



# Engadine Triathlon Club Newsletter, August 2015

Half way through winter, and I for one am looking forward to the warmer months, which surely mustn't be far away now.

While the triathlon season lays dormant, there's no need to stay inside, with a number of great running events in our area over the cooler months. Not to mention the opportunity for some alternative training to keep you fit and fresh for the new season, including some great trail runs and mountain biking.

ETC's upcoming Saturday training calendar has plenty for everyone, whilst if you keep an eye on the Facebook feed you'll see a number of members posting their own training for others to join along - from mid week interval training to road and mountain biking on the weekend. Don't forget to post what you're doing, or simply if you're after some company whilst enjoying the great outdoors.

## Upcoming Training/Racing

Mountain Bike (or run if preferable) - meet at Engadine Leisure Centre front steps at 7am	1/8
Cronulla Duathlon - Sutherland Bike Track at 6.45 am	8/8
Engadine Pipeline Run - meet at Engadine Leisure Centre front steps at 7am	15/8
Helensburgh Ride (incl. Waterfall Hill) - meet at Engadine Leisure Centre front steps at 7am	22/8
Cronulla Duathlon- Sutherland Bike Track at 6.45 am	29/8
Bunnings BBQ - no scheduled training	5/9

## Upcoming Local Events

City2Surf - Sydney to Bondi	9/8
Sutherland Athletics Half - Royal National Park	15/8
Woronora Dam Half - Woronora Dam	23/8
Coastal Classic - Royal National Park	5/9



The winter months so far have been kind to ETC members, with some fantastic results in the Cairns Ironman 70.3 for Byron and Sharon, and some top results for a number of members in recent running races including the Sutherland2Surf and the Dolls Point and Gold Coast half marathons. Congratulations to all. Don't forget, let us know when you race, its great to celebrate your results.

Thanks to everyone who came to the club social dinner a couple of weeks ago at Engadine Tavern. It was a great night, and a really good opportunity to spend some time with other club members away from the training or racing in a relaxing setting.

**Membership Renewal** - for those you 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 and 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

If you're not sure if you've renewed, get in contact and we can let you know quickly.

**The Bunnings BBQ/Fundraiser** is on Saturday 5 September. For those who have previously mentioned their availability, Greg Thompson will shortly be in contact with you to firm up some time for the day. We need to have a significant presence over the course of the day, so we appreciate everyone who can spare some time during the day to support the club. If anyone would like to register their interest – please contact Greg on 0408 274 443 or at [gthompson@thompsonaustralia.com.au](mailto:gthompson@thompsonaustralia.com.au)

**Presentation Night** - save the date – 12 September. More details to follow in coming weeks.

### Recent Race Results

Engadine Duathlon, 25/7 (2/9/2/9/2)	
Jay Kennedy	01:00:34
Rachel Kennedy	01:09:17
Dean Hill	01:10:52
Malcolm Whitaker	01:17:38
Ian Manley	01:32:44
Neil Bartlett	01:32:50
John Hammerslag	01:41:42
John Beattie (2/9/2/6/1)	01:23:48
Sutherland 2 Surf, 19/7 (11.2)	
Jay Kennedy	00:39:36
Greg Pearce	00:45:26
Rachel Kennedy	00:53:29
Steve Cooper	00:59:46
Warwick Terry	01:00:17
Dean Hill	01:05:33
Greg Thompson	01:11:56
John Beattie	01:12:21
Sri Chinmoy Dolls Point Half Marathon, 12/7	
Jay Kennedy	01:25:38
Rachel Kennedy	01:50:24
Gold Coast Half Marathon, 5/7 (21.1km)	
Laurel Rogers	01:39:32
Cairns Ironman 70.3, 14/6 (1.9/90/21.1)	
Byron Albrecht	05:43:53
Sharon Lane	06:04:07

A beautiful winter's morning saw a new Duathlon distance/structure trialed, including 3 run legs and 2 bike legs. As always a challenging track, breaking up the bike leg seemed help the legs yet at the same time proved a testing hit out.

An early shower gave way to some great running conditions for the Sutherland2Surf. A strong ETC contingent posted some impressive times

Congratulations to Jay, Rachel and Laurel on achieving PBs at recent half marathons at the Gold Coast and Dolls Point.

Tough water conditions, and southerly headwind on the bike weren't enough to stop Byron and Sharon post some good times at Cairns in June. From all accounts this is a great race, and one to add to the bucket list.