

RESPECT | HEALTH | ENJOYMENT | BELONGING | ACHIEVEMENT



TRIATHLON NT

AGE GROUP UPDATE 02/14

www.triathlon.org.au/NT | facebook: Triathlon Northern Territory

**ALICE SPRINGS
MASTERS
GAMES**
11-18 OCTOBER 2014
The Friendly Games

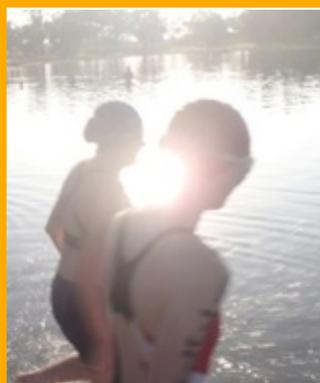
TRIATHLON DUATHLON

Get behind the Alice Springs Masters Games, Australia's longest running Masters Games on 11-18 October.

The Alice Springs Triathlon Club presents a combination of short and long course events both Triathlon and Duathlon for the Alice Springs Masters Games. Courses take in some of the most breathtaking scenery of Central Australia. Open to 30 years plus.

Duathlon Long Course
2km run | 20km cycle | 4km run
Duathlon Short Course
2km run | 14km cycle | 2km run
Triathlon Long Course
600m swim | 20km cycle | 5km run
Triathlon Short Course
400m swim | 15km cycle | 3km run
Team Triathlon
600m swim | 20km cycle | 5km run

Secure your spot to these very unique Games and register today via:
FB: AliceSpringsMastersGames
www.alicespringsmastersgames.com.au



Ray White

TRIATHLON NT PRESENTS
RAY WHITE NT SPRINT CHAMPIONSHIPS

750m swim | 26km bike | 5km run

SUNDAY, 6 APRIL 2014
Lake Alexander, Darwin

Individual | Teams
OPEN TO EVERYONE!

5TH ANNIVERSARY OF RAY WHITE NT SPRINT

2014 marks the 5th anniversary of Ray White's sponsorship of the NT Sprint Distance Championships.

Sport is a way of life for so many Australians, either through participation or as a spectators. Ray White's sponsorship of the NT Sprint Championships has allowed Director, Korgan Hucent, the opportunity to combine the values of the Ray White brand and its staff in being active, positive members of the community in which they live and work.

Ray White has increased its sponsorship to include the NT Junior Championships (5 April, for ages 5 - 19), and to enable Triathlon NT to open this race to non-members so they can experience our fantastic sport - so bring your friends, family and work colleagues.

Registration is now open at www.triathlon.org.au/NT

ARE YOU DOING AN IRONMAN THIS YEAR?

If you are taking on an Ironman this year then you will see that I have kept this on the front page because you are probably too tired, or time-poor to read this whole newsletter!

If you are interested in an update on current Ironman rules - is your wetsuit still legal, what are the current draft distances? - email me and we can arrange an update with our Technical Manager, Adele Butler to ensure you are all legal!

Email: eotriathlonnt@gmail.com

TRY-A-TRI EVENTS

A key focus of the Triathlon NT's Strategic Plan is to increase the opportunities for people to participate in this amazing sport of ours. Triathlon NT are supporting and funding our clubs to offer 'open' events that allow non-members to participate.

Darwin Triathlon Club held an Aquathlon on 1 Feb and Alice Springs held their 'Get Physical' Triathlon on 2 Feb, both of which saw a large number of non-members participating, in fields of over 100! What a fantastic way to start the year and great to see so many new people giving triathlon a go!

NEXT TRI-A-TRY EVENTS:

Alice Springs: 15 March, Teams Challenge. 100m swim | 5km bike | 1km run.

Darwin: 13 April, Triathlon, Lake Alexander. 300m swim | 13 km bike | 3km run.



Photos: Kirrily Whitehead, Alice Springs Triathlon Club.

WHY BECOME A MEMBER?

The NT has two vibrant, family friendly clubs - Alice Springs Triathlon Club and Darwin Triathlon Club. Through membership of this growing community you can access a wide range of benefits that are not available to the general public. These include:

- a full calendar of events that are only open to club members.
- access to Triathlon NT education program- see next page for details of our upcoming members seminar.
- access to Triathlon NT junior program and junior sessions.
- priority entry (through your TA membership) to events across Australia.
- the opportunity to race in green and gold, representing Australia at World Championships.
- supporting the future of triathlon through supporting TA and Triathlon NT to deliver development and participation initiatives and programs.

For more information visit the Triathlon NT website: www.triathlon.org.au/NT.

EVENTS



WHY THE CHANGE?

