

# October / November 2010 West Lakes Lakers Newsletter

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



Amazing Lady Lakers!

Teresa Molyneux and Rita Bennink after completing the Melbourne Marathon on 10<sup>th</sup> October. What a great effort by both of these lovely ladies on achieving their goals. Well done.

The triathlon season is here!

The season kicks off this Sunday with the first of the Gatti/JT Cycles races. I hope everyone has entered and is ready to go.

The past couple of months has also been very busy for the club, with the bi-annual trip to Melbourne for the Marathon festival along with the City-to-Bay as well as the World Championships in Ironman, Olympic Distance and Sprint Distance – and the Lakers had competitors in all of them.

Now it's time to buckle up and enjoy the Triathlon season of 2010/11.

The Buzz

Issue 9 – October / November 2010

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## Race Results

### Ironman World Championships, Kona, Hawaii, 9<sup>th</sup> October 2010

3.8km swim / 180km cycle / 42.2km run

Ironman World Championship 2010, Kona							
Name		Age Group	Swim	Cycle	Run	TOTAL TIME	Age Group Position
Nathan	WARBUTON	M4045	1:07:29	5:18:12	3:43:10	10:18:25	120
Shaun	RICHARDS	M4045	1:06:49	5:20:17	3:52:38	10:30:23	146
Mary	MITCHELL	F5055	1:20:20	6:05:05	4:11:07	11:45:43	7
Nancy	CULLEN	F5055	1:18:20	6:13:42	4:19:30	12:00:40	12

The Lakers had four athletes compete at the Ironman World Championships in Kona and for three of them it was their second attempt, but for Shaun it was finally living out a dream. Sitting back in Adelaide I can't congratulate these guys enough – the effort they have put in to reach this milestone is enormous and from myself and all the Lakers family, we salute your achievements!

Fristly lets start with club captian and self confessed nice guy, Nathan 'Rambo' Warburton. Rambo raced in Kona back in 2007 and finished in a time of 10:30:50. This time around Rambo blitzed it and came home in 10:18:25 and was faster in every leg than he was in 2007. What a great race mate and well done.


Second Laker home was Kona virgin, Shaun Richards, who had trained the house down all through winter and was in absolute tip top shape, and with a finishing time of 10:30:23 it looks like it was all worth it. Congratualtions Shaun, a magnificent effort and we are all looking forward to hearing the stories about your race.



*Rambo running the last leg of the Ironman at Kona*



*Shaun Richards*



Corporate Fit – Sport science consultant - Triathlon coach  
**Contact Nigel Pietsch**

The next Laker to cross the line was the 2009 F5054 AG winner at Ironman Busselton, Mary Mitchell. Last time Mary was in Kona she finished in a time of 13:25:24 (2008), so she knocked over an hour and a half off that time to finish in 11:45:43. What an excellent result for one of the most improved triathletes at the Lakers, well done Mary!

Lastly, the inspirational, Nancy Cullen crossed the line at Kona for the second time in 12:00:40. Back in 2008 she finished the race in 12:14:51, but this year her circumstances were totally different. A few weeks before the race Nancy injured herself and was unable to do much training and when she could was in constant pain – so just to finish is inspirational, yet not only did she do that, she smashed her previous time by 15 minutes. What a great effort Nancy and we are so proud of your achievements.



Mary Mitchell



Nancy Cullen



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Contact Darren Roberts on 0434546725



Strength and Conditioning coach

Contact Kent Dredge  
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kent@tri-lifestyle-

## Race Results

### Triplings Salisbury Aquathlon, 24<sup>th</sup> October 2010

4km run / 400m swim / 2km run

Triplings Aquathlon			
Name	Position	Time	
Lorenzo	PERESSIN	14	36:13

Lorenzo backed up after travelling to Melbourne for the Marathon festival and competed in the inaugural Triplings Aquathlon. He finished in a great time of 36mins 13 seconds to place 14<sup>th</sup> overall. Well done Lorenzo!



Lorenzo was in fine form at the Triplings Aquathlon

## Race Results

**ITU Olympic AG World Championship, 8<sup>th</sup>-12<sup>th</sup> September, 2010**

**3.8km swim / 180km cycle / 42.2km run**

ITU Olympic distance World Championship				
Name		Age Group	TOTAL TIME	Age Group Position
Nick	MUXLOW	M2529	1:53:09	19
Kevin	DUFFY	M5559	2:13:50	17
ITU Sprint distance World Championship				
Helen	DUFFY	F5054	1:57:38	30
ITU Aquathlon World Championship				
Nick	MUXLOW	M2529	23:50	10
Kevin	DUFFY	M5559	30:16	4




*Nick Muxlow showing the world how the Aussies race!*

What another great effort on the world stage by the Lakers, this time at the Age Group world championships held in Budapest where we had the Kevin and Helen Duffy as well as rising star, Nick Muxlow competing.

