

# DRAFT ANNUAL REPORT

2019 - 2020



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**TRIATHLON**  
SOUTH AUSTRALIA

## OUR STRATEGY ON THE STARTING LINE



## MISSION

**TO GROW AND FOSTER THE SPORT OF TRIATHLON IN  
SOUTH AUSTRALIA, FOCUSING ON **PASSION**,  
**PARTICIPATION** AND **PERFORMANCE****

## FOCUS AREAS

### PASSION

1. BETTER ENGAGEMENT WITH CLUBS TO SUPPORT OUR SPORT
2. A WELL-PRESENTED, WIDE REACHING ONLINE PRESENCE
3. VISIBILITY OF OUR BRAND AT RACES AND CLUB EVENTS
4. A WELL-PRESENTED WIDELY RECOGNIZED BRAND WITHIN THE BROADER SPORTING COMMUNITY

### PARTICIPATION

1. MORE SOUTH AUSTRALIANS REACHING THE START LINE OF A TRIATHLON
2. MORE SOUTH AUSTRALIANS JOINING AN ACCREDITED TRIATHLON CLUB
3. WELL SUPPORTED TECHNICAL OFFICERS TO SUPPORT A VIBRANT RACE CALENDAR
4. ENTHUSIASTIC PARTICIPATION IN NATIONAL PARTICIPATION PROGRAMS

### PERFORMANCE

1. ESTABLISHMENT AND MANAGEMENT OF A SUSTAINABLE JUNIOR DEVELOPMENT PROGRAM
2. IMPROVING THE PERFORMANCE OF JUNIOR ATHLETES AT A NATIONAL LEVEL
3. SUPPORT FOR COACHES ACCROSS ALL LEVELS OF OUR SPORT
4. MORE ADULTS FROM SOUTH AUSTRALIA COMPETING AT A HIGHER PERFORMANCE LEVEL

# PRESIDENTS REPORT



How many times can we hear that 2020 has been a difficult and strange year with all of the challenges of COVID-19. We are all intimately aware of the challenges in our own lives, in work, family, recreation and our sporting endeavors.

I have been the President since early 2020 and it has been a whirlwind introduction to the complexity and engagement of our sport in relation to our national body, our state office of recreation and sport and the comradery between different sporting associations as well as our individual members. I must say I have been proud of the way Triathlon Australia and Triathlon SA has responded to this crisis to protect members, keep them engaged and live the values of **Health, enjoyment, belonging, achievement, integrity & respect**.

Our current board has stepped into this challenging space with enthusiasm and critical discernment, and the conversations around our table sought to provide a great platform of resilience and growth for triathlon and multisport in South Australia. I am so thankful for wise council, critical engagement and an entrepreneurial heart that underpins our team. As members of Triathlon SA you will see the work of the board in and through the exceptional staff team: our Executive Director -Jesse Mortenson, Development Officer: - Jason Delfos and Membership Officer - Lori Organ. Our staff and board team have worked hard in being agile and making the most of small opportunities in a changing environment with the loss retirement of race directors and then the all-encompassing assault of COVID-19

As a board we have been engaging with the **Whole of Sport Strategic Plan** that will roll out from Triathlon Australia very soon. This is a strategic plan for Triathlon Australia and a strategic tool for each of the states and territories and has the potential to be a useful tool for our local clubs.

Triathlon Australia with each of the states and territories has also been working on a **Forward Operation Model (FOM)** to provide consistent and efficient resource application, good governance and focus on local members and a positive and inclusive sport for everyone, whatever your level or entry point. These are complex pieces of work and the board is holding our local needs and hopes at the forefront of all discussions.

Together these pieces of work will shape our engagement with Triathlon Australia and will impact the way we deliver triathlon and multisport here in South Australia. We have many challenges over the next couple of years around funding models, club engagement, coaching, junior development and event direction and we all look forward to national and international racing, but as a board we are working towards not just being hopeful for a return but setting us up to thrive.

I am looking forward to our 20/21 season and to developing new strategies to deliver a safe, fun and resilient Triathlon South Australia.



