

August/September 2010 West Lakes Lakers Newsletter

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



The Lakers Veronica Schliebs finished on the podium (3rd) at the recent Adelaide Marathon. She finished in an awesome time of 3hours 18minutes and 57 seconds. What an awesome effort Veronica and with that under your belt, it looks like you are in for a ripper of a Triathlon season!

It has been a long, but busy off season so far this year. There have been a number of running races (including the Summit Half Marathon) as well as the Australian Duathlon Championships held up in the Barossa. Looking at Laker's results in these races it looks like it is going to be a bumper triathlon season in 2010/11. Before then I hope everyone is getting excited about the upcoming Lakers trip to the Melbourne marathon – Bring it on!

The Buzz
Issue 8 – August/September 2010
Contact: mr.cameron.maher@gmail.com


Lakers AGM and Presentation Night

Saturday, 17th July, 2010

The Lakers AGM and Presentation night were held on the 17th July this year and there was a great turn out with everyone enjoying some finger food, drinks and sharing their stories of the past year. There were a number of awards handed out as well as committee positions to fill, which are all listed here. We also voted on a new constitution which was adopted and can be found on the website. Thanks to all involved for making it a great night!

| Age | Group | Male | Female |
|--------------|-------|------------------|-----------------|
| Junior Elite | | n/a | n/a |
| Open | | Dan Lock | Zoe Duffy |
| 20-24 | | Tom Jeffrey | Jane Rothe |
| 25-29 | | Dean Garrett | Sarah Calton |
| 30-34 | | Anthony Meade | Sophie Holt |
| 35-39 | | Nathan Warburton | Serin Robertson |
| 40-44 | | Shane Goslin | JA Keplin |
| 45-49 | | Mark Kirtland | Trudy Fenton |
| 50-54 | | Kevin Duffy | Mary Mitchell |
| 55-59 | | Ian Berry | Andrena Moore |
| 60-64 | | Rick Daley | n/a |

| Award | Name |
|--|------------------|
| Club Member of the Year | Cameron Maher |
| Junior Female Champion | n/a |
| Junior Male Champion | n/a |
| Senior Club Champion - Female | Zoe Duffy |
| Senior Club Chmapion - Male | Dan Lock |
| Most Improved Female | Mary Mitchell |
| Most Improved Male | Nick Muxlow |
| Moust Outstanding Age Group Competitor - Female | Angela Potter |
| Moust Outstanding Age Group Competitor - Male | Ian Berry |
| Outstanding National or International Performance - Female | Nancy Cullen |
| Outstanding National or International Performance - Male | Kevin Fergusson |
| Outstaning Olympic Distance Performance - Female | Zoe Duffy |
| Outstaning Olympic Distance Performance - Male | Kevin Fergusson |
| Outstanding Ironman Performance | Kevin Fergusson |
| Coaches Award | Tony Brady |
| Fergusson Award | Vincent Tremaine |
| Ironman Challenge 2008/09 | YETS |
| Summit Half Marathon – First Across the line | Daniel Kelly |


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|  <p>GLENELG SPORTSPOWER 128 Jetty Rd</p> | <p>15% storewide discount to all Laker members</p> <p>Contact Dave McGlashan Wk 8295 1714 Mob 0407 394 285</p> |
|---|--|

| Lakers Committee 2010/11 | | |
|--------------------------|------|--------------------------------------|
| Position | Term | Member |
| President | 2 | Vincent Tremaine |
| Club Captain | 2 | Nathan Warbuton |
| Secretary | 2 | Kevin Duffy |
| Treasurer | 2 | Rick Daley |
| Social Manager | 1 | Sarah Calton |
| Marketing Manager | 1 | Michael Stokes |
| Communications Manager | 1 | Cameron Maher |
| Membership Manager | 1 | Jason Rowland |
| Head Coach (appointed) | 1 | Nigel Pietsch |
| Junior Manager | 1 | <i>Vacant</i> |
| Event Manager | 1 | <i>Vacant</i> |
| Womens Manager | 1 | Jane Rothe |
| | | |
| Ride Coach | 1 | <i>Vacant</i> |
| Swim Coach | 1 | Grant Fergusson |
| Run Coach | 1 | Nigel Pietsch |
| Junior Coach | 1 | Verity Pietsch |
| Trip Coordinator | 1 | Tom Jeffrey and Nick Muxlow |
| Sponsorship Coordinator | 1 | Vinent Treminae |
| Elite Coordinator | 1 | <i>Vacant</i> |
| Social Organiser | 1 | Louise Mills, Sophie Holt, Sam Sturm |
| Website Coordintaor | 1 | Cameron Maher |
| Asset Coordinator | 1 | Paul Battistella |
| Race Day Coordinator | 1 | <i>vacant</i> |

New Appointments

A quick note also about the new appointment of a Head Coach for the Lakers. This position is appointed by the committee and Nigel Pietsch has been selected to it. In summary the Head Coach is recognised as the principle provider of training programs, individual coaching and general fitness advice to members. If you would like more information on this role, please do not hesitate to contact a committee member.

