

January 2010 West Lakes Lakers Newsletter

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Some of the Lakers who competed at the Ironman Western Australia in December 2010. Congratulations to all those that finished and special mention to Kevin Fergusson for winning his age group – again!

Happy New Year!

I hope everyone had a great festive season and is ready to fire up for the remainder of the 2010/11 Triathlon Season.

The Lakers have been all over Australia during December with members doing races in four different states (WA, SA, NSW and ACT)!

With IM Busso now done, a lot of people's focus heads to IM NZ and IM OZ. Good luck with all your training and all the best for the local races as well.

Race Results

JT Cycles Triathlon Series Race 2, December 5th 2010

800m swim / 25.2km ride / 6km run

JT Cycles Triathlon Race 2 - Challenge

NAME		CAT	TIME	CAT POS	OVERALL POS
MARTIN	MANCHEFF	SPIN	1:01:14	2	2
NICK	MUXLOW	OPEN	1:12:42	3	7
ANTHONY	MEADE	35-39	1:14:18	1	8
THOMAS	JEFFREY	20-24	1:17:13	1	12
MASON	BARNES	30-34	1:17:18	1	13
MICHAEL	ROELINK	20-24	1:18:51	3	16
BENJAMIN	CLARK	35-39	1:18:52	4	17
NATHAN	WARBURTON	40-44	1:19:03	2	18
BOBBY	EDWARDS	35-39	1:21:05	5	29
IAN	BERRY	55-59	1:21:37	1	31
TONY	BRADY	55-59	1:21:46	2	33
LORENZO	PERESSIN	50-54	1:23:34	2	42
JANE	ROTHER	OPEN	1:24:40	2	46
SEAN	KINCHINGTON	25-29	1:25:46	4	54
GRANTLEY	WHITE	35-39	1:26:29	9	60
RICK	HUTCHINS	35-39	1:26:37	10	61
ROBIN	GROOM	35-39	1:26:46	11	63
NANCY	CULLEN	50-54	1:27:14	1	69
SCOTT	CORRIE	35-39	1:27:22	12	70
RICK	DALEY	60-64	1:27:55	1	74
EMMA	CLOUGH	30-34	1:28:22	1	76
ANDREW	COSH	40-44	1:28:23	8	77
NEIL	FOSTER	40-44	1:28:26	9	78
TRUDY	FENTON	50-54	1:28:40	2	79
DANIELLE	HOARE	25-29	1:28:56	1	82
TERRENCE	MCCONNELL	45-49	1:29:07	5	83
ANNA	KELLY	25-29	1:30:27	2	91
VERONICA	SCHLIEBS	25-29	1:32:29	3	102
JAN	DALEY	55-59	1:35:20	1	117
ANDRENA	MOORE	55-59	1:35:53	2	124
JENISE	ROXBY	30-34	1:35:59	3	126
GARY	THOMPSON	55-59	1:36:32	7	129
ANGELA	POTTER	45-49	1:37:05	2	135
ANDREW	TAINTEY	35-39	1:39:05	18	141
JUDY	KEPLIN	40-44	1:39:41	6	149
LOUIZA	HEBHARDT	35-39	1:50:47	4	169
PATRICIA	ADAM	35-39	1:51:35	5	170
NIKI	WATSON	25-29	1:53:54	5	172
GARY	ADAM	55-59	1:57:17	10	176
MISTY	MUNDAY	30-34	2:00:10	4	179

The second JT Cycles Race proved a great race for many lakera, with a massive turn out.

First to impress was youngster, Nick Muxlow who placed third in the Open field, while only 2 minutes back was Anthony 'Magic' Meade who won the 35-39 age group, convincingly! Great race fellas!

Other winners of their age group included Thomas Jeffrey, Mason 'Predict a Riot' Barnes, Ian 'Arch' Berry, Rick Daley, Emma Clough, Nancy Cullen, Danielle Hoare and Jan Daley. Way to go!

There were also some great performances with many second and third place getters in age categories, but the attention is on the people who are stepping up to bigger races and getting better each time. Well done to Misty who will only get better with each race. Scott Corrie continues to get fitter with each hitout and newcomer Andy Cosh seems to be enjoying every race.

Well done to all the Lakera!



Helen Shepard completing the run leg

JT Cycles Trailhlon Race 2 - Tinman

NAME		CAT	TIME	Overall Pos	Cat Pos
CHRIS	CARTER	55-59	0:53:30	24	1
ANDREW	ZEUNER	35-39	0:55:22	41	8
SAMANTHA	TUSCHARSKI	16-19	0:57:23	54	1
DANIELLE	NOUTZ	35-39	0:58:36	68	3
CARL	NOUTZ	40-44	1:05:26	127	17
HELEN	SHEPHERD	50-54	1:10:57	144	1
THERESA	MOORE	50-54	1:22:32	153	2

Well done to all the Lakers who completed the Tinman as well. Chris Carter continues to dazzle with a win in his age group, while Samantha Tuscharski and Helen Shepard had victories as well. Well done to all others in the Tinman race and we look forward to seeing you out at races for the rest of the season.

