

TRIATHLON TAURANGA E-NEWS – November 2011

President's bit

Dear Members

Summer is almost here! Good luck to all those competing in Auckland next weekend, it looks like it's going to be a great event!

Thanks to those who attended the AGM (minutes etc can be found on the club website under 'news'). We are up and running and membership for the 2011 / 12 season is now open.

The new committee has been formed with a mix of existing and new members. Welcome aboard to Todd Davidson, a very experienced triathlete. He has huge passion for our sport and has kindly put his hand up to look after the sponsorship for the club. We have a couple more spaces on the committee so are keen to hear from anyone in the club that would be interested.

The Committee has been working through a strategic planning process with Sport BOP. A recent member survey identified a few areas we need to improve on. We are working through those areas to continue to grow our club and to provide opportunities for people to participate in the sport of triathlon. We are re-instating the monthly club newsletter (email version). This will include club, event, sponsor information, etc... so if you would like to promote anything to the club members or tell a good race story please get in touch so we can include it in the next issue.

We have already kicked off the club nights and have seen a number of new faces coming along which is great! Brad and Lyndy (club coaches) have done an awesome job of putting together the training night for both adult and youth for the upcoming season and Lyndy also has an adult beginner group happening each week. Information on all these training sessions can be found on the club website under 'training'. Paul Miller has put together the events calendar which can be downloaded from the club website. This has most of the local events listed and some further abroad. We now have the new club logo firmly in place and are looking to design some club apparel for members – watch this space!

A quick thank you to Yvette, Gerald and Jo for all the work you are doing to get the membership cards out and putting together the newsletter.

So dig out those togs from the bottom of your drawer, dust off those running shoes and come along to a training session at Pilot Bay - the most beautiful place to train and race!

See you out there!

Cheers, Adam

Notes from the Ed.

The temperature of the Blue Lake last Saturday made for a pretty unpleasant start to the 2011 / 2 triathlon season. 15 degs but warmer in the water than out. I enjoyed meeting up with other hardy Club members who were using the first of the Contact Tri series as a "warm-up".

The 2011 Committee is made up of:

Adam Hazlett (President)

Paul Davidson (VP)

Yvette Campbell (Secretary)

Gerald Gibbard (Treasurer)

Paul Miller (Events)

Brad Dixon (Coaching)

Tim Mills (Asset Management - ie. he's in charge of the trailer)

Todd Davidson (Sponsorship)

Jo Tisch (that's me – Communications).

If I knew how to put photos of us in this newsletter I would. More about that later... We are basically just a bunch of people who enjoy the sport of triathlon and want to see it continue to grow in this area. If you have any ideas, comments, feedback about the Club or this newsletter please let us know: info@triathlontauranga.org.nz

Triathlon Tauranga 2011/2

What can members of Triathlon Tauranga look forward to this season? Here are a few things already on offer:

- Local events. Check out the calendar on the TT website. If you know of more that need to be included please let us know.
- Wednesday evening training sessions run by TRINZ qualified coaches. See the training link on the website. There are 3 options available: a youth programme, a beginners programme and a programme for those with just a bit more experience. Something for everyone!
- A Christmas "\$5 Family fish & chips" night after the aquathon at Pilot Bay on 14 December.
- Fantastic discounts on products and services thanks to our sponsors – just show your TT Club card when you are out shopping.
- Regular E-Newsletters throughout the season filled with helpful tips, race reports and general Club news.
- A Facebook page. Check it out. And our website www.triathlontauranga.org.nz.
- Participation in our prestigious Club Champs series – see more below.

Situations vacant

- Club photographs. Please take some photos at events and training nights and email them in. We want them for our newsletters and awards night. A great job for those sideline supporters. Is someone out there willing to keep a photo library for us?
- Newsletter design. Have you got publishing experience? We would love someone with some graphics / marketing / publishing experience to volunteer to format our newsletter for us. Maybe set up a template for the Editor to use. Please?!
- Website design. If you have experience and would like to give us a hand to update the look of our website please let us know.

