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 **safeco** David Adams 08 8345 1588

 **ENDURA** SPORTS NUTRITION Chris Mehaffey 0407 776 547

DISCOUNT CITY CARPETS CONTRACT DIVISION Shaun Richards 0418 841 700

 **P.A.B. CARPENTRY** Paul Battistella 0419 832 722

 **GLENELG SPORTS POWER** Dave McGlashan 0407 394 285
128 Jetty Rd, Glenelg

 **ZXU** Dave McGlashan 0407 394 285

 **Adelaide Fitness Solutions** Darren Roberts 0434 546 725

 **greenleaf flowers** Tricia Nixon 0409 676 983

 **WAKEFIELD SPORTS CLINIC** Anthony Meade 0407972490

 **TLC** Kent Dredge 0402 564 991
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 **corporatefit** Nigel Pietsch 041 3399 453

**FROM THE DESK OF THE
PRESIDENT**



Lakers Dudes,

Port Mac Ironman

At this time of the year we normally have a well co-ordinated list of Ironman participants and information courtesy of ex President and life member, Chris Mehaffey. Chris has been crook and so we have fallen in a heap.

He does, however, have a message for all you competitors:

To all Ironman Lakers

Hi all, just wanted to touch base with everyone and wish you well for the Port Mac Ironman.

The hard work is all behind you now and you can approach the race with much eagerness regardless of how many you have done before. It is a great day out and I am sure the memories will stay with you all forever whether it be your first or your 20th.

I am unsure who will be doing it, do know a few of the Lakers that are but I have lost a bit of touch with many so good luck to all specifically to all you 1st timers and know you will have a great day out.

Think the biggest thing I have learnt from my experience is the more positive energy you give out the more you will receive back which will help you get through the day when it is at its toughest. Smile occasionally, if someone encourages you from the side just give them a wave or a smile. Say thanks to the volunteers and always try to remain positive. From the crowds point of view the more you smile and participate by action with them the more positives they will give you.

The day is not just about the race itself it is about every minute you are up there with your "ironman friends", particularly the Lakers friends on the track and in the crowd. Relax and take in the atmosphere of the wonderful experience you are involved in. It really is a very, very special day.

Fantastic that you will have a great support crew up there so make sure you thank them.....even with a great smile!

I hope when you get back that a few of you have the time to send out "your story" of the great day.

I hope everyone reaches their goals but above all enjoy yourself. While you will be excited down the finish line if you can slow down and enjoy the experience that awaits you. I know what it meant to me in previous years and sure you will get what I did out of it.

My thoughts will be with you and I will be following everyone I know on the day on the internet with great interest.

*Hope to see you all soon after
Chris Mehaffey*

Good advice from a 10 time Ironman Australia finisher.

I am aware of the following competitors. If you are not on the list then please send me an email at tremaine.vincent@flindersports.com.au and I will add you.

Kevin Fergusson

Kevin Carr

Guy Griffiths

Louise Mills

Nathan Warburton

Ben Noll

Ian Berry

Michael Keyte

Stewart Lake

Paul Broadley

Damien White

Kent Dredge

Annette Eastwood
Danny Salter
Tristan Fergusson
Milan Calic
Sophie Holt
Nick Muxlow
James Duffy
Kevin Duffy
Stephen Jones

Melbourne Marathon

Whilst many of you have better things to do as the season reaches a climax you might like to start thinking about the Melbourne marathon weekend.

Bookings for the Marathon are flowing in and rooms will be allocated on a first in first choice basis so don't leave you response too late. The details follow:

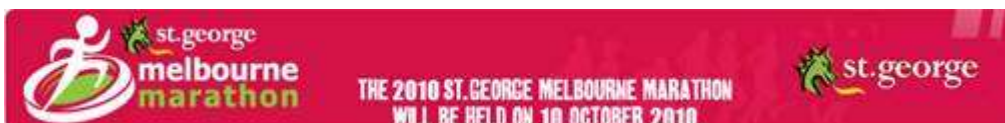
The time has come for you to consider your 2010 options and one of them is running the Melbourne Marathon on 10 October 2010 (the 10th of the 10th, 2010).

The Melbourne Marathon Festival includes the full Marathon (42.195km), a Half Marathon, a 10km run, a 5km run and a 5km walk so there is something for everyone.

<http://www.melbournemarathon.com.au/>

Lead up events include:

- 18 April - Greenbelt Half Marathon and 10km
- 16 May – Barossa Half Marathon, 15km and 10km runs
- 4 July – The Lakers' Summit Half Marathon 21.1km
- 18 July – The Hills to Henley 30km and 15km run
- 15 Aug – Adelaide Marathon, Half Marathon and 10km run
- TBA Sep – Chilton Rocks training runs 10km up to 35km
- 10 Oct – Melbourne Marathon Festival, Marathon, Half Marathon, 10km, 5km run, 5km walk



We are now taking bookings for 3 nights (**Fri 8 Oct, Sat 9 Oct and Sun 10 Oct**) at the Claremont Guest House in South Yarra. Rooms will be available in various combinations of 2,3,4, and 6 people per room. Families are welcome. Last year 60 members and family attend and most did one of the runs. A lot of shopping and eating was also done

The rooms are small but the beds are relatively new, the rooms are clean and the old building is newly renovated. All rooms have a wall heater, ceiling fan, telephone, television, hanging rack for clothes and desk. This is basic accommodation so please don't expect hotel rooms.

There is a common room that suits us and one bathroom for every three or 4 rooms.

For those of you less interested in running and more interested in shopping, the area of Toorak Rd/Chapel St South Yarra is a shoppers dream and is surrounded by cafes and restaurants.

ROOM BOOKING

Next you need to book a room (email me at tremaine.vincent@flindersports.com.au to book) and pay a **NON REFUNDABLE deposit of \$25 per person**. The method of payment is either by direct debit into the club's bank account or by handing payment to me (cheque or cash) in a envelope with the names of the people you are booking for written on the envelope. Once you have paid your deposit, you will be allocated a room.

All rooms will be booked for 3 nights with arrival on Friday 8 October and departure on Monday 11 October. The rooms cost \$42 per person so each person will pay $42 \times 3 = \$126$. This includes a light buffet breakfast, bed linen and towels. The balance will be payable by 1 September or the room **and your deposit forfeited**. I will give you plenty of notice for the final payment.

The Club's bank account details are as follows:

Bank Account number: 000961087

BSB No: 035-055

Bank Account Name: West Lakes Triathlon Club

Where it says **Message/Reference** please put your **Name and the letter "M"** so I know it relates to the Marathon

To recap what you need to do now is:

- Advise me by email to tremaine.vincent@flindersports.com.au of the names of people for which you wish to book.
- Pay a non refundable deposit of \$25 per person to the Club's bank account.
- Book your own flights, if necessary – The Club will NOT be organising transport.
- Enter the event at <http://www.melbournemarathon.com.au> when entries open – enter "West Lakes Triathlon Club" in the Club section.

Take care out there

Vincent

El Presidente

Tel: +61 8 8447 0633

Mob: 0419 378 429

Mailto:tremaine.vincent@flindersports.com.au

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Thank you.