# EXECUTIVE DIRECTOR REPORT



Last year in my report I wrote about the moment of change in our sport. The moment our clubs, that represent a small portion of the active triathlon community, came together to support TriSA to fill a void. That void was in events. With the retirement of private race directors TriSA was in the unenviable position of directly planning, promoting and running 7 events and providing support through planning, mentoring and provision of equipment to several others. This represented the most significant resourcing change our organisation has faced in years and morphed Triathlon SA from a community leadership and capacity building organisation into an event management, event promotion and direct service delivery body. While we saw record numbers of competitors at events (and the words “Sold Out” were used for some events), I also reflect on

the impacts that event management had in the areas of coach development, junior development and supporting regional clubs. In addition, the need to provide widely accessible promotion of events (in order to run them viably) has created a digital environment where engagement in our community sits outside of the need to be a member of it. This is an area we need to invest wisely in, in order to support the rebuild our membership numbers. We know as a body, that directly running our sports events long term will have impacts on our capacity to support clubs, coaches and juniors and we sit at a strategic crossroads in this space. We know our decision to take on events in 2017/18 was the right one at the time for our sport, and now we look to the long term structure and services of our organisation.

On reflection of our year, a lot happened during season 2019/20 and that’s not even mentioning COVID-19. The South Australian Office of Recreation and Sport provided a one-off, never to be repeated grant to assist Triathlon SA to purchase the assets required to run events and to contribute partial wages for an events officer. Unfortunately Triathlon SA has reached a tipping point where membership revenue is insufficient to run the core requirements of Triathlon SA without securing annually contestable Government funding to supplement core services. We continue to look for new and innovative revenue streams that can enable Triathlon SA to provide services to our member and club community.

Our season-end was unfortunately effected by COVID-19, which brought about the cancellation of our Club Championships in March, the Murray Bridge Sufferfest and the Weet Bix Kids TRYathlon. Thankfully we had effectively concluded our annual state series and state championships suite of events and while we were unable to host our regular presentation function, we’ve been able to award our season winners finally.

While on awards, I must congratulate all award winners for this year and give particular mention to our State Series winners Patrick Goodwin and Hailey Mason. It's difficult to single out any athlete over the course of a year with all the work that goes in to preparation for our sport, but it must be said that Patrick, in addition to winning the State's highest honours as an athlete, was also often the first to arrive at an event and the last to leave. He, like many other of our volunteers are often packing up bike racks and event signage during presentations and dash back to collect prizes before returning to the events trailer. To Patrick, Rodger Mangin, Ethan Wight, Sarah Short, Mike McAuliffe, Nick Braithwaite, Brea Cranage, Kathryn Pearce, Ben Creighton, Matthew Pomery and Shayne Collins and many more, we can't thank you enough. Words of thanks bear very little in response to the amazing work you all did toward making these events happen and our sport is richer for yours and all the sports volunteer contributions.

One interesting aspect to the season brought about by COVID-19, has been in the area of digital evolution. Our State was a leader and coordinator of the National Zwift ride series and co-authored a national club fact sheet on virtual training options for clubs and coaches. In addition, the adoption of virtual communication mediums such as Zoom and Microsoft Teams has opened the door to better regional communication and we look forward to better using technology to link our community.

I want to thank our staff Jason Delfos and Lori Organ who joined TriSA while I worked on the National Indoor Triathlon Project 2 days a week. Jason and Lori were the backbone of the office for several months when workloads got the better of me and I cannot thank you both enough. I also want to thank our two Presidents for the year, James Caracoussis and then Andrew Robertson. Both have brought new ideas, new critical thinking and haven't shied away from asking the hard questions, which is an invaluable aspect of the role. As the leaders of a small non-for-profit that often runs on the smell of an oily rag, it's typical for an incoming President to be pulled in different directions very quickly, so hats off to both of you for your leadership contributions.

# HONOUR ROLL

## HALL OF FAME

Alexandra Laws  
Matty White  
Andrew Robertson  
Helen Agostini  
Matt Stephens  
Jenny Bonnett  
Kevin Fergusson  
Donna Gould  
Sid James  
Alison Hayward

Andrena Moore  
Shane Johnson  
Sue Peter  
Monica Osborne  
Robyn Roocke  
Mark Redett  
Malcolm Robertson  
Griffe Weste  
Craig Lawrie  
Michael Tagell

## LIFE MEMBERS

Trudy Fenton  
Marcus Roberts  
Nigel Pietsch  
John Fleming  
Thelma Geissof  
Leon Holme  
Brian Gillies