Race Results

JT Cycles Triathlon Series Race 3, January 9th 2010

800m swim / 25.2km ride / 6km run

Again, the Lakers had the biggest turnout of any club at the JT Cycles Race 3 race on January 9th. And again, we had a host of age group winners as well as the irresistible Kevin Fergusson showcasing his talent in taking out the Open race. What a performance. Anthony Meade also stepped up to race Open and finished on the podium in third place – well done Magic!

Other age group winners included Mason Barnes, Ben Clarke, Felicity Lloyd, Tony Brady, Trudy Fenton, Rick Daley and Andrena Moore.

Again there were some great results with Andrew Short continuing great current form, Andy Cosh knocking a couple of minutes off his PB, Milan Calic not missing a beat and enjoying the race and all the other Lakers!

NAME		CAT	CAT POS	OVERALL POS	TIME
KEVIN	FERGUSON	MALE	1	4	1:14:01
ANTHONY	MEADE	MALE	3	7	1:15:11
MASON	BARNES	30-34	1	10	1:16:32
BENJAMIN	CLARK	35-39	1	16	1:17:27
STAN	GARLAND	45-49	3	25	1:20:46
BEN	STEVENS	30-34	2	29	1:22:03
MARK	KIRTLAND	50-54	2	33	1:22:37
ANDREW	SHORT	50-54	4	37	1:22:54
ROBIN	GROOM	35-39	3	40	1:23:35
SEAN	KINCHINGTON	25-29	3	41	1:23:36
FELICITY	LLOYD	25-29	1	42	1:23:44
NEIL	FOSTER	40-44	3	52	1:25:08
TONY	BRADY	55-59	1	55	1:25:44
SOMPRASONG	LAINGAM	40-44	4	56	1:26:23
ANDREW	COSH	40-44	5	57	1:26:27
RICK	HUTCHINS	35-39	9	60	1:26:51
MARTIN	MANCHEFF	45-49	8	69	1:28:09
MARK	JEWIS	30-34	9	76	1:28:54
RICHARD	EVERSON	45-49	9	78	1:29:09
TRUDY	FENTON	50-54	1	84	1:29:55
GARY	THOMPSON	55-59	3	86	1:31:31
DANIELLE	HOARE	25-29	2	89	1:31:44
RICK	DALEY	60-64	1	93	1:32:15
KEVIN	CARR	50-54	7	100	1:33:29
MARY	MITCHELL	50-54	2	107	1:34:37
MILAN	CALIC	40-44	11	113	1:35:05
ANDRENA	MOORE	55-59	1	127	1:37:13
JAN	DALEY	55-59	2	133	1:39:07
VERONICA	SCHLIEBS	25-29	3	135	1:39:30
SARAH	MCEACHERN	25-29	4	143	1:42:47
LOUIZA	HEBHARDT	35-39	5	162	1:51:45
NIKI	WATSON	25-29	5	163	1:52:20
ALEX	ASHDEN	50-54	3	165	1:52:51
MISTY	MUNDAY	30-34	3	170	2:01:41



Some great results again in the Tinman with Chris Carte dominating again in winning his age group as well as Chelsea Guymer notching up an age group win. Great effort!

Ashlea Bartram and Theresa Moore both finished runners-up, while it looks like everyone else had a good race. Well done to all!

JT Cycles Trailblon Race 2 - Tinman					
NAME		CAT	Overall Pos	Cat Pos	Time
CHRIS	CARTER	55-59	23	1	0:55:22
DANIELLE	NOUTZ	35-39	47	4	0:59:46
CHELSEA	GUYMER	20-24	58	1	1:00:38
ASHLEA	BARTRAM	20-24	68	2	1:02:21
CARL	NOUTZ	40-44	74	14	1:02:52
MELINA	CALIC	35-39	87	6	1:04:25
ADAM	KEEGAN	25-29	99	14	1:05:47
NATHAN	MENZIES	25-29	146	15	1:20:41
THERESA	MOORE	50-54	148	2	1:24:27

Race Results

Sam White Memorial Aquathon, 27th December 2010

250m swim / 1.7km run x 1, 2 or 3

Aquathon – Elite Course				
Name		Po	Time	Cat
Nicholas	MUXLOW	4	0:37:39	Open
Daniel	LOCK	5	0:38:23	Open
Sarah	CALTON	17	0:46:05	Open
Jane	ROTHE	18	0:46:20	Open

The Sam White Aquathon was held again in the busy Christmas period and for all the people to complete it, well done – I know I find it hard to train/race in the festive period!

Great races by all the Lakers who entered in the elite race, with some really impressive times. Well done guys!

Also, well done to age group winners in the Long Course – Danielle Hoare (what an awesome race, to be first Laker across the line!), Nancy Cullen and Andrena Moore.

