

# December 2010

## West Lakes Lakers Newsletter

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



Anthony 'Magic' Meade finished 16<sup>th</sup> overall in the recent Melbourne Half Marathon event. Well done Magic, great effort.

The 2010/11 triathlon season is well underway in SA. The first Gatti race was held on the 31<sup>st</sup> October and with races nearly every week come the new year it is going to be a really exciting summer of triathlon.

The Lakers have also been very well represented at races so far with many people racing as well as spectating. Lets make sure to keep this up and enjoy all this sport has to offer!

**Race Results**  
**Magic's Melbourne Half Marathon**  
**Melbourne, 10<sup>th</sup> October 2010**  
**21.1km run**

Melbourne Half Marathon					
Name		Age Group	TOTAL TIME	Age Group Position	Overall Position
Anthony	MEADE	M3539	1:16:34	3	19

The Lakers running machine, Anthony 'Magic' Meade had a blistering run at the Melbourne Half Marathon back in October, and unfortunately I didn't include him in the results. So, by popular demand, here are his results and later in the Buzz there is also a must read profile of Magic.

In regard to his run in the Melbourne Half Marathon he finished in 16<sup>th</sup> position overall out of 7868 competitors – massive effort mate, well done. If anyone saw the 1 hour TV special aired on Channel 9 a few weeks back you would have caught a glimpse of him as he finished right next to the winning female in the event.

With this result under his belt, he is in for a big Triathlon season, so look out for the Magic man!



*Anthony 'Magic' Meade flies towards the finish line in the MCG*

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## Race Results

### JT Cycles / GATTI Race 1, 31<sup>st</sup> October 2010

#### 800m Swim / 25km cycle / 6km run

JT Cycles / GATTI Race 1 - Challenge								
Name	Age Group	Swim	Cycle	Run	Total	Cat Pos	Overall Pos	
KEVIN	FERGUSSON	OPEN	0:09:25	0:37:42	0:23:39	1:10:46	1	1
NICK	MUXLOW	OPEN	0:08:59	0:39:53	0:22:37	1:11:29	3	3
DANNY	SALTER	OPEN	0:010:44	0:40:31	0:24:13	1:15:28	4	4
JASON	RAYMENT	25-29	0:010:22	0:42:13	0:25:30	1:18:05	1	10
MASON	BARNES	30-34	0:012:13	0:40:54	0:25:48	1:18:55	1	14
MICHAEL	ROELINK	20-24	0:09:55	0:43:15	0:28:37	1:21:47	3	23
TONY	BRADY	55-59	0:013:03	0:41:28	0:28:27	1:22:58	1	29
MARTIN	MANCHEFF	45-49	0:010:47	0:43:51	0:29:08	1:23:46	5	37
JANE	ROTHER	OPEN	0:011:02	0:46:02	0:26:57	1:24:01	2	41
SHANE	GOSLING	40-44	0:012:42	0:44:25	0:27:13	1:24:20	5	42
SEAN	KINCHINGTON	25-29	0:013:18	0:48:01	0:24:40	1:25:59	6	49
DAMIAN	NEWBERRY	40-44	0:011:08	0:46:39	0:28:20	1:26:07	8	50
ALASDAIR	KINGHAM	20-24	0:013:14	0:46:48	0:26:12	1:26:14	4	53
ALICIA	JOHNSON	20-24	0:09:55	0:48:30	0:28:15	1:26:40	2	57
GRANTLEY	WHITE	35-39	0:012:12	0:46:04	0:28:38	1:26:54	5	60
LORENZO	PERESSIN	50-54	0:013:01	0:43:35	0:31:10	1:27:46	2	65
EMMA	CLOUGH	30-34	0:014:03	0:46:48	0:29:57	1:30:48	1	82
RICK	DALEY	60-64	0:013:48	0:46:14	0:32:17	1:32:19	1	91
DOMINIC	MOLYNEUX	45-49	0:014:15	0:49:22	0:31:27	1:35:04	11	107
MATTHEW	GRYGORCEWICZ	30-34	0:012:39	0:51:47	0:32:41	1:37:07	16	111
MISTY	MUNDAY	30-34	0:018:34	1:04:02	0:39:57	2:02:33	3	137