Kevin had an awesome race in the aquathlon and just missed out on a podium place, finished 4<sup>th</sup>, while Nick had a blistering fast race and finished in a very credible 10<sup>th</sup> position.

In the Sprint distance triathlon, Helen Duffy continued her amazing career by proudly wearing the green and gold and raced for her country. In the Olympic distance race, both Nick and Kevin again had great races.

Again, we are all very proud of your achievements in representing your country, so a big cheer from the rest of the Lakers!



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## Race Results

**City to Bay, Adelaide, 19<sup>th</sup> September 2010**

**12km run**

*Apologies as there is no list of Lakers who competed in the City to Bay. I started to compile a list, but I couldn't access the full list of entrants, so it was going to take too long and if I did it manually I would have forgot too many people! Sorry.*

## Race Results

### Melbourne Marathon Festival, Melbourne, 10<sup>th</sup> October 2010

#### 42.2km run or 21.1km run or 10km run

Apologies if I have missed your name in the results. I wasn't able to compile them in the normal way I could, so I had to do it all manually. Please let me know if I have missed your result so I can put it in the next edition. Thanks.



Tom, Sarah and Sophie getting prepared on race morning

The Lakers Melbourne Marathon Festival weekend was, again, a highlight of the year with some really amazing performances, both on and off field! After many months of long runs back in Adelaide it appears that everyone had a great time and I am sure we will all be doing it again in two years time, so there will be no excuses for not getting prepared!

Firstly, there were some great results in the marathon, and one huge disappointment. Everybody was saddened when Bobby Edwards had to pull out at the 17km mark due to a hamstring injury. He had trained really hard all winter and was primed to achieve a sub 3 hour time, but unfortunately it wasn't his day. Best of luck getting the hammy right and looking forward to a marathon time with a '2' in front of it very soon! Mason 'The Champ' Barnes had a ridiculously good race and stormed home in 3:11:39. Great result Champ. Vincent needed to break the 3:30:00 mark to gain entry to the New York marathon and he came in with over 2 minutes to spare! Good luck in New York Vincent. Jason Berry completed his first marathon in a very respectable time of 3:43:09 and word is that he is already looking at doing another one and breaking the 3:30 barrier!



Teresa, Vincent, Mason, Dom, Sara, Jason and Jane cheering on the rest of the Lakers at the MCG

Melbourne Marathon			
	Name	Position	Time
Mason	BARNES	447	3:11:39
Cameron	MAHER	692	3:19:43
Vincent	TREMAINE	1011	3:27:15
Kathrin	ISELIN	1036	3:29:17
Neil	McNAUGHTON	1094	3:30:04
Mark	WILLIAMS	1491	3:38:03
Jason	BERRY	1668	3:43:09
Teresa	MOLYNEUX	1892	3:46:42
Ian	LORD	1987	3:48:26
Sarah	CALTON	2207	3:53:05
Dominic	MOLYNEUX	2603	3:57:15
Sophie	HOLT	2948	4:05:38
Rita	BENNINK	3205	4:11:18



Lordy, Dom and Sophie

It was also a great performance by Laker stalwart, Ian Lord. 'Lordy' just seems to keep getting better with age and smashed out an impressive 3:48:26. Well done to Dom Molyneux as well, who had a great race to finish in under 4 hours.

The Lady Lakers produced some inspiring results being led home by Teresa in a blistering 3:46:42, closely followed by Sarah Calton, who completed her first marathon. Well done Sarah, what a great achievement. Sophie Holt continues to go from strength to strength with a great run also.

Lastly what an inspiring performance by Rita, who continues to take all before her and came home in well under her target time. It must have been the new watch! Well done Rita.

