

# TOMAREE

TRIATHLON CLUB



Loud & proud in promoting FUN, FITNESS & FAMILY in the Port Stephens area.

The TTC Army!



Troop Talk

**Newsletter...November/December 2010**

Well, a great deal has happened since our last newsletter and there has been racing aplenty. We have had our October and November club races run and won as well as the Maitland Triathlon at Morpeth and the Port Macquarie Half Ironman where our club was well represented as always...

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Next Club race:

Sunday 12th December!!

Dave Swan Memorial Race!!

**REMEMBER...**It is a council requirement that all competitors must have a flashing red light fitted to the back of your bike during the cycling leg.

**No Light...No Race!!!**



# The Presidents' Report

G'Day All

The participation numbers were slightly down for the November race, however membership is still on the increase. It will be an uncomfortable morning when, and if, you all decide you want to turn up and race on the same day!! It's great to see that Tomaree Triathlon Club is growing and remaining healthy.



It is with much regret that I have to inform you all that one of our hardest working committee members is a little unwell at present and currently in the Mater Hospital. I'm sure that you will all agree with me as I extend my, and your, best wishes to Paul Blanchfield for a speedy and complete recovery. All our thoughts are with you and the family, Paul.

A couple of race day issues need to be confronted to ensure the continued success and viability of your club race. The bike course is held on an open road, and therefore we must share the roadway with other road users. The majority of the bike course has a breakdown lane on the left hand side of it, please use this whenever possible to minimize the impact we may be having on the local motorists. Another issue appears to be the no overtaking/slow zone located prior to, and after, the roundabout at the Old Salamander shops, this is possibly the most hazardous and potentially dangerous part of the course. It is with this in mind that we have the no overtaking/slow zone and positioning of 2 race marshals. They are there for your safety, they cannot, and will not, stop the traffic to allow a faster passage thru this area of the course.

Unfortunately, we have had a few reports of drafting happening, usually out on the course away from the transition area, once again, please remember that the viability of the race and enjoyment for all, is the aim of the Tomaree Triathlon Club. We haven't, and will not, be taking these issues lightly. As usual, the majority of you race hard, but within the race and road rules. Let's make sure that we think, not only of ourselves, but for all club and community members. It is after all, only a race, and your safety is paramount.



The "Dave Swan" Memorial race is just around the corner, so please bring a little extra cash, as it is a fundraiser for Cancer research. You should have all received an email last week full of info about the race, if you have any further questions please check out the website.

Sorry about the delay in getting last month's race results up on the website, from now on we are hoping to have them available by Wednesday after the race at the latest.

Cheers  
Chambo

# Dave Swan Memorial Race

Dave was Tomaree Triathlon Clubs first Ironman legend having completed over 10 Ironman distance races, the last of which was the 2009 Port Macquarie IM.

Dave was one of the clubs quiet achievers and was always one of the first to support others, or put his hand up to help out. On Sunday the 23rd of May 2010 club legend Dave Swan lost his battle with cancer.

The Tomaree Tri Clubs December race will be a memorial race for Dave with money raised going to cancer research.



Date: 12 December 2010  
Time: 6.15am to 6.45am Registration 7.00am Race  
Venue: Soldiers Point  
Distance: 500m Swim, 22km Bike, 6km Run

**Male and Female winner will receive a Dave Swan Trophy**

## Splash for Cash!

\$10 entry

Approximately 300m swim followed by a  
100m run

Registration at 9.00am

Nominate a time you will complete the race  
in and the person that completes it in the  
closest time wins 50% of the entry fees!

50% of entry fees will go towards cancer  
research.

**NO swim aids, watches or wetsuits allowed**  
Swimming caps compulsory

### BBQ BREAKFAST

After the race

\$2.00 Bacon & Egg Rolls  
Money going to cancer  
research

# October Race . . .

Yet another fantastic TTC race and a 2<sup>nd</sup> victory for the season by Bryce Woodley. This young little whipper snipper is showing us old folks how it should be done.