Also welcome aboard Kevin Duffy, Jane Rothe, Michael Stokes, Tom Jeffrey, Nick Muxlow and Sophie Holt to the committee. We are all sure you will do a great job!



Corporate Fit – Sport science consultant - Triathlon coach
Contact Nigel Pietsch
041 3399 453

RACE RESULTS
Where are my results?

If you have raced and your name doesn't appear in the results, please accept my apologies. Please contact me to make sure I include you in the next edition.

Race Results

Adelaide Marathon/Half Marathon, Adelaide, 15th August 2010

42.2km or 21.1km Run

| Adelaide Marathon Results | | | |
|---------------------------|-----------|-----------------------------|---------|
| Name | | Position | Time |
| MICHAEL | KEYTE | 4 | 2:51:42 |
| VERONICA | SCHLIEBS | 34 (3 rd Female) | 3:18:57 |
| STEVE | DIAMOND | 57 | 3:29:04 |
| SOMPRASONG | LAINGAM | 135 | 3:50:27 |
| GARY | THOMPSON | 139 | 3:52:13 |
| ROBERT | STEVENTON | 165 | 3:56:16 |



The Adelaide Marathon was held on Sunday, 15th August in very miserable conditions. For people doing the full marathon there was an enormous headwind for the first half of the marathon, before hitting linear park to escape the wind. In a fantastic effort the human flash, Michael Keyte, finished in 4th position overall and a PB of 2:52:42. Awesome effort Michael. Not to be outdone the ever improving Veronica Schliebs powered home to a podium finish (3rd female) in 3:18:57. Congrats on your awesome results guys and looking forward to a strong triathlon season from you both! Great work also from Steve Diamond who is in great form from breaking the 3:30:00 barrier, Somprasong who came home in 3:50:27, Gary Thompson in 3:52:13 and Robert Steventon in 3:56:16. Great effort guys and here's hoping you have a little bit of a rest after such awesome results

| Adelaide Half Marathon Results | | | |
|--------------------------------|-----------|----------|---------|
| Name | | Position | Time |
| BOBBY | EDWARDS | 4 | 1:23:10 |
| MATHEW | FIETZ | 6 | 1:25:43 |
| CAMERON | MAHER | 18 | 1:32:37 |
| JASON | BERRY | 42 | 1:37:13 |
| CHRIS | GOODRICK | 49 | 1:38:00 |
| SARAH | CALTON | 53 | 1:39:15 |
| BEN | PYMAN | 54 | 1:39:17 |
| SERIN | ROBERTSON | 66 | 1:40:56 |
| DOMINIC | MOLYNEUX | 130 | 1:48:18 |
| DANI | TAYLOR | 135 | 1:49:01 |
| SOPHIE | HOLT | 154 | 1:51:27 |
| ALANA | COURTENAY | 161 | 1:52:20 |
| STEPHEN | ANSELL | 266 | 2:02:58 |
| HELEN | SHEPARD | 320 | 2:09:48 |

In the Half Marathon it was the Welsh Wizard, Bobby Edwards who looks to be in fine form for the Melbourne Marathon by finishing 4th overall in a speedy time of 1:23:10, only getting pipped for third in the final kilometre. Mathew Fietz stormed home in 6th spot in a blistering time of 1:25:43. There were some other noteworthy times include Jason Berry running well to finish in 1:37:13, Goody setting a PB with a 1:38:00 finish, Sarah Calton smashing her target time and finishing in 1:39:15. Congratulations to all other finishers, especially Stephen Ansell who continues his remarkable run of 12 (I think?!) consecutive Adelaide Half Marathon finishes. Well done Steve!