Melbourne Half Marathon			
Name		Position	Time
Tom	JEFFREY	311	1:30:18
Jane	ROTHE	562	1:35:15
Ian	BERRY	908	1:39:04
Angela	POTTER	2090	1:45:58
J.a.	KEPLIN	2539	1:48:47
Kevin	CARR	2633	1:52:08
Rick	DALEY	2749	1:52:47
Jan	DALEY	4190	2:01:08
Mark	KIRTLAND	4367	2:02:33



Jane, Cam and Angela at the MCG after the race

In the Half Marathon there were some more great results with Tom Jeffrey leading home the Lakers in an impressive time of 1:30:18, but was closely followed by another great improver in Jane Rothe who ate the course up in a time of 1:35:15.

Ian Berry, who was touch and go before the race, put in another solid performance, breaking the 100 minute barrier, while Angela Potter showed that her training in the Outback had paid off with a great time of 1:45:48. J.A Keplin also had a good race along with the Daley's.

Mark Kirtland, who only recently returned from racing Iron-distance race Roth in Germany followed by a Eurpean holiday rounded out the Lakers in the Half Marathon.



A proud Dad! Ian congratulating his son, Jason after running the marathon



Lee and Mark Kirtland taking in the atmosphere of the MCG after running in the 10km and Half Marathon respectively



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Melbourne 10km			
Name		Position	Time
Frank	BENNINK	753	47:03
Lorenzo	PERESSIN	586	47:37
Lee	KIRTLAND	5261	1:21:39

In the 10km event Frank Bennink came home in 47:03, while Lorenzo had a great run to finish in 47:37. Lee Kirtland, who had never run this distance before, made it all the way without stopping and came home in 1:21:39 – well done Lee, great effort.



*Rita and Cameron tearing up the dancefloor*



*Lee Kirtland sprinting to line in the 10km finish*

After the race we all headed to a pub down Chapel Street where people had a few drinks (a few too many in some cases!) and shared stories about the race. I would like to tell you more about the antics of the pub, but you know the rules – what happens on tour, stays on tour!!

I'd like to thank Vincent for organising all of the accommodation again, Nigel for putting together all the Sunday running sessions and all the Lakers that headed over for the event. I can only talk from my experience of going over with the Lakers in 2008 and this time, but it is one of the most enjoyable weekends (apart from the 35-42km mark of the marathon!) you can have. Everyone is really supportive and gets behind one another to make it a really worthwhile experience. So if you have ever wanted to do a 10km, Half Marathon or a Marathon run, then I strongly encourage you to come over to Melbourne in 2012 with the Lakers – you won't regret it!



*All the Lakers celebrate a fantastic weekend at the Melbourne Marathon Festival*

## Apologies

Apologies to Steve Sturm who I missed in the last Buzz as he raced the Barossa Duathlon. He had a great race and finished in a time of 2:41:02. Great hitout mate and you are looking the goods for Busso!

# Race Report

## David McLeod

### Ironman New Zealand 2010

#### ***IM New Zealand (Taupo) 2010 Race Report***

They say 99% of an Ironman race is getting to the start line, and so it was with me.

Being in Kona for the 2008 Hawaiian Ironman World Championships with my family, supporting my wife Nancy and the 3 other competing Lakers (Mary Mitchell, Andrea Moore, and Richard Pryor) was quite something in itself. Meeting Chrissy Wellington, Craig Alexander (winners of that race) and Mark Allen (6 time Hawaii IM winner) was inspiring enough to get me off the side lines and into training to have an attempt at doing one myself. Being the wrong side of 50 and having a long and persistent history of repetitive calf strains meant a measured and gradual training regime was desirable. I bought a pair of Calf Compressors from the Trade Display in Hawaii to run in. After a spring and early summer of self directed training, early in 2009 I competed in my first triathlon for 17 years, (I was a member of the Lakers in 1990/91) in a triple sprint Sam White Memorial race. Two months later was the Murray Man, and after 60km on the bike I was relieved I did not have to do another 30 km as would be the case in a half IM. Next stop was Nigel for a chat and to engage him as a coach, and programme setter. Several months of a daily stretching regime, together with some specific calf strengthening exercises were part of the early regime. Mary's husband Andrew Short was thinking along very similar lines and also lined up Ironman NZ from afar.

This was followed by the Adelaide greenbelt half marathon, and the first time in 8 years I had run that distance without a calf injury. In early August there was a midyear sojourn to Yeppoon (with Nancy, Mary and Andrew) for the Capricorn Half IM. A PB a month later in the Adelaide half marathon left me with a slight grade 1 hamstring tear, which resolved without incident. At this point I was having trouble swimming as my right shoulder developed an uncomfortable clunking sensation.