Coming up:

20 November 2011 Auckland Tri: www.triauckland.co.nz

This is going to be a fantastic event. It is designed as a trial run for when Auckland hosts the Grand Final of the ITU World Championship series in October 2012. This year's event is the selection race for the World Champs NZ Team. We have an impressive number of members making the trip to Auckland with their eye on selection. They include: Hayden Moorhouse, Mark James, Nick Lawson, Joe Dieterle, Todd Davidson, Paul Miller, Chris Myland, Peter Tinholt, Paul Burrows, Jeff Cook, Brian Foster, Ian Robinson, Lydia Hale, Jessica Lawson, Sandra Boubee, Lyndy Wickham, Jo Tisch, Sue Galpin. In the sprint distance look out for Patrick Burrows, Sam Durrant, Tony Emmett and Kirsty Burrows.

Please let us know if we have missed anyone out so we can max out the support up there. For those hoping to be selected please check out the rules on the TriAuckland website. Be sure to take your passport, Triathlon Tauranga membership card and your credit card to secure your spot in the team.

We will be encouraging all TT members to make the trip to Auckland over Labour weekend next year. It will be an affordable opportunity for us to see the international Elite field in action and support our NZ team.

4 December 2011 – It is business as usual for the **Craigs Investment Partners Tinman Triathlon** www.tinmantriathlon.co.nz

TRIATHLON TAURANGA Age Group Championships 2011 / 2 season

Here we go again folks; it's time to outline the way this year's club championships will work. As always there are a couple of changes this year so please read carefully.

The aim

The aim of the club champs is to identify and then recognise (with lovely trophies and adoring applause at the annual dinner) the best athletes in each age-group. To do this, we track your results across a range of events during the summer and then use a complicated spreadsheet to work out who in each age-group is consistently the best performer.

If you would like to participate in the club champs please can you email your results to events@triathlontauranga.org.nz so we don't miss anyone. To participate in our prestigious Club Champs point series this year you need to have paid your subs and be signed up **before 1 December**.

The races

In selecting the races the committee tries to provide a balance between short course and long course races so that specialists at a particular distance are not disadvantaged. The committee also tries to ensure that most major races in the wider Bay of Plenty area are covered. The races this year are as follows:

Date	Race	Triathlon Distance			
		Sub-sprint	Sprint	Standard	Long
5 th Nov	TriNZ Contact Tri Series, Rotorua		✓	✓	
4 th Dec	Tinman		✓	✓	
17 th Dec	Rotorua Half Ironman				✓
27 th Dec	Surfbreaker		✓		
3 rd Jan	TriNZ Contact Tri Series, Whangamata		✓	✓	
7 th Jan	Tauranga Half Ironman				✓
29 th Jan	Blue Lakes Multisport Festival, Rotorua		✓		
5 th Feb	TriNZ Contact Tri Series, Kinloch		✓	✓	
5 th Feb	UCAN2 (longer-course triathlon only)		✓		
20 th Feb	Ohope Triathlon		✓		
3 rd Mar	TriNZ Contact Triwomen Series, Rotorua	✓			
3 rd Mar	Ironman New Zealand				✓
11 th Mar	UCAN2 (longer-course triathlon only)		✓		
25 th Mar	Marra Mauao Triathlon, Mt Maunganui		✓		
14 th April	Xterra			✓	
		1	10	5	3

At the Tinman and the TriNZ Contact series, points will be awarded for both the sprint and the standard races. At all other races, only entrants to the Triathlon race-type identified above will receive points.

The ranking system

While there are 18 races that are part of the series it is only your **best four results** that will count towards the club champs. Therefore if you race six times but had a shocker at Surfbreaker due to all that Christmas eating and drinking, then you will be able to discard your Surfbreaker result and one other weaker finish (and don't worry if your maths isn't flash as our spreadsheet will do this for you).

Up-to-date rankings will be published in the newsletter and/or distributed on Wednesday nights as soon as event results are available and we have time to sort through them.