Unfortunately the results didn't list competitors clubs with the Medium and Short courses, so I can't compile a list of Lakers – sorry!

Aquathon – Long Course				
Name		Time	Cat Pos	Overall Pos
Danielle	HOARE	0:43:15	1	23
Damian	NEWBERRY	0:43:16	4	24
Foster	NEIL	0:45:13	6	30
Ian	BERRY	0:45:59	3	33
Nancy	CULLEN	0:47:07	1	38
Rick	HUTCHINS	0:47:46	4	39
Kevin	DUFFY	0:48:24	4	42
Andrena	MOORE	0:51:05	1	53
Rita	BENNINK	1:04:09	3	67



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Race Results

Coomealla Sprint Triathlon, Coomealla, 12th December 2010

750m swim / 20km cycle / 5km run


Coomealla Sprint Triathlon					
Name		Cat	Time	Overall Pos	Cat Pos
Nick	Muxlow	M Elite	00:58:31	5	5
Michael	Roelink	M20-24	01:00:56	12	2
Stan	Garland	M45-49	01:02:15	14	1
Mark	Kirtland	M50-54	01:03:20	22	1
Ian	Berry	M55-59	01:03:46	24	2
Tony	Brady	M55-59	01:04:38	29	3
Jane	Rothe	F Elite	01:06:43	39	2
Rick	Daley	M60-64	01:08:57	44	2
Ally	Benbow	F35-39	01:13:32	68	2
JA	Keplin	F40-44	01:16:54	81	3
Gary	Adam	M55-59	01:25:42	98	5
Patricia	Adam	F35-39	01:25:51	99	4

The Coomealla Memorial Sporting Club 21st Triathlon was held at Coomealla on the 12th December. A healthy number of Lakers headed north for what is a fantastic weekend away and a very well run race.

There were two great results in the elite field with Nick Muxlow powering to a 5th position overall in the mens field, while Jane Rothe pushed hard to finish on the podium in second spot.

Again, there were some age group winners in Stan Garland and Mark Kirtlandm, while Michael Roelink, Ian Berry and Rick Daley all finished runner's up in their respective age groups.

Overall every Laker finished in the top 5 of their age group, which is a great achievement, so well done to all the triathletes that participated.



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Race Results

Canberra Half Ironman, Canberra, 12th December 2010

(No swim due to flooding)

4km run / 90.1km ride / 21.1km run

Canberra Half Ironman							
Name		Time	Run 1 Time	Cycle Time	Run 2 Time	Overall Pos	Cat Pos
Mason	BARNES	4:01:09	0:15:44	2:14:18	1:31:06	36	8
Alasdair	KINGHAM	4:45:48	0:16:46	2:37:35	1:51:26	356	21
Shane	GOSLING	4:46:44	0:17:05	2:41:32	1:48:05	363	47

Three Lakers headed over to Canberra for the half Ironman. Unfortunately for them there had been a lot of rain and some heavy flooding in the lake, so the swim was cancelled and replaced with a 4km run at the start. I am sure they were disappointed with this, but as we know, mother nature is very unpredictable.

Not to be deterred the lads all had great results. Mason Barnes goes from strength to strength and blitzed this race. An impressive bike time of under 2 and quarter hours was followed up with a half marathon run in just a touch over one and a half hours. Top effort Mason and to finish in 36th position overall (in a field of around 900) is huge. Well done.

Alasdair continues to improve with the ultimate goal for him still a few months away at Pt Mac! Judging by his times during this race he is setting himself up for a great race come May 1st – well done Alasdair!

Lastly, Shane Gosling finished only a minute behind Alasdair in another impressive result. It looks like all the hard work is paying off with times like that. A very nice way to finish as well, with a 1:48 half marathon split. Great effort Shane!



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Mason Barnes exits the water

Race Results

Ironman Western Australia (Busselton), December 5th 2010

3.8km swim / 180km cycle / 42.2km run

Ironman Western Australia							
Name	Time	Cat	Cat Pos	Overall Pos	Swim	Bike	Run
Kevin FERGUSSON	9:11:20	M5054	1	33	0:53:04	4:50:22	3:23:59
James DUFFY	9:29:18	M1824	3	59	0:55:50	5:10:00	3:18:04
John PIDGEON	9:53:30	M3034	23	123	0:57:43	5:13:26	3:37:39
Ben PYMAN	9:59:22	M3539	32	141	1:03:20	5:13:06	3:37:46
Michael KEYTE	10:00:15	M3539	34	148	1:07:36	5:25:52	3:20:51
Grant IRONSIDE	10:07:58	M4044	25	166	0:59:24	5:17:32	3:46:23
Stan GARLAND	10:13:38	M4549	18	183	1:02:43	5:19:46	3:44:58
Andrew SHORT	10:26:39	M5054	9	242	1:05:01	5:26:36	3:46:58
David MCLEOD	10:35:19	M5054	13	283	1:13:35	5:33:47	3:40:29
Thomas KNIGHT	10:38:22	M5054	15	294	1:02:24	5:15:24	4:11:55
Kevin DUFFY	10:38:44	M5559	5	296	1:09:05	5:20:26	4:02:45
Steve STURM	11:05:39	M3034	73	437	1:28:41	5:20:10	4:09:57
Steve DIAMOND	11:08:10	M5054	25	453	1:12:51	5:40:38	3:59:47
Chris GOODRICK	11:10:44	M3034	78	465	1:07:14	5:17:18	4:39:16
Somprasong LAINGAM	11:11:54	M4044	69	472	1:09:07	5:33:45	4:21:58
Darryl TOZER	11:32:18	M5559	12	572	1:13:41	6:00:53	4:06:45
Kathryn AYLIFFE	12:59:28	F4549	25	913	1:22:11	6:32:03	4:45:03
Silvia SCHWEININGER	15:22:45	F3034	43	1134	1:25:32	6:49:35	6:53:17