Race Day Photos:



## RESULTS – OCTOBER RACE

### TRIATHLON

#### Short Course Winners

F: Kate Preston 54:36  
M: Neil Watson 1:02:49

#### Long Course Winners

##### Female

<40: Belinda Farley 1:20:04  
40+: Jennifer Saw 1:31:24

##### Male

<40: Bryce Woodley 1:09:14  
40+: Adam Adford 1:11:15

### DUATHLON

F: Michelle Blake 1:46:15  
M: Peter Brown 1:12:29

### JUNIOR AQUATHON

#### Short

1<sup>st</sup> Sammy Coleman

#### Long

F: Laura Flack  
M: Kyle Morison

## Shot of the Day!!

**Winners are grinners...**

Keep up the good work Bryce.  
Did Cookie teach you that pose?



Special thanks goes to Terry Withers for providing these shots. Thanks Goog!!

# SIS HALF IRONMAN TRIATHLON PORT MACQUARIE 2010.

The final “stand alone” half ironman triathlon to be held in Port Macquarie drew many of the TTC elite and saw several members step up to this distance for the first time. A tough, tough day at the office was on the cards for everyone with the famous Port Mac wind blowing before the event even kicked off. A massive congratulations goes to all members who took on this one.



Is this what lap I'm on???



## TTC Troop @ Port Mac 1/2 2010

Kevin Picton	4:52:10
Andrew Eyre	4:59:04
Dean Morison	5:02:09
Al Lawrence	5:31:06
Andrew Daly	5:40:19
Graeme Chamberlain	5:43:44
Troy Upton	6:31:40
Carol Pearce	6:58:36
Matthew Coles	Forced Withdrawal



**Who is this mysterious man in black getting a post race briefing???**

I apologise if I have missed listing anyone who competed in this from TTC. Unfortunately, I do not know every member and some will undoubtedly have escaped my notice...Spec.

# November Race . . .

Our third club race for the season was completed on the 14<sup>th</sup>.

From all reports, a choppy Bay made for a challenging swim for the 37 competing triathletes. For the first time this season, Bryce was knocked off the #1 position by Tim Lang and throughout the field there were many tight finishes.

There were plenty of big TTC names on the sideline spectating and Mike Rabbitt once again popped on up for the morning and helped out with marshalling duties.

We also managed to pull in for the day the President of the MTC for his debut race (from what I hear he had a pleasant time all round). Well done Ja. We hope to see you up here more often.

## RESULTS – NOVEMBER RACE

### TRIATHLON

#### Short Course Winners

F: Laetitia Pienaar Van Niekerk 55:04  
M: Tim Bennett 45:48

#### Long Course

##### Male

1<sup>st</sup>: Tim Lang 1:06:45  
2<sup>nd</sup>: Bryce Woodley 1:07:23  
3<sup>rd</sup>: Beven Leach 1:10:55

##### Female

1<sup>st</sup>: Vicky Voyzey 1:21:17  
2<sup>nd</sup>: Mel Breden 1:28:10  
3<sup>rd</sup>: Kate Preston 1:42:03

### DUATHLON

No results listed...

### JUNIOR AQUATHON

#### Short

1<sup>st</sup> Callam Lang

#### Long

1st: Georgia Woodley

## Assistance needed...we have received the following request.

Greetings and salutations,

In February 2011, H Events are running the Bay Adventure – a multisport event taking place in your neck of the woods featuring a swim, a mountain bike ride, a kayak and a run ([www.bayadventure.com.au](http://www.bayadventure.com.au))

As a keen but very average triathlete and multisporter, I am hoping to do this event and might be dragging another Central Coast mate up with me to compete, but I/we will be needing a support crew to take care of a few things, such as:

1. Drive from the start at Soldiers Point to Pindimar and dump mountain bikes
2. Drive to Tea Gardens to dump kayaks and pick up mountain bikes
3. Drive to Shoal Bay to pick up kayaks
4. Drive back to the finish at Soldiers Point to pick up my corpse (like I said – I'm very average!)

