

From: Susan Collings spcollin@bigpond.net.au
Subject: Newsletter. Any last minute inclusions?
Date: 15 September 2015 2:58 pm
To: susiecol@icloud.com



Mudgee Triathlon Club

Good Morning Club Members

You are receiving this newsletter as a valued member of the Mudgee Triathlon Club.
Please reply to this email if you would prefer to be removed from the mailing list.

Swim Bike Run

September 2015 Issue

Welcome from the President

Welcome back everyone. The Mudgee triathlon season is just a few weeks away and I wish everyone the best of luck with their season goals this year.

Our first club race will be a full triathlon on Sunday, October 18 and we hope to see you all at Lawson Park to help us kick off the 2015/16 season. The distances for each category are listed below in case you need a reminder.

A big thank you to those who are returning as committee members this year - the team is named below. A big thank you, also, to those who served on last year's committee and are not joining us again this year - your help and support has been appreciated over the last 12 months.

Soolan has handed the job of secretary to Bek; we are not saying goodbye to Soolan as she is remaining as a general committee member. Soolan has done a wonderful job as secretary over the past two years and her dedication and efficiency have been a main stay of our success. Many thanks Soolan.





Tinja Lane drinks station. Thanks to David Lowe for his contribution to the fun and atmosphere at the 32km check point. That's Nick checking out the wine selection.

Running Festival

I congratulate the committee on the success of the running festival; another outstanding event this year and the feedback suggests the majority of our runners enjoyed the day and many produced outstanding results. We had 789 entries this year. Thank you to all our wonderful volunteers - we simply can't do it without you. All the results are still up on the web site if you need another look.

The weather looked grim there at one stage on the Sunday, however, thankfully the storms played out early in the morning and didn't impact on the start of the marathon races or cause too much inconvenience throughout the morning. Although, having said that, I did feel for the 5km fun runners who were the most affected by the rain - a heavy downpour saw some wet, but surprisingly happy runners charging over the finish line in the late morning. Well done to all our runners.

Congratulations to our winners, with a special mention to our local runners Matt Webster who won the men's marathon and to Shannon Chapman who won the women's marathon. Super effort by our Mudgee marathoners.

Generous sponsors are our backbone and it is because of their support that our festival can boast another outstanding year in 2015. Thank you to these wonderful businesses ...

Wilponjong Coal Mine, Nortons Business Advisors, Newcastle Permanent, Lowe Wines, Pieter Van Gent Winery, Mid-Western Regional Council, Coates Hire, The Soliders Motel Mudgee, Mudgee Physio, BJs Photography, Go Vita, Pietries Mitre 10, The Quick Brown Fox, Mudgee Loo Hire, South Mudgee Surgery, Blooms the Chemist, Byrnes Jewellers, Lowe Wines, Anytime Fitness, Professionals, Sportsluxe, S&S Meats, Balance Nutrition, Image Signs, Radio 2MG & Real FM.

We look forward to seeing all our sponsors, helpers and of course our fantastic athletes back at the start line in Lawson Park in 2016. And finally, please mark the date - Sunday, August 21 for the 2016 Mudgee Running Festival.

Onto a successful triathlon season now - our first inter-club race is in Cowra in October and the following weekend - October 18 is our first club race, and mark Sunday, November 15 in the diary - it's the Mudgee Inter-club. Your help is always needed on race day, setting up, on the barbeque or with the usual jobs required to run the race successfully. Please pop in and give a hand when you can or email us.

Best of luck with your training and racing over the season and please let us know what you are up to, we'd love to include your achievements and stories in our monthly newsletters and correspondence.

Sincerely

Rowan

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Annual General Meeting

The AGM was held on Wednesday, September 9 and the following committee was elected.

President Rowan Rowlands

Vice President	Alex Ghanem
Secretary	Rebecca George
Treasurer	Neil Bungate
Public Officer	Julain Geddes
Equipment Officer	Greg Lowe
General committee	Soolan Clifford, Ronda Gainsford, Ben Kurtz, Greg Evans, Susan Collings

Club Races

Our club races are free this year for Mudgee Triathlon Club members

Race 1	Sunday, October 18
Race 2	Sunday, Decemer 6
Race 3	Sunday, January 31
Race 4	Sunday, February 28
Race 5	Sunday, March 13

Volunteers are needed for the barbeque; you only need to do it once per season - thanks in anticipation.

Same applies to set up and tidy up after, your assistance is appreciated.

Inter-club Races

Cowra	Sunday, October 11
Mudgee	Sunday, November 15
Bathurst	Tuesday, January 26
Dubbo	Sunday, February 14
Orange	Sunday, March 6

The club will pay the race fees at inter-club events for our junior members.

Categories and distances for club races

Little Devils

Run 500m	Swim 15m	Run 500m
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Big Devils

Run 1k	Swim 50m	Run 1k
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Short Course

Swim 150m	Bike	Run 2k
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Long Course

Swim 300m	Bike 18km	Run 3k
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Are you game? A few of our hardy club members have already registered

The Triple Edge T3X Endurance Series

December 12 & 13 - Canberra

T3X Endurance Triathlon - ITU Long Course distance

Swim 4Km	Ride 120km	Run 30km
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T3X Canberra Triathlon

Swim 2km	Ride 60km	Run 15km
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<http://www.tripleedge.com.au>

Hope the training is going well Soolan, Rowan, Julian, Ben and Stu.

Summer Triathlon Training Camp

Christmas / New Year 2015 - Victorian Alps

An eight-day training camp for triathletes in the Victorian Alps which caters to triathletes of all ability levels. The details of the camp can be found via this link -

http://www.onebody.com.au/triathlon_training_camps/victorian_alps_triathlon/

Committee Meeting

Wednesday, October 14

6pm At the club shed behind the pool.

Ironman World Championships

Kona Hawaii

October 10

Best of luck to Mal Pitt who is heading to Kona soon. We'll be thinking of you Mal and we hope you have the experience of a lifetime. Aloha.

Ironman 70.3 Port Macquarie

October 18

Best of luck to our competitors in the Port Macquarie 70.3 next month.

Steve Bennett, Joan Bennett and Doc Campbell.

Please let us know what you are up to so we can include everyone's achievements in the newsletter - photos are most welcome. Email spcollin@bigpond.net.au, or drop box, airdrop, fb, twitter, instagram, snapchat ... ok I'll stop now, you get the picture.



Good luck in Port, Superman.





I'm lying.



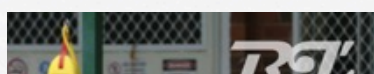
Hellooooo from Joan



This way Mal for a life changing ironman.



Legal? Was never going to end well Greg. Note the smile.





'Whistling Ben' ' - there are some triathlon pics that we just never tire of.



Just two out of ten for the pike dive Nick. I tell you what, he wasn't prepared to lose those goggles.