Whilst I was taking two weeks off with my hamstring I quickly arranged some arthroscopic surgery to sort out my shoulder. In December 2009 my last race hit out was the Canberra Half IM, with Stuart Lake and Griffie Westie. Added to these were two ¾ IM trials orchestrated by Nigel. Throughout this I maintained enough enthusiasm to carry on with the continuous and at times arduous training. Those interim races were very important in providing some goals to work towards along the way to the main event.

After competing in her 3rd world championship in 12 months (Olympic distance, Long distance, and Ironman) Nancy decided to try another Ironman, just for something to do and to keep an eye on me, so I would not get away from her. Mary had competed in Bussleton (in which she won her age group, and took her Kona 2010 slot) and was present as support person to Andrew and, as it turned out, to us as well.

We chose IM NZ as it was scheduled 2 weeks before the Aussie National Surf Lifesaving Championship on the Gold Coast at which our kids Owen and Daphne were competing in, and was just as easy to get to as Port Mac. Bussleton was also a no-goer as it coincided with our daughters Primary School graduation.



Of the 17 months training there were a few memorable outings. In September one Saturday club ride was billed a Duffy favourite, out east into the hills via Anstey's Hill. Half way up the hill we were deluged with rain (as the forecast predicted) so a hasty retreat down Anzac Highway was greeted by strong gusting westerly winds that blew some of us around disturbingly. Coffee at Glenelg was amusing, the lattes and cappuccinos had their heads blown away as they were being delivered to the out-door tables. Having not met my prescribed distance for the day I set off alone for a very windy ride down to Moana and back, followed by a 15 km run. By the mid afternoon I was really pleased to make it home and at last hide from the incessant wind. The other memorable occasion was a Thursday evening in late January during a very intense few weeks of training and after a morning velodrome, full days work, my schedule had me down for an 16km run, so I set out into a fierce wind at dusk along the coast from West Beach to Somerton, with sand blowing onto my face, into my mouth, and crunching between my teeth. Feeling rather tired, disinterested and thinking "this is just desperate", I had decided early on there was going to be no easy options. These difficult hit-outs in trying conditions had to be embraced. The hard options were good for me, but more over helped defined me as an endurance athlete.

The early morning starts were quite something. 4.30 wake-ups for 5.30 swim sessions twice a week, with most other days commencing at 5 or 5.30. This could only be done if enough sleep was had through the week, so the concept of TBTs (Targeted Bed Times) was developed. Each evening a TBT was declared so that tools could be downed in enough time to retire and obtain the requisite night's sleep.

Travel to Lake Taupo in the middle of New Zealand's North Island was straight forward enough. Flight on Tuesday from Adelaide to Auckland via Sydney, then a hire car (Subaru Legacy wagon—same as Australian Liberty) with the back seats down was large enough to carry two bike boxes stacked atop each other). A 3 ½ hour drive circumnavigating Hamilton saw us arrive in Taupo mid evening, in time to stop at the late opening Woollies and stock up on supplies. We stayed in the Clearwater Lodge, self catering apartments, 3km from T1, on the bike and run course, with a very quiet room that fronted the Lake. The rest of the week was taken up doing the usual pre-race activities. Checking out the course, a swim here, a run there, registering, bike check-ins, fussing over transition bags and finalising the race plan, fluid and nutritional requirements for the big day out. Also met the other Lakers Shaun Richards and John Pidgeon and Tom Knight.

Interesting for this race, registration was mandatory on the Thursday closing at 4pm, making Wednesday the latest one could arrive from Australia.

The carbo dinner on the Thursday night was a large, well orchestrated affair, with a few speeches from race organisers and past athletes.

After 17 months of planning and training I was finally there. Its easy to be overawed, intimidated or both when on the verge of a race of this magnitude. A determined, slightly aggressive approach tempered with a circumspect and cautious respect for the race gave me the best mind-set. I was looking forward to commencing the race and finding out just how I would perform.

Saturday was race day. Forecast 21oC, overcast and windy, water temperature 19oC. 4am alarm, for a 4.45 departure to T1 as Mary, our driver, was on for body marking, her favourite volunteer job. Being amongst the first competitors to sign in and number up made for a leisurely approach to the start, allowing me to enjoy observing the morning unfold. Loo queues were short early on and allowed easy access. Andrew discovered a flat tyre and spent the morning anxiously in queues first at the mechanics for a tube change, then the increasingly popular loos.

From T1 there was a walk down to lakeside and the start. Just before entering the water Nancy and I wished each other well with a kiss, and moments later a chap with a microphone interviewed us for a NZ radio station. A few questions about where we were from, what we liked about racing an Ironman, then in for a dip.

