary last year. Cheryl and I have big shoes to fill but we've been handed a well oiled machine that is sure to continue rolling along for many more years to come. Of course thanks to all the others on the committee and those who help out with the events through the season.

NEW 'JUNIOR' CLUB MEMBERS

2018 has seen three new 'junior' (Ok potential members) to the club. Congratulations to Nicole and Shannon Pike who were the 'first into T1' with baby Connor Robert Forbes Pike in March, followed closely in April by Ryan and Courtney McNally with with baby number three, Mabel Frances McNally and last but not least Shannon and Matty Hicks with Ruby Grace Hicks in June. Now, at least for two of the families, tag team parenting begins, "I'm off for a run" "Be back in an hour as I need my run too."



Ryan and the new happy crew



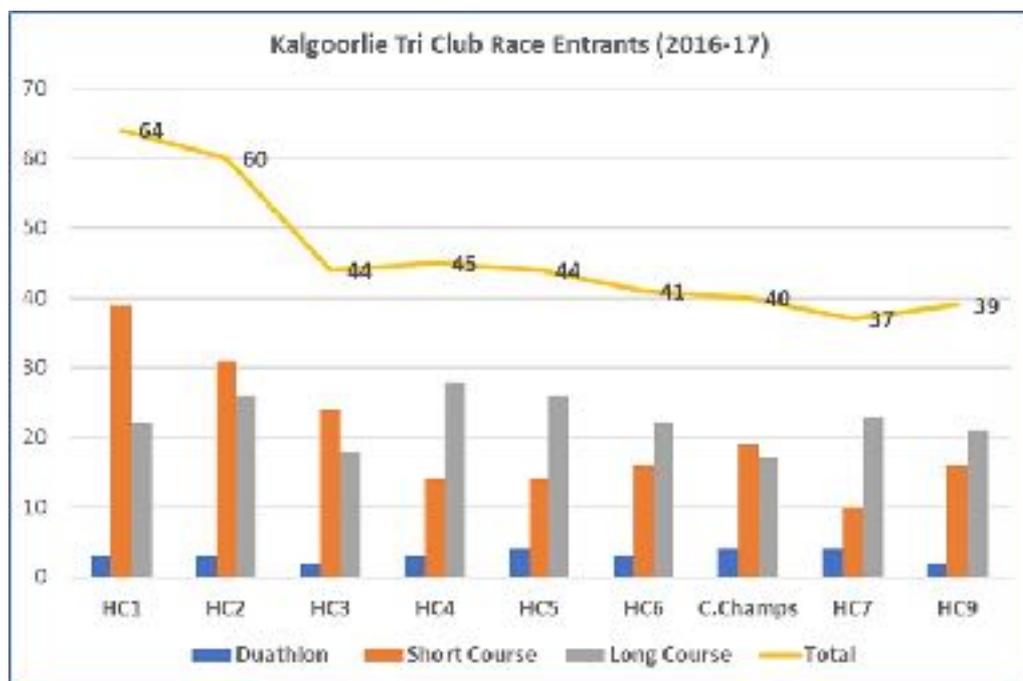
The Pikes trying not to look too stoked with baby Connor



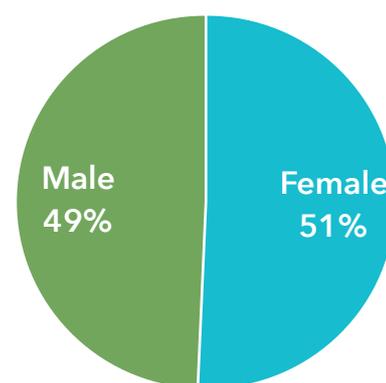
The Hicks' still finding time for a quick little winery visit with Ruby G.