The maths

The scoring system ranks each athlete by comparing their finishing time with that of the first club member of their sex across the finishing line. The closer they are to the first club member's time the more points they will get, up to a maximum of 100. The calculation is:

$$\frac{\text{Time of first club member of your sex}}{\text{Your finishing time}} \times 100 = \text{Your points}$$

Your finishing time

We might need a practical example here to make sure anyone who wants to understand this can actually do so. Let's say Fred is the first male club member across the line at Tinman, finishing in two hours (or 120 minutes). Fred wins himself the maximum 100 points. George tumbles in twenty minutes later (140 minutes) and therefore picks up:

$$\frac{120}{140} \times 100 = 85.7 \text{ points}$$

140

Bert follows another hour later (total race time of 200 minutes) and therefore earns himself:

$$\frac{120}{200} \times 100 = 60 \text{ points}$$

200

The female scoring system is exactly the same but is obviously based on the first female club member across the line.

The other rules

- Only individual race results count.
- You must finish the race to be able to collect any points.
- You must finish a minimum of three races to be able to win the coveted age-group trophy. Therefore if, in the Female 80-89 age-group, great aunt Matilda leads the championships having taken four hours to complete Surfbreaker and two and a half days to do the Half, she still won't win the trophy as she didn't do three races (but if she puts in a late entry for the UCAN2 and finishes it, she gets the trophy).
- The age-groups used for the club champs are 0-19, 20-29, 30-39, 40-49, 50-59, 60-69 and 70-79. If we find an octogenarian (great aunt Matilda?) then we will set up another age-group and find another trophy.
- The age-group you will be ranked in is the age at which you race in most often. Therefore if, part way through the season you move from being a 30-39 athlete to being a 40-49 athlete then we will look at which age-group you raced most often in and include you there for club champs purposes. (Note that we deal in "real" ages not the inflated-by-12-months TriNZ ages.)

- Anything wildly out of the ordinary will be dealt with by the Committee on a case by case basis (like 2004's Tinman that wasn't for instance).

Further information

If you want to know anything else about how this all works please feel free to e-mail events@triathlontauranga.org.nz and we'll try to help.

Results from World Champs 2011 : www.trinz.co.nz

Our Club was again well represented at the various World Championship Events held during 2011.

Sprint Distance – Beijing, September

Tony Emmett M40-44 6th

Standard Distance – Beijing, September

Hayden Moorhouse M18-19 5th

The highlight of Hayden's trip was placing 3rd in his age group (M16-19) in the World Championship Aquathlon held a couple of days before the triathlon race. An amazing achievement for this consistent athlete.

Long Distance – Henderson, Las Vegas, November

This was a really tough course, made tougher for some with the cancellation of the swim due to weather conditions. Read all about the race in Janine Sax's race report – see below.

Terri Mann	F25-29	11 th	
Luana Cox	F35-39	13 th	
Meryl Wanless	F45-49		30th
Heidi-Jane James	F30-34	36 th	

Janine Sax, the only NZer racing in the Elite Category placed 9th - a remarkable result considering her eventful race. Read on...

Other Race Results

Kona Ironman

Jessica Lawson W25-29 4th 10:21:24 (Brilliant)

Contact Tri – Rotorua, 5 November : www.triserries.co.nz

Standard distance – 1500m, 40K, 10K.

Paul Anderson	45-49	12th	3:39:47
Paul Burrows	50-54	5th	2:51:54
Jeff Cook	50-54	7th	2:56:36
Joe Dieterle	35-39	5th	2:58:54
Sue Galpin	40-44	3rd	2:58:59
Hayden Moorhouse	18-19	1 st	2:20:59
Ian Robinson	78-79	2nd	4:21:41
Tina Syrratt	55-59	2nd	3:55:56

Sprint Distance

KirstyBurrows 13-15 5th 1:33:23

Sam Durrant	18-19	5 th	1:15:54
Paul Miller	40-44	6 th	1:30:51
Katie Smith	16-17		DNF
Jo Tisch	40-44	4 th	1:34:59
Lyndy Wickham	40-44	1 st	1:22:29

Erica Moorhouse **3:9:3** 7th 51:58:00
(Good to see you coming out of retirement Erica!)

