

Subject:

CLTC Bimonthly Newsletter - August 2009

Attachments:

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**CARINA LEAGUE
TRIATHLON
CLUB**



Club Patron: Loretta Jones (nee Harrop)

Bimonthly Newsletter – August 2009

CLTC Presidents Note

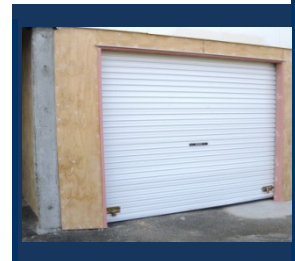
It is a bitter sweet start to this newsletter edition, as I advise you all that **Jess Blake** has reluctantly resigned from her role as CLTC Club Secretary to concentrate on family and work obligations. On behalf of all Club Members and the Committee I would like to take this opportunity to sincerely thank Jess for her considerable efforts and contributions over the past 8 months and wish her every success. A big thank you to **Rebecca Philipp** who has agreed to step in and fill this role until the next AGM meeting.

It is also with great pleasure that I announce that **Gary Hoban** has joined the CLTC Committee as the Triathlon Queensland Liaison Officer. Gary shall be responsible for:

- Acting as the main point of contact for Triathlon Queensland with CLTC (e.g. attending TQ meetings)
- Ensuring that the CLTC Committee is updated in a timely manner with regards to changes in TQ Policy where it has been adapted by CLTC (e.g. Code of Conduct)

Gary will also be assisting Warwick, Jaimie and Jess over the next few months with coaching the Junior Beginner Program and assisting with swim sessions on Friday morning.

As I mentioned in the June newsletter the Clem Jones Centre Sports Club (aka Bowls Club) provided our Club with an approval to build-in one of the bays located under the club in order to securely store our Club's Race Day Trailer. With the help of **Nick Johns** and **Brian Zuff** the garage is almost completed. Soon the garage will be painted with an undercoat and in the coming months will receive a new coat of paint when the renovations at the Clem Jones Centre Sports Club are completed.



As most of you are now aware, the CLTC Squad Store Room is moving - but only just around the corner! Literally! As you may have noticed renovations have commenced to transform what was the existing Triathlon Storage Room and the area where we have been locating the ice bath to make room for a new canteen facility for the Clem Jones Centre. Once the renovations are completed our Tri Squad Store Room is going to be relocated within the same building, however access will be from a new entrance which will be created at the side of the building (i.e. the side facing the "kiddies pool/bbq's"). As an interim measure, all wind trainers and day to day equipment will be stored in the "pump" room located to the rear of the

outdoor 25m pool, and non essential equipment will be moved to our recently completed new club garage which is located at the Carina Leagues Sports Club. Due to the hazards associated with the Pump Room, Junior Club members (U18 years of age) are not permitted, and Senior Club members will be requested to assist Juniors with their wind trainers.

I am very excited to report that the Carina Leagues Triathlon Club - Junior Program has been selected to receive a Woolworths Fresh Food Kids Community Grant. "Now in its second year, the program was met with an overwhelming response – receiving over 11,800 applications". The Carina Leagues Triathlon club has been awarded \$3,000 to help our juniors lead healthier, more active lives. The club was "informally" advised of our successful selection in May (however have been unable to "formally" share the good news until now) and dedicated this funding to secure some "Junior sized" bike racks, a few new wind trainers and a second first aid kit for use by the Junior Squad. A big Thank-you to **Belinda Wannell** for her assistance with the Club's successful submission.



