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# Triathlon News

Swim Bike Run



## That's a wrap folks.

The local tri season finished up in unique style on Sunday, April 10. The seven-race series culminated in a handicap event which set up some fierce competition in the long course event. All other races were run in the usual format.

Competitors were allocated a handicap according to the times recorded over the previous six races - since October last year. Twenty-five competitors, male and female, lined up together to start the event over a 20 minute time frame from slowest triathlete to the fastest. The winner, Kristy Bennetts, was first into the water on scratch and the final competitor to start the course was Matt Webster, 20 minutes later. Matt recorded the fastest time and came over the line in 18th place in a time of 45:37 minutes. Second athlete to finish was Venessa Rowlands with Doc Campbell in third spot.

Louise Mowlem set the fastest female time on 51:53 minutes. Louise was on a 11:40 minute handicap and finished in eighth position overall. Junior dynamo, Carly Lomax, was the next best female on 53:54 minutes after a blistering swim of 4:48 minutes only 13 second behind the men's fastest. Carly is an outstanding competitor at just 13 years old.

Greg Atkinson was second fastest male and Mal Pitt was third.

President, Rowan Rowlands, said the handicap event mostly worked well especially towards the end of the race when there was a flood of competitors coming in from the bike leg to the three kilometre run around Lawson Park.

"It was exciting to see the number of athletes together especially on the second lap of the run course. Competitors at the front of the pack were having a great morning being chased down by the faster triathletes," Rowan said. "They are usually the ones doing the chasing."

The committee sincerely thanks all the volunteers who make the club races the success they are each month. Our thanks to Warren Richards and Giselle Denley for organising food and cooking the barbeque.

Club president Kowan K, thanks the committee for all the hard work in making the 2015/16 season a very successful and enjoyable one. Did you check out Rowan's photo in Friday's Mudgee Guardian?

### **Captains' Picks for Handicap Long Course**

**Kristy Bennetts** - Kristy was first over the line after a strong performance. This was Kristy's first long course race ... she will be one to watch next season after Kieran passes on some bike mounting tips.

**Doc Campbell** - Doc started on an eight minute handicap and had an outstanding race. Doc is in training for Port Macquarie Ironman and had raced the NSW Club Championships in Forster the weekend before so was on tired legs for the handicap. Does Doc ever get tired I hear you say.

**Mark Dwyer Award** - Congratulations to Adam Mort for overall sporting excellence.

**Club Service Award** - Congratulations to Julian Geddes for your service and contribution to the triathlon club.

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### **Batemans Bay and beyond**

Mudgee was represented by five competitors in the popular Batemans Bay Triathlon Festival on April 10. Jackie O'Hare, Rachel Kearins, Andrew Kearins, Nick Collings and Susan Collings competed in the sprint, standard and ultimate races. The best result at Bateman's went to Rachel Kearins who was first in age group in the standard distance. And a big congratulations to Jackie who competed in the half ironman distance for the first time - stellar performance.

While it's the end of the local season, there are still a number of long course events coming up for Mudgee triathletes. May 1 sees both the Busselton Ironman 70.3 and the Port Macquarie Ironman events. James Johnson, Mal Pitt, Shannon Chapman and Brenda Sutton will take on Busselton while Doc Campbell will race as a 'legend' at Port Macquarie. Doc has competed in ten Australian Ironman events which affords him the legend status.

Moving towards mid year ironman events, are Nick Kastelein at Ironman Cairns and Shannon Chapman and Brendan Sutton who are racing in the USA. Best of luck.

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### **Thanks to Glencore**

Mudgee Triathlon Club received funding last year through a **Glencore Junior Sports Development Program**. The funds have allowed the club to purchase essential equipment

- 4 road bikes that can be borrowed by members
- 4 wind trainers
- 1 television
- 1 ipad and life proof case
- Agility equipment and other training items used at running group
- A nutritional guidance talk
- A cycling maintenance program

We look forward to using these items during the off season and through the 2016/17 season and beyond.

If you would like to borrow one of the bikes please let us know.

Our sincere thanks to Glencore for this funding.