Lydia Hales' team took out first place thanks to Lydia's fast swim / bike times.

K1, K2 – Coromandel, 29 October 2011

Brent McKay, Jo Tisch, Paddy McCahill, Joe Dieterle, Mark James & Tash Lydiard were all spotted out there on the course.

Auckland Marathon

Tash Lydiard followed her K2 ride with a 4:04 marathon the next day. Impressive.

Bays to Bridges challenge, 6 November

Kevin Symes	5 th AG	1:00:53
Gerald Gibbard	12 th AG	1:06:25
Ross Jackson	15 th AG	1:09:40

ITU Duathlon World Champs NZ Age Group Teams Announcements

Congratulations to Aiden Dunster (M18-19), Hayden Moorhouse (M18-19) and Bruce Beehre (M60-64) on their selection for the race to be held on 22 September 2012 in Nancy, France. Bruce has also been named in the Long Distance Duathlon team which will head to Vitoria-Gasteiz, Spain for a race on 29 July 2012. The selection race was held on a windy, wintery day in Taupo.

Coaches' Corner

On Wed night we went over 4 running drills to help with running form. They were:

- 1) High Knees - knees to hip height with short forefoot contact time.
- 2) Strides - Bounding: driving forward with the lead knee, and a straight leg extended behind
- 3) Horse kick - Kicking out front and then "snapping" the foot back under the hip.
- 4) Walking lunge - Lunging with an upright body.

These are great to do 1 x week in the middle of a 30-40min STEADY run. Try 2 x 10m for each to start with and over 3-4 weeks build up to 5 x 15m with an increase in speed for drills 1-3, and try raising your arms and closing your eyes on the walking lunge for progression. Make sure you complete the drills on a soft surface, and warm up for at least 10min first.

Running drills will help your running efficiency, form in the later stages of the run, and therefore your times will improve! The drills completed in conjunction with a core stability programme will make you a better athlete. Happy training.
Brad Dixon (Triathlon Coach Level 2)

(Brad is an experienced physiotherapist who can be found at Rehab Physio, Global Fitness, Newton St, Mt. Maunganui – Ed.)

Tri Club Youth

Coach Lyndy reporting in:

"We've had a great start to the season, with the return of some neat kids and the arrival of more!! We have had 2 rides at the Lakes with some fun stuff and lots of learning happening. An impromptu lesson in changing a tyre happened at the end of the first session thanks (or NO thanks) to my flat tyre!!! We saw a cool swarm of bees hanging in one of the trees which was great! We had a go at a time trial and learnt some good running drills. We cemented in some good road/riding safety and the kids are excellent at that! The Lakes is a really nice place to ride, run and learn. Everyone is friendly and encouraging to each other, which makes for a really neat training session. We have LOADS to look forward - our first couple of swim sessions this month at Memorial Pool, including a mini tri from the pool on the 23rd and a couple of exciting special guests that are going to come and train with us at the end of the month!! So we are looking forward to the growth of youth in the sport. We can cater to a range of abilities too. We will have more to report in the next newsletter after we have started swimming"

Notes from the Novices

Not all the 'novice' adults are actually new to triathlon. It is just another level of training group - we tend to be VERY social!! A really nice bunch of people there is no doubt about that and so keen to learn too. Everyone makes everyone else welcome and they seem to be enjoying meeting like minded people, no one makes judgements on anyone else so it is a very relaxed and friendly atmosphere.

Our first 2 sessions have been at the Lakes (Tauriko) which is such a great place to ride with a variety of ability/experience levels attending. The best thing is I can give everyone options and they can decide just how much they want to push themselves or just stay in their comfort zone which is totally fine too!! The swarm of bees was still there and that was a great topic of conversation as we rode our bikes. I had a session planned but was flexible to make sure people got what they wanted out of it. I spent time with most of the athletes and chatted about various training tips with them all. I really enjoyed this group and it is great to have more enquiries coming through.

We are lucky enough to be able to have our first couple of swim sessions at Windmere Pool and I will spend some time helping everyone with their swimming. Like the youth we will run a mini tri on the 23rd November which will be LOADS of fun!! It won't be a race, just a chance to have a go at the real thing. So tell your friends. We would love to see them! Happy training.