A beautiful morning with Lake Taupo glassed out. It was declared a wet suit swim as expected. I started in the middle at the front. Within a minute I was thumped and my goggles dislodged, but a brief pause in my stoke, with people piling into the back of me, had them relocated with out the loss of my contact lens. The start felt just like one of Nigel's Friday evening West Lakes swim sessions, so I felt right at home. With the calm conditions and very large buoys, and a solitary mountain peak dominating the horizon navigation was easy. A few draughts, then the turn around two buoys to make a long narrow clockwise rectangular course, and an uneventful swim back to the start.

68 minutes for the swim and lengthy 6min for T1 due to the 400m run from the lake up the ramp then stairs.

In an attempt to fly out of T1 I attempted a running bicycle mount and nearly crashed. A second attempt to get on my bike was more successful, and I was underway heading through town. My heart rate monitor was not registering which was an issue as I was planning to pace the race against my heart rate. My chest belt had unclipped whilst stripping my wet suit but was still around my chest under my race top. Managed to quickly re-clip and position it whilst continuing to cycle, but in doing so lost my sambos from the back pocket. Never mind. I was undecided whether I wanted to eat them anyway. A steep climb out of town with a series of left and right turns, then onto the open road with undulations and overall vaguely down hill ride out to the small town Reporoa 45km away for the turn around. It was a fast leg with one of my 10km splits hitting 40km/hr. Just before the turn around I flew past Andrew. This came as a big surprise as Andrew is a much better cyclist than me. I noticed he looked rather unhappy. Something was up. Before I reached the turnaround Nancy went past in the other direction about 6 minutes ahead of me. No thoughts of putting a chase in. I was cycling off my heart rate and leg burn, and besides I probably could not have caught her anyway. The leg back into town was a little tougher with a side and front-on wind becoming prevalent.

Aid stations were well organised with selections that include electrolyte drinks, water, gels and bananas. Had a few of the latter and they proved a worthy substitute for my lost sandwiches.

A steep decent into Taupo and a turn around to commence the third leg back out to Reporoa. Good to have many people in town applauding, and especially seeing Mary cheering me on. The ride out seemed a little harder, with the wind often side-on and occasionally blowing me across the road. The final leg back from Reporoa was very arduous. Sore back and neck, head and side-on winds, undulating and slightly uphill. I was getting slower and one of my splits was down to 24km/hr. More people passing me on this leg, but it was a case of bunkering down and toughing it out. Was uncertain if I was even going to be able to run after this leg. It also became apparent that I had overdone the fluids and commenced a significant diuresis on the fly. Having trained through the Adelaide summer, I had failed to adjust my fluid requirements enough for the cooler conditions



Final decent into town was a joy, through the town centre past T1 and onto T2 located 1km away. 6 hours and 8 minutes was slower than I had hoped for, but that hardly mattered, I was so glad to have finished the bike.

After 2 minutes in T2 the run commenced. It was such a pleasure to be upright and off the bike. First 3 km were at sub 5 min pace, which was too fast, but what a joy to be to be running and not cycling. Had a predictable loo stop here and set off into the wind at a more realistic pace, at 75% maximum heart rate. The run course followed the main road out of town, flat in sections, with undulations that felt like hills to me. Turn around was 10km out of town, running the same course back into T1, then a repeat second loop to complete the run. Just before the first turn around I saw Nancy, running well and still about 6 min ahead of me. Half way along the second loop I passed Andrew going the other way heading out on his first leg. He looked considerably worse than he did on the bike. Clearly his day was unravelling. I hoped I did not look as bad as he did.

I stuck to a regime of water and coke at the aid stations, with gels every 10 kms. The diuresis that had commenced on the bike continued on the run and was responsible for 4 extra loo stops, adding 2 minutes to my run time. The outward leg of the second loop of the run was into the wind and up a few of those "undulations", making this leg the toughest of the four. My run splits had been 5.30 to 5.45 kms, but on this section slowed to 6.30 in places. As I was uncertain as to what was going to happen to me after the 30km mark I thought it prudent to adhere to the 75% maximum heart rate as the arbiter of how fast to run. Just prior to the second loop turn around Nancy ran past on the final leg back into town, and was still 6 minutes ahead. After 30km of running I had made no time on her. This came as no surprise to me.