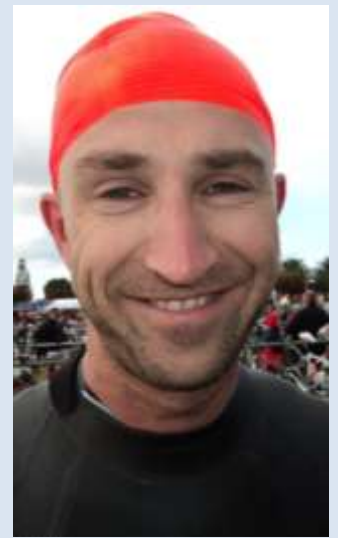
The first triathlon race of the season kicked off on the 31<sup>st</sup> October in pretty ordinary conditions. With the rain in the previous days and the wind making surfable conditions in West Lakes, there were some pre-race casualties, but there were also some very brave triathletes who competed in the shortened event.

It was a magical start to the season for legend Kevin Fergusson who won the race in a great time. Young dynamo, Nuck Muxlow pinished on the podium in 3<sup>rd</sup> position in the open field with a great result. Danny Salter was one place further back with an impressive start to the season for him.

There were also some great results for the age groupers, including wins for Jason Rayment (2529), Mason Barnes (3034), Tony Brady (5559), Emma Clough (3034) and Rick Daley (6064). Great effort all and well done on an age group victory.

Other great performers were Misty Munday who continues to improve and this should be a great summer of racing for her. Jane Rother stepped up to race open and finished in an amazing second position – inspirational effort Jane. Alasdair Kingham continues to improve and put in a great time. Well done to all other Laker finishers.

JT Cycles / GATTI Race 1 - Tinman					
Name		Age Group	Time	Overall Pos	Cat Pos
CHRIS	CARTER	55-59	0:54:25	13	1
SARAH JANE	MARTIN	40-44	1:03:10	50	2
DANIELLE	NOUTZ	35-39	1:07:36	69	2
ADAM	KEEGAN	25-29	1:07:40	71	6
HELEN	SHEPHERD	50-54	1:13:40	91	2
CARL	NOUTZ	40-44	1:19:55	98	14
ANNABELLE	CARMICHAEL	20-24	1:20:30	99	3



*A happy Mason before his first race*

In the Tinman event we had some great results with Chris Carter winning his age group and Sarah Jane Martin, Danielle Noutz and Helen Shepard all finishing runner ups.

Annabelle Carmichael had a great first up effort finishing in 3<sup>rd</sup> position in her age group. Well done Annabelle!

JT Cycles / GATTI Race 1 – Mini			
Name		Age Group	Time
JACK	SYKES	10-12	0:22:43



*More happy Lakers before the race. Sarah, Nick, Tom and Marty*

In the mini we had one entrant, Jack Sykes. Well done on competing Jack and great result!



