

Coomealla Triathlon Club

Spring Newsletter

2016

Welcome to the second Coomealla Triathlon Club Newsletter for 2016.

The Coomealla Triathlon Club (CTC) is a local club with a current vision to grow the sport of Triathlon in the Sunraysia district.

In doing so our purpose is to provide quality opportunities for participation in a friendly and safe environment.

The Executive and Committee members are committed to meeting the core values of Health, Enjoyment, Belonging, Achievement and Respect.

This year we will measure our success in relation to our achievements in the following areas; Membership growth, partnerships formed through sponsorship and liaison with other sporting groups, promotion of the club and recognition through media and new clothing. In 2016 we are working hard to improve our overall communication as well as running an increased number of good quality events.

President : Glen Walker.

Vice President: Michael Osborne.

Secretaries: Erica Credlin & Kate Bourchier.

Treasurers: Daniel & Kellie Gibson.

Committee Members: Kelly Osborne, Donna Harris, Nicolle Kelly, Wayne Gill, David Edwards, Luke Tierney, Stephen Waterson, Varley Ziernicki, Peter Gray, Brendan Dean and Dennis McLaughlan.

Leda AG Duathlon :

11th September 2016

Registration from 8.00am,
Start 9:30am

Long Course: 2KM Run 15KM
Mountain Bike 2KM Run

Short Course: 1KM Run 5KM
Mountain Bike 1KM Run.

Individuals and Teams Wel-
come

Venue: Coomealla Golf Club
Driving Range. See you
there!

Sponsor profiles

We would not be a successful club without our valued sponsors: Coomealla Memorial Sporting Club, Devilees, Lencia, GSD Architects, Intersport Mildura, Crowe Howarth, Tierney Real Estate, Tankard Dental, Hyberbaric Health Clinic, RACV, Tasco Inland, Prime 7, Murray River Salt, Excell Business Electronics, Brent Williams & Associates, Sunbeam & FWF Concrete, Zilzie Wines

Tierney Real Estate

Tierney Real Estate is a dynamic and trusted business with an excellent marketing, sales and rental record. If you are thinking of selling or getting your house ready for sale now is an excellent time to contact Ryan and the team at Tierney Real Estate. John Fisher recently listed his house and the Coomealla Triathlon Club received \$500.
www.tierneyrealestatemildura.com.au

Leda Ag

Leda Ag is a locally owned company who specialize in the manufacture and sales of agricultural equipment. They are the major sponsor of the Duathlon. www.leda.net.au

RACV

Another one of our great sponsors. We are very happy to have RACV on board in supporting the Coomealla Triathlon Club. Please support RACV when ever you can as they support us!

Brent Williams & Associates

BW&A National is the company you can rely on for excellence when it comes to building and development consultancy, offering building permits; town planning; subdivisions; owner/builder reports; safety measure reports & project management



SPOTLIGHT ON.....Kate Bouchier

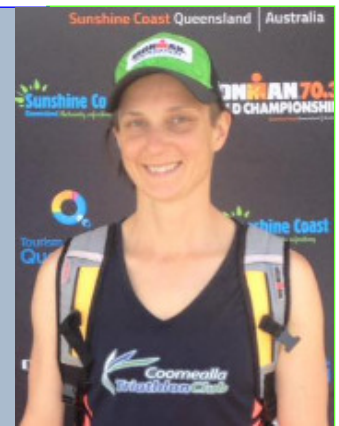
You have competed in two Kona World Championship Ironman races and have a huge list of achievements including overall 5th placed out right female in the Port Macquarie Ironman. What do you consider to be your finest achievement to date and why? **Each race has a special place as each experience is different. But I guess the 2012 Port Mac race. I'd been out of triathlon for 5 years & didn't really know what to expect. Out on the bike I heard a commentator say I was 7th female....I'd heard "7th" & expected to hear "in her age group" next, so I was obviously surprised. But then I decided to stick at it & keep up the pace all day. I even passed 3 competitors in the last 2km because I wasn't giving up till I crossed that line.**

What piece of advice would you give to anyone contemplating completing a triathlon, 70.3 or Ironman? **Relax & enjoy it. Have a plan & when things get tough, or people pass you, stick to your plan & it all works out. Make sure you smile, wave, & say thanks to supporters & volunteers.**

Do you have a mantra that you use during your training or competition? **Some I can't repeat! But mainly it's positive self-talk, telling myself about what I know I can do, what I'm capable of. And also going through my race plan.**

Congratulations on being selected to represent Australia at the Ironman 70.3 World Championships in Mooloolaba on 4th September. How are your preparations going? **As far as they can be...coming back from injuries I haven't had a full preparation, & this week I've been sick. Work is also a constant issue. However that's the nature of age-group racing – everyone has a range of commitments to juggle.**

Do you get nervous and how do you control your nerves? **Not really. I like to use my nerves for good, not get jittery or panicked, but use the energy they bring. I guess I don't get nervous because racing is the fun bit, the bit where you feel free & get to play.**



Kates's Favourite...