After the final turn around and a few kms into the last leg I mused over how the last 10km would unfold. This was pretty much uncharted territory for me, as I had not run more than 32 km in one hit for several decades. The question for me was what would happen to my legs? Another calf tear from the past, cease up completely, or cramp maybe. This was where my race began. It was all at once the intrigue and the challenge of the day. I continued revisiting my run mantra; "heart rate, breathing, run form, hydration and calories". Kept it even and kept it contained. With 5 km to go I knew I was there, so I increased the pace and heart rate and was back at 5min splits towards the end

The spectators on the run course were magnificent. Those locals not volunteering at aid stations were on the run course often in large groups cheering madly all the competitors. The race numbers had our christian names printed in large enough font for all the spectators to read, and then provide a very personalised cheering to passing competitors. The whole town seem to embrace the race, and to be very proud of their involvement.

I made it, with a 3.58 run, and overall time of 11.26, 22nd out of 75 in my age group. Nancy came in 6 minutes ahead. To the minute we had done the same T1, bike, T2, and run, just as we had done earlier in the year at the Yeppoon half IM. To be fair to Nancy she did puncture towards the end of the cycle and lost 6 minutes. Nancy's time of 11.20 had her first in her age group, and with it the age group/gender course record that had stood for 10 years. Once again she was Kona bound. John and Shaun had long since finished and Shaun's 10th place secured his place in Kona.



In the finishers tent I commenced recovery straight away, with my stretching routine, followed by a massage. They had tomato soup with bread roles on the menu, so I reconstituted myself with multiple helpings. From there it was out to the finishing line to watch the others coming home. Mike Reilly (the voice of Ironman worldwide) was on the PA doing his usual fantastic job. During this time I stayed mostly on my feet, and continued with the stretching routine. Eventually Andrew came across the line, over 2 hours behind schedule, looking dazed. He managed to lift his arms just above the horizontal before slumping onto the arms of a huge Maori girl, one of the catchers. Nancy and I looked at each other and simultaneously said "medical" as Andrew was duly carted off to the medical tent for assessment and treatment.

In Taupo you get weighed immediately before and after the race. One should lose 1 to 2% bodyweight (without a change in total body water) in an Ironman. I was down 300gm, and was continuing to whiz out the excess fluid. Andrew however was 2 kg up, a bad sign, and immediate blood tests confirmed a low sodium level, hyponatraemia, a well recognised disorder of IMs and Ultra-marathons, due ostensibly to excess fluid intake. This usually builds up over the course of the race and is seen towards the end, but in Andrew's case he was cooked on the first leg of the bike. He had drunk about 2 litres by the end of the first 45km of the ride, about the same as me. Whereas my kidneys excreted the excess fluid load Andrew's did not. In fact he had only one wee during the whole race and did not pee for some hours after finishing despite being fluid overloaded. The explanation for this is most likely the anti-inflammatories (Ibuprofen) he took on race day out of concern for his hamstring tendonitis. The anti-inflammatory class of drugs is well known in general medicine to inhibit kidney function in times of bodily stress (infection, heart failure) and Dr Dale Speedy a sports physician in Auckland who specialises in Ironmans, assures me they are implicated in causing hyponatraemia in endurance events, notably Ultra-marathons and Ironmans.

After more than 3 hours in medical, and some gentle IV hydration Andrew was at last able to stand up unaided and discharged. Back over to the finish line to view the last half hour of the race. Under the influence of a by now manic Mike Reilly, who had been calling the race since 5 am, the finishing shute crowd was going wild with each of the last competitors as they crossed the line. Unfortunately the last competitor a young girl came in 30 seconds after the midnight cut off. No medal for her. In the car on the way home 2 km from the finish we passed a lone man running (the truly last competitor) tailed by two officials on bikes, and behind them a trailing ambulance. Some people do it tough.

The next morning as we were loading into the car Andrew failed to duck and walked into the metal corner edge of our hotel sign. Ouch! He sustained a full thickness 1 cm gash to his forehead. Despite hours of pressure and multiple dressings this wound continued to bleed (as scalp wounds do) resulting in a trip to the local hospital where the nurses super-glued the edges together. He has quite a nice little scar as a souvenir.

I was pleased with my result, and thought it a solid effort for a first IM. What I was really happy about, besides Nancy's course record, was how well I recovered. By day 2 post-race I was walking up stairs and by day 3 had no residual leg soreness. I put this down to racing in calf compressors, staying on my feet for hours after the race, stretching and massages immediately after the race and the next day.