*Jane and Dom sharing their new warm up routine with everyone!*

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# Race Results

## Shepparton Half Ironman, 14<sup>th</sup> November 2010

### 1.9km Swim / 90km cycle / 21.1km run

Shepparton Half Ironman							
Name	Age Group	Total Time	Swim Time	Cycle Time	Run Time	Overall Pos	Cat Pos
Nick MUXLOW	M2529	4:17:26	0:26:12	2:26:12	1:25:01	34	5
Danny SALTER	M4044	4:20:29	0:31:25	2:19:18	1:29:45	48	5
Tom JEFFREY	M1824	4:31:04	0:32:31	2:19:08	1:39:23	93	6
Daniel KELLY	M3034	4:40:39	0:33:56	2:25:52	1:40:50	153	37
Kevin DUFFY	M5559	4:48:01	0:35:59	2:32:49	1:39:13	196	1
Zoe DUFFY	F1824	4:53:47	0:28:27	2:38:18	1:47:01	248	2
Martin MANCHEFF	M4549	4:54:32	0:29:59	2:32:54	1:51:39	252	19
Annette EASTWOOD	F2529	4:55:23	0:31:56	2:42:58	1:40:29	258	6
Tristan FERGUSSON	M1824	5:04:19	0:35:37	2:35:46	1:52:55	322	17
Grantley WHITE	M3539	5:16:21	0:35:15	2:42:20	1:58:46	401	87
Serin ROBERTSON	F3539	5:21:59	0:34:33	2:52:19	1:55:07	434	10
Darren WRIGHT	M3034	5:23:02	0:39:55	2:32:30	2:10:35	442	82
Terry MCCONNELL	M4549	5:31:06	0:39:28	2:41:56	2:09:41	489	46
Anna KELLY	F2529	5:31:53	0:36:23	2:48:08	2:07:21	497	9
Jenese ROXBY	F3034	5:37:36	0:36:45	3:01:44	1:59:07	527	21
Stephen ANSELL	M5054	6:36:14	0:43:08	3:20:24	2:32:41	684	36

Unfortunately I don't have much information about the Lakers at Shepparton other than the results table. But going from the table it looked like some cracking times were set and no doubt a great time was had by all competitors.

Again, Nick Muxlow produced an incredible result, finishing 5<sup>th</sup> in his age group as well as the first Laker home and also in 34<sup>th</sup> position overall. You are going to be a hard person to stop this year Nick! Danny Salter also smashed the 4hour 30min barrier and came home 5<sup>th</sup> in his age group. Tom Jeffrey continues to impress with another gutsy performance, finishing 6<sup>th</sup> in his age group. Kevin Duffy, who is just getting better and better, won his age group in a crazy fast time of 4:48:01. Amazing effort Kev.

Zoe Duffy impressed again, finishing 2<sup>nd</sup> in her age group, while Marty and Annette both cracked the 5hour mark. The fastest husband/wife combination of Dan and Anna Kelly also produced great times with Dan smashing the course in 4:40:39 and Anna getting a top 10 finish in her age group. Well done to Stephen Ansell who produced a fine effort to race home in the half ironman. Stephen is ticking boxes all over the place and I am sure will be setting some PB's over the next season.

Well done to all other Lakers who competed.



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# Race Results

## Safeco Round the Lake Swim

### 6.2km Swim

**“Safeco Round the Lake Swim”**  
**Sunday 21<sup>st</sup> November**  
*Report by Grant Fergusson and Nathan Warburton*

Congrats to all swimmers who participated in the Lakers Inaugural Safeco Round the Lake swim held on Sunday 21st Nov. We had perfect weather with glassy water and a great roll up of swimmers. It was a great social event with costs under \$400.00; a great way to use member's funds.

Although the timing and results were not accurate and somewhat confusing, Ben Noll had the fastest time(in 1hr 25 mins); closely followed by Nick Muxlow, Dan Lock, Kevin Fergusson, Martin Mancheff, John Pigeon, and James Duffy. There was a fantastic finish between John P and Martin M, who were the first 2 home with 6 beat kicks from other side of lake.

Others who completed the full 6.2km were Tristan Fergusson, Scott Corrie, Steve Jones, Tony Brady, Tom Jeffrey, Mark Kirtland, Grantley White, Ben Clark and Nigel Pietsch.

We hope to get the handicaps right next time and to better adjust the teams so they join into the adrenalin rush at the finish.

The first team home was Rick Daley, Kathrin Iselin, Nancy Cullen and Rick Hutchins but they were relegated to 3<sup>rd</sup> place because of extra swimming aids. Hence team C (Sarah Martin, Lorenzo Peressin, Grant Ironside and Kevin Duffy) took away the dozen wines. The 3<sup>rd</sup> team across the line was Anthony Meade, Neil Foster and Kevin Carr.



*Scott Corrie struggles out of his wetsuit*



*Marty looks happy with his swim while Shaun signs autographs for his fans.*

Thanks go to the cooks on the day namely Misty, Frank and Rita.

5 vouchers for random draw prizes were supplied by Dave Mcglashen (Sports Power Glenelg) and Tony Brady kindly donated several dozen wines for prizes to teams and the 6.5 km swimmers.