Ironman WA was held on the 5th December 2010 and there were a number of Lakers who had trained hard to make it to the start line. From the results it looked like some cracking PB's were done and some really, really impressive times.

Starting with none other than the incredible Kevin Fergusson who dominated his age group with another IM win and come home just over 9 hours. Again, amazing effort Kev. James Duffy was also primed for this race and although he admits to having a tough time on the bike, his results are still awesome. To finish off with a marathon time of 3:18:04 is breath taking. Awesome work James. John Pidgeon and Ben Pyman both cracked the 10 hour barrier coming home in 9:53:30 and 9:59:22 respectively. Well done guys.

Michael Keyte came within a whisker of getting under 10 hours, but missed by a mere 15 seconds. Great result Mike, well done and with improvements like that you are only going to get faster and faster! There were also fantastic times with another 6 Lakers coming home in under 11 hours and Steve Sturm, Steve Diamond and Chris 'Da Man' Goodrick only scraping over the 11 hour mark to finish. Lek (Somprasong Laingam) also impressed with a solid 11:11:54 time – well done buddy! Daryl Tozer continues to chase that Kona spot (read his profile later in the Buzz) and it is surely only a race or two away for him, while Kathryn and Silvia crossed the line to compete the Ironman.

Well done to all – it is an inspiration moment to finish an Ironman, so congratulations!

Race Report

Ironman Western Australia (Busselton), December 5th 2010

Steve Sturm

First time Ironman, Steve Sturm, has taken the time to put together an article about his whole Ironman experience, from deciding to do one, through training, to the big day. I really enjoyed the read and am sure you will as well. Thanks Steve!

Ironman WA by Steve Sturm

Well my first Ironman event and only my second triathlon ever... So what made me want to do an Ironman?

I had always thought it would be a huge achievement to do one of them, seeing the video on Wide World of Sports as a youngster thinking what freaks that they can do all that stuff in one day. I remember telling Sam when she joined the Lakers 3-4 years ago after a presentation night that by the time I am 40 I want to do an Ironman.

So fast forward 4 years and it is March 2010, I am at my first Ironman event in Pt Macquarie, but it wasn't for me it was to support Lou (my little Sis) in her first Ironman. Watching her and the other athletes that day inspired me to get involved and give it a crack and see if I could get through one of these events... hopefully under 12.44.48 right Lou ☐

On the return from Pt Mac, I saw that Ironman WA event in Busselton was about to go on sale and it was run in December of 2010. I thought that will give me 6-7 months to train and work out if I can do this?

After a quick discussion with the minister for War and Finance, it was decided that if I was going to do it, now was the time. Next step, call Nigel and ask for help some assistance on how to train for it... Nigel's response "you have entered what????"

So I set out on the journey that would be IM WA 2010!!



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Steve getting ready for his first IM – IMWA 2010

Having not done much training for a few years I was really up against it. I had only done:

- Riding - some criterium and road racing on my bike over a couple of years
- Running - City to Bay every 1-2 years
- Swimming - Apart from splashing around on a hot day in someone's back yard, I hadn't swum anymore than about 15 meters since I was about 14 or 15... So this was going to be my biggest challenge.

So 7 months later, a number of monthly programs, a couple of ¼ trial races and about

- 120km of swimming
- 4600km of riding
- 1100km of running

... I was ready to leave for Busselton.

Pre Race Week:

We arrived in Perth at lunchtime on the Wednesday and drove to Busso arriving later that arvo. Arriving in Busselton was a magical feeling, knowing that this really was about to happen. First thing we did was drive to the Jetty and see how long it really was.... FFFFAAAAAARRRRRRRKKKKK does that thing end before it reaches the horizon?

Camp for the week was the Amalfi Resort along with other Lakers: Ben Pyman & Family, David McLeod, Andrew Short, Mary Mitchell and Team Duffy (James, Zoe, Luke, Helen and Kev).

There was plenty of support around the place when required and lots of tactical chats to be had.

