



## CARINA LEAGUES TRIATHLON CLUB



Club Patron: Loretta Jones (nee Harrop)  
Bimonthly Newsletter - April  
2009

### Presidents Note

First and foremost on behalf of the club, I would like send a BIG THANKYOU to **Shaun Fletcher** (Club Social Coordinator), **Belinda Wannell** (Club Vice President), **Phil and Ursula Townsend**, **Steve Dalziel**, **Steve Heald** and our valued partners and sponsors **Carina Leagues Club**, **Clem Jones Centre**, **Ord Minett** for their help and support with the Annual Awards day which was held on 18 April. It was fantastic to see so many club members support one another and enjoy a well deserved break from training.

Congratulations again to our Annual Award Recipients. As I mentioned during the presentation, there is no doubt that these recipients have all set very high benchmarks in each of the categories.

For those who missed the day, the four award recipients were:

- Most Dedicated Trainer: **Ellie Salthouse**
- Most Improved Senior Club member: **Ursula Townsend**
- Most Improved Junior Club member: **Luke Willian**
- Clem Jones Club Person of the Year: **Kevin Cairns**



Ursula Townsend, Luke Willian,  
Kevin Cairns & Ellie Salthouse

It was also a great honour for me to announce on behalf of our club that this season's "Lifetime Membership Award" went to **Loretta Jones (nee Harrop)**. Loretta has been a supporter and Patron of the Carina Leagues Triathlon Club for many, many years and has always been there to provide mentoring to our aspiring junior athletes, drawing on her own professional skills and experiences including the 2000 Olympics and 2004 Olympics where she won a Silver Medal.

The rock climbing wall certainly provided an opportunity to show that many of you do not restrict your competitive spirit to the sport of Triathlon – and proved to be fabulous entertainment for spectators. Photos from the day can be found on the club's website: <http://carinaleaguestriathlonclub.com/local/photos.asp>

I know it seems like a long time ago, however, I also wanted to acknowledge everyone who participated in the event at Mooloolaba I March – despite the torrential rain, huge surf, and marathon run to transition from swim to bike our athletes put their best foot forward with a number of them achieving PB's. On behalf of those who stayed on for the Mexican Dinner at Montezuma's, thank you to **Rob Foxley-Conolly** who organised the event.

If you have any suggestions concerning the Club that you wish to discuss please feel free to email ([azaal@netspace.net.au](mailto:azaal@netspace.net.au)). Alternatively do not hesitate to contact to your Vice President, Belinda Wannell ([belinda.wannell@bigpond.com](mailto:belinda.wannell@bigpond.com)), Treasurer Ian Critchley ([icritch@primus.com.au](mailto:icritch@primus.com.au)) or Secretary Jess Blake ([zuttyjess@hotmail.com](mailto:zuttyjess@hotmail.com)).

The next Club Committee meeting will be held at the Carina Sports Club at 7:00 pm on Tuesday 19th May. All members are welcome.

Happy training!

Amanda Zaal

PS: A number of club members have requested a copy of the slideshow that was presented at the awards day. As this file is too large to attach to an email, if you provide me with a USB I will be happy to provide you with a copy.

## Congratulations to our ITU World Championships Team

Congratulations to the 17 Sprint and Olympic Aged Group athletes who made the Australian team to compete at the Triathlon World Championships on the Gold Coast in September 2009.

There was an increase from 4 athletes who made the team for Vancouver in 2008. The qualification process involved competing in a minimum of 3 races around Australian including but not limited to Hobart, Adelaide, Canberra, Gold Coast and Perth.

Congratulations to the following athletes;

**Lachlan McAuliffe - Phil Parton - Steve Parton - Phil Townsend - Troy Wannell - Phillip Hermitage -**

**Kate McKeon - Cara Schadel - Ursula Townsend - Richie Lewis - Kitty Hamilton – Marion Hermitage -**

**Jenny Downie - Roslyn Ford - Nick McKeon - Kelly Penfold - Belinda Wannell -  
Nick Johns (New Zealand Team)**

Additional Congratulations to first reserves; [Stuart Low and PJ Tolmie](#)

## Valuing Volunteers in Sport and Recreation Award

Each year a small army of Volunteers works tirelessly behind the scenes of the CLTC to ensure that it works seamlessly. In fact, without the dedication, support and enthusiasm of volunteers the club would simply cease to exist. On 16 March the Sports Minister, Judy Spence hosted the "Valuing Volunteers in Sport and Recreation Award Ceremony" at QEII Stadium. The Ceremony recognised the outstanding contribution of 30 sports volunteers who have given a cumulative total of 330 years service to Queensland sport.