In addition to training, there have been plenty of events to keep our members busy over the last two months, with a number of highlights including:

- The Gold Coast Marathon, half Marathon, 10km and 5km races were held on 5th July with some terrific results for our club – Congrats to all who achieved their PB's. In addition, congrats to **Clare Gerharty** on winning her category and **Ellie Salthouse** who placed third. Check out the Club's website for some great shots http://carinaleaguestriathlonclub.com/local/GoldCoastMarathon2009_000.htm
- Congratulations to our school age athletes, **Jamie White**, **Lachlan McAuliffe** and **Maddi Allan** who all made the Queensland Athletics team for National Championships. Ellie Salthouse also made the Queensland Schools Cross Country team and came second at the event while Clare Gerharty made the open team and won the State Championships.
- After coming second in Bay of Sendai ITU Continental Cup, a flat tyre in Czech Republic and racing in WSC in Hamburg, **Josh Maeder** has been named by Triathlon Australia as part of the under 23 Men's squad to represent Australia at the ITU World Championship Series Grand Final to be held on the Gold Coast in September.
- From all reports the ride from Noosa to Brisbane resulted in a great day, with only one reported tyre puncture and a good opportunity for those involved to display team spirit! An amazing result also from **Ursula Townsend** who backed up the 200km ride the following day and claimed third place in her age group in the 10km race at Noosa in a time of 41:31. After a heavy training week, right from the start line **Clare Gerharty** lead the 10km event to successfully take first place in the women's event overall.
- This year's Sydney City to Surf Race saw **Clare Gerharty** run along a scenic 14 km course from City Centre to Bondi Beach with a record 75,000 entrants to take third place (and a

PB) in the women's 14km event in a time of 48.15 min

The next **CLTC Committee meeting** will be held at the Clem Jones Centre Sports Club at **7:00 pm** on **Tuesday 15th September**. All members are welcome.

As always, if you have any suggestions concerning the Club that you wish to discuss please feel free to drop me a note via email at azaal@netspace.net.au. Alternatively do not hesitate to contact your Vice President, Belinda Wannell (belinda.wannell@bigpond.com), Treasurer Ian Critchley (icritch@primus.com.au)

Happy training!

Amanda Zaal

P.S. Next weekend we will see a record 14 Club members compete in the gruelling 1.9km swim, 90.1km cycle and 21.1km run course of the Capricorn Resort Half Ironman in Yeppoon. Good Luck to all those competing especially **Ian Roduner** who is using this race as a qualifier to Kona Hawaii Iron Man in October!!

CLTC Annual Sign-on Day

The Carina Leagues Triathlon Club (CLTC) **Annual Sign-on Day** will be held on **19 September** at the Clem Jones Centre located at 56 Zahel St, Carina.

Due to the growing membership numbers, this year we have decided to take a phased approach to sign on day to ensure that everyone has an opportunity to complete and submit their forms in a more efficient manner. If you are unable to attend on 19 September, please advise either Belinda (Belinda.wannell@suncorp.com.au) or Amanda (azaal@netspace.net.au) a note via email so that alternate arrangements can be made prior to the Day. Please note if you are not a Financial Club Member by 1 October 2009 you will not be permitted to train with the Squad.

7:30 to 9:00am: Junior Beginner Squad

9:00 to 9:45am: Afternoon Junior Development Squad

9:45 to 10:30am: Morning Adult Beginner, Age Group, Competitive and Professional Squads

Uniforms will be available for sale from 7:30am and from 9am there will be a free Sausage Sizzle for all Members and Associates.

There are two types of memberships:

1. Competing / Training Club Membership

This membership is for an athlete training within the CLTC Triathlon Program (physically attending the Clem Jones Centre or via an online training program). *The CLTC annual membership fee of \$60 is payable to the CLTC on sign-on day.*

As mentioned in the June Newsletter, it is a mandatory requirement that all athletes holding this level of membership *also join Triathlon Queensland and hold a current triathlon racing*

licence. For further information please visit <http://www.triathlonqld.com.au/>. Please ensure that you have your TQ licence number with you on sign on day.

To apply for Competing / Training Club Membership the following forms must be submitted to the CLTC:

- Clem Jones Centre Triathlon Program Form
- Triathlon Club Membership Application Form
- Carina Leagues Triathlon Club Child Protection Declaration
- Club Profile Website Form
- Carina Leagues Club Membership Form (Note: this form is not required for those members under 18 years of age)

NOTE - Any athlete under 18 years of age must have as a minimum one parent and / or guardian in attendance at Sign-on Day and at least one parent and / or guardian must join CLTC as an "Associate Club Member" (in line with Club Membership Policies)

2. Associate Club Membership

This membership is for parents, friends and supporters of the club who wish to attend club events or sit under the CLTC tent at races and is a mandatory requirement to ensure compliance with child protection legislation and the CLTC's insurance requirements. The annual membership fee of \$10 is payable to the CLTC.

