Hi Team!

I apologise for being a little MIO last month. I was back home in chilly Mount Barker in the Adelaide Hills for 3 weeks and then been trying to catch up ever since. As most of you may be aware the club officially turned 30 on the 26th May (last Saturday) so a massive milestone to us! On this mention, we are nearly ready to confirm our 30th anniversary dinner invites that will be posted out over this month. Don’t forget to keep Friday the 21st September free so you can come and join in the celebrations. Exciting news is we have been managing to round up some of the ‘originals’ of the club so it will be a night full of good times and stories!

**CLUB TRAINING**

Our training options and training programs/plans are now directed to our TA Accredited Development Coaches. Steve Arnold is not only a TA Accredited Development Coach, but he is also our Club’s and regions only Ironman Coach and ‘in training’ Performance Coach. Steve caters for beginners, juniors, intermediate, ironman and specific programs. In other words, there is not much Steve can’t do! Steve’s sessions are $5 to Club members and $10 for Non-club members. For those wanting to improve their swimming specifically, come and join me at the memorial pool. I am also one of the club’s TA Accredited Development Coaches and a Swimming Australia Bronze Licence Coach. Sessions are $5 to everyone (plus pool entry). Please refer to our website for more details.

**GET READY FOR NEW SEASON MEMBERSHIP AND THE SAVINGS WITH MACKAY TRI**

As membership is being taken at the end of the month for the 2018-2019 season here is a little reminder of what being a member of MACKAY TRI gets you:
- Club members discounts on all club races (saving of minimum $50+ or $100+ if you are not a member of any club)
- $5 training sessions outsourced to Club Coach Steve Arnold of CQ Multisport
- Free ocean swim Sundays (starting soon) with Club Coach Jenni Bailey
- Free use of Club Wind Trainers + Rollers (email club for more info)
- Junior, Club, development & participation initiatives & programs
- 4 x $25 Scody Vouchers to use throughout the year
- 24 hour full season Public Liability and Third-Party Indemnity Insurance
- 24 hour full season Personal Accident Coverage

For any further questions, please contact us! New membership can be taken at the end of this month so get ready to sign up and make the most of the season with Mackay Tri – the ONLY non-for-profit club in Mackay! News just in, Scody will be providing the 4 x $25 vouchers through the year (1 every 3 months) which can assist in purchasing club gear like tri-suits and cycle jerseys on our open shop! What a saving!

LAURA’S MEMORIAL TRI – 20th MAY
This year marked the 10-year anniversary of Laura’s death and as such it was nice to give a memento keyring to each participant who entered. In usual form Laura looked down from above and provided a challenge straight up in the swim. Luckily for most of our athletes the event got easier after they left the water to tackle the cycle and run. We congratulate our fastest female and male across the line Alyce Garth and Ryan Palazzi. Second place getters went to Jody Walker and Hunter McGovern with third place getters Emma Goodman-Jones and James Leonard.

A big thank you to Alison Friswell for Race Directing, Bernard Du Toit for timing, Benjamin Molineux on camera and to all our other volunteers and the Mackay Surf Life Saving Club for doing water safety. Lastly our appreciation to Jeff and Merilyn, Veronica and Michele Pettifer for traveling from NSW to share this special 10-year anniversary of Laura’s Tri with us!

GREEN AND GOLD FOR ALYCE GARTH – ITU TRIATHLON WORLD CHAMPIONSHIPS GOLD COAST
Club Member Alyce Garth has made the 2018 Australian Age Group Team for the Standard (Olympic) Distance at the ITU Triathlon World Championships in the Gold Coast! We congratulate Alyce on reaching her goal and qualifying and wish her the very best come September!! Alyce has had a pretty short career so far in the sport of triathlon so we look forward to seeing what her future brings.
JENNI BAILEY TAKES HOME 2017-2018 TRIATHLON QUEENSLAND REGIONAL VOLUNTEER OF THE YEAR

I would like to say thank you to whoever nominated me for the 2017-2018 Triathlon Queensland Regional Volunteer of the Year! For anyone who doesn’t know I have been the Club President over the past 7 years and have enjoyed immensely seeing the club grow from what it was to what it is today. I brought back the ‘Olympic Distance’ in 2012 and it has since grown to become the Mackay Triathlon Festival, an event now part of the Nissan State Series. It was a lovely surprise to be the recipient of this award, especially in celebration of the club’s 30 years! Many thanks for the nomination!

UPDATE ON OUR BIKE LOAN PROGRAM

Who is looking at getting into triathlons but doesn’t have a bike?! Well good news we now have THREE bikes to cater for all needs! Cost is: $100 bond which you get back as long as bike is in good nick and $60 for the 2-month loan! We have available our 44cm junior Specialized and our 51cm ladies Cannondale bikes. Our newest edition 54cm unisex Cannondale is currently about to go out on loan! Once again thanks to our Silver Sponsors Mackay Cycles for helping us with our bike selection!

Contact us if you are interested in either our junior or 51cm ladies bike and we will arrange pick up.

GRANT SUCCESS – 2 IN A ROW – QLD COUNTRY + MACKAY REGIONAL COUNCIL

We have had great success over the past couple of months with success on our Queensland Country Credit Union Good for Good Grant for the value of $7,320 to purchase safety equipment and on the latest round of Mackay Regional Council grants for $2,500 to go towards advertising costs of our Mackay Triathlon Festival!! Great news to our club and a big thanks to our Grants Officer Alyce Garth for writing our applications! All funds will certainly assist in making our club and events bigger, better and safer!
MEMBERS TAKE ON SWIM-RUN AUSTRALIA – ROSE BAY SYDNEY 12th MAY

Members took on a new venture at Rose Bay in mid-May. The SwimRun is a relatively new event where you need to stay within 10 m of your partner and complete 10 transitions of Swim/ runs. It’s held at Rose Bay and you must swim in what you run in & vice versa. You also are allowed paddles & pull buoys.