Having trained so hard for so long, it felt a bit of a let down to have it all finish so suddenly. Within a few days I was formulating my plan for follow up races, namely the Picci Richi Marathon, the Yeppoon Half IM on the way to Busso and Port Mac in 2010/11. For all the training over the winter I thought it best to get two IMs out of the summer. Nigel wisely talked me out of attempting three.



On reflection, although the race and the result was a great experience for me the journey to the start line from 18 months out is what has given the most pleasure. The friends I have made with-in the Lakers, the camaraderie, the training rides and runs, and pool sessions have been a source of great satisfaction. The setting of a long-term goal and seeing it through successfully has been personally very rewarding. I have also enjoyed learning more about the three disciplines, the techniques and biomechanics of swimming, cycling and running. Swimming has proved to be endlessly challenging. I am still waiting to see some improvement in my open water swims. At least 4km swims do not scare me anymore. Nigel has been invaluable help in this education.

Finally I fondly acknowledge my wife Nancy who showed me that the ludicrous idea of doing an Ironman was not only realistic and achievable but also a worthwhile endeavour. She has led the way.

The summer's race schedule is not far away. Another round of triathlons, half and full Ironmans are on the horizon. Another cohort of Lakers training diligently in pursuit of personal sporting goals.

***Best of luck to you all.***

***David McLeod***

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## Lakers Member Profiles

**Name :** Emma Clough

**Age 31:**

**Occupation:** Veterinarian

**Where did you grow up:** Pukekohe (South of Auckland in NZ).

I moved to Adelaide with James my husband about 18 months ago.

**Nickname:** Em, EEK

**Favourites:**

**Food:** Pancakes

**Drink:** Dessert wine:

**Movie:** Blood Diamond

**TV Show:** Flight of the Conchords

**Music:** Bogan stuff like Metellica and Linkin Park, plus everything else on the radio

**Athlete:** Sarah Ulmer

**Football Team:** Still deciding – All Blacks

**Triathlon leg:** Bike

**Previous sporting background:** Hockey as a youngster at school, I did a couple of women's triathlons in New Zealand about 5 years ago.

**When did you start triathlons:** Summer 2009

**Why the Lakers:** My husband starting riding with the Lakers on Saturday's and said they were a good bunch of positive motivated people and turns out he was right!

**Most embarrassing moment:** Walking into a fire hydrant in the USA the same height as me when i was 10 years old.



*Emma at a recent triathlon*

**Have you had your 15 minutes of fame:** not that i know of.... a few background appearances in "Massey Vets" a TV show that detailed the lives of 5<sup>th</sup> Year Vets at Massey University.

**What are your Triathlon goals/plans:** looking at giving the state series a go this summer and from there perhaps a half ironman and beyond!

**Best triathlon race:** The Gatti where I came second in my age group last summer!

**Worst triathlon race:** Does the Barossa duathlon count? erggh wind and rain and pain. Good result – tough day.

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

I have webbed toes,

I used to calve cows in the winter (often in the middle of the night) as a mixed practice vet at home in New Zealand

I've climbed a mountain, Mt TARANAKI, 2000+metres

## Lakers Member Profiles

**Name:** Dean Garrett

**Age:**29

**Occupation:** Swim Coach/ Property Manager at Unley State Swim

**Where did you grow up:**Adelaide

**Nickname:** Deano, Waterboy

**Favourites:**

**Food:** Spaghetti with Bolognese and Ice cream.

**Drink:** Orange Powerade and Vodka lemon/lime

**Movie:** Bad Boys 1&2, all The Leather Weapon films and The Castle

**TV Show:** Footy Show (AFL), Rush and NCIS

**Music:** Rock and POP

**Athlete:**Steve Waugh

**Football Team:**Crows

**Triathlon leg:** Run

**Previous sporting background:**Cricket, Football, and Field Umpire and now boundary umpire for the SANFL.

**When did you start triathlons:** I did a team triathlon with some mates from work I just did the run leg. I then thought i'd have a go by myself and the rest is history.

**Why the Lakers:** I liked the uniform, I live in the area and I knew some other members.

**Most embarrassing moment:** losing a bet at my cricket club, and having to go for a nude run around Goodwood oval and when I got back my clothes were in the bin.

**Have you had your 15 minutes of fame:** Shaking hands with Allan Border at the Adelaide oval.

**What are your Triathlon goals/plans:** Do an Iron Man and qualify for Kona

**Best triathlon race:**Yet to happen.

**Worst triathlon race:** I competed in teams triathlon for my high school, I was in the swim leg and end up swimming the wrong way.