Race week training was pretty easy... 6-9km run Wednesday night, ride a lap of the bike course Thursday morning, swim Friday morning and casual cafe cruise on the Saturday morning. All training was done with Pyman and Goody which made it enjoyable.

Apart from that it was all about eating, drinking and sleeping... I now know what the life of a dog is about and love it.

The Thursday arvo was spent at race registration where it all hit home that the event was upon me. Once again like the rest of the week it was well organised and ran smoothly.



Steve standing at one of the IM Transitions arches.

Carbo Dinner - Friday:

It was good to see all the other Lakers competitors at the Carbo/Welcome dinner. We were easy to spot in our Lakers Polo's and enjoyed the night in each other's company.

At one point of the night Mike Reilly, the voice of Ironman, asked for all fort time Ironman athletes to stand up... Naomi and I were the first timers from the Lakers. It felt weird to be cheered and clapped by all the other athletes and created some nervous energy/excitement.



Lining up all race bibs in preparation for the race

Registration / Bike Check - Saturday:

The bike and bag check-in was pretty straight forward... drop the bike off, let the tyres down and then hand in your bike and run bags. The worst part was checking, packing, unpacking, re-checking the bags a couple of times before leaving the apartment.

Race Morning:

After about 7 hours sleep, which I was happy with, I was up at 3.40am for breakfast and get ready.

At 4.05am Ben Pyman knocked at the door and it was time to leave.

A 4.10am pickup from Grant and Katie, quick stop to gather Goody and we were at the race start...

After a quick stop at body marking "C: 30-34", I continued to my bike, filled my jet stream up and put my bottle of Gatorade on the bike, put food into my bento box bike, pumped up the tires and then off to meet the boys again.

We all re-grouped near the pro's bikes and watched these guys breeze through the pre-race rituals.

Next was getting into the wetsuit and heading down to the start line with a quick stop at the loo... with a 10 minute line up.

I thought back to some advice that I was given about controlling the nerves; the day is really a training run that is catered.

Athletes: 1210

Age Group: 149

Swim:

Standing on the beach was amazing with approximately 1200 other athletes, all showing some nerves but ready to start their own personal challenge for the day.

I managed a quick warm up swim, checked my cap and goggles and then waited for what I had trained the last 6 months for... "The Start".

The national anthem was a special moment and I turned around to see the large crowd surrounding the start area.

Then I hear Mike Reilly, 2 minutes till start... I head down to the water and end up ankle to calf deep and wide... Then the cannon sounded and we were off, into the rinse cycle.

The start wasn't as bad as I expected, a few kicks and punches were worn but other than that I was unscathed and underway. I had Nigel's voice in my head "find some feet, a rhythm and settle". I swam away from my group and then was caught in no man's land... between the slow and slower swimmers.

I persisted, mainly swimming by myself until near the end of the jetty (1.9km) where I was caught by the team swimmers and tried to hold them. At about this stage, the swell kind of picked up and after 5 minutes of swimming in this I felt sea sick... this wasn't part of the plan. I decided to float on my back for a bit and regain my composure, then off on the swim again.

My turn around time wasn't too bad, but the swim back in was hard. I could see the exit in the back ground and just put my head down and did the best I could.

1.28.41 later I was going under the swim exit, catching sight of my support team on the beach and hearing Pete Murray saying "... and exiting the Swim from Adelaide, Steve Strum"... STRUM, no it's Sturm, all I could think was get it right at the finish mate.

Swim 1:28:41



Time to race – lining up before the swim

Bike:

As I entered transition I noticed the small amount of gear bags on the A-Frames... hmm slower swim than expected and some work to do on the bike, nothing to worry about as it is a long day.

The volunteers were amazing and had my wetsuit off me in less than a minute, applied sunscreen and even managed to get my race belt, helmet, shoes and sunnies ready for me...

4 minutes later and I was on the bike.

Bike Summary:

- 3 laps of 60 km
- each lap = 8 x 90 degree turns & 4 hairpins

I was happy to be on my bike, my favourite leg. I left the transition area and before I knew it was half way through the first lap. I was feeling good on the bike and settled in for the next 5 ½ hours.

Each lap it was great to see Sammi and Mum with their signs at the roundabout on Tuart Drive, every time I saw them I could feel a bit of a tear. I looked forward to seeing them each lap as it was motivation to keep pushing and they were easy to spot in Lakers uniform with their signs.

Lap 1 - 1.42h

First lap done, I was ahead of schedule but didn't think I could hold this pace all day. The second lap got a bit tougher, the neck and lower back began to ache but I kept the head down and moving forward. I needed to stretch a lot this lap and the demons started to creep in to my thoughts... clear the mind, focus on the end result and block out the negativity.



Tight concerning on the bike

I managed to see some of my training buddies on this lap and that provided me with the extra motivation I needed.

As I came in to finish the second lap I was passed by the lead male, Luke Bell, he was about to get off the bike and start his run leg.