Colour: Blue

Food: Mangoes

Leg of triathlon: All!

Racing Destination: Cairns, or Kona.

Movie: Lantana

Book: Tandia

Coaching - Coaching News from Dennis McLaughlan

Hi, my name is Dennis—qualified TRI club coach.

My tips for completing your first or 100th triathlon are:

1. Set realistic goals
2. Seek out guidance from a number of sources e.g. internet, other athletes or a tri coach (me)
3. Have a plan and get a commitment from family or friends for support
4. Enjoy the training—it should be fun Any questions please contact me at coach@coomeallatriclub.com

River Run – The next two River Runs will be held on Sunday 25th September and Sunday 30th October. We hold a 5km & 2km run from the Mildura Rowing Club lawns. The event is not a race but is timed. Registration is 8.00am with an 8.30am start. All proceeds from the August River Run went to the MASP Kokoda Mentoring Program. We were able to raise approximately \$500.00



Out and About – Please consider sending in photos when you attend an event so that they can be included on Facebook and or the Website. Send to info@coomeallatriclub.com or submit to our Facebook page.

Please also note that people doing great things locally, Australia wide and internationally will be reported on. Please let us know how you go!

Sydney City To Surf 14KM Fun Run.

Three of our members tackled a hilly and crowded course recently.

Congratulations to Greg Leslie 1.11, Robyn Leslie 1.50 and Donna Harris 1.29. Greg and Robyn are new members. Congratulations to you all.

Cairns Ironman

Throughout the season many CTC members take part in triathlon events around Australia and overseas. On June 12th Matthew Gill, Shane Morrison, Michael McKenzie and Glen Walker competed in and completed the Cairns Asia Pacific Ironman event.

Lars Kogge also completed an Ironman in Europe and the Berlin Marathon

Annual General Meeting

The Coomealla Triathlon Club AGM is in the Harvest Room at CMSC on Friday 16th September 6:30 pm. Please RSVP by 9th September as the club will be providing catering so we require numbers. All members and families are welcome, come and get involved and have your say with how your club is run!

Coomealla Memorial Sporting Club

The Coomealla Triathlon Club is pleased to announce that the Coomealla Memorial Sporting Club is pleased with the direction that our club is heading in. We are excited to announce that they have provided significant funding to purchase a state of the art timing system. It has arrived and will be used at the Duathlon. Please don't forget to encourage your friends to join up as we push for increased membership.

SPOTLIGHT ON.....Michael Osborne

Congratulations Michael Osborne on being selected to represent Australia at the ITU Cross Triathlon World Championships in Jindabyne on 19/20th November 2016. Michael will compete in a Cross Triathlon. This is different from standard triathlons in that it is an off road, ride using a mountain bike and featuring a run on trails. We wish you well Michael.

You have competed in and organised many races. We also thank you for the energy that you have put into the club this year. How are your preparations going? **Training is going along nicely with 3 months to go I'll start to increase my volume and also start my swimming program as the weather and water warm up.**

What do you consider to be your finest achievement to date and why? **I'd say being selected in the Australian team for the 2016 X-Tri world champs was a great achievement, as you have to be consistent with your results to gain points at various races around Australia to be selected.**

What piece of advice would you give to anyone contemplating competing in an event for the first time? **Try not get to get nervous or put to much pressure on yourself, just go out and enjoy the event and atmosphere of which ever type of event your competing in.**

What advice would you give to someone who wants to improve their running? **Don't be afraid to ask for advice, we have some great people at the Tri club with plenty of running Knowledge just get in contact with one of us and we'll point you in the right direction**

Do you get nervous and how do you control your nerves? **I don't tend to get too nervous as I try not to put too much pressure on myself these days**

Do you have a mantra that you use during your training or competition? **No Junk Miles..... With limited time for training and racing I try to get quality rather than quantity out of my training.**

Thank you Michael and keep up the great work!



Michael's Favourite...

Colour: **Blue**

Food: **Brussel sprouts, Tofu**

Leg of triathlon: **Bike**

Racing Destination: **Anywhere with hills**

Movie: **Talladega nights (Shake & Bake)**

Magazine: **Multisport**

Drink: **Pepsi Max**

Piece of sporting attire: **Oakley Sunnies**



Merchandise

CTC has Club merchandise available to purchase at events: Polos, singlets, t-shirts, hoodies, caps & visors. Apparel is available in navy/green or navy/pink. You can also view details on our Facebook page or website. Contact us if you would like to order any items.



Contact Us:

- ◆ www.coomeallatriclub.com
- ◆ PO Box 3399, Mildura 3502
- ◆ www.facebook.com/Coomealla-TriathlonClub
- ◆ info@coomeallatriclub.com

If there is anything you would like to see in future newsletters, please contact us.