The Triathlon NT Events Committee have been hard at work revamping the NT Long Course into the Darwin Long Course. The main reason is to bring the event up to the high standards required for it to be included on the Triathlon Australia Long Course Qualifying Series for 2014/2015.

In order to have our races included in these series (and for us to be able to offer our members the chance to gain qualification points in their home Territory), we have to provide submissions to Triathlon Australia and we have been advised that we need to up our game! As a comparison, other races in this series are Challenge Melbourne, Challenge Bateman's Bay, Murray Man and Challenge Forster, so you can see the high standards that are working towards.

As you will appreciate, there are considerable costs involved with not only holding the event in Darwin, but with making the event a professionally run, high quality race. The costs that we need to cover are:

- Athlete function (the entry costs includes a function on the Friday night with catering).
- Athlete items – medals, numbers, bike stickers, wristbands, t-shirts, bags, trophies, swim caps.
- Medical plan and personnel.
- Communications – radios, PA systems.
- Marques, barriers, furniture, generators, toilets, water tanks, showers, refrigeration, lighting towers etc.
- Security for all those expensive bikes overnight!
- Water safety – including a comprehensive risk assessment and safety plan, water safety boats and personnel.
- A Traffic Management Plan – including a full road management of a 20km loop for 5 hours.
- Course and directional signage.
- Consumables – ice truck and ice (for all the southern competitors!), water bidons, food, gels, rehydration for aid stations.
- Timing system hire and chips.
- Volunteers – T shirts, food, water, function.

Triathlon NT do not receive any additional funding from any other sources – neither Department of Sport, Recreation and Racing or Triathlon Australia - to host this event, so we are having to source and negotiate sponsorship. This sponsorship will only cover 50% of the costs, the rest needs to be made up by the entry fee's. The average Long Course entry fee in Australia is \$342, so our new improved race entry fee is cheap in comparison.

Our vision is to grow this race year on year to create a truly iconic Top End event, and by supporting this event, you will be supporting your triathlon community as any profits will be invested directly back into Triathlon NT initiatives and programs.

TECHNICAL OFFICIALS LEVEL 1 COURE - DARWIN

If you are a supporter of triathlon and wish to give back to the sport you love or want something to do while not competing, why not become a Triathlon Australia Technical Official?

Technical Officials (TO) are responsible for ensuring that an event is run in accordance with the Triathlon Australia (TA) Race Competition Rules (RCR). Their aim is to create an atmosphere of sportsmanship, equality and fair play, optimise safety and protection and to penalise competitors who seek to gain an unfair advantage.

Becoming a TO will enable you to gain a better understanding of the TA rules; give you a change to give back to the sport and help develop it and enable you to gain an insight into what is involved in conducting a triathlon event.

Triathlon NT are seeking expressions of interest from people who would like to undertake the first level of TO training.

email: eotriathlonnt@gmail.com

HEALTH & WELLBEING CAMP - JUNE 2014

We are working on the final details for the Health and Wellbeing Camp in June 2014. This will be a live-in 3 day camp that will provide you with access to some of the best sporting specialists in the NT, including the Northern Territory Institute of Sport. Watch Facebook for more details.

EDUCATION



Heat & Hydration Sunday 25 May 2014

Dr Matt Brearley, of Thermal Hyperperformance, has developed a reputation as 'The Heat Guy' for his unrelenting pursuit of maximising human performance in challenging environments. With his extensive experience working with elite athletes, most notably as the Heat Specialist of the Australian Olympic Team Beijing 2008, Matt will be providing a seminar to help you understand how to maximise your performance while training in the challenging NT climate.

Cost: Free (Alice Springs and Darwin Triathlon Club members only)

Location: NTIS Conference Room, Marrara.

Time: 10am - 11am

Registration: Limited places, booking essential - email
eotriathlonnt@gmail.com

www.thermalhyperperformance.com.au

PERFORMANCE PSYCHOLOGY SESSIONS

The Northern Territory Institute of Sport (NTIS) is holding a series of Performance Psychology sessions throughout 2014 to give participants an understanding of the specific topic, along with practical suggestions that can be utilised not only within sport and performance, but also in day to day activities.

Topics include:

- Goal Setting (3 March).
- Pre-performance routines (7 April).
- Having a 'winning' attitude (12 May).
- Mastering your emotions (2 June).
- Flow and ideal performance states (7 July).
- Self-talk (11 August).
- People skills (8 Sep).
- Performance psychology in the training environment (for coaches). (6 Oct).
- Apps to help performance (3 Nov).
- Visualisation (8 Dec).

For the full list of dates and session information, see Triathlon NT website / Events.

These are open to everyone and are FREE!. They will be held at the NTIS Conference Room. Booking is essential - contact Liz Grylls (8922 6851 or liz.grylls@nt.gov.au).