Lap 2 - 1.46h

The last lap the wind really picked up. It was a tail on the way out and then cross and head wind all the way back in. On the way out I saw the chase pack for the men coming into town, there were also numerous people getting stung by the TO's for breaking the 12meter drafting rule. I kept to my plan and kept my head down and made sure that I was taking on as much nutrition as possible for the run.

I was pretty excited as the ride was almost over... for the first time in my life I was really looking forward to getting off the bike and running?

As I got back into town I eased up a bit and tried to freshen the legs up for the run.

Lap 3 - 1.49h

Bike 5:20:10



Steve on his way to finishing the bike leg of IMWA 2010

Run:

As I dismounted the bike and ran into transition, this time there were lots of bags left on the A-Frames (I later found out that I made up about 800 positions on the bike).

Once again the volunteers were amazing... removing my shoes & socks while I undid the helmet and getting my run gear ready for me and applying sunscreen again.

Here I go, my first marathon and part of an Ironman. I had only ever run a maximum of 35km before race day. Before I knew it I was 2km into the run and running at a 4:46 avg pace. Time to settle into my pace and heart rate for the day.

The plan for the day was run as much as I could, maintain HR and briskly walk the aid stations to make sure I took on the required nutrition. I also kept telling myself, it is only 4 laps.

The first lap went by pretty quick... 55 minutes. There were so many other people running, like doing Indian line efforts.



All bags lined up at Transition

The second lap wasn't too bad either taking just under 60 minutes and I had two ironman bands on my wrist and only two more to go. The adrenalin was still flowing...

After 27km's of running as I passed an aid station I was starting to hurt and thought how am I going to make it, my hamstring tendon had tightened and was causing some grief. I walked the aid station and the next 50-100 metres to get going again. At this stage I saw a guy in wheel chair on the side of the road... I must have looked kind of beat as he yelled out to me

"Keep going mate you will be an ironman".



Steve getting closer to becoming an Ironman

The guy in the wheel chair was John McLean (Hawaiian Ironman Hall of Fame inductee) and that was enough to inspire me to get back on track.

The third lap was one of the hardest, my pace had slowed, the wind had picked up and it was getting hotter. I was battling my demons... 68 minutes, but I had three bands on my wrist.

On my last lap I was starting to feel the day in my legs. As I ran down to the turnaround on the main street for the last time I noticed that the clock was at 9:59:00 and I saw Ben Pyman coming down the finish chute... Wow what a time all the hard work Ben had put in had paid off. This was the extra motivation that I needed.

I thought maybe I can get my last lap done in 60 minutes and go close to sub 11????

This meant that I went out on the last lap a little too hard... probably my 2nd or 3rd fastest km of the run. This hurt me for the next couple of km's where I settled back into my rhythm and realised that a sub11 was now out of reach.

I then concentrated on enjoying the last 8kms of the run. I managed to thank volunteers, talk to other competitors, walk slowly through aid stations and give and receive numerous high 5's and congratulations.

In the last 4km's I caught Goody, he wasn't doing as well as me. I ran with him for a bit urging him to come with me, but he told me to go and enjoy the finish line.

Before I knew it I was about 1km away from the finish and approaching the goal for the day... The Finishing Chute.

Lap 4 was done in 66 minutes.

Run 4:09:57

Finish Chute:

As I ran the final 400 metres I knew that all the training and sacrifices were worth it, I was about to complete one of my goals in life... I was about to become an Ironman.

So as I approached the final aid station I grabbed a water, cleaned myself up, took my final red Ironman band and punched the air knowing this was it.

I had a bigger smile than a Cheshire cat. I entered the chute and noticed that there was no-one in front of me or behind me, I was going to enjoy this.

I looked for the clock... 11:04 and some change; I had time to enjoy the finish. I immediately looked for Sammi and Mum my supporters for the day. I saw them and their signs... half way down the finish chute, I stopped and gave both of them a hug and a kiss.

Then I turned to the finish arch too hear Mike Reilly say "from Adelaide South Australia, 32 year old, first time Ironman Steve Sturm..... You are an IRONMAN".

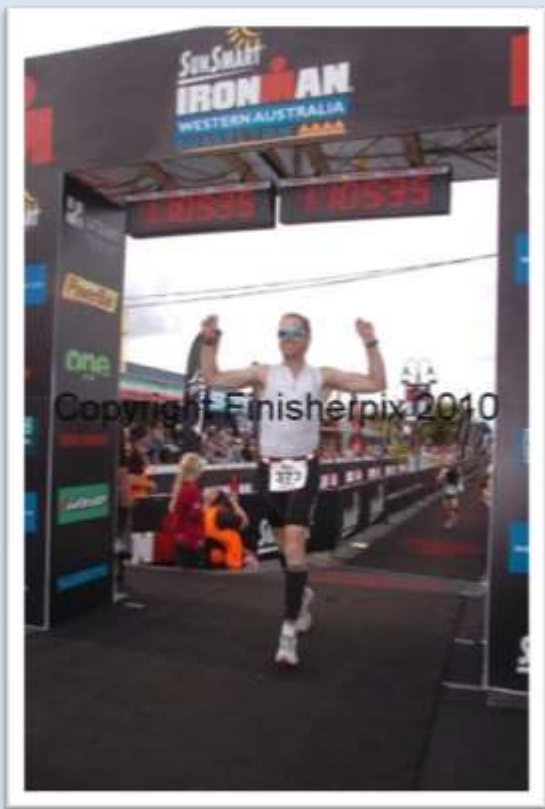
I ran up the finishing ramp, smiling raising both arms above my head and punching the air. I felt a great relief... my journey was complete. I looked at the clock... 11:05:39.