Cheers, Coach Lyndy

Race reports

"Living the Xterra dream"

by Clyve



Cousins

Heading my way to Europe to try couple of Xterra's....1st stop Xterra Czech up in a ski resort Spindleruv Mlyn, woke up race morning to thunder storms and lightning, after biking to the start, cold and wet, hit the water a cool 15 deg. The course was bumpy, hilly with lots of elevation. It was a 2 lap bike course mud, mud, rocks and tree roots everywhere, mother nature threw everything at us today. Caught up with Graham and Ruth Wadsworth at race headquarters, great to see them. Also met up with young Aussie pro Ben Allen who came to Rotorua this year. Finishing with a 3 lap run course through creeks over bridges and amazing forest trails.

Managed a 2nd in age group out of 4, tough day out, but the Czech beer well worth it.

Off to Xterra Germany...Zittau the town right on the border of Poland and Czech. Water temp rose to 20 deg race morning so no wet suits, or speed suits...that's going to be fun. A 2 lap swim course in this beautiful national park. Bike course more mountains and a long 35 kms, very challenging, some of the climbs where hike a bike and very technical down hills, finishing off with a 9km run around the lake with rolling hills and stunning trails. This event doubled as Xterra European Champs and Xterra Germany...4th in age group. Oliver Marceau and Marion Blanchet win gold. Stayed in Zittau village in quaint hotel, fresh bread as bakeries on every corner, cheese, salami every morning - real training food.

Somewhere in Germany, hope I'm on the right train. Xterra NZ is one thing I can say for sure it's a breeze compared to these 2 events I've just experienced.

Back to the US and Xterra Canada in the village of Whistler. Met up with Sam Stacey from Tauranga who finished 3 rd in his age group....single track you got it over log bridges, rocks, thru streams and tree roots everywhere along with alot of climbing. Course 2 loops of 9 km so 10 km shorter than the standard Xterra...boy it felt like 40km, the most technical bike course on the tour they say. The transition right of the edge of the lake to which we had a visitor 1st thing a big black bear with a hunger on, didn't take to gels or cliff bars so left us alone. Tried to ride a few of the bridges on 2 nd lap only to end up over the bars and in the creek ow ow, bit ginger after that and ended up in medical tent, but finished race with a silver medal.

Mean while back at the condo on edge of forest, my mate and I where taking the large chilli bin back to the van when hello around the corner came a huge black bear, eyeball to eyeball he spotted the chilli bin and thought food, we where off down the stairs to car park, thank god the swipe card worked...not the thing to do, stand ya ground and slowly back away, will try that next time.



That's about all I've got so far, so looking forward to Xterra US and Maui.

Clyve Cousins, Xterra World Tour 2011

Janine Sax – racing elite : ITU Long Distance World Champs

The 2012 ITU World Champs hosted by Henderson and Las Vegas was made up of a 4km swim, 120km bike and a 30km run. On the morning of the race Officials made the decision to drop the swim and delay the start time, reducing the race to a 120km bike and 30km run duathlon.

Being 5th pro-elite female out of the starting blocks I had a good start, picking off the girls in front to get to the sharper end of the race. I was feeling good and things were going well until I hit the first water bottle station. I reached the station much quicker than expected and although I had had a few sips of the bottle on my bike at the start of the race I decided to throw that away in favour of a larger water bottle. Unfortunately, moments after putting this new bottle into the bottle cage this full bottle of water popped out.



I reached the 2nd station and unbelievably, the same thing happened again! By the time I reached the 3rd bottle station I was in serious trouble - when I collected that bottle I held it in my hand until it was finished.

In the end I went for 2 hours without water. To put this into perspective, two weeks earlier I had taken 4 bottles out with me onto a 3 hour bike but consumed all 4 bottles within the first 2 hours. I had to go for about 20 minutes without water in my training zone before I collected more water. I was so fried from just this that it took me a week to recover. Here, I had been going at nearly twice the intensity for 8 times that length of time.

