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Noosa Triathlon time is just around the corner



swim

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Start training today!

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## Latest News - October 2007

The Noosa Triathlon turns 25 years old on November 4th. One of the oldest continuous running events in Australia - only the Coral Coast and Nepean events are older (by one year). I've raced all three and while the later two are great events and have their own special place in the sport, the Noosa tri stands out as one of the best events and experiences the sport can offer. Whether you race the event (or the many satellite events around the festival) it's hard to stay away from this race - even as a spectator.

The season this month really gets going with events around the country now happening each weekend. Some of the regional events are great ways to get some 'back yard' travel in as well as experiencing some local hospitality from our mates up north or out west. It also helps break from the normal circuit you may have done in the past and helps keep us fresh with experiencing new events and competitors - it all helps to keep us improving.



Train smart and race hard!

Nick

### RACE COUNTDOWN

03 March - Ironman New Zealand

Tewantin  
at 11:00 Fri  
**26.8°C NNE 26km/h**  
[Click here for more](#)  
**weather zone**



## AUSTRALIAN TRIATHLONSERIES

ONE SERIES, ONE SPORT, ONE PURPOSE. TRIATHLON - GET INTO IT

### **Australian Triathlon Series commences in Nowra on the 28th October 2007**

The 2008 Australian Triathlon Series is a six race series where some of Australia's best age group athletes will battle it out for valuable points to gain selection into the Australian team competing at the 2008 World Olympic Distance Triathlon Championships in Vancouver, Canada. In this series Australia's Elite triathletes will also showcase their talent in three out of the six races.

Nowra will launch the series with some of Australia's most talented Age Group athletes competing on 28th October 2007. In its second year, the event will be raced on Sunday allowing athletes to travel on Saturday and relax and be ready for competition on the Sunday. Race organizer Mark Emerton has again engaged the local community's support and like any event that 'Emo' runs, it will be a tremendous showpiece and rewarding for all competitors.

The start gun for Newcastle is set to sound on Sunday 25th November and will see competitors race on the same course as last year. Competitors can expect more attractive weather this year (we hope!) which will certainly showcase a most beautiful setting on the waterfront using the surrounding headlands as the basis of the course.

Canberra will be the showpiece of the Australia Day celebrations commencing with an ITU Junior race on Saturday 26th January 2008 with the age group race being held on Sunday 27th January. If last year's ITU Junior race is anything to go by, this year's race will be a standout and will showcase some of Australia's finest Junior talent including recent ITU Junior World Championship Silver medallist Ashley Gentle. All eyes will then turn to the age-group race on the Sunday morning. Proving to be a very popular race, the challenge is on for Canberra to crack the 500 competitor mark this year for the first time.

Perth follows on the 3rd February and will host the Australian Olympic Distance Triathlon Championships. This will be a hotly contested event with multiple points on offer for age groupers and the event being staged in a warmer month than previous championships. We expect some of Australia's best elite athletes to be on show for the first time in the Series.

Hobart on the 17th February will see our elites and ITU Juniors race

for the Australian Sprint Championship title. Last year's event proved a popular occasion with local hero Craig Walton turning back the clock to win the elite title on what was a tremendous course. Will 'Waldo' defend his title or will this event provide an opportunity for some of the young guns to challenge the sport's legends?

The Series will culminate with the World Cup in Mooloolaba on Sunday 30th March. Last year's event saw a significant increase in participants and of course the cream of the World's elite athletes on display.

All Series events are Age-Group selection races with single points on offer and the added attraction of multiple points in Perth. While we did not deliver on the Series point score last year, there will be no excuse for failure this year and athletes can expect to monitor their performance over the course of the season.

There will be two point scores published:

i) As of the domestic racing season of 31st December 2007; and

ii) As of 31st December 2008. The latter is in accordance with ITU rules for selection into the Australian Team for the World Championship in Vancouver, Canada and will deal with the age-up issue of athletes having to compete in an older age-group because of ITU rules.

That's a packed National Series providing opportunities for everyone.

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## Off Season Clinics @ Noosa

Noosa Triathletes Clinic # 3 Nutrition for Multisport took place on Tuesday 9 Oct - with Sports Dietitian Stephen Gurr.

Our biggest Clinic to date with 35 in attendance. The next in our series of Clinics to see out the first half of the season will be with German Tour De France Stage winner Marcel Wust who calls Noosa home at this time of the year. Marcel will be doing a Q & A forum about his take on life at a pro cyclist and ways triathletes can also get faster on the bike. This clinic will be held in early November. Firm date will be available soon. Venue again will be the Noosa SLSC.

To book or make inquiries contact - Nick Croft on 0407 136 215 or [nickcroft@bigpond.com](mailto:nickcroft@bigpond.com)

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## *MSC Squad to star on Channel 7!*

The Channel 7 program The Great South East (shown in QLD) are doing a special on the 25th anniversary of the Noosa Triathlon. MSC helped out with squad members being part of a training exercise that will feature on Sunday October 28 at the 5.30pm shows time slot - just one week before the Noosa Tri. We hope to have the coverage placed on the MSC website that week as part of the Noosa Tri count down.