- *Swim – 1:28:41*
- *T1 – 0:04:01*
- *Bike – 5:20:10*
- *T2 – 0:02:48*
- *Run – 4:09:57*

Total 11:05:39

- Overall Position=396
- Age Group Position= 73

As I crossed the line I thought of the statement made by Mike Reilly at the Carbo dinner "the pain is temporary, but the memories will last forever"... this was so true.



Steve crossing the line to become an Ironman

I took a moment standing on the ramp to take it all in, before the next athlete was called and my legs turned to jelly.

The volunteers caught me, handed me my finisher's medal and towel and walked me down for my finish photo and into the recovery tent.

I went in for a light massage and some food, a chin wag with other Lakers who had finished and then went to find my supporters to share in the moment.

Awards Dinner:

The awards night was great to catch-up with all the other Lakers all who had finished the race. There were great results and stories to follow. It was great to see the Lakers who had top 5 finished in their age groups, Kev Fergusson (1st), Kevin Duffy (5th) and James Duffy (3rd).

The most memorable moment of the night for me was after the awards when Mike Reilly asked for all the first time Ironman finishers to stand... I was the only one at the Lakers table with Naomi leaving early. It was a special moment to be applauded by the rest of the team... I now really felt like one of the Ironman Family.

Will there be another Ironman in my future?

YES... I have the bug but after the next exciting challenge in my life... becoming a Dad in 2011.

The real thanks I have for getting through this event, in the correct order I think

1. Samantha my wife for her support with the training and at the event... especially her great support at the race being 7 months pregnant
2. Family and especially Lou for her support from being a first time Ironman earlier in the year and Mum for travelling over to support myself and Sammi
3. Nigel, for getting me ready and with the confidence that I can do it... without this I wouldn't have survived the day
4. Training partners for the duration and support on race day... Grant, Pysie, Goody, Michael, Andrew, Naomi... with whom I spent numerous hours in the pool, on the bike and running
5. The Lakers Triathlon club... Who are the most positive, motivated and supportive club that I have been part of. Every training session there was someone to push me and encourage me, which I used to get me across the finish line.

***"Swim 2.4 miles! Bike 112 miles! Run 26.2 miles!
Brag for the rest of your life"***



The Sturm Support Crew

Lakers Member Profiles

Bobby 'The Welsh Wizrd' Edwards

Name: Rob Edwards

Age: 39

Occupation: Full time athlete

Where did you grow up: Wrexham, North Wales. We finally had enough of the weather and moved to Adelaide in Jan, 2009.

Nickname: Bobby, Gobby, Booby or Welsh Wizard!!

Favourites:

Food: Steak and chips

Drink: Strawberry milkshake

Movie: Goodfellas, Back to the future and Porkys

TV Show: Entourage, Only fools and horses and Ultimate Fighter

Music: Adam and the ants, Duran Duran

Athlete: Tony Adams (former Arsenal captain), Lord Sebastian Coe, Kevergusson (Triathlon)

Football Team: Growing up I was a fanatical Arsenal supporter and followed them everywhere, now my team has to be 'the mighty Port Power'

Triathlon leg: My best is undoubtedly the run but my favourite is the bike

Previous sporting background: Recreational jogger and five-a-side soccer player

When did you start triathlons: I retired from work when Caitlin was born and found I had plenty of time to train so turned to triathlon (so about 7 years ago)

Why the Lakers: I had a run session with the Meteors one night and wasn't impressed, the manager of my gym at Flinders told me to join the Lakers as they were a great bunch of friendly people. I am still looking for the friendly people she mentioned but I love the Sat ride and Tues/Thu run sessions.

Have you had your 15 minutes of fame: I had about 20 secs of fame when I was interviewed before this years Melbourne marathon. Unfortunately the only person who seems to have seen the footage is Shorty. I have vowed that next time I am interviewed pre-race I will actually complete it.

What are your Triathlon goals/plans: My main athletic goal is still to run a sub 3 marathon. Triathlon wise I want to do something about my swimming and start being competitive at age group level. I also aim to become the 1st person to win the Summit ½ marathon (outright + handicap) in the same year.



Bobby with his daughter, Caitlin

Best triathlon race: My favourite is Bala standard. It is an Olympic distance race run by my old club that takes place in and around Llyn Tegid on closed roads.