I had never previously had this problem with my bottle cage and had even asked the Race Director prior to the race whether the bottles were compatible to my bike cage. Further, I had trained on this course for weeks and had even won a race on it 3 weeks earlier by 15 minutes, never once having this problem. So this was quite unexpected.

By the time I neared the last station I knew I was in a world of trouble. I had to decide for myself whether it was worth the risk of doing irreparable damage to myself for the sake of staying in this race. At that point I figured I would just ride to my house about 1km away (8 meters off the actual course) and then drive back to T2 to notify race officials. In fact I was so certain of this that I didn't even bother collecting another bottle. I was too wasted to care about drinking anymore anyway.

When I reached my place I decided it wasn't much further to T2 and at least once there someone can put a drip into my arm, so I carried on.

It was difficult to watch my competitors flying past me. I think it was more difficult to watch this than it would have been to smash the rest of the bike leg.

Upon reaching T2 I sat down, took in some fluids and reassessed the situation. I really wanted to finish and I knew I was still in the top 10. With this I decided that if I could stand up without being too

dizzy and was systematically taking in fluids on the run I could probably still finish, and maybe stay in the top 10.

During the run I took in a total of 24 cups of water. One of the consequences of dehydration is that you basically lose everything in your stomach so I had to make portaloos on every lap. But in the end, I felt much better than what I was on the bike and managed to finish strongly.



Jeff the team manager said that when he saw me come out of T2 he immediately thought to himself that I was 'out'. But on the 2nd lap he said he could see I was 'back in the race', that while my first lap was slow and things looked impossible I somehow completely turned it around. He said that I was a 'gutsy runner' and that he was impressed with what he saw - I somehow picked up the pace then held even splits to the end. So that was nice to hear.

While a top-10 finish at the ITU World Champs in my first elite outing is a good result it was especially good considering the hole I had to dig myself out of just to finish. Most of all I'm happy to have finished without doing any serious damage to my body.

Racing elite at this level was an amazing experience and I'm looking forward to the next round, at the Asia Pacific Ironman Champs in Phuket on December 4th, 2011.



Janine Sax – Syracuse 70.3

The Syracuse Ironman is a 70.3 distance triathlon held in Syracuse, New York. This year Syracuse attracted 42 Pros and close to 1000 Age-Groupers, offering 30 World qualifying spots for Age-Groupers wanting to qualify for the World Champs and offering the Pros both US\$50,000.00 for the top-8 male and female across the line and qualifying points for the World Champs. Compared to the

triathlons I do in New Zealand the set-up and resources involved in this race were on a much larger scale – it was pretty much on par with Ironman New Zealand.

The 2km swim consisted of a single lap of a 'box shaped' course in the lake. The 90km bike was a challenging loop course past ski fields and amazing scenery. Then the 21km run consisted of 2 laps of various undulating terrain. Ironically the course was described as 'rolling hills' - it was hands down the toughest bike course I've ever ridden and then on the run I had to climb the steepest hill I've ever come across in triathlon!

On Friday evening I attended the CNY Triathlon dinner where unbeknown to me it was the Pro-forum... and I was speaking! Now, being fairly new to this I had never actually heard the word 'Pro-forum' before. I had never been to one, never even seen one on TV and basically had no idea what was involved. So you can imagine my surprise when I learnt 5 minutes before this started that I was speaking... and especially when they told me I was speaking first! Anyway, it was okay in the end. In fact, I quite enjoyed myself and it was interesting listening to the other Pros.



Apart from my rubbish New Zealand winter tan I had a few concerns going into this race. One was that I hadn't been running due to a possible fracture - I had dropped a shampoo bottle on my foot – luckily I had been given clearance to run 45 hours before the race.

My other concern was how to deal with the heat. Upon arriving in New York I struggled a little with the heat so trying not to over-cook myself was looking to be an issue. On race morning however the race-start temperature plummeted to 43° F/6° C so the issue suddenly became how to stay warm! In the end I braved it out in my ZEROD trisuit with some silver blanket down my front.

