



NEWSLETTER - Sept 2012

Husky Half Marathon
Yeppoon
Cairns
World champs
Shinan Ironman
Membership
New uniforms
Iluka
Club update
Results

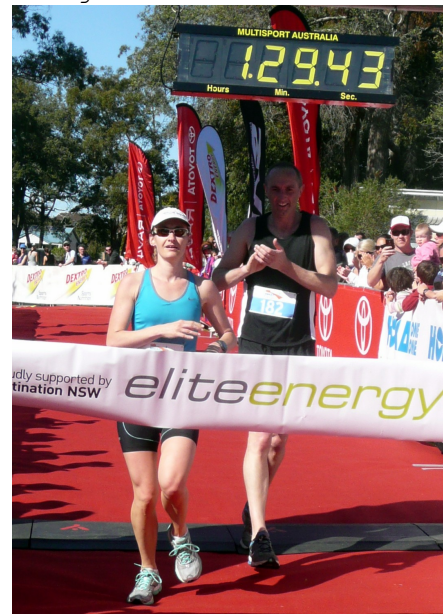
It's been a while between newsletters, but we've started the year with a bang with Mitchell Brown and Elisha Bell taking line honours in last weekend's Husky Half Marathon. Remember to keep us posted on where you're racing, results, and any news or pix you'd like to share! Either post on the Club's new Facebook page or email annettesampson1@gmail.com

HUSKY HALF MARATHON



Brilliant effort by Mitch and Elisha to give the Club top honours in the Husky Half! So

much for the argument that triathletes can't run! Mitchell finished in 1:17:15 to win the event, while Elisha took the female crown in 1:29:43 and finished 18th overall! Not a bad effort for a new mum - and it was great to see 1-yo Miller on the sidelines with Marty to cheer Elisha home. That's Miller in pink in the background.



Congratulations too to Chris Stubbs, who teamed up with Mark Betts to take out the men's team category, to Jay and Paula Luke who placed second in the mixed teams, and to Kylie Stewart who teamed up with Holly Bond to place third in the female teams category.

It was great to see Jeremy Sutton out doing some serious Ironman training, and the big smiles on the faces of the ladies in pink - Colleen

Stahlhut and Clare Eastmont.



Congratulations to everyone who finished and to our fun runners who completed the 5km or 2km races. Full results at end of newsletter.

YEPPOON

Congratulations too to Matt Lewis who stepped up to long distance racing with a slick effort in last month's Yeppoon 70.3. Matt finished 6th in his age group in 4:50:30.



CAIRNS

While the rest of us were enjoying the off-season, five

club members make the trek north to compete in the Cairns Ironman and Half Ironman events. Congratulations to Tibor Slezak and Paula and Jay Luke who all completed the Ironman in hot and steamy conditions. Tony Lim and Tony McGowan joined Renae Watkins in the half and Tony Lim picked himself up a bronze medal for his efforts - finishing 3rd in the 60-64 age group in 6:04:51.



I can't resist mentioning that Paula and Renae posted the fastest JB times in both events. (See results section) Renae obviously likes long distance- she's now training for Ironman!



WORLD CHAMPS

Best of luck to the JB athletes heading to Auckland next month for the Sprint and Olympic age group world championships on October 22! Also to Louise Heywood who will be competing in the world Ironman championships in Kona on October 13. Go hard and have fun all of you!

SHINAN IRONMAN

It was a tough day at the office for our roving triathlete in South Korea, Kerry Hale, who was forced to withdraw from the Shinan International Ironman with heatstroke last month. Kerry's fascinating report on what it feels like to have a full meltdown is on the website at <http://www.jervisbaytriathlonclub.org/?p=832>

MEMBERSHIP

Membership fees for 2012/13 are now due - \$25 for individuals and \$50 for families. Juniors pay the full adult rate but can come to as many Club training sessions at Iluka as they like for free. That's a saving of \$5 per event. Renew online at <http://regonline.activeglobal.com/Register/Checkin.aspx?EventID=1111011>

NEW UNIFORMS

Rocket Science has been signed up as our new uniform supplier so if you're looking for some new racing kit, Tony McGowan has samples so you can check fabric and sizing. <mailto:tmcq@bigpond.com>



We have to choose a design - so far the voting is in favour of the top picture, but let Tony know your preference. Full pix of male and female models at <http://www.jervisbaytriathlonclub.org/?p=795> or on the Facebook page. Tony is looking for a minimum order of 12 for delivery before Husky I.

ILUKA

Don't forget the first triathlon training session of the season will be on THIS Sunday, September 16, at Iluka. Cost \$5 for members, \$10 for non-members. Blame Kylie Stewart for the early start to the tri season - we're giving her and our other Aussie team members a chance to warm up their wetsuits before next month's tri world championships in Auckland. Dates for the rest of the year are:

October 21.
November 18.
December 16.
February 10.