Please provide any feedback you have on the day to either Rick or Grant. We are also looking at less changeover points and teams of mostly 2/3 with a few teams of 4. We may still keep the 2 short legs at the start (of 900m and 1000m) but the rest of legs will be 2km/2km+.

Thanks also go out to the members of the model Yacht squadron, who assisted us in cleaning up the left over sausages, they were so good in fact they rang Rick on Monday to find out where they were purchased from. Rumour has it Rick and Grant are now joining the model Yacht Squadron and are awaiting their membership applications!!



*Battas telling people how lucky they were to have him as a lifesaver for the event.*



*Grant Fergusson cheering the competitors on. Great job organising this new event!*



*Batta's leading some of the swimmers home.*



*Misty (Frank and Rita in the background) cooking up a storm on the BBQ*

**Save the Date**

After the great success of the 'Round the Lake Swim' there is an opportunity for the Lakers to host another great event in the new year.

**Date:** 6<sup>th</sup> March 2011

**Where:** West Lakes

**What:** another exciting Lakers Club event

Look forward to seeing as many of you there again!



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## Sponsors Corner

*Over the coming months, the Lakers sponsors will be providing a greater insight into their businesses, involvement in triathlon and the Lakers, and giving you some special offers.*

*We encourage all Laker members to use our sponsors whenever you can as they help provide the support to keep our club running.*



### **Veederline Pty. Ltd. Tony Brady (Gold Sponsor)**

#### **Personal Background**

##### ***Sporting:-***

Age 57 years young. Started triathlons with the Tri-S.A, beginners 5 weeks triathlon course conducted by Nigel in Oct. 2008. (This - I recommend). Third event after a "Tin-man" and the "Triple sprint". was the Adelaide Challenge Sprint distance. At the time I did not know it was a qualifier for the World Champs in 2009, didn't know there was a World Champs! In 2009 did all Gatti-Tin-man events, Victor Harbor-Olympic, Murray Man-Long Course, Busso Half Ironman, Sprint World Champs-Gold Coast, Long Course World Champs-Perth and Busso Full Ironman. In 2010 local state racing and training only, preparing for NZ Ironman in 2011.

##### ***Past sporting endeavors***

10 years in Endurance Horse Riding (started at age 45) - Most memorable event "Tom Quilty-100mile Ride" even though I withdrew my horse at the 75 mile point - Lamé. Nothing like 400 super-fit horses on the edge of control, contained within a football field at midnight in pouring rain, with Guns & Roses playing at high volume and a "Shot-Gun" start into the black void of a moonless night - "This will get even the Dead, adrenaline pumping!" I do plan to revisit this ride and get my Gold Buckle - one Day! That and the "Tevis Cup-100 mile in the USA".

Prior to this, pre-marriage & children; when I had money to squander, Motor Cycle racing in all forms Dirt and Road, Moto-cross, Speedway, Short Circuit, Trail's, Enduro-Racing. In my teens county Aussie Rules in the Mininera District, Victoria - Glenthompson Club, and In late 20's early 30's Rugby Union for Nepean District in Sydney.

#### **Business Background**

##### ***Current.***

Veederline P/L was conceived in 2001, after the acquisition of VR International, Victoria. (Formally Veeder-Root Australia, the Australia arm of Veeder-Root USA, now Gilbarco.)

The "Veederline" name is a combination of Veeder-Root & Line Seiki (USA & Japanese company's both dealing in count and automation equipment). After a few GOOGLE searches, the only reference to the word "Veederline" was to a Goons Episode "Napoleons Piano". We thus thought it suitable for a Proper & Serious - Company name.

The company financier Mr. Bernold Glaser of "Glaser and Associates - Accountants and Financial Planners", an entrepreneur - had never had dealing in Automation & Controls, by recognized it's worth when I presented the opportunity.

The company has a three shareholders, Bernie Glaser, Tony Brady & Lee Williams under a Trust.

Our concept is to stay small and niche, working smarter not harder for a life-style at a minimal stress & pace and earn a reasonable living, remaining in South Australia (base anyway) - as I can Technically work from anywhere in the World.



