

Race 3 - Wellington Dam, Race 2 - Dalyellup (wrap-up), Nina's Women's Triathlon (wrap-up), Ironman WA this Sunday, Splash and Dash to resume and Misc info.

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BUNBURY TRICLUB

WESTERN AUSTRALIA



RACE 3 - CRANK'N CYCLES'N TOYS - WELLINGTON DAM

After a year of work, the Potters Gorge redevelopment has finally concluded. It has been worth the wait with the redeveloped camp grounds and general facilities looking first class. It is going to make for a fantastic course as well as provide participants with the option of making a weekend of our event to enjoy the immaculate camping facilities.

This season our two handicap races are being held at Wellington Dam with handicap times determined from prior Club events. (If you have not participated in a Club event this season, you will be assigned an arbitrary start time.) With staggered starts from 7.30 am this should result in a tight and exciting finish across the respective Sprint (long) and Enticer (short) races.

A Trystar event will also be held that will commence around 8.45 am to coincide with the conclusion of the Sprint distance event.

To share the Christmas spirit, **a free cooked breakfast** will be provided to members with a small gold coin donation requested from non members.

The full Participant Overview is available on the BTC website or via the following [Link](#). Please read this document prior to the event as there are a number of important points specific to our Wellington Dam triathlon ... including the suggestion that a pair of thongs may come in handy!

Registrations can also be made via the Club website or this [Link](#).

As always, volunteers are needed to assist with Club events so please consider volunteering if you are not intending to race.



Thank you to Erik of Crank'n Cycles 'n Toys for his continued sponsorship of our Club. Sponsorship is essential to enable our Club to host a summer series of races. We ask that members please reciprocate and support our sponsors whenever possible.



Participants will get to enjoy this trail as part of the Wellington Dam run course.

RACE 2 - THE ATHLETE'S FOOT - DALYELLUP

Race 2 at Dalyellup was well supported with approximately 70 participants involved across the Sprint, Enticer and Trystar events. While a moderate southerly wind generated some ocean chop, once participants had negotiated the swim and stairs into transition, the cool conditions were perfect for the ride and run legs.

Sprint and Enticer course results are available from the Club website. Well done to Tim Facey who negotiated the sprint course in the fastest time as well as Bryce Bevin and Daniel Hall who came second and third respectively. Special mention should also be made of Lachlan Jamieson who was first out of the water and Jackie Panizza who completed her first ever Sprint distance event!

Despite protesting otherwise, a comfortable looking Matty Bayliss was at the front of a decent sized Enticer course field but closely followed by Ashlee Ritson and Riley Cousins. A big congratulations to Linda Vowles and Darcy Horlin who completed their first Enticer length triathlon. It was very positive to see many of our Juniors scattered throughout the Enticer results. The pre-season junior training program provided by Cory van Dijk of ValYou Fitness has clearly yielded positive results.

Thank you once again to The Athlete's Foot who sponsored the race as well as the many volunteers who assisted in ensuring the day was a success.



Sprint course start



Just prior to the Enticer course start.

NINA'S WOMEN'S TRIATHLON 2016

A huge WELL DONE to all ladies who participated in this year's Nina's Women's Triathlon. The majority of this year's participants completed their first ever triathlon ... what a fantastic personal achievement for you all!

Your enthusiasm was contagious and the smiles at the end of the event (plus many along the way) was a delight for spectators, volunteers and fellow participants alike. It may surprise you, but your enthusiasm is a source of motivation for many of our seasoned Club members to work just that little bit harder towards achieving their own triathlon pursuits!

To everyone who participated, the Bunbury Triathlon Club hopes that you don't view the Nina's triathlon as a one off but rather the first of many similar and equally rewarding experiences. As part of participating, you gain a free entry for a Club event over the 2016/17 summer season and we hope you take advantage of this offer to broaden your triathlon experience.

Our Club is focused on participation and members achieving their personal goals. Over summer, our Club holds a series of triathlons at different locations around the greater Bunbury area. The Enticer length course is the same length as the Nina's Gold course, a distance you have already conquered! Our next event is at Wellington Dam (information above) on 18th December. It is a beautiful course with a staggered start allowing participants to make their way around the course in their own

time.

If you would like more information on this or subsequent Club events, please contact David Cole on 0431 100 228 after this weekend. To take advantage of your free Club race, please email Caroline Cousins at bunburytriclub15@gmail.com and Caroline will arrange your registration.

We hope to see you at a Club event soon!!!



Nina's transition area with race briefing in the background.



The SWSC pool just before the start ... the calm before the storm!

IRONMAN WA & IRONMAN 70.3 WA

This Sunday under what promises to be perfect conditions, a number of amazing Club members will be competing in the Busselton Ironman and Half Iron Man events. On behalf of all Club members we wish each and every one of you the very best for the day. You are an inspiration to us all!!!

IRONMAN Participants:

127 Nick Harger

262 Kate Lahart

276 Terry Martin

324 Rob Sharp

342 Cory van Dijk
374 Dylan Brown
802 Simon Goddard
859 Justin Rogers
1038 Derek Lawn
1144 Lee Kraeter
209 Dave and Helen Cole

IRONMAN 70.3 Participants

Darren Stevens
2273 Sarah Norman
2436 Brett Reeves
2471 Jo Haworth
2505 Craig Kimpton
2006 Matt Duncan
2014 Samuel Reeves
2074 Melissa Reid
2230 Derek Owers
2314 Shane Jamieson
2460 Catherine Beeson
2559 Greg Lancaster

(Names have been supplied from Ironman Australia and FB comments so apologies if anyone has inadvertently been missed. If so, please email Caroline at bunburytriclub15@gmail.com.)

To help support our Club members competing, the Club marquee will be set up within the Tri Club village. Use the marquee as a base and come down and support Club members competing in these epic events as well as catch up with fellow Club members

enjoying the spectacle. For any queries regarding the marquee on the day, contact Rob Chester on 0407 917 250.



With the weather finally warming we are set to resume our Friday night Splash and Dash sessions from Friday 9th December. Enjoy a casual swim in Koombana Bay starting at 5.00 pm followed by a light out and back run around the lighthouse.

MISC INFORMATION

Bunbury City Classic Olympic Distance Race - We are delighted that the Club will again host an Olympic Distance event which will be on 2nd April 2017 at Bunbury's iconic Back Beach. An organising committee is presently in the process of being put together for the event and if you feel you can assist we would love

to hear from you! Please call me on 0423 110 777 if you would like more information or email me on david.offer@horizonis.com.au if you would like to register your assistance. It will be appreciated!

Trystars - An 8 week Trystar program under the direction of Kelby Murray has recently concluded with all the kids having a blast, gaining confidence and learning new skills as they trained weekly at different venues around Bunbury. We look forward to giving our Trystar program participants some special recognition at our upcoming Wellington Dam triathlon. Likewise, we hope to run another Trystar program during term 1 next year.

David Offer

President

0423 110 777

For more information on the Bunbury Triathlon Club go to www.bunburytriclub.myclub.org.au or find us on Facebook.

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