We had duo pairs Robyn Richards and Christine Webb, Carissa Mansfield and Bron Hartigan, Cath Meng and Martine Kronk and Linda Wetherall!

Race Report from Cath Meng

“You swim in your shoes with paddles and pull buoy” she said.
“You run in your wetsuit and stay within 10 meters of your teammate... It’ll be fun” she said ..
“ Hurry” she said .. “It’s selling out!” She said.

That’s how I landed in Sydney with my teammate Martine, alongside seven fellow club members and 292 freakishly fit looking athletes, about to embark on my first ever Swimrun!

Dipping my toes into this weird amphibious adventure took me back to my very first Women’s Only Tri. Soooo many questions! Sooo much anxiety, fuelled by hours of speculation and debate. Wetsuit? No wetsuit? Pull buoy, no pull buoy? It’s going to be HOW cold? Seriously, what was I thinking?

Once at the start line there was nothing left to do but live in the moment, be brave, be bold, be awesome and give this our best shot!

After a challenging run on dry sand, the first swim felt long and cold. It was so choppy, it was hard to breathe or sight without getting a gob full of water. Head spins on exiting the water made for a wobbly start to each of the runs as we negotiated the steep, slippery exits and eleventy-thousand steps. In spite of that, I just loved the runs! Looking back across Sydney Harbour, every turn produced another cracking panorama of iconic Sydney Harbour. The runs took us over sand, grass, stones, and rocky terrain right up to Hornby Lighthouse where the view was breathtaking, and the strong frosty winds kept us cool even in our wetsuits.

Before we knew it, we were making our way back down to the water. Some of the bays we swam in rewarded us with sightings of baby sting ray, fish and sea urchins so there was no time to ponder fear or fatigue. The 3.5 hrs we took to cross the finish line seemed to go by in a flash and to achieve all that with a great teammate in Martine made it all the sweeter. Thanks for sharing your dream with us Chrissy Webb.. Definitely my all-time favourite event and an experience I’ll never forget! Can’t wait to line up for another one!
IRONMAN PORT MACQUARIE – 6th MAY
After the shark encountering misfortune of Ironman Busselton, our 3 club members Bernard Du Toit, John Platts and Megan Moa finally got another chance to become true IRONMAN in Port Macquarie!!

Race Report from John Platts
Ironman Take 2
After my slightly impaired Busselton Ironman, I decided on doing the Australian Ironman in Port Macquarie. So, what does Port Macquarie offer in the way of Ironman? The swim course was 3.8km and set through anchored yachts. As you swim your way up the river you go under a bridge and then you come across a weir, which you have to climb up steps to get over and then swim some more then turn around and head back. I was very glad it was a wetsuit race as the water temperature was actually warmer than the outside air which was only 10 degrees!

The 180km bike leg was a challenge, a very hilly challenge. After leaving the transition area and heading up through the first few hills I felt really good and didn’t notice the climbing factor. One lap down I noticed that the road surface disintegrated and I forgot the hills and were more concerned about the pot holes. The road was so bumpy, my bike had a slight mechanical issue. While travelling down one of the hills doing about 50k/hr my water bottle holder, which used to be on the back of my seat, anchor bolts snapped causing it to fall and jam my rear wheel, so using every bit of luck I had I kept it upright and finally was able to unclat and stop at the bottom of the hill. I got off and said a few descriptive words! I was 20km from T2 and no replacement tyre, so saying a little prayer and like Nemo I “just kept riding, just kept riding”. My luck held, and I made it back to transition in one piece and my tyre with the tube poking out still limping along.

After a brief stop at transition I headed out on the 42km run. If all marathons runs had the scenery which I ran past, we would be out there every day. The run was literally beside the water edge, the majestic views were breath taking and a few times I caught myself watching the birds and wildlife swim past, especially as the sun started to set over the water’s edge. As we headed back towards town we encountered once again a hill, and although it wasn’t a very long one it was a steep little bugger.

As I approached my final laps I noticed that the cheer squad voices were now coming from above me, someone had gone to the pub and from the veranda yelled encouraging words of wisdom. The end was in sight and as I entered the Ironman red carpet, I realised that I had finally been able to tick something off the bucket list! At the age of 50... I was an IRONMAN!! A big thank you to each and every one of you all that has helped me achieve this dream.
Ironman Results

<table>
<thead>
<tr>
<th>Club Members</th>
<th>Time</th>
<th>Gender</th>
<th>Age-Group</th>
<th>Placing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Megan Moa</td>
<td>12:08:40</td>
<td>Female</td>
<td>50 – 54</td>
<td>3rd</td>
</tr>
<tr>
<td>Bernard Du Toit</td>
<td>12:40:22</td>
<td>Male</td>
<td>50 – 54</td>
<td>56th</td>
</tr>
<tr>
<td>John Platts</td>
<td>12:48:46</td>
<td>Male</td>
<td>45 – 49</td>
<td>60th</td>
</tr>
</tbody>
</table>

CLUB SPONSORS MASS NUTRITION WANT YOUR BUSINESS
If you haven’t been in to see our club sponsors about nutrition then you better start now. On discussion with Mel they are stocked up and ready for all the endurance events over the coming months! Their recommendation is the ‘Hammer’ range where the products only use ingredients that aid or improve an athlete’s performance so they will give you the edge you need. It’s about supporting those who support us so do yourself a favour and get in to MASS on Victoria Street to talk with Mel and David!

Thanks, Jenni Bailey
Club President
0423 300 174
Mackay Tri Club
www.mackaytriclub.com.au