*Tony Brady (right) and Nick Muxlow representing Australia at the Triathlon World Championship*

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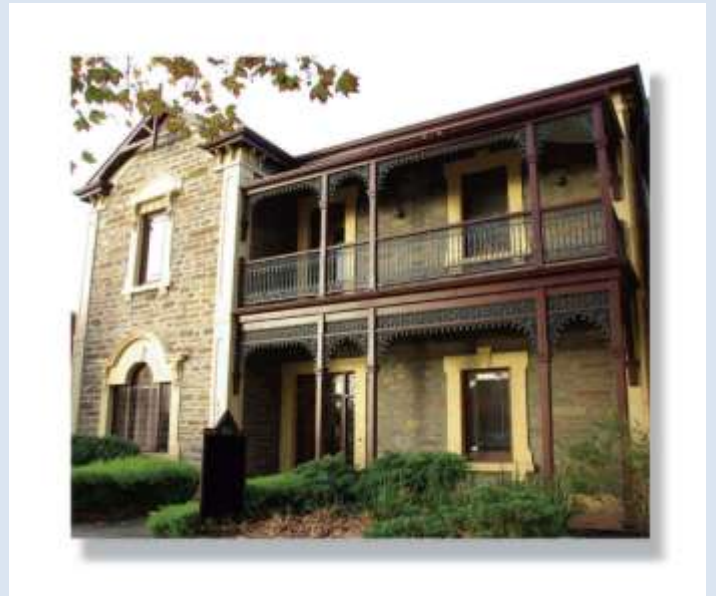
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Cheers,

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Sales / Technical Manager

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The VeederLine logo features the company name in a bold, black, sans-serif font. Below it, the tagline 'PREMIUM SOLUTIONS FOR AUTOMATION' is written in a smaller, red, sans-serif font. Underneath the tagline is a mirrored, grey, sans-serif version of the company name. The entire logo is set against a white background within a black-bordered box.

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## Lakers Member Profiles

**Name:** Nigel Pietsch

**Age:** 38

**Occupation:** Sport Scientist

**Where did you grow up:** I shifted 4 times in my first 7 years Cambrai, Booborowie, a small farm near Robe and finally to Wrights Bay road Mt Benson

**Nickname:** Can't say I have a nick name, being the youngest in the family Peachy was well and truly used up by the time it got to me so it was just Nige or Nigel.

**Favourites:**

**Food:** Verity's lasagne

**Drink:** Sharing a smoothie with Oscar after a long Saturday ride

**Movie:** Probably Zoolander but it changes with whatever is on,

**TV Show:** at the moment it is Modern Family

**Music:** anything Big Squid used to cover

**Athlete:** Gebreselesie – the 10000m final at Sydney was sensational

**Football Team:** Centrals

**Triathlon leg:** Run

**Previous sporting background:** Football i was lucky enough to play in two flags with Pooraka and Nuriootpa as well as be a part of Centrals when Allan Stewart came in and transformed the club and tennis

**When did you start triathlons:** Tin Man triathlon Australia day 1996, then went to Kingston a few weeks later and survived the short course, in very cold conditions

**Why the Lakers:** I was originally with the tribe but moved to the Lakers when Verity came on the scene and realised the Lakers were the club to be in

**Most embarrassing moment:** My Saturday night antics from 1991-1994

**Have you had your 15 minutes of fame:** i did collapse with my arm around the women's winner or the city to bay one year which was shown on the TV coverage if you call that fame

**What are your Triathlon goals/plans:** to recover from my Achilles injury and get racing again, in the mean time I want to get fit enough to put Nick and Bobby in the hurt box



*Nigel with wife Verity and son Oscar*

**Best triathlon race:** maybe Foster in 2000 where the plan all came together

**Worst triathlon race:** I guess Hawaii 2000, a hard lesson learnt

**Three things that people don't know about you:**

- I grew up on a pig farm
- I have an older sister in Robe, Brother in Mt Gambier and another in Orange County USA
- As a youngster I was always very small for my age. I really didn't start growing until I was 15.