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## Latest Squad Results

### ***Gold Coast Half Ironman September 30***

Andrew Partington 4.46.52 - 20min PB

Jessica Fleming 5.00.04 - First Half - 5th / 30-34 Women

Peter Degnian 6.49.01 - working his way to that first IM next year!

### ***Richmond Triathlon October 6***

Allan Moustoukas - 1st 45-49

### ***Life Stream Triathlon Mackay October 7***

Carl Schmidt - 2nd 20-29 men's

### ***Melbourne Marathon October 7***

Matty O'Neill - 3.14



## Up-coming Events

### ***Up Coming Events for MSC squad and program athletes***

#### ***Hawaii Ironman October 13***

Brian Barr - See all the Hawaii Ironman action live online at [www.ironman.com](http://www.ironman.com)

#### ***Raby Bay - Gatorade series # 1 - October 14***

Neil MacPhee, Sean MacPhee, Maddie Bartholomew

#### ***Bowen Triathlon October 14***

Allan Moustoukas, Carl Schmidt

#### ***Bribie Island # 1 - October 21***

Dan O'Rourke, Barb Brady, Neil MacPhee, David Coulter, Jackie Coulter, Nerissa Stafford, Jess Fleming, Nicola Gregory, Peter Fry, Hazel Lyons, Tom Mewing, Angeilka Hannon, Karen Artis

#### ***National Series # 1 Nowra NSW - October 28***

Jess Fleming

#### ***Noosa Triathlon - November 4***

Hazel Lyons, Sean Macphee, Neil Macphee, Maddie Batholomew, Geoff Bartholomew, Jess Fleming, Nicola Gregory, David Coulter, Matt O'Neill, Jon MacLachlan, Barbara Brady, Nerissa Stafford, Justin Hunter, Karen Artis, Peter Fry, Annie Jennings, Jason Cheshire, Brian Hannon, Angelika Hannon

#### ***Port Macquarie Half Ironman November 4***

Andrew Prtington, Tom Mewing

#### ***Greece Marathon November 4***

Bill Skoufis



an update from David Chick at Allez Sport...

Hello all ,

The Tri season is about to begin again so here is a quick update about what's happening at Allez Sport. If you have received this email it is because you are a member of SCTA, SCTC, Noosa Tri club, Multi Sport Consultants and as such you are entitled to the following discounts at Allez.

All you need do is show your membership card at the counter to get 15% off Asics , Mizuno or Saucony footwear, 25% off an Xterra Wetsuit and 10% off everything else in store. So make sure you renew your membership and take advantage of some of the benefits that being a financial member of a your Tri club provides.

## **TYR**

We have just received our shipment of TYR men's and womens swimwear which looks great and I am sure will be very popular. The women's swimmers are nice and bright with great colours and designs , so be sure to check them out next time you are in store.

## **2xu**

The first of the new seasons 2xu gear has just arrived today and will be progressively arriving over the next month. The Queensland stockists, courtesy of our earlier start to the tri season than the other states within Australia are first to receive this gear so you can get into the new seasons colours and designs well before the rest of the country.

There is new designs, colours and products across all categories of triathlon, cycling and running, and we will as usual hold a large range of all of the 2xu product.

## **Winter Gear Sale**

Well you can just about stop wearing it now, however we will be clearing out the remainder of our stock on hand at 40% off while stocks last. There is a limited number of 2xu and Descente long sleeve jackets and jerseys which are a steal at 40% off also arm warmers, tight, gloves .So put them away for winter next season and avoid going through another winter being cold on the bike.

## **Asics and Mizuno Clothing**

We have just received the summer range of both brands running gear and it has been well received. The Mizuno clothing in particular is really nice fabric and looks great on.

## **Xterra Speedsuits Coming**

World wide release of these speed suits is on October 1st and we have our own Cameron Watt giving it a test run at Kona in Hawaii Ironman a few days later. For those of you asking what a speed suit is, It is like a cross between a wetsuit and a trisuit and is worn over you trisuit during the swimleg

and then removed for rest of race. They are legal for non wetsuit races and are sure to become popular in Old Tris due to the non wetsuit rulings made during most of the regular tri season. They will be retailing for \$250-\$300

## Wetsuit and Wheel Hire

Just a reminder that we have a limited number of wetsuits and Hed and Zipp wheels available for hire . \$44 for 3 day wetsuit hire and \$99 for hed weekend wheel hire.

## Hours

We will continue to be open for your convenience 7 days per week.

10-5 Monday to Friday

9-4 Saturday

9.30-4 Sunday

## Enter Bribie Island Series

Once again this season you will be able to enter Bribie Island tri up until 5pm Thursday . We have plenty of entry forms and makes it easier to enter if you don't have a credit card as you are able to pay cash. For SCTC members you can also renew your club membership at the shop(\$20).

Other New Products in store include Helium Fuel Belts, Motor Tabs, 2xu, Striderm, all Megaburn Bar flavours, 2xu women's yoga /fitness range, Euro eyewear (including a transition lens which adjusts according to sunlight levels from clear to dark brown) So arriving include Timex watches and Heart Rate monitors .

Good luck with your training and see you out there.!

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Telephone: 07 54775246

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