Race Results

Australian Duathlon Championships Barossa Valley, 15th August 2010

10km run / 40km cycle / 5km run

| Australian Duathlon Long Course Results | | | |
|---|-----------|------|---------|
| Name | Position | Time | |
| James | Duffy | 6 | 2:09:57 |
| Kevin | Fergusson | 8 | 2:12:03 |
| Benjamin | Clark | 25 | 2:24:22 |
| Mason | Barnes | 27 | 2:25:16 |
| Daniel | Kelly | 32 | 2:28:29 |
| Nathan | Warburton | 34 | 2:30:06 |
| Grant | Ironside | 35 | 2:31:20 |
| Mark | Kirtland | 37 | 2:32:24 |
| Kevin | Duffy | 39 | 2:33:34 |
| Shane | Gosling | 44 | 2:37:56 |
| Richard | Love | 48 | 2:40:18 |
| Peter | Lines | 51 | 2:42:54 |
| David | Hill | 52 | 2:43:36 |
| Tristan | Fergusson | 58 | 2:48:41 |
| Craig | Stevens | 62 | 2:56:16 |
| Darryl | Tozer | 63 | 2:56:56 |
| Emma | Clough | 69 | 3:02:06 |
| Richard | Pryor | 70 | 3:03:40 |
| Denis | Perry | 72 | 3:07:24 |
| Trudy | Fenton | 73 | 3:08:20 |
| Milan | Calic | 77 | 3:20:21 |
| Darren | Wright | 79 | 3:22:39 |

| Australian Duathlon Short Course Results | | | |
|--|----------|------|---------|
| Name | Position | Time | |
| Anna | Kelly | 7 | 1:20:39 |
| Rick | Daley | 21 | 1:27:33 |
| Jan | Daley | 22 | 1:27:33 |
| Shirley | Lines | 34 | 1:45:45 |



A very wet and wintery start to the race

On a very wet day up in the Barossa Valley the Australian Duathlon Championships were held for 2010. It was a cracking field, with some great performances put in by the Lakers.

In the long course it was James Duffy who was the first Laker home and 6th person overall. James won his age group and the scary thing is that he is still getting faster! Evergreen Kevin Fergusson came home in 8th spot and was the first SA Open competitor home. Well done again Kev. Ben Clarke and newcomer Mason Barnes stormed home in very handy times to claim some bragging rights heading into the triathlon season.

Podium finishes in age groups were record for:
 M20-24: 1st James Duffy, 2nd Tristan Fergusson
 M30-34: 3rd Mason Barnes
 F30-34: 2nd Emma Clough
 M40-44: 1st Nathan Warburton, 2nd Grant Ironside
 M50-54: 2nd Mark Kirtland
 F50-54: 1st Trudy Fenton
 M55-59: Kevin Duffy

In the short course we saw a great result from Anna Kelly who won her age group in a great time of 1:20:39. Well Done Anna!

Jan Daley also got first in her age group, while Rick Daley and Shirley Lines picked up 2nd place in their respective age groups.

Great race to all that competed, especially in the very trying conditions.



Kevin Fergusson powers on to be the first South Australian home in the elite field



Triathlon machine, James Duffy looks pleased with winning his age group and being 6th overall

Race Results

Lakers Summit Half Marathon, 21.1km run (uphill)

| Summit Half Marathon – Handicap Results | | |
|---|-------------------|---------|
| Position | Name | Time |
| 1 | Dan Kelly | 2:12:12 |
| 2 | Sophie Holt | 2:14:56 |
| 3 | Tom Jeffrey | 2:15:37 |
| 4 | Veronica Schleibs | 2:15:40 |
| 5 | Chris Grenvold | 2:15:41 |
| 6 | Michael Keyte | 2:16:22 |
| 7 | James Levinson | 2:16:33 |
| 8 | Peter Lines | 2:17:42 |
| 9 | Shaun Richards | 2:17:55 |
| 10 | Ian Lord | 2:18:38 |
| 11 | Bob Edwards | 2:18:46 |
| 12 | Sarah Calton | 2:18:54 |
| 13 | Darryl Tozer | 2:19:16 |
| 14 | Nathan Warburton | 2:19:28 |
| 15 | Steve Diamond | 2:19:38 |
| 16 | Chris Goodrick | 2:20:00 |
| 17 | Cam Maher | 2:20:10 |
| 18 | Jane Rothe | 2:20:11 |
| 19 | Teresa Molyneux | 2:20:18 |
| 20 | JA Keplin | 2:20:38 |
| 21 | Robert Stevenson | 2:21:12 |
| 22 | Dean Garratt | 2:21:16 |
| 23 | Matt Fietz | 2:22:03 |
| 24 | Scott Hartwig | 2:22:39 |
| 25 | Vincent tremaine | 2:22:52 |
| 26 | Shane Gosling | 2:23:29 |
| 27 | Mary Mitchell | 2:23:50 |
| 28 | Frank Bennink | 2:24:07 |
| 29 | Terry McConnell | 2:24:09 |
| 30 | Peter Gray | 2:24:53 |
| 31 | Grantley White | 2:25:57 |
| 32 | Ben Pyman | 2:26:06 |
| 33 | Tony Brady | 2:26:40 |
| 34 | Rita Bennink | 2:26:45 |
| 35 | Anthony Meade | 2:27:08 |
| 36 | Mason Barnes | 2:27:44 |
| 37 | Alasdar Kingham | 2:29:58 |
| 38 | Martin Mancheff | 2:30:35 |
| 39 | Stan Garland | 2:31:02 |
| 40 | Mark Kirtland | 2:35:05 |
| 41 | Kath Ayliff | 2:36:01 |
| 42 | Dominic Molyneux | 2:36:35 |