Corporate Fit – Sport science consultant - Triathlon coach

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## Lakers Member Profiles

**Name:** Anthony Meade

**Age:** nearly 36

**Occupation:** Sports and renal dietician

**Where did you grow up:** Melbourne then Adelaide

**Nickname:** Magic

**Favourites:**

**Food Lots.** A bit partial to my Mum's lemon slice as a treat

**Drink:** Cordial, Feel Good Coffee,

**Movie:** Pulp Fiction

**TV Show:** Spicks and Specks

**Music:** Anything that is on triple J

**Athlete:** I've worked with many great athletes over the years it wouldn't be fair to pick one out.

**Football Team:** Carlton, Liverpool, Adelaide United

**Triathlon leg:** run

**Previous sporting background:** Soccer as a kid until I realised I was a better runner than footballer. Umpired football for 20 years, retired 2009.

**When did you start triathlons:** early 2000's as a change up from just running for preseason for umpiring.

**Why the Lakers:** I got introduced to Kev Fergusson through some running mates and that was enough to inspire me to join up and have a crack as I'd been looking for an excuse

**Most embarrassing moment:** Having to do a professional photo shoot in the central markets so I could be Mr November for a calendar in 2009!

**Have you had your 15 minutes of fame:** I'm accumulating it a few seconds at a time!

**What are your Triathlon goals/plans:** Race hard and hopefully fast but not long. There will not be any ironmans I promise. This year for a change I have had a triathlon preseason rather than triathlon being my preseason so it will be interesting to see how it goes.

**Best triathlon race:** Victor 2010.

**Worst triathlon race:** first duathlon around north Adelaide closely followed by first triathlon completed with a cut foot (that later required stitches) getting into the lake at the start!



*Magic on his blistering run in the recent Melbourne Half Marathon race.*

### Three things that people don't know about you:

1. My nickname is actually a really good sledge (even though it might sound impressive!)
2. (EDITOR: Magic cooks some pretty awesome pancakes! Ask him for the secret recipe.)

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## Words with the Women's Manager

### The Lakers Ladies Night 10<sup>th</sup> November 2010 Queens Head Hotel

Thank you to everyone who came along to the annual Lakers Ladies' Info and Social evening, which was held on November 10 at the Queen's Head Hotel.

There was a fantastic turn out of both fresh and familiar faces to the event and a perfect spring evening proved the ideal setting to share a glass or two of bubbles with friends. It was an ideal opportunity to meet new and like-minded people, catch up with the regulars (without the training kit of course) and sit back, relax and be inspired by four of our fantastic female Lakers.

We had some great, and lets not forget to mention hilarious stories shared with the group about inadvertent 'cheating' at the Gatti races, inspirational journeys to Kona, accidental athletes, and the plenty of perseverance, mental toughness and determination.

A special thank you to our famous ladies; Samantha Sturm, Rita Bennink, Danielle Hoare and Mary Mitchell as well as Sarah Calton for helping organize the event.

#### **Jane Rothe**



*The host with the most! Jane, the Lakers Women's Manager*



*Some of the many people who attended the Lakers Ladies night*



*Sam, Danielle, Rita and Mary each presented stories on the night*



*The crowd soaks up the atmosphere*

## Notes from Club Members

### Lakers Summer Sunday rides

The dynamics of the club are changing. We now have a wide variety of members from all walks of life. No longer do our members just train for triathlons, aiming to compete in the local season, finishing with the Australian Ironman. With a membership approaching 200 it is important that we move with the times and aim to cater for everyone. As a result the committee have decided to trial a formal Sunday ride group. We are also hoping this ride will also act as an avenue for attracting new members and retaining those members with young children who drop away from the sport as their weekend time for training disappears.