This was a very exciting event for the Carina Leagues Triathlon Club, as Life Member and Club Treasurer in his 5th consecutive term; Ian Critchely was recognised for his personal contribution to the improvement of sport and recreation opportunities in our local area.

I think it is fair to say that we are all extremely proud and honoured that Ian is associated with our club, and that we all very much appreciate all of the effort, time and care that he provides to our tri club community.

On behalf of our entire Club and Committee, Ian, congratulations on this outstanding and well deserved achievement.



## Crackerjack Carnival - Calling all Volunteers!

The Crackerjack Carnival is just around the corner - in fact it will be held over the weekend ending Sunday 31st May 2009.

As most of you are aware in previous years our club has assisted with the Crackerjack Ball held on the Thursday night; however this year our Club will be trying something new and hosting a food stall at the carnival on Friday, Saturday & Sunday which will be selling Slurpies, drinks and maybe some ice creams. This is the club's major fund raising event for the year, with all profits made from the weekend going directly to the club to assist us in purchasing or replacing equipment etc.

Volunteers (minimum 18 years and older) are needed to host the stall for shifts between 5pm - 9pm on Friday (29th May), 9am - 9pm on Saturday (30th May) and 9am - 5pm Sunday (31st May).

If you are able to help please add your name to the roster located next to the whiteboard at the Clem Jones Centre or contact our clubs secretary Jess Blake via email: [zuttyjess@hotmail.com](mailto:zuttyjess@hotmail.com)

For those of you who attended training on Saturday 25th April you will recall that Warwick mentioned that as an active competing adult it is expected that you volunteer towards at least one club activity per season. For those who do not wish to participate as Volunteer at this event, Warwick mentioned that he will enforce prior to training on Saturday 6th June a \$25 "donation" to the club and 25 x 100 m Freestyle.



## Club Membership and Training Fees for 2009/10

Just in case you missed Warwick's email to all club members on Friday 17th April, please be aware that New Training Fees for 2009/10 season commence from 1st May, 2009.

CLTC Membership and Training Fees support the management, delivery and administration of the CLTC Triathlon Program and its associated costs. For your information the major cost segments are:

- Coaching Staff (1 x Permanent Head Coach + 1 x Part Time Assistant Coach) including wages and oncost, selected professional development and training, selected travel costs and expenses
- Casual Coaching Staff as required to support movement in athlete numbers and coverage of annual leave for Permanent Coaching Staff
- Return to the Clem Jones Centre for use of facilities such as the pool, gym and triathlon room. No additional fees (e.g. pool and gym entry) are payable by CLTC Members when using these facilities for Triathlon Program.
- Purchase and maintenance of training and race equipment including Wind trainers, Swim Buoys and Paddles, Ice Bath for Recovery, Race Day Trailer and Tent, and related insurances
- Functions throughout the year including, but not limited to the end of year breakup / annual awards
- Administration such as marketing material and operating the website

In addition, from Wednesday 1st July all new terms and conditions apply to memberships. Please refer to the attached "Club Membership and Training Fees 2009-10 for further information.

## Club Shirts

A number of Club members who purchased the smaller sized club shirts at the Awards Day / End of Season Event on the 18 April have advised us that the Letter "C" was not sewn on the logo on the back of their shirts. If you purchased a shirt on the day and find that you are missing the letter "C" please contact our Club Treasurer, Ian Critchley via email [icritch@iprimus.com.au](mailto:icritch@iprimus.com.au) to arrange an exchange.

## Next Edition

- Storage facility for the Club's Race Day Trailer
- Triathlon Queensland membership Renewals

Thank-you to our sponsors

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Carina Leagues Club  
<http://www.carinaleaguesclub.com.au>

Best wishes from the Carina Leagues Triathlon Club Committee  
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