| Summit Half Marathon – Fastest Time | | |
|-------------------------------------|-------------------|---------|
| Position | Name | Time |
| 1 | Michael Keyte | 1:29:22 |
| 2 | Bob Edwards | 1:33:46 |
| 3 | Anthony Meade | 1:37:08 |
| 4 | Matt Fietz | 1:38:03 |
| 5 | Tom Jeffrey | 1:40:07 |
| 6 | James Levinson | 1:41:03 |
| 7 | Dan Kelly | 1:42:42 |
| 8 | Dean Garratt | 1:43:16 |
| 9 | Veronica Schleibs | 1:44:40 |
| 10 | Shaun Richards | 1:45:55 |
| 11 | Scott Hartwig | 1:46:09 |
| 12 | Mason Barnes | 1:46:44 |
| 13 | Ian Lord | 1:47:38 |
| 14 | Cam Maher | 1:47:40 |
| 15 | Nathan Warburton | 1:48:58 |
| 16 | Chris Grenvold | 1:49:41 |
| 17 | Jane Rothe | 1:50:11 |
| 18 | Steve Diamond | 1:51:08 |
| 19 | Vincent tremaine | 1:51:22 |
| 20 | Sarah Calton | 1:52:24 |
| 21 | Stan Garland | 1:52:32 |
| 22 | Alasdar Kingham | 1:52:58 |
| 23 | Shane Gosling | 1:54:29 |
| 24 | Grantley White | 1:56:27 |
| 25 | Tony Brady | 1:57:40 |
| 26 | Darryl Tozer | 1:59:16 |
| 27 | Teresa Molyneux | 1:59:18 |
| 28 | Peter Lines | 1:59:42 |
| 29 | Mary Mitchell | 2:00:50 |
| 30 | Chris Goodrick | 2:01:00 |
| 31 | Frank Bennink | 2:02:07 |
| 32 | Ben Pyman | 2:03:36 |
| 33 | Robert Stevenson | 2:04:12 |
| 34 | Mark Kirtland | 2:05:05 |
| 35 | JA Keplin | 2:05:38 |
| 36 | Sophie Holt | 2:06:56 |
| 37 | Martin Mancheff | 2:08:35 |
| 38 | Kath Ayliff | 2:09:01 |
| 39 | Terry McConnell | 2:14:09 |
| 40 | Dominic Molyneux | 2:20:05 |
| 41 | Peter Gray | 2:24:53 |
| 42 | Rita Bennink | 2:26:45 |



Strength and Conditioning coach

Contact Kent Dredge
0402 564 991
kent@tri-lifestyle-

Congratulations to all involved with the Summit Half Marathon. This event looks like it is going to be a permanent fixture on the Lakers calendar, so make sure you train up for it next year!

Well done to Dan 'the handicap burglar' Kelly for winning. He put in a sterling performance to take down more fancied opposition and post a blizzing time of 1:42:42. Well done Dan.

Also a great run by the bullet, Michael Keyte, who run 1:29:22.

Lastly a big thank you to all the volunteers on the day. Without the support of people putting in this effort the event would never go ahead, so thank you very much!

Race Results
Gold Coast Marathon / Half Marathon
42.2km or 21.1km run

| Gold Coast Marathon | | |
|--------------------------|---------|-------|
| Name | Time | Place |
| Helen Duffy | 4:51:42 | 3571 |
| Gold Coast Half Marathon | | |
| James Duffy | 1:23:24 | 158 |
| Zoe Duffy | 1:37:29 | 928 |
| Kevin Duffy | 1:37:29 | 929 |
| Luke Duffy | 1:41:41 | 1347 |

The Duffy clan came, saw and conquered the Gold Coast Events.

Helen Duffy completed her first ever marathon in a great time of 4:51:42. Amazing effort Helen and looking forward to seeing you out and about this season.

Great results from the rest of the Duffy's in the Half, with James coming home in a time of 1:23:24 while it was neck and neck for Dad (Kev) and Daughter (Zoe) with both of them finishing in 1:37:29, and Luke rounding out this great family achievement in a time of 1:41:41.



Helen Duffy triumphantly crosses the finish line



Kevin and Zoe battle it out heading into the finishing line.

(can you spot Kev's arm trying to push Zoe out of the way?)