**Three things that people don't know about you:** I sat next to John Platton on a flight to Melbourne.

I played for the crows mini league game vs Richmond at half time during the main game.

I won't a strip contest at a bar in Marion, the prize was 10 cowboys!!



*Dean feeling the cold at a recent triathlon start*

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**Contact Paul Battistella 0419 832 722**

## Words with the Women's Manager

For the Lakers that don't know, we have a womens manager on the committee that performs a very valuable role within the club. As outlined in the constitution the role of this position is:

- Attendance and reporting at Committee meetings
- Support and promotion of women within the Club.
- Promotion of the Club to women and the recruiting of women to the Club.
- Assisting with the management of women specific issues.
- Encouragement and facilitation of family participation in the Club in conjunction with the Junior Manager.
- Coordination of supporters at major events
- Assisting with the promotion, sponsorship and organisation of the Splash and Dash

Jane Rothe has taken over this role for the 2010/11 year and we wish her all the best.



*Women's Manager, Jane Rothe in full flight during the run leg*



*A new triathlon leg??  
It would be faster than the bike!*

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**Contact Sarah Martin 0404 641 284**

Don't miss this great night organised by Jane – it will be fantastic!

Interested in Triathlon??



# Ladies Info Night

## West Lakes Triathlon Club

The Lakers Triathlon Club would like to welcome our new female members and any ladies who are thinking about joining the sport to a casual information evening

You will have the opportunity to hear from a few of our female members, meet people involved in the club and ask any questions you might have in an informal setting

Following the session, you are more than welcome to join us for a meal!

## Wednesday 10th November

6-8pm

## Queens Head Hotel

Kermode St North Adelaide

Cocktail food provided



RSVP November 7th jane 0421276825 rothe.jane@gmail.com

# Notes from Club Members

## Round the Lake Swim

Sunday 21<sup>st</sup> November 2010

A swim around Delphin Island. It's not a race, just a training swim with handicaps to try and get everyone finishing at the same time. You can have a go at the whole 6.6km or be a part of a team and do one or a number of the sponsored legs ranging in distance from 700m to 1100m. Give it some thought and then fill in the form and send it back to Grant: [grant@sahq.scouts.com.au](mailto:grant@sahq.scouts.com.au)



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## SAFECO (David Adams) Round the Lake Swim 21 November 2010

Entry Form  
Swim start 8:00am  
Entry free to Lakers members

Name.....

Number family members attending free Breakfast.....(include yourself)

Please nominate below the leg/s of the swim you wish to start.  
NB: if swimming single legs you will be placed in a team so hopefully all teams will finish together.

*Individual swimming round the lake 6.6 km will be on handicapped times*

### **Tick the box for the leg or legs you wish to swim.**

- Think Water (mark Kirtland) 1<sup>st</sup> leg distance = 900 mtrs
- Endura Sports Nutrition (chris mehaffey) 2<sup>nd</sup> leg = 1100 mtrs
- Urban Oasis (lorenzo peressin) 3<sup>rd</sup> leg = 1100 mtrs
- Adelaide Commercial Flooring (shaun richards) 4<sup>th</sup> leg = 1000 m
- PAB Building (paul battistella) 5<sup>th</sup> leg = 1100 mtrs
- Colin Johns Chemplus (matthew fietz) 6<sup>th</sup> leg = 700 mtrs
- Corporate Fit (nigel pietsch) 7<sup>th</sup> leg = 700mtrs
- Safeco (david adams) round the lake = 6600 metres

***The Veederline (tony brady) start & finish will be at the reserve at Trinity Way West Lakes.***

Contact Grant or Rick for further details

Nominations to [grant@sahq.scouts.com.au](mailto:grant@sahq.scouts.com.au) before 15<sup>th</sup> Novembe



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## Lakers Social Scene



*Lakers Social Team*

*Louise Mills, Sarah Calton, Sam Sturm and Sophie Holt*

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If your muscles aren't sore, wouldn't benefit from a massage and generally don't get tired from training, don't call me.

If they do, **phone or email me on 0403 874 573** or [chrisphysio@gmail.com](mailto:chrisphysio@gmail.com)

### LAKERS BOWLING BONANZA

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](mailto:sammiholt@yahoo.com.au) or Sophie Holt at [sophie.holt@sensis.com.au](mailto: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)



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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)**