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### **Congratulations to the 2015/2016 triathlon season club champions**

#### Little Devils - Female

Equal 1st Ruby George  
Equal 1st Georgina Stanley  
3rd Alice MacDonald

#### Little Devils - Male

1st Jesse Johnson  
2nd Will McNally  
3rd Hugh Rohr

#### Big Devils - Female

1st Alesha Bennetts  
2nd Halle Potter  
3rd Jorja Bennetts

#### Big Devils - Male

1st Beau Rohr  
2nd Connor Whale  
3rd Jordyn Richards

#### Junior Short Course - Female

1st Sian Potter  
2nd Morgan Rowlands

#### Junior Short Course - Male

1st Guy Rohr  
2nd Campbell Wall

#### Junior Long Course - Female

1st Carly Lomax

#### Senior Short Course - Male

1st Patrick Brennen  
2nd Nathan Williams

#### Senior Long Course - Female

1st Louise Mowlem  
2nd Kim Thomas  
3rd Tania Potter

#### Senior Long Course - Male

1st Matt Webster  
2nd Mal Pitt  
3rd Greg Atkinson

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### **In other notable performances**

Congratulations to Adam Mort who completed the Northburn Station 100 Miler Mountain Run in New Zealand on March 21. Not everyone's cup of tea - you don't race this one, you survive it.

Some details from Morty ....

" I pulled up really well - the race was what I would call hardcore. They claim it's the hardest ultra in the Southern Hemisphere."

There were 72 starters, 44 finishers, and Morty tied 22nd and was third in the 50 to 60 age group in 36.5 hours.

Adam's splits below compared to the guy who was first in age group and the overall winner.

<b>Adam</b>	First 50km 7hr 50min	Second 50km 11hr 03min.	Last 60km 17hr 34min.	Total 36hr 28min.
<b>1st age group.</b>	First 50km 8hr 37min	Second 50km 11hr 04min.	Last 60km 13hr 08min.	Total 32hr 49min.
<b>Overall 1st Place</b>	First 50km 5hr 55min.	Second 50km 6hr 53min.	Last 60km 9hr 23min.	Total 22hr 11min.

The winner finished in an astounding 22 and a bit hrs. First female was fifth overall in 28 hours and was in the 50 to 60 age group. 'Four hour plus' climbs going from 300 metres to 1600 metres and then all the way down and then back up another way basically for the whole race.

Amazing effort from Adam.

### **Marathon Men**

Congratulations to Neil Bungate and Ben Kurtz who put in outstanding performances at the Canberra Marathon on April 10. Both recorded excellent times and were very happy with the event but not so happy about not being able to walk very well for a week. Totally worth it. Both exceeded their expectations - marathon effort by the guys.

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### **Beginner's bunch cycling**

The beginners bunch is proving to be very successful under the guidance of Louise Mowlem. The group meets each Saturday at 7:00am (notices are posted on Facebook) for a ride of around 30 kilometres and of course there is a coffee de-brief after at QBF. The feed back from participants has been excellent.

From Louise after the inaugural ride on April 2 ...

Yesterday was the first beginners bunch ride. Seven hardy souls came along for the ride despite the cold; Michele, Morgan, Tania, Sian, Bec, Bataa and myself. We did two, 'there and back' laps along Burrundulla and Rocky Waterhole and there was very little traffic. When we rolled out for the first time we divided into two groups and we were strewn along the road a bit as happens with any bunch.

We worked on riding behind the wheel in front as close as is comfortable and communicating. There was plenty of communicating opportunities at the top of Rocky Waterhole because there are pot holes everywhere. We were rolling through the whole ride to get riders used to the different positions in the bunch. By the time we finished we were working nicely as bunch. Everyone did well, Michele's even pace setting stood out, and Bataa's determination; he had hired a bike the day before in order to ride on Saturday. I had fun and am looking forward to riding with everyone again next weekend.

The ride this Saturday, April 23 will start from the car park at the behind the library.

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### **Running Festival**

Sunday, August 21

Mudgee Running Festival is the major fund raising event for the club and it can't be profitably without the help of volunteers. It was a roaring success in 2015 and we'd like to make it bigger and better in 2016. There are a wide variety of jobs that need attending to so please check in with the committee and see which one suits your special skills or time frames - your assistance is needed and appreciated. Thanks in advance.

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**Photos**

1. Trailer sticker recognising Glencore's grant and Furneys engineering.
2. & 3. Morty at the start of the 100 miler and all smiles at the finish 36 hours later. A worthy winner of the sporting excellence award for sure.
4. Our thanks to Glencore.



