



Engadine Triathlon Club Newsletter, Dec 2015

The year is almost over, and summer has well and truly made itself known.

The silly season is upon us, and that often means an extra beer or three, the odd mince tart and perhaps an extra kilo or two. Fear not – the next month or so of training sees plenty of opportunity to combine social and exercise, leaving you with more time for Christmas shopping.

There's also a number of races remaining for the year with ETC members, including Nepean 70.3, Busselton Ironman and the first race of the revamped NSW Sprint Series at Kurnell.

Upcoming Training/Racing

Cronulla Triathlon – Sutherland Bike Track at 6.45 am	5/12
Swim and Run – meet at Engadine Leisure Centre pool deck at 7am	12/12
Traditional Christmas run through Engadine. Dress up & meet at Engadine Leisure Centre front steps deck at 7am	19/12
For those keen – Boxing Day easy trail run. Meet at Dobell Ave Trail at 8am	26/12

Upcoming Local Events

Callala Beach Classic & Club Distance Triathlon	12/12
NSW Sprint Series, Race 1 Kurnell	13/12
NSW Sprint Series, Race 2 Kurnell	17/01

Upcoming Events

Christmas party/get together

Sunday 13th December – The Engadine Tri Club family Christmas get together. Festivities commence at 12pm with kayaking/boating from Prince Edward Park, Woronora. Boats/canoes are available for hire from [The Boatshed at Woronora](#), with kayaks starting at \$17 for the first hour to hire, or bring your own. Alternatively, you may wish to run the nearby trails. The boating will see us head to the Needles, and back, returning to Prince Edward Park before 2pm. This will be followed by a BBQ and drinks – sausage sandwiches, beer and soft drinks provided. If you can't make the boating activity, still come down for a cold drink and a sanga. Bring the whole family, with lolly bags for the kids.

Annual General Meeting

The AGM will be held during the Christmas party, from 2pm. If you would like a say on how your club is run & organised, please nominate yourself for a position. Being part of the committee is a rewarding experience, and helps put back into the club. If you can't make the day, but are interested in a committee position, please let me know beforehand.

Annual Christmas Swim/Singalong Run through Engadine

Join us from 7am on Saturday 19th December for the annual ETC singalong run through Engadine. John Beattie hosts the traditional run, sharing the Christmas spirit (or just waking everyone up!). To be followed by breakfast/coffee at the leisure centre café.

Pub Run

Continuing a day of celebration and unwinding, join us on the annual pub run. Starting at Como pub at 1pm for a refreshing ale, we intend to leave Como at about 1.30 and make our way back to Engadine, with stops at the Jannali Inn, Boyles Hotel Sutherland, the Royal Hotel Sutherland (with obligatory scallops) and the bottlo at Loftus. For those who haven't participated before, this is a seriously fun afternoon and a great way to spend some quality time with fellow club members. Don't forget to dress up (or leave me looking a fool by myself!).

Future Club Activities

A few ideas which have been mentioned by club members recently for the club to participate in:

- Challenge Batemans's Bay – a number of members are looking at participating in this half Iron distance triathlon in early April (first weekend of the school holidays). From all accounts this is a great race and a very friendly event. It would be great to get some numbers up and make a great weekend of it. For those not keen or unable to get the distance up, there are a number of shorter races also held across the weekend.
- Club Champs Forster – we've had great participation the last few years at this race, and secured some really good results. Its moved again, and now falls the week before Bateman's Bay (1 April). Lock the date in the diary now
- Alternative activities, including white water rafting at Penrith to be held next year.

Recent Race Results

West. Sydney Ironman 70.3, 29/11 (1.9/90/21.1)

Chris Southwell	04:26:58
Jay Kennedy	05:16:43
Nathan Shoemark	05:25:48
Rachel Kennedy	05:34:44
Warwick Terry	06:20:50

Much cooler conditions this year for the second Western Sydney Ironman 70.3, following last year's scorcher. Light rain and fog greeted competitors, with the damp course not preventing some fast times. The fog eventually cleared for a warm run to finish. Congratulation to Chris Southwell who finished 1st in the 50-54 age group. A small ETC contingent made their way up to Noosa for Australia's largest triathlon. Some great results, with Laurel Rogers picking up 9th in the 45-49 age group.

Noosa Triathlon, 1/11 (1.5/40/10)

Laurel Rogers	02:33:21
Byron Albrecht	02:46:37
Dean Hill	03:05:14

Nepean Triathlon 25/10 (1/30/10)

Jay Kennedy	01:53:49
Darren Lydom	02:07:50
Rachel Kennedy	02:08:02
Sharon Lane	02:08:34
Madeline Morgan	02:17:04

Some great results from the ladies at the traditional start of the triathlon season in Sydney. Sharon Lane had a great day out, picking up 1st in the 55-59 age group and winning one of the lucky door prizes – a set of race Shimano wheels. Also doing well, Madeline Morgan finishing 2nd in the Under 19 age group and Rachel Kennedy finishing 6th in the 30-34 age group. Well done!



Changes to the Triathlon Australia Race Competition Rules

Race Competition Rules are essential to maintaining a quality level of competition for participants of the sport. Accordingly, rules are reviewed and updated on an annual basis to reflect the ever-evolving conditions of our sport.

Knowing your race competition rules is just as important as knowing your equipment or having the right training program – it will set you off on the right foot, save you time and penalties, but more importantly, knowing your rules will ensure the safety of you and your fellow competitors.

A full copy of the updated rules can be found by following the below link.

<http://www.triathlon.org.au/Assets/Triathlon+Australia+Digital+Assets/Race+Competition+Rules+Revised+2015-16.pdf>

We have also summarised the major changes below:

- Wetsuit temperatures – wearing of wetsuits is forbidden for age group competitors where the water temperature exceeds 22°C (previously 24°C) for distances up to 1,500m, and 24.5°C (previously 24°C) for distances over 1,500m;
- New provisions allowing for cancellation or modified swim distances for extreme temperatures (above 32°C or below 16°C);
- New provisions for draft legal events for age group competitors (eg. NSW Sprint Series Race 7). These include restrictions on bikes, including a minimum spoke count of 12 with no disk wheel permitted, only traditional drop handlebars with no clip on bars permitted;
- New penalty system, with yellow, blue and red cards:
 - o Yellow card – stop-start for minor infringement, to be served anywhere on course. Examples of yellow card infringements include helmet not securely fastened, discarding equipment or not wearing race number;
 - o Blue card – time penalty (3 or 5 mins). Multiple blue card penalties may result in disqualification at the completion of the race. Examples of blue card infringements include illegal pass, blocking or drafting;
 - o Red card – major infringement, no time penalty. Competitor may complete the race, and will be adjudicated upon by the race referee at the completion of the race. If the penalty is ratified, the competitor will be disqualified. Examples of red card infringements include failing to obey technical officials instructions, offensive behaviour including nudity or personal toilet or abusive behaviour;

Membership Renewal – for those who opted out of Triathlon Australia’s automatic renewal system, a reminder of the benefits of renewing your membership with Engadine, including:

- A friendly and inviting club, catering for all levels and targeted at the Engadine district;
- Free or at cost racing and training on safe, sanctioned race courses;
- Not-for-profit club, with all proceeds put back into the club and its members

Tri NSW benefits, including

- Public liability & personal accident insurance whilst racing in and training for sanctioned races
- Discounts on bike insurance, Scody products and a number of publications
- Discount and priority race entry

Contact Us at ETCPresident@outlook.com or 0481 548 454