#### **We are hoping this ride will suit**

- \* people who are tied up with kids sport on Saturday
- \* people who work Saturday morning
- \* those who have young children which means only one parent can ride the Saturday ride
- \* those who are injured and can't run or race
- \* Those who only ride, or
- \* Those who are looking to increase their ride distances
- \* Everyone when a Saturday ride is washed out or clashes with Xmas and New Years day such as this year

*In introducing this new session the committee would like to reinforce that it firmly believes members should support local races. However to maintain consistency the ride is expected to run on days where it clashes with races, however we expect the number of riders on these days to be low. Please refer to the race calendar to identify clash dates. When the club has official functions such as a Christmas party or the Island swim there will be no Sunday ride and members will be informed.*



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#### **Where**

The session will start from the O'Connell street bakery at North Adelaide and head down to Glenelg, via Morphett Street, South Tce and ANZAC Hwy. You can join in anywhere along the way, with an official meeting point at the Orange spot bakery Glenelg. The pace to Glenelg will be comfortable. For consistency the aim is to have the same ride each week.

From Glenelg we have two options

1. Long course (85km) heads to Seacliff and on to Moana and back. The pace can increase from Glenelg to Moana. Once at the turn around the faster riders turn straight around and are expected to pick up and lead home everyone else on the return leg, making sure they stay together. Slower riders should loop onto the back of the returning faster riders as they come back.
2. Short course (45 km) will head north along the coast to Bower road West Lakes, then turn right down Bower road, right onto old port road, and to avoid traffic issues, do a left hand turn onto Wilson street just past Frederick road) then cross over onto Port road and home via park terrace and Jeffcott Street. The west lakes ride is more of a social recovery ride and the group should stay together for most of it. There is the option to extend it up to Outer Harbor to lengthen the ride.

#### **When**

Start times 7.30am from North Adelaide (O'Connell Street Bakery) and 8:00am earliest departure from Glenelg (Orange Spot Bakery)

For up to date information and maps of this training session (and all other training sessions) visit the training page at the Lakers Website at:

[http://lakers.com.au/training\\_2.html](http://lakers.com.au/training_2.html)



Colin Johns Chemplus  
200 Findon Rd, Findon  
Open Mon-Fri 8.30-7, Sat 8.30-5, Sun 10.30-5  
Contact Matthew Fietz  
P 08 84458600  
F 08 82682452

## Lakers Social Scene



Lakers Social Team

Louise Mills, Sarah Calton, Sam Sturm and Sophie Holt

### **Can I bring my family?**

Definitely it would be great to see as many families competing together

The course is pram friendly

And there is a play ground and plenty of space for the kids

### **BBQ**

As per other years the Lakers will provide the meat

Cheap soft drinks will be available for purchase  
Could members please bring either a salad or a dessert to share

There will be fun games for all and a visit by the man in the big red suit for the children

**Any queries please contact Nigel:**  
**mob 0413399453**

[nigel@corporatefit.com.au](mailto:nigel@corporatefit.com.au)

## Lakers Christmas BBQ and Adventure run

### **When**

Sunday December 19th

### **Where**

Bonython park (meet near the totem poles) look out for our tent and the Lakers flags.

### **Time**

9.50am for a 10 am start for those doing the run/walk  
12.15pm for those coming to the BBQ

### **What is the Adventure run**

This is a fun team event (please nominate your team of 3-5, to Nigel Pietsch [nigel@corporatefit.com.au](mailto:nigel@corporatefit.com.au) by the Thursday 16th December) ideally of people who are going to run at the same pace as you.

Participants will be provided with a series of clues to collect answers around the city, points will be awarded for correct answers

It will be a handicapped event to give everyone a chance of winning, i.e. teams who plan on walking will start with a set number of points before we begin.

I expect people will cover anything from 10 (for the walkers) to 20 km (for the fitter runners) in the 2 hours

Please bring drinks, mobile phone for safety, a pencil and a watch

## P.A.B. CARPENTRY



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SPORTS NUTRITION

### Chris Mehaffey

ENDURA Sports Nutrition - Give Chris a call or email him and he will send you a discounted Laker's Price List of their products.

**Contact Chris Mehaffey**  
**0407 776 547**  
[MEHAFFEYJCMhffy@aol.com](mailto:MEHAFFEYJCMhffy@aol.com)

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## 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](mailto:mr.cameron.maher@gmail.com)**