I thought I'd put the word out now that should someone like to help out in this regard, I'd be happy to either pay them \$50 for their time or donate the same amount to Tomaree Triathlon Club. They would have use of my Hilux so the petrol would be on me, and I may even spot them a vegemite sandwich.

If you could spread the word in advance, that would be just super!

**James Musgrave**

T: 0400 073 236

[james@netperceptions.com.au](mailto:james@netperceptions.com.au)



Even though the biggest race in the country on the 12<sup>th</sup> December will undoubtedly be the TTC Dave Swan Memorial Race, there also just happens to be another sizeable event on that day, the 10<sup>th</sup> Anniversary and final instalment of the Canberra City Half Ironman Triathlon.



As always, the TTC flag is going to be well flown with the following athletes making the trip to the nation's capital:

El-Presidenté – Graeme Chamberlain  
Kevin Picton                      Jamie Maslen  
Andrew Daly                      Tim Adams  
Bevan Ernst                      Troy Catalovski  
Melissa Geddes                      Brett Ison  
Darrell Patrick

Again, I apologise if I have missed anyone on this list...Spec.

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**Even though our brothers at MTC trumped us in bringing this to our attention (as well as Transitions, BANZAI and plenty of other media outlets), we still think that this is worth a mention:**

You have seen him race Ironman triathlons in hot pink budgie smugglers. You have seen his impressive dance at the Ironman finish chute. What you have never seen is his face! It is because he has never shaved his beard before.

Let's get together and shave Ironman Gi Singh at Busselton. Ironman Gi has decided to shave his virgin beard and beautiful locks to honour Ironman triathlete Dani 'Fezza' Taylor, who is battling cancer.

"Dani's positive attitude even at the worst possible times is truly inspirational. I remember her put a brave face and cheer us all day long at Ironman Australia. Whatever she's going through is absolutely unfair. To honour her, I wish to give something I really love, i.e., my unshorn hair," says Gi.

As per Dani's wish, Childhood Cancer Association is the official charity of this fundraiser. If you know someone close who has been affected by cancer, please show your support by making a donation.

Since Gi has never shaved before, let's help him out with his first shave at the Busselton Jetty on 6th December 2010 at 4:00PM, right after the Ironman beer mile. Be there, it's going to be fun.

Thanks to Trishave for supporting this event with a generous \$5000 donation. Let's support them by buying the awesome Trishave products.

You may visit the event blog at:

[http://www.everydavhero.com.au/hero\\_pages/view\\_posts/clip4cure](http://www.everydavhero.com.au/hero_pages/view_posts/clip4cure)



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# Wrap Up



Things have definitely been flat out lately both on and off the race course.

Even with everything that is on the horizon (and I'm not even thinking of Christmas), it would be great to see a huge turnout for the race in December. As always it's a great race but it will also be a great show of respect for the memory of Dave Swan. It will also be a fantastic chance for us to raise some much needed funds towards cancer research. Every little bit that we can do is a step in the direction of hopefully one day finding a cure for this insidious disease that touches far too many of us in one form or another these days.

Good luck also to all of our members that are journeying either to Bussellton for the Ironman event or to the Nations capital for the Canberra ½ Ironman. I personally cannot wait to see if I can tough it out for another ½ IM finish. For anyone that just happens to be there that sees me struggling around the course, give me a yell to make sure I don't stop!!!

Please remember to keep sending content to: [nicoletim\\_adams@yahoo.com.au](mailto:nicoletim_adams@yahoo.com.au) for inclusion in upcoming newsletters.

Also, keep checking the website and the forum for information regarding the club.

Spec...

**See you all at TTC on the 12th  
for the best "club race"  
in the country!!!**

**Well, that's what we reckon!!!**