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Lakers Member Profiles

Name: Naomi Hill

Age: 29....

Occupation: Senior Tax Accountant – currently work for BHP Billiton (in the finance team) on any tax related matters for the Olympic Dam Mine + Expansion (Based in the Adelaide Office luckily!!!)

Where did you grow up: On a sheep farm...Padthaway South East of SA..went to boarding school & have just stayed in Adelaide since

Nickname: Nails, Nayers

Favourites:

Food: Tuna Mornay, Sultanas, Cheese Rice Crackers

Drink: Rain water

Movie: The Usual Suspects

TV Show: Master Chef

Music: Anything with a beat to help me keep running

Athlete: Anyone good – including Lance Armstrong

Football Team: Go the Crows

Triathlon leg: Bike (believe it or not!)

Previous sporting background: Played State Hockey (under age) + School Tennis

When did you start triathlons: A couple of years ago – only really have done 1.5 summer seasons I think

Why the Lakers: Met Nigel through beginner triathlon clinics & training sessions weren't too far to go to & the people were nice too!

Most embarrassing moment: Fell in the fountain as a child at whilst on holidays at Mildura

Have you had your 15 minutes of fame: Was in the Stockjournal as a kid a few times? Does that count?

What are your Triathlon goals/plans: To start & finish Busso full Ironman in Dec 2010. Beating Tony Abbotts time will be a bonus!

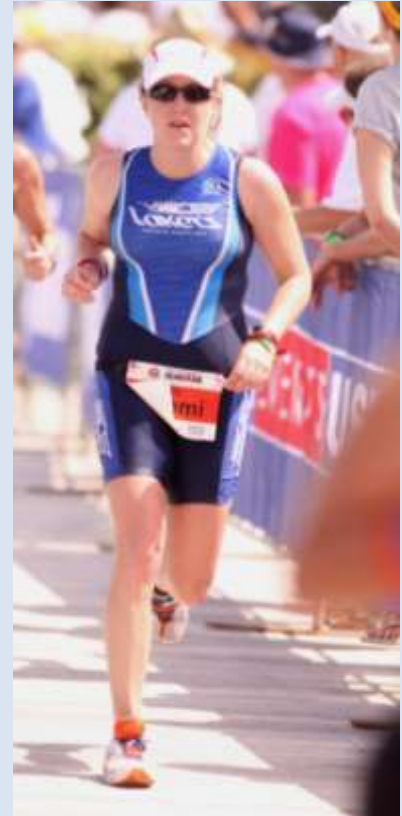
Best triathlon race:

A few

- my first ever triathlon was a 'mini' – I was first across the line (beat all the little kids!) but I had no idea till the next day when I saw the results...

- Wasn't my fastest but doing Geelong Half Ironman in Feb this year - on a 4 week taper – with a headache after my bike accident was a proud achievement

- Victor Olympic Distance Last year – I won my age Group (& State title) & I had no idea...I didn't stay for presentations. Lou sms'd me to tell me I'd won & I didn't believe her ..thought she was having a joke on me...



Naomi competing in a half ironman event

- Half Marathon Adelaide last year...I ran 5 min/kms (1.45hrs) on not a lot of training..realised I could actually run ok when I'm not injured

Worst triathlon race:

- Probably the run leg of Gold Coast Half Ironman last year. It was very very hot & very very windy! Every step hurt like one thing & running into the wind was like running into a brick wall!

Three things that people don't know about you:

** I play the piano – Did 8th Grade exam and got an A

** When I was younger I wanted to be a pizza hut waitress then statistician

** When I was at School we had a swimming competition every summer. I was 15kg heavier (ie fat kid at school) than I am now & somehow I got out of competing each year as I was too embarrassed be seen in my bathers!

Lakers Member Profiles

Name: Mason Barnes

Age: 30

Occupation: Logistics Manager

Where did you grow up: Christchurch, NZ

Nickname: Barnsinator

Favourites:

Food: Curry

Drink: Guinness

Movie: The Departed

TV Show: Entourage

Music: Daft Punk, A Tribe Called Quest

Athlete: Fernando Torres

Football Team: Fulham (real football)

Triathlon leg: Bike

Previous sporting background: Soccer, Running, Touch Rugby, Mountain Biking

When did you start triathlons: This year hopefully (lucky to get the buzz call up so early)

Why the Lakers: I live west and I was sick of always riding on my own so started turning up on the Saturday group rides.

Most embarrassing moment: Throwing up all through the cabin I was sharing with 3 other poor souls on the trans Siberian railway after a heavy session on cheap vodka. The stewards onboard were not amused either, had to bribe them to stay on the damn train.

Have you had your 15 minutes of fame: Turned 8 on the 8/8/88.

