

# Coomealla Triathlon Club

Winter Newsletter

2016

Welcome to the first Coomealla Triathlon Club Newsletter for 2016.

The Coomealla Triathlon Club (CTC) is a local club dedicated to helping people enjoy the sport of triathlon, whether they are beginners or previous participants. We also endeavor to help people to be active, while also providing a social network.

The club is run by the following Executives: President – Glen Walker, Vice President – Michael Osborne, Secretaries – Erica Credlin & Kate Bouchier, Treasurers - Daniel & Kellie Gibson.

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

Committee meetings are held on the second Thursday of each month at the Mildura Life Saving Club rooms.

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 Electron-

## What's On??

**River Run** – on the last Sunday of each month we hold a 5km & 2km run from the Mildura Rowing Club lawns. The event is not a race but is timed for individuals to track their times. Registration is 8.00am with an 8.30am start.

## Sponsor profiles

### Coomealla Memorial Sporting Club

The Coomealla Triathlon Club is an intracub of the Coomealla Memorial Sporting Club (CMSC). The CMSC is located in Dareton, a 20 minute drive from Mildura, and offers a wide range of recreational and entertainment facilities. These include dining, accommodation, a golf course, function centre, and sporting services, with regular deals, promotions and competitions. Membership is only \$11, plus \$9 to become a Triathlon Club member. Junior members only pay \$3 in total to join the Coomealla Triathlon Club.

### Devilees Air-Conditioning and Refrigeration

Devilee's Air-Conditioning and Refrigeration is a multifaceted business that provides professional sales, installation and service across residential, commercial and industrial applications. Be it air conditioning, evaporative, split system or ducted reverse cycle, radiant heating, a gas fireplace or stunning wood fire, if you're after quality heating and cooling solutions in the Mildura, Devilee's has the range to keep you comfortable all the year round. With Winter well and truly here, look them up as every job, big or small, is important to them.



## **RUN THE RIVER 10**

The Queens Birthday long weekend saw the first *Run the River 10* events. One hundred and five participants braved the elements to take on the 10km, 5km, and 2km runs, and the 5km walk. It was great to see so many people support our event. Photos from the event can be viewed at [www.comeallatriclub.com](http://www.comeallatriclub.com).

The following participants were awarded for their efforts.

### **10KM RUN**

Open Female: Kelly Osborne - Kate Bouchier - Maddy Wood  
Open Male: David Wood - Jason White - Luke Tierney  
U18 Female: Erika Florez  
U18 Male: Angus Cole

### **5KM RUN**

Open Female: Belinda Gathercole - Kirsty Watson - Margaret Czarka  
Open Male: Brenton Love - Scott Johnson - Michael DePalma  
U18 Female: Kayla Fawdry - Hannah Homburg

### **2KM RUN**

Female: Shae Gathercole  
Male: Sam Sartori

...with many more receiving spot prizes on the day. Well done to all those who took part and a special thank you to the event's main sponsors **Fishers IGA** and **Intersport Mildura**. The event was also supported by RACV, Coomealla Memorial Sporting Club, Zilzie Wines, Lencia, Murray River Salt, and Cold Rock Ice Creamery.

## **Member Spotlight**

We have a growing member base of 74 members. Some new members to our club are – **David & Maddy Wood, & Simon Madden**.

### **Why did you join the Coomealla Triathlon Club (CTC)?**

**DW&MW** – We both joined to help support the CTC. The Club's revamp was a positive step and the people are enthusiastic and we want to be a part of it.

**SM** – To meet healthy like minded people in the area and maintain fitness.

### **Which CTC events have you taken part in?**

**DW&MW** - Aquathon & River Runs

**SM** – None as yet

### **What are you hoping to get out of becoming a member of the CTC?**

**DW&MW** - Being involved in events and talking to people who have similar interests.

**SM** – as per question 1

### **What's one good piece of advice you have received?**

**DW&MW** – Have a go, nobody is judging you.

**SM** – Stick to your plan and don't try anything new on race day.

### **Finish this sentence – Running along I like to listen to.....**

**DW&MW** – Serenity

**SM** – All my thoughts and worries being orderly filed in my head.

## **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. Contact us if you would like to order any items.

Throughout the season many CTC members take part in triathlon events around Australia and overseas. On May 1<sup>st</sup> nine members took part in Ironman Australia–Port Macquarie in both the Ironman and 70.3 events. One of those members took part in her very first Ironman!!

### **SPOTLIGHT ON.....DONNA HARRIS**

During your time you have achieved many things from marathons, the Seven Peaks cycling challenge, trekking in Nepal and Kokoda, how does completing your 1<sup>st</sup> Ironman compare to your other achievements?

***It's right up there. I still can't believe it really.***

What is your favourite training session?

***I would have to say cycling and drinking chai lattes afterwards.***

Do you have a mantra that you use during your training?

***Not really, just thinking about the latte at the end.***

Everyone needs a rest day, what do you do on yours?

***Baby sit grandkids, mow the lawns, visit friends... 'normal' stuff!***

### **Donna's Favourite...**

Colour: **green**

Food: **chocolate**

Leg of triathlon: **the run**

Racing Destination: **Great Ocean Road**

Movie: **Meet the Parents/Fockers**

Book: **Mao's last dancer**

Drink: **water, chai latte**

Piece of sporting attire: **GPS watch**

## **Contact Us:**

◆ [www.comeallatriclub.com](http://www.comeallatriclub.com)

◆ PO Box 3399, Mildura 3502

◆ [www.facebook.com/Coomealla-TriathlonClub](http://www.facebook.com/Coomealla-TriathlonClub)

◆ [info@comeallatriclub.com](mailto:info@comeallatriclub.com)

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