Prior to race start I discovered a hole in my wetsuit on my hip. It was getting bigger by the minute so I was trying to be as conservative as possible during the warm up. I wasn't too happy about getting into the water and letting water in that hole either but when I discovered the water was warmer than the air (64° F/17° C) I ended up staying in the water right up until race start just to stay warm. In fact there was so much steam coming off the lake that we couldn't see all the buoys. In New Zealand the water temperature is always cooler so this was new to me.



Pre-race: About to pump up tyres.

Race start

There's nothing like good old pre-race encouragement but when my newly made friend announced 'don't wait up for them Janine!' as the Pro-females were jostling for their starting positions I could see what some of the others were thinking – and if they think I'm a good swimmer they'll be on my hip and all over me in an attempt to get some sort of advantage. So with that I started out wide on the side and managed to keep out of trouble for the most part.

When I approached the last buoy out I saw the 4 Pros in front take something like a 135° turn. It was a box shaped course and I thought to myself 'that can't be right!'. So in that split second I decided not to follow the leaders and go for where I thought the next buoy should be. It was really disconcerting knowing that 4 pros were already fast-tracking their way to the finish and with the sun's glare making it near impossible for me to see the next buoy.

Fortunately I did get it right and came out of the swim in the first pack of 3. I was precisely where I wanted to be, at the front of the race and saving energy.

After getting back into transition I found that my brand new aero helmet had come apart. The side panel had detached itself from the helmet and the visor, leaving a gaping hole to catch the wind! I don't know whether it had been dropped or what but I was able to secure the main part of the helmet to my head so I thinking that was 'legal enough' I carried on. It just meant that the helmet was no longer as 'aero' as it would have been.

After the swim I was in 2nd position out onto the bike. It was a beautiful bike course. The views were stunning and it was surprisingly green, much like New Zealand. There was a windey section which I loved - similar to roads back home - it was awesome going at top speed around a series of sharp blind corners. I think this is where I lost the train behind me. While this was a great way to see the country side I'll admit that I wasn't too appreciative when after my speedy descent down this windey section I had to come to a complete stop, for a rooster and a line of hens crossing the road!

My feet and hands were painfully numb the entire bike. At one point my left hand drifted off the handle bars without me even realizing it. After that I had to consciously press the fingers of both hands together as hard as I could to ensure I was keeping my hands on the bars!

I finished the bike-leg in 3rd place and headed out onto the run behind Nikki Butterfield (AUS) and Caroline Steffen (SUI). The top 3 Pros had cyclists leading them which was a nice touch.



T2: Running through transition in 3rd place

While my run off the bike was good the 2nd half of my run was 5 minutes slower than the first half. Usually I can hold a second split so I can only assume I may have possibly lost a bit of base and/or possibly used up more energy than what I would have liked in trying to stay warm on the bike.

As I neared the half-way mark my feet began to thaw out and I could hear the breathing and footsteps behind me knowing it would be Kiwi athlete, Sam Warriner. She was running very well. On the 2nd half of the run Rachel Challis also ran past me. She too was running well. Rachel finished 2nd in this race last year and while she is based in the States we'll claim her as a Kiwi since she was born in New Zealand and because we like her.



On left: Rachel Challis and Sam Warriner

On right: Lee Michaels and Tim Walczyk

I finished 5th Pro female in the end. Greg Fraine (National Coach and my overall Coach) said that this was a break-through race for me because of the class of athletes I was up against, which is great.

After the race we had unlimited food and massages. It was awesome! I accidentally missed prize-giving but luckily my Skaneateles Host Lee collected my award on my behalf. I was in the tent still eating. Well, food is very important!

To follow Janine's progress check out her website www.janinesax.com

The Next Newsletter will include...

- Results from Karapiro Half Ironman, TriAuckland & Tinman.
- Race reports and photos – please! Loads of colour and pretty pictures – please!
- Adam Hazlett's training diary (don't panic – it will be pretty short)
- The regular features you will come to know and love: Coaches' Corner, TriClub Youth, Notes from the Novices.
- Mutterings from the Multi-sporters?

All contributions & comments welcome : info@triathlonauranga.org.nz