What are your Triathlon goals/plans: Canberra Half 2010, Ironman 2012

Best triathlon race: Does Barossa Duathlon count?

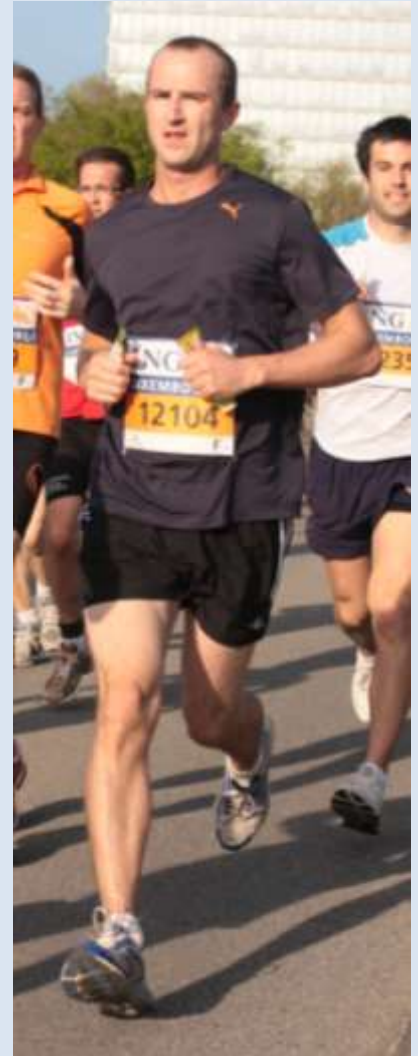
Worst triathlon race: No such thing

Three things that people don't know about you:

I actually once had hair

I dislike bananas


I have only lived in Adelaide for 10 months.



The Barnsinator out and about running hard



Hmm..... looking good Mason!

| | |
|---|--|
|  | <p>Greenleaf Flowers for all occasions!</p> <p>Contact Tricia Nixon 0409 676 983 tricianixon@hotmail.com greenflower@adam.com.au</p> |
|---|--|

Anglea Potter's Outback Experience

Anglea Potter has just spent the last couple of months taking time out from her everyday life as a physiotherapist and headed up to Northern Western Australia to work on a Outback station. I am sure I speak for many when I say it would have been an amazing experience and something totally different to life back in Adelaide. She took the time to write about her adventures!

NORTH KIMBERLY TRIATHLON CLUB

At Drysdale River Station

Membership: 1 (Anglea Potter)

New members welcome!

TRAINING SESSIONS

August 2010

Running Training

Short run (approx 7km)

From the staff quarters, easy jog to the airstrip. Turn right and follow airstrip perimeter fence in an anticlockwise direction. Take care climbing through the barbed wire fence on the western side of the airstrip and mind your footing crossing over the cattle grid at the entrance to the station off the Kulumbaru Road. Best training times between 6 and 7am to avoid the heat of the day.

Long run (approx 12km)

As for the short run, then start another anticlockwise loop, but instead of climbing through the fence, turn right and follow the fence line all the way to paddock #3 gate, turn right onto paddock #3 track and make your way to the pump track gate (remember to shut the gate after you've been through it). Short cool down back to the staff quarters.

<http://www.gmap-pedometer.com/?r=3951957>

Note: Keep an eye out for any fences that may have been damaged and report to station owners.



Drysdale River Station (blue flag at the top of Western Australia) is where Anglea spent a couple of months

<http://maps.google.com.au/maps/ms?msa=0&msid=105454840332599569433.00048d86d238fa19e5597&hl=en&ie=UTF8&ll=-15.707663,126.386719&spn=34.297917,55.458984&t=h&z=4>



Anglea on one of her training runs!

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Bike Training

Leave your road bikes at home and get out your mountain bikes to safely navigate the dirt tracks. Ride from staff quarters, around airstrip in clockwise direction to the homestead paddock fence, follow this towards the river. Dismount to get through paddock #3 and pump gates. Keep alert for sandy patches and creek washouts and keep riding, the cattle will eventually get out of your way. Rides best done in the late afternoon to take advantage of cooler temperatures and stunning colours in the scrub.



Ange out and about on the bike



How's this for swimming training! Just have to watch out for the croc's!

Swim Sessions

Short ride down to the Drysdale River from the staff quarters. Dive in off the sandy bank, dog paddle, few strokes of breast stroke, tread water, float in a tyre tube and enjoy the serenity. Bathers optional. Keep an eye out for brown and whip snakes and the resident freshwater croc. Late afternoon training sessions are recommended to make best use of the shade and reflections in the water.