March 17.
May 5.
June 16.

Thanks to everyone who turned up at the winter sessions. Numbers might have been down but there was still plenty of fun to be had ... and new TT bikes to try out Ashley?



Check out the Club's web page for more pix.

CLUB UPDATE

AGM. The Club's Annual General Meeting was held last month and the following office bearers elected:

President: Tony Lim
Vice president: Marcus Vowels
Secretary: Ken Price
Treasurer: Sally Pateman
Web master: Jeff Cockrem
Equipment Officer/Race director: Bill Stahlhut
Minutes sec: Annette Sampson
Catering: David Edwards
Equipment assistant: Jeremy Sutton
Development officers: Joanne Warren, Catherine Head and Chris Stubbs
Publicity officers: Annette Sampson and Chris Stubbs
Fund raising officer: Jeremy Sutton

Uniforms officer: Tony McGowan
Full minutes at <http://www.jervisbaytriathlonclub.org/?p=822>

The next general meeting is on Thursday, 18 October at 7pm at St Georges Basin Country Club. All welcome.

TA membership. A reminder that TriNSW's insurance only applies to financial members of Triathlon Australia. JB Tri Club members receive discounted TA membership. TA has improved its membership offer this year with discounts and other benefits. Check it out at <http://www.triathlon.org.au/Pagel10702.aspx>

Facebook. Thank you to Tony Lim for setting up the Club's new Facebook page. It's certainly proving popular! There's also the Club's website, www.jervisbaytriathlonclub.org

Email list. Know someone who isn't getting their Club emails? Contact tony@strmultimedia.com.au

TRAINING GROUPS

Saturday bike ride. Leaves from Vincentia Service Station at 6.30 am for the National Park. It's still the famous "banana ride" - peel off when you need to. Anyone else got a training session they'd like to start or share? Email annettesampson1@gmail.com

FEEDBACK. Have we missed any of your achievements? Send any ideas, news, photos etc to annettesampson1@gmail.com Or just post on the Club's Facebook page.

RESULTS

HUSKY HALF MARATHON

MEN

1	1	Mitchell BROWN	01:17:15	15-19	Male	1
97	12	Brendon KELLY	01:48:31	20-29	Male	72
132	32	Jeremy SUTTON	01:54:01	30-39	Male	91
229	15	Christopher VINCE	02:16:28	50-59	Male	117

WOMEN

18	1	Elisha BELL	01:29:43	30-39	Female	1
143	16	Nicole RATTENBURY	01:55:50	40-49	Female	49
155	12	Katie WINKWORTH	01:58:18	20-29	Female	56
240	36	Colleen STAHLHUT	02:20:51	40-49	Female	118
268	43	Nina SANTANGELO	02:43:04	40-49	Female	141
269	15	Julie MCGOWAN	02:43:04	50-59	Female	142

TEAMS

2	2	PAULA LUKE & JASON LUKE	01:37:18	Team	Mixed	2
6	1	MARK BETTS & CHRIS STUBBS	01:48:02	Team	Male	1
9	5	ANNE SLEZAK & T	01:51:52	Team	Mixed	5
11	3	KYLIE STEWART & HOLLY BOND	01:54:14	Team	Female	3

5km FUN RUN

72	4	Geoff LEWIS	00:27:33	50-59	Male	48
104	4	Kathy LEWIS	00:29:22	50-59	Female	49
126	17	Vanessa EDWARDS	00:30:54	30-39	Female	67

YEPPPOON 70.3

138	6	Matt LEWIS	04:50:30	18-24	Male	128	00:31:34	02:37:39	01:38:28
-----	---	----------------------------	----------	-------	------	-----	----------	----------	----------

CAIRNS

CAIRNS 70.3

499	27	Renaë WATKINS	05:56:00	35-39	Female	121	00:40:51	02:54:39	02:11:19
556	3	Tony LIM	06:04:51	60-64	Male	415	00:40:04	02:52:54	02:20:12
776	9	Tony MCGOWAN	07:08:16	55-59	Male	532	00:42:52	03:19:52	02:54:06

CAIRNS IRONMAN

461	13	Paula LUKE	12:35:43	35-39	Female	63	01:29:38	06:24:55	04:24:26
470	36	Tibor SLEZAK	12:38:49	50-54	Male	405	01:25:00	06:08:33	04:48:57
556	105	Jason LUKE	13:14:55	40-44	Male	470	01:34:12	06:08:19	05:15:01

CORAL COAST 5150 (OLYMPIC DISTANCE)

88	5	Renaë WATKINS	02:41:08	35-44 years	Female	20	00:32:28	01:12:54	00:55:45
----	---	-------------------------------	----------	-------------	--------	----	----------	----------	----------