Worst triathlon race: I haven't really taken part in many poor tri's but I am pretty uninspired by the race organisation at most of the SARRC running events.

Three things that people don't know about you:

4. When I was 18 I joined the Great British army for a 6 year stint
5. 4 days after joining I jumped through a window and 'ran like hell' – I was AWOL
6. I am a distant relative of Kylie Minogue (I swear I am NOT related to Danni)

Most embarrassing moment: I have had loads, particularly during my binge drinking days but returning home from the army 5 days after my leaving party possibly tops the lot. Even my pals who'd bet I wouldn't last a year were gobsmacked!!!!



What do you get when you cross a naive Welsh lad and the harsh Aussie sun?

Lakers Member Profiles

Darryl Tozer

Name: Darryl Tozer
Age: Getting up there, 55-59 age group
Occupation: Unpaid professional triathlete
Where did you grow up: Born and bred in Adelaide
Nickname: Dazza
Favourites:
Food Steak, pasta, fish, potato chips
Drink: Beer, wine, up & go, chocolate protein shakes
Movie: Life of Brian
TV Show: Dexter, Breaking Bad, Amazing Race
Music: Anything from classical to head bangers
Athlete: Greg Welch
Football Team: Eagles (SANFL), Crows
Triathlon leg: I like running
Previous sporting background: Footy, cricket, basketball
When did you start triathlons: 91/92 season, 20 years ago
Why the Lakers: The best club in SA and I live in West Lakes
Most embarrassing moment: I have a bad habit (and painful) of falling off the bike
Have you had your 15 minutes of fame: No
What are your Triathlon goals/plans: Firstly to get to Hawaii then to try different races in other countries
Best triathlon race: My first Ironman at Pt Macquarie in 2006, I actually enjoyed it !
Worst triathlon race: Probably my first, I came 2nd or 3rd to last
Three things that people don't know about you:
I played lawn bowls before I took up Triathlons



Darryl running in one of his many IM races



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Contact Nigel Pietsch
041 3399 453
nigel@corporatefit.com.au

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.



Greenleaf Flowers is independent and personal specialising in Wedding Flowers.

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Our service is hands-on and will guide you every step of the way, whether for a function, a company event or a family occasion.

CONGRATULATIONS

Tricia is also pleased to announce the birth of her beautiful baby boy,

Kai Robert was born on the 4th November 2010 and weighed in at 8.5lb



Kai Robert Nixon

Notes from Club Members

THANKS

A big thanks to the Lakers own Paul 'Battas' Battistella for getting another uniform order done for the club. It is a giant task organising the purchase of all these items, so a big thanks to Paul for doing a sterling job, yet again.



Urban Oasis
Shop 4, 665 Grange Rd, Grange 5022
Contact Lorenzo or Sarah
P 8235 0101
F 1300 796 615

WAKEFIELD

SPORTS CLINIC

Anthony Meade Sports Dietitian
M: 0407972490
Ph. 8232 5833
Consulting at: Wakefield Sports Clinic, 270 Wakefield Street, Adelaide
meade@adam.com.au

TRAINING

Don't forget the new Laker training sessions that have been put on over the last month or so. We are now offering two extra ride sessions a week:

1. Sunday Rides

See the Lakers website for more detail.

2. Thursday morning TT

Meet: Coffee Club at Henley Beach

Time: 6:00am

Route: we will ride the 10km together toward Outer Harbour, when we get to Strathfield Terrace we then split into groups as required. We will then do 2 laps of the 10km Outer Harbour loop. Once completed the faster group will meet up in the carpark opposite the snake pit waiting for the rest of the riders. Groups will then ride together back to Henley for Coffe. Anticipated return to Henley around 7:15am

Total Distance: 40km round trip

All welcome

chemplus

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 Christmas BBQ and Adventure Run

A big thanks to the Social Committee and Nigel Pietsch for organising this event. Unfortunately mother nature turned up in the form of lots of rain, but as it turned out it was great fun day.

Everyone had fun on the adventure run, which is fast becoming a 'must do' on the Lakers calendar and the surprise appearance of a Santa that looked remarkably fit for a jolly old bloke!

Thanks all of those that attended also – it was a great day.



Lakers Social Team

Louise Mills, Sarah Calton, Sam Sturm and Sophie Holt



Whether you need a little extra space or a large storage area - Safeco offers you the perfect solution.

Contact David Adams
08 8345 1588

More Baby Lakers

For those that don't know, and I am sure there wouldn't be many, two of the lovely ladies from the social committee are due to give birth within the next few weeks.

Sam Sturm and Louise Mills are both expecting their first children in the very near future. I am sure everyone at the Lakers wishes both of you all the best during this very, very exciting time!

128 Jetty Rd, Glenelg

15% storewide discount to all Laker members

Contact Dave McGlashan
8295 1714
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mr.cameron.maher@gmail.com