Weight Training

Daily sessions for strength and endurance
Strength – large weights, low reps – 10kg bags of potatoes, push wheelbarrow loaded with items from the storeroom, large pots of water, lift mattresses and stacks of crockery
Endurance – low weight, high reps – hanging and folding linen, making beds, washing sink fulls of dishes, carrying crockery and cutlery, mopping floors.

Carb loading

Have the station cook make dinner for you every night and eat lots of toast. All food travels via truck from Perth once or twice per month or flown in 2 times per week from Kununurra so make sure you plan your carb intake well in advance.

Additional info

I spent 2 months working at Drysdale River Station, a tourist cattle station 360km from Kununurra and 470km from Derby. I had long service leave from my day job and headed up there for June/July (missing most of the cold Adelaide weather) – average day temp 30 degrees, night temp about 20 degrees. I was employed as a kitchenhand/cleaner/waitress/dessert cook/bar tender. No TV, no internet, no mobile phones, do you remember letters??!! A beautiful place, gorgeous blue sky, fresh air, serenity and got to see places that only handfuls of people have ever been to.

Ange Potter



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Contact Paul Battistella 0419 832 722

Andrena and Trevor Moore's Outback Adventures

Laker legends, Andrena and Trevor Moore have been missing in action for a few months now and if you are wondering what they have been up to..... wonder no more! We received an update from them and it sounds as if they are having a ball of a time. We all look forward to more stories when you guys return.

Trevor and Andrena Moore

Hi Lakers,

If you hadn't noticed, Andrena & I (Trevor) haven't been around since late May. This is because we have been travelling through Western Australia & the NT in our car & caravan, tent yacht helicopter float plane canoe, mountain bikes or trekking boots; whichever was the most suitable at the time

We have had a great time swimming with whale sharks at Exmouth, swimming in spectacular gorges in Karijini National park and walking miles through gorges in other areas.

We sailed around the Buccaneer Archipelago for 4 days where we caught fish and collected oysters from the rocks.

We had our car shaken apart driving up to the Mitchell Plateau, where we missed Angela Potter by two weeks. She had been working at the Drysdale Station for 3 months. I think they thought she was a little potty riding & running around the property when she could.

We canoed for three days from Lake Argyle to Kununurra, a distance of 55 kms. Both our designated campsites were burnt out by bushfires. One was alight as we arrived so we stayed at an aboriginal community instead.

We are enjoying the hot sunny days at the moment as we approach Darwin. We had a lovely swim at Wangi falls in Litchfield N.P. this evening. It is a spectacular place.

See you mid September,

Take care

Trev & Andrena



Trevor and Andrena on the journey from Derby to Kununurra along the Gibb River Road in far North West, Western Australia

Notes from Club Members

So Long Pete

Long time club member, Peter Gray has decided to leave little 'ol Adelaide and has moved up to Merbein, near Mildura in Victoria. I am sure that he will be sorely missed by the Lakers but he has very kindly offered up his new house in Merbein as a 'Lakers Mildura Base' if anyone is heading that way. Peter can be contacted via email on lpg1@live.com.au and his new address is:

Peter Gray
228 Sixth Street,
MERBEIN, VIC, 3505



Peter's new house in Merbein



The 'washing machine' at the start of the Kona IM

IM World Championships – Kona, October 9th

Don't forget that we have got a number of Lakers heading over to compete in the Ironman World Championships on October 9th. I am sure everyone will be wishing each of you the best of luck and a great race on the famous course.

Unfortunately one of the Lakers who qualified had a nasty bike accident only a couple of weeks ago. Nancy Cullen qualified for the race with an age group win at IM New Zealand and had been training the house down. I am sure we all wish her the best in her recovery and her chance to get to the start line in Kona. Good luck Nancy.

The other lucky Lakers who are heading over are Shaun Richards, Mary Mitchell and Nathan 'Rambo' Warburton.

ITU Triathlon World Championships – Budapest, Spetember 8-12, 2010

Good luck to the Lakers heading to the ITU World Triathlon Championships in Budapest. I am sure the people heading over are very excited and have put in a lot of hours training over the cold winter months here in Adelaide.

The laker competitors that I am aware of are:
Helen Duffy – F50-54 Sprint Distance
Kevin Duffy – M55-59 Olympic Distance
Nick Muxlow – 25-29 Olympic Distance



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Lakers Social Scene

Lakers Social Scene Team

The Lakers Social Manager and coordinators for this year are Sarah Calton, Louise Mills, Sam Sturm and Sophie Holt. If you have any ideas or questions regarding the Lakers social scene, please don't hesitate to contact one of them.

And from talking to the team, it looks like we are in for a jam packed year of fun with a number of events planned that should cater to everyone's needs.



