



NEWS FROM THE BARRACUDA...

www.stadiumtriclub.com

Club Championships



As a newly appointed committee member I've been asked to write a short blurb encouraging you all to come down and race in the Mandurah Interclub Championship on 13 December.

For the uninitiated, the Interclubs represents the only race in which you can actually win points for your club, rather than just for yourself, and help Stadium triumph over North Coast yet again (we haven't lost since 2005 and have won 10 out of the 15 Interclubs). Without going into the complexities of the point scoring system, female competitors are awarded double the points for their club, so we especially need our girls supporting.

The Interclubs are all about participation, so whether you're Sean O'Neill or just coming down for a guilt free

breakfast, this should definitely be on your race calendar. Along with Karri Valley, the Interclub's are the best way to show your support for our club, so get your entry in soon! (see link <http://www.trimandurah.com/interclub.html>, I think that's Sleepy behind those sunnies). And as our very own Head Coach and 08/09 Triathlete Of The Year, Rob, will be hurting from the previous weeks IM, you will never have a better opportunity to beat him in a race – think of the bragging rights!!

Lock in the after party down at The Floreat on the same day from about 3pm onwards (more details will be in the weekly update emails) – last year saw Glenn doing shots of rocket fuel before 'napping' in a local garden.

See you down in Mandurah.

Frank



Congratulations to all who competed at the ITU World Long Distance Triathlon, it was a tough day. Check out the STC website for more photos.





President's Report

Well folks here we go. Races are starting and everyone is looking like they are in great shape. You can feel the buzz of energy around the training sessions which is great because it creates motivation for us all to work a bit harder. I even managed to get back in the pool recently (big thanks here to Corrin for making me feel so welcome).

With all this motivation you should be seeing all the other aspects of the club ramping up. Clothing is being ordered so hopefully you got your orders in. The Stadium Cup has begun and it was a great event with lots of fun and competitive spirit.

It's a tough 5km run but the prestige is huge so look out for info on the next event. We are also working hard on getting a new sponsorship package together that should filter benefits through to our membership.

I know you all have December 13th in your diaries for the Club Champs. We are multiple times defending champions and not at all keen to relinquish our dominance so get your entries in for this race. The club spirit is really on display this day and it is a really enjoyable event followed up by a quiet, relaxing afternoon at The Floreat.

Ironman WA is just around the corner so good luck to all of you who are taking up the challenge. I have seen a few of our athletes on the training track and I know they'll have a huge race as the effort going into it is phenomenal. Make sure if you are going down to the race that you drop in to the STC tent/trailer/entertainment complex.

That's all for now folks. Stay safe, especially when training and keep enjoying it.

Shaun Sleep
El Presidente

Bike Boxes

As a service to members, STC have purchased 2 spanking new bike boxes. These are available for members to hire if they are travelling with their bikes. A flat rate of \$40 applies for hiring them and to make a booking, you need to contact Shaun Sleep on 0439 753 379 or email him at shaunsleep@westnet.com.au

Triathlon WA Update



Membership is up for this time of the year which bodes well for a big season ahead.

Thanks to those that came to the season launch. We hope some of the invited age groupers will step up to the plate and try their hand in the Open Division this year and we see some good depth of competition out there. TWA are putting up Open prize money for every series race and the opportunity for age group athletes to win next years membership. Check the website for how the Triathlete of the Year system works. In a nutshell, your best 5 race results count with no

minimum races required. The Rockingham Sprint, Perth OD and Busso Half (the State Champs) are double pointers – but only 2 of them will count.

The first of the State Series kicks off this weekend with Bunbury. We hope everyone supports the joint initiative of the South West Escape Series, along with KVT and Albany events. They are 3 great races in 3 great places.

Happy and Safe racing!

Annie B
VP TWA

Barracuda Profiles

Name: Robyn Hartley

Age: 30

Occupation: Lawyer

Years in Triathlon: One

Triathlon highlights:

Finishing the Busso HIM early this year.

Having a "moment" with Crowie when he presented me with my medal for 3rd place in my age group in the Sprint Distance Tri before the World LD Champs.

Current or Future Goal:

Learn how to get out of my cycle shoes before arriving in T2.

Get through a TWA Awards night without disgracing myself.

Favorite Training Session:

LSD run for sure. Conversation pace suits me just fine. I have been told I could talk underwater with a mouthful of marbles (thanks a lot Maggie Man!).

What made you get into the sport?

I was bullied into it by a friend. I'm so glad he persisted. It's the best decision I've made in a very long time.

Interests outside of the sport?

I swear I used to have hobbies. I just can't remember what they are! My car number plates suggest that I'm a Dockers diehard.

Favourite Food:

Cereal. I eat it first thing in the morning, last thing at night and sometimes once or twice in between.

Finish this sentence. If I wasn't training, I'd be...

A very grumpy little vegemite.



Name: Bart-Jan Jorna (aka BJ)

Age: 36

Occupation:

I do various things in IT implementations

Years in Triathlon: 4

Triathlon highlights:

Finishing my first Half

Iron Man in Busselton last season.

Being introduced as 'here comes big Bart into transition, he is 10 feet tall' at Karri Valley last year.

Current or Future Goal:

Take 15 minutes off last year's time at the Busso HIM (without going on holiday most of April)

Favorite Training Session:

Windy and sunny Sunday morning rides in the hills.

What made you get into the sport?

I migrated to Australia 4 years ago and having just recovered from a knee injury was looking for something challenging, but with only straight runs. Family of friends introduced me to Stadium Tri. The excellent WA weather, welcoming members and beautiful training surroundings made me like the sport.

Interests outside of the sport?

My two kids and wife, travelling the WA outback, I just bought a canoe to paddle next years Avon descent, reading a book while enjoying the quietness after kids have gone to bed and Friday after work beers.

Favourite Food.

I like all well prepared food.

Finish this sentence. If I wasn't training, I'd be ...

At a playground somewhere



Media Tart of the Year



Scoop featured an article on the Anaconda in their Spring 2009 edition. Sean O'Neill (left) made the photos, whilst Karl Thorstensen was quoted. The judges will have to decide if points can be awarded for being interviewed but not photographed.



Stirling Times Community



Community newspaper group
Anne sets sights on triathlon



Annie B (above right) has an early lead in this season's Media Tart. One interview and she made the pages of at least two newspapers (Stirling Times and Eastern Community News) and a website (Community Newspaper group).

Whilst Matt "Bulldog" Jennings (left) made the front page and sports page of the Subiaco Post with his World Champs interview.



Congratulations to Karen Heagney (right) for making the front page of the Subiaco Post. Even bigger congratulations for her efforts to raise awareness of depression by fundraising for the Black Dog Institute and finishing the New York Marathon. Well done Turtle.



Another TV sighting... John Haines was interviewed on ABC's Stateline on 11th September, for something completely unrelated to triathlon. Does this mean bonus points?

Don't forget, if you spot a fellow Barracuda tarting it up in the media, send a copy to joanelightman@yahoo.co.uk