To apply for Associate Club Membership the following forms must be submitted to the CLTC:

- CLTC Membership Application Form
- CLTC Child Protection Declaration
- Carina Leagues Club Membership Form

Reminder to Members – TQ Membership, Gatorade Series

TQ have advised us that a number of CLTC member are yet to either renew or join.

A reminder to all that in line with the Terms and Condition your Carina Leagues Triathlon Club membership, it is a mandatory requirement and sole responsibility of each competing / training CLTC Club Member to join Triathlon Queensland (TQ) and ensure that you hold a current TQ triathlon racing licence. Benefits of being a licence holder include but are not limited to:

- 24 hour personal accident insurance while training for and competing in sanctioned races in Australia
- discounted entry fee for all sanctioned races in Australia

Renewals for all Triathlon Queensland memberships were due by **30th June 2009**. For further information please visit <http://www.triathlonqld.com.au/>

Note: It is a mandatory requirement to provide your TQ Licence number at the Club sign on day which will be held on 19 September, 2009.

Please note entry is now available for the Gatorade Queensland Tri Series via www.usmevents.com.au It is anticipated race spots will fill quickly so enter ASAP to avoid missing out. Please note this will be the preferred race series for attendance of our Coaches, Tent and Trailer due to its appropriateness for our Junior Athletes.

CLTC's ITU Triathlon World Championship Teams

The countdown is on and in just a few short weeks **Lachlan McAuliffe, Phil Townsend, Ursula Townsend, Troy Wannell, Belinda Wannell, Phillip Hermitage, Marion Hermitage, Kate McKeon, Nick McKeon, Kelly Penfold, Cara Schadel, Kitty Hamilton, Jenny Downie, Roslyn Ford, and Nick Johns (New Zealand Team)** will all be lining up at the start line in their respective Sprint and Olympic Age Group races at the ITU Triathlon World Championships on the Gold Coast over **9 - 13 of September 2009**.

The schedule for Gold Coast World Championships http://www.worldtriathlongoldcoast.com/event_guide_schedule.html so head down and make a day of it and show your support.

Good luck to you all!!

CLTC Chow down – All Welcome



August Club Dinner at Eleven 17

Since the June Newsletter we have held club dinners at Hog's Breath Cafe and Eleven 17.

From all reports, it appears that those who have attended have had a great night and wish for these dinners to continue into the future.

A booking has been made for **7pm on Tuesday 1st September** at **Pan Thai Restaurant** located at the **Camp Hill Bowls Club, Ferguson Rd, Camp Hill**.

All club members are welcome and RSVP is essential.

If you're keen to attend, please drop either Belinda (Belinda.wannell@suncorp.com.au) or Amanda (aiaal@netspace.net.au) a note via email by **Monday 31st August**

Welcome Back Juniors!

In line with CLTC's Charter with the Clem Jones Centre of "providing physical activity through Triathlon Programs to the local community for all age groups and abilities with a specific focus on junior membership and development" on Monday, Wednesday and Thursday afternoons and early Saturday mornings we will hear the pitter patter of little feet again when the 9 to 13 years of age Junior Triathlon Program commences from **31st August**. The Program will run until the **13th December 2009** for a break over the Christmas period. The program will recommence on **18th January** and goes through until **25th March 2010**.

Podiatrist Seminar - Nathan Eadie

Nathan Eadie is the Director of Queensland Podiatry Services and will be holding a seminar for all CLTC Members from **7.00 to 8.00 pm** on **Monday 24th August** at the Clem Jones Centre

Sports Club, Stanley Road Carina . All members are welcome to attend.

Next Edition

- Annual General Meeting Details
- Tri Squad Room Renovation Update

Best wishes from the Carina Leagues Triathlon Club Committee

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