CLUB MEMBERSHIP AND PARTICIPATION STATS

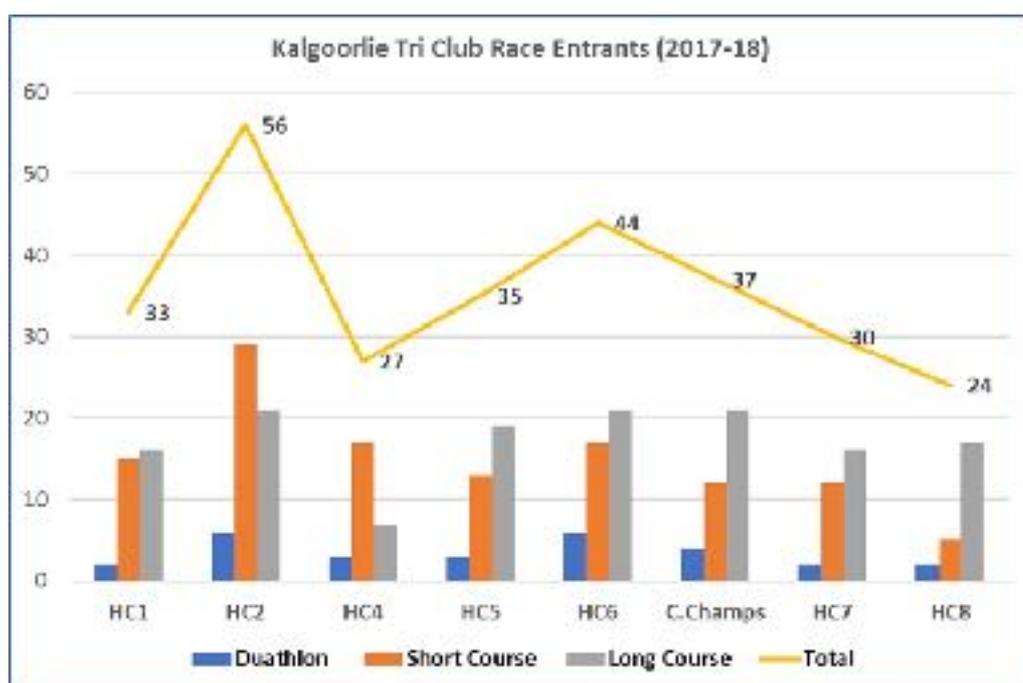
Below are a few charts showing club membership and handicap participation numbers for the past two seasons. As you can see there was a small drop over the two years of eight people from 144 to 136 members. These are great numbers still and with a near 50:50 split for the genders. Race entrants includes DNF's and for simplicity the two duathlon distances have been grouped together. The dip for 2017-2018 HC4 was due to a clash with the Busselton IM, which has been avoided for the coming season.



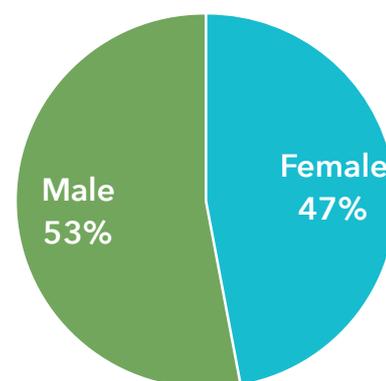
2016-2017 Membership



Total 144



2017-2018 Membership



Total 136

STEEL CUT OATS - WINTER BREAKFAST OF CHAMPIONS

First I have to say I'm no dietician or even am I suggesting this will make you faster. However, if you like porridge I suggest you give these a tri, oops I mean try. In case you don't know there are three styles of oats: quick, rolled and steel cut. Steel cut oats are the least processed of the three, and whilst nutritionally similar to the others, the difference lies in the way your body digests them. In short these oats are digested slower, thus giving you a slower release of energy throughout the morning. Taste wise they are a bit nuttier and chewier. The main drawback is cooking time and cost (at least for us Kalgoorlians, I'll address this in a second). If like me you have a wood heater I put my oats in a pot with water (3:1 ratio) on top at bed time. In the morning you'll have tender oats that just need a quick blast on the stove. I source my oats in bulk from Perth for around \$2.80/kg from Kakulas Sisters in Fremantle. Adding cinnamon and honey is also another tip.



MEMBER'S OFF SEASON ANTICS

Whilst some of us are glad to hibernate and catch up on missed Netflix over the Winter, many KTC members have been far from dormant. Locally KTC members were out in force for both the Goldfields Pipeline Marathon and the Goldfield Cyclastic/Community Challenge. The June Cyclastic drew around 21 KTC members for the event, with most opting for the Day 1, 132km Community Challenge, which can be done as a team or as an individual. Congratulations to Ryan McNally and Naomi Bath who were both able to complete the two day road event to Leonora.

The Goldfields Pipeline Marathon in July saw a total of 43 KTC members participate in either the 10k, the half marathon or the marathon distances. Well done to all, but stand out performances were Belinda So, 2nd female (44:44) in the 10km (first in category), Mick Pocock 1st male (1:30:38), Todd Dennis 2nd male (1:34:19), Jody Brownley 1st female (1:38:03), all in the half marathon. Whilst on the half marathon KTC took out 6 of the top 10 places up for grabs with Ryan McNally, Matthew Fullgrabe & Matthew Hicks completing that list. Also worth a quick mention is youngster Dylan Swan who completed the half distance and pulled off 2nd place in the teen category (2:38:24). In the marathon Julie Gardner won the women's (3:21:03) and 4th overall. Geoff Foulkes-Taylor came in close after Julie (3:27:07) to take 5th in the mens and 1st in his category. Last but not least, a great effort by Slammer, who also completed the marathon, in what must be his 100th marathon?