Lakers Social Team
Louise Mills, Sarah Calton, Sam Sturm and Sophie Holt

LAKERS BOWLING BONANZA - SAVE THE DATE!

It's back... Due to popular demand, the Lakers Bowling Bonanza will again be held at 'Sliders' at AMF Woodville Bowl on Saturday 6th November at 6pm. Make sure you diarise this not to be missed Lakers social event!

For the all inclusive price, you will receive 2 games of bowling and shoe hire, a quarter pound cheeseburger or quarter pound burger with lettuce, tomato and beetroot and a beverage of your choice (bottle of beer, glass of wine or soft drink). We can't promise that it'll be the best or most nutritious dinner you'll ever have, but the bowling and company more than makes up for it.

For those of you that attended our last bowling night, a great time was had by all and it's a great opportunity to bring your partners or family (kids welcome) for what promises to be a fun night. You'll also see the renowned triathlete 'competitive streak' come out on the bowling alley which always provides good entertainment... There will be games and prizes on the night so don't miss out!

The Details

When: Saturday 6th November 2010

Where: AMF Woodville Bowl (Sliders section), 819 Port Road, Woodville

Time: 6.00pm

Cost: \$25 p/person (payment on the night)

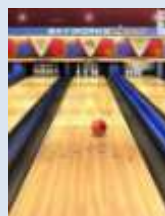
RSVP: No later than 22nd October to Sam Sturm at

sammiholt@yahoo.com.au or Sophie Holt at sophie.holt@sensis.com.au

(please note that even though payment is on the night, we need to confirm numbers with the venue for catering so it's important that you RSVP)

We hope to see you there!

Lakers Social Committee (Sam, Sophie, Sarah and Lou)



We will help you, your family and friends achieve general health and lifestyle goals or enhance your training and competition performance. Club membership plus detailed health and athlete testing available.

Contact Darren Roberts on 0434546725

2010 CITY TO BAY FUN RUN

For all those Lakers who are interested in running the City to Bay this year, why not think about running for a good cause!

This year, the Lakers Social Committee have been approached by Ronald McDonald House Adelaide & McDonald's to encourage Lakers members to join the McDonald's City to Bay Team and raise much needed funds for Ronald McDonald House Adelaide.

For those of you who are not aware of the charity, Ronald McDonald House is located on Melbourne St, Adelaide and provides a 'home away from home' for children and their families living in regional or remote areas when they need it most.


Ronald McDonald House provides accommodation for families of children with serious illness, along with the support of experienced House Managers, volunteers and other families in similar situations whilst children are being treated for serious illness at neighbouring Women's & Children's Hospital.

For anyone who is interested in being part of the McDonald's Team which is raising money for Ronald McDonald House Adelaide, all you need to do is register on the City to Bay website (select the McDonald's Team) and encourage your friends, work colleagues or family to sponsor you for a minimum of \$50.

Once you have reached the \$50 minimum fundraising amount, return the form and advise of your running singlet size. On the form it currently says 'Restaurant'. In this section, please include 'Laker' - and then insert your home address so a running singlet can be mailed to you. If you are in your Ronald McDonald House/McDonald's singlet, you will be entitled to a free breakfast at the McDonald's marquee after the race. This is where you can exchange your stories of success or woes with fellow participants!

For any queries regarding the City to Bay, please contact Sam Sturm at samantha.sturm@au.mcd.com or Sarah Calton at sarah.calton@unisa.edu.au

Please note that the team is open to walkers and runners across all distances - the more, the merrier!



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Contact Sarah Martin 0404 641 284

The Final Word

? Question Time ?

Have you ever wanted to ask another Laker member a question, about anything, but just never been able to? Well this section is for you!

Please email me (mr.cameron.maher@gmail.com) a question for another Laker and we will make sure it gets asked and answered in the next edition. You can remain anonymous if you like, as well!

To start things off I have always wanted to ask the following question to club captain, Nathan Warburton:

Me: *Nathan, why do people call you Rambo?*
Nathan's Answer: *Well, it's a long story, so we'll start with my near perfect physique and rugged good looks..... (he continued talking for another minute or two, but you get the idea)*

Start emailing your questions!



After looking at this photo you can never complain about swimming sessions being crowded again!

Blast from the Past



Can you recognise who the two people are in this photo? It was taken many years ago (1990 in fact) and the two people are still current members of the Lakers Triathlon club
PS – love the near knee high socks as well!

Lakers Forum

Don't forget to check out the Lakers online forum at:

<http://s8.invisionfree.com/Lakers/>

Newsletter Contributions

The Buzz NEEDS YOU.

Please send me articles for the next edition, wether it is a race report, social article, announcement or anything else. Send contributions to:

mr.cameron.maher@gmail.com