On the triathlon front a small contingent headed over to Cairns in June to take on both the full and half Ironman events. Motivated partly by ‘unfinished business’ due to recent unfortunate events at the last two Busselton IMs, Kerrie van der Wal, Dave Clark, Sue Webber, Dee Catoi and Paul Newland were all rewarded by what sounded like ideal conditions. After ticking the shortened Busselton IM in December Kerrie overcame seasickness in the 3.9km swim to conquer the 180km hilly ride course, albeit with a small liquid laugh (I hoped you stopped for that, or was it an ironman chuck?) and went on to complete the 42.2km run. She described the atmosphere on the run as amazing and by the sounds of it she was cheered on by both family and other KTC members. She still can’t believe she both finished the event. Dave Clark also completed the full distance, taking his IM total to three. Sue, Paul and Dee took on the half distance with all finishing, thus delivering a 100% success rate for the club.

Continuing triathlon news, Naomi Bath flew to Germany to take on the Challenge Roth full distance triathlon. Finishing in 12:29:23. Her recent report on the KTC FB page made it sound like a bag of mixed emotions, but maybe time will be the healer as they say and she’ll be signing up for her next one in due course? Either way it was a great effort and a great time, especially it being her first full distance triathlon.

participant		
name	BATH, Naomi /LSL	
club	KALGOORLIE TRIATHLON CLUB	
age group	50	
number	1120	
race info		
split	time	place
Swim	01:25:45	202
Tross 1	06:07:40	300
Bike	06:18:05	205
Tross 2	06:02:01	254
Run	04:34:05	190
totals		
place (W/W)	205	
time total (brexit)	12:29:23	

2018 GOLDFIELDS PHYSIO KALGOORLIE WOMENS TRIATHLON

The womens triathlon is once again only just around the corner so please spread the word amongst your friends and family. The date of the event is the 21st October with the seminar information session being held at 12 midday on 9th September at North Kalgoorlie Primary School. Follow the below links for registration and join the dedicated Facebook Event page for more details. For those unfamiliar with how it runs the event is preceded by 6 weeks of training provided by various members of the club and other members of the Kalgoorlie 'fitness community.' The distances are, 200m swim, 9km ride and 2km run/walk. Thanks Ruth for getting this up and going this year. I'll also take this opportunity to call out to those in the club to come down and support the event and also those women who take up the challenge. FB Link Below.

[Womens Triathlon Facebook Event Page](#)

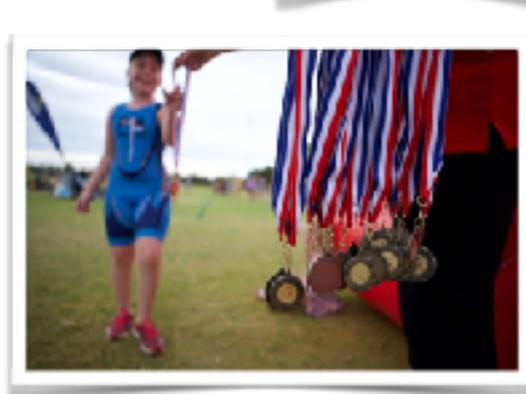


Also if you haven't already joined our main sponsors FB page, I encourage you to do so as it's full of great little videos about stretching and strength training. Link below.

[Goldfields Physio Facebook Page](#)

KIDS TRIATHLON

The kids series will consist of three races run on normal race days plus two stand alone events. Details below.





2017-2018 KALGOORLIE JUNIOR TRIATHLON SERIES FOR AGES 6 - 12 YEARS OLD

Dates:

28th October 2018
Sunsmart Kids Tri 18th November 2018
3rd February 2019
10th March 2019
Kids Classic Saturday 13th April 2019



Time: Registrations at 7.00am and race start at 7.20am

Where: Rear of the Goldfields Oasis, use Johnstor. St. Car Park

Entry Fee: Kalgoorlie Tri Club Junior membership \$42, to cover all races or non-club members:

Individual Entry Non club \$20.00
(Registration on the Day)

Team Entry Non club \$30.00
(Registration on the Day)

Categories & Distances:

Option 1:	50 m Swim	1.5 km	500m Run
Option 2:	100 m Swim	3 km Cycle	1.0km Run
Option 3:	200 m Swim	4.5 km Cycle	2.0km Run

*distances are a guide only, younger children do not have to complete all distances

For further information contact

Ciana Oldham: 0400 741 968 juniors@kalgoorlietriclub.com.au

More about memberships please visit:

www.kalgoorlietriclub.com.au/Memberships

FINAL WORDS

I'm hoping to do a few of these news letters throughout the season so if you want to contribute anything you think might be of interest please send it through on my email below. It could be a recipe, a tech tip, training advice, pod casts you've listening to, photos, race reports. The more I get the more I have to work with.

Signing off

Greg

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