Dave Taylor  
David Wilkinson  
David Wells  
Phil Lean  
Helen Agostino  
Andrew Ainslea

# OUR BOARD – 2019 2020

## **Andrew Robertson: President January to June 2020**

Andrew has been involved in Triathlon since 1989 and by the early 1990s Andrew was racing nationally and internationally representing Australia at world championships as an Age Grouper and then as a professional. He has won 12 state championships across all distances in South Australia and was awarded triathlete of the year several times and was inducted into the SA Hall of fame in 2014. Andrew is an elected board member until August 2019

## **James Caracoussis: President August to December 2019**

As someone who always had a keen interest in sport and the competition it provides, James is only a recent convert to triathlon after a seemingly “pre” mid-life crisis decision to do an ironman (realistically half distance was more sufficient). A definite challenge given at the time he’d barely trained more than social weekend cycling. James says, “There is certainly something to be said about the discipline and competition between body and mind that is required to cross that finish line”. Having studied both science and business management, and a member of the Australian Institute of Company Directors, James has experience in a range of areas including large event organisation to risk identification and management.

## **Sarah Hibbard: Vice President**

As a triathlon advocate and local triathlete, Sarah is passionate about ensuring that triathlon continues to thrive in South Australia. Having experienced personal growth herself and witnessed it in others, Sarah personally believes that triathlon helps individuals to live a healthier, happier and richer life. In her current role as the Chief Marketing Officer at an artificial intelligence company, Sarah is responsible for leading the execution of all corporate marketing, branding, communication and public relation initiatives. She is also a Registered Psychologist, with practical experience in human factors and scientifically evaluating emerging technologies. Sarah’s combined knowledge and experience, coupled with a passion for triathlon, provides her with a fresh and unique perspective.

## **Jeremy Leach: Treasurer**

Jeremy Leach joined the Triathlon SA board in September 2014. He has competed in triathlons since 2010 with a focus on 70.3 and Ironman distance races, after wanting to complete one ironman. In his position on the board, Jeremy wants to see triathlon increase in popularity across SA and with improved standards of races. He believes that triathlons allow people to live a healthy and active lifestyle, as well as setting up goals for them to achieve. Such is the sport of triathlon that it allows participants of all ages and abilities to compete and challenge themselves. Jeremy currently works in the financial services sector; however, he was previously a teacher with specialisation in Physical



Education. This saw Jeremy work in London, UK and Stockholm, Sweden over a ten-year period. Jeremy is an elected board member until September 2018

### **Kathryn Pearce**

Kathryn became involved in the sport of Triathlon in 2017 when her son began competing and since then has accompanied him to events across South Australia and interstate. Kathryn was very involved in sporting pursuits from a young age, playing netball and tennis for school, club and representative teams and filled volunteer roles including umpiring, coaching and as a committee member. Having prior board experience working on the St Andrew's School Board Risk Management Committee, Kathryn understand the commitment required of a volunteer board member. The skills Kathryn brings to the Triathlon SA board include a strong understanding of governance requirements including finance and budgeting, with specific experience in strategy and planning as well as experience with the sport from the perspective of a junior athlete.

### **Karen Ross**

Karen is an executive who has worked across a number of different industries including airlines, utilities, financial services and most recently joined Flinders Ports as Group General Manager People and Culture. In her career Karen has worked with many busy professionals who also place their mental and physical wellbeing as a priority. Karen is passionate about opening up triathlon as a sport to all, particularly women who may be looking for a challenge and lifestyle that complements a healthy approach to life. Karen herself took up triathlon later in life, starting with a goal of completing Cairns Ironman 70.3 in 2017, but without owning a bike or bathers. She started out in the sport training as an individual but very quickly learned the value of training with others after joining the Lakers Triathlon Club. She has gone on to compete in many more triathlons and hopes to continue to compete, while encouraging others to join her.

### **Annunziata Thompson**

Annunziata has a background in recreation management, including 11 years in the management team for the Tour Down Under. – the International Cycling event held in Adelaide. In this role she developed and implemented engagement strategies, strategic marketing plans, led teams and managed budgets. She has worked with local communities, State Government departments and international sporting representatives. She relishes the opportunity to sit on the board of Triathlon South Australia as a chance to help drive the direction of the sport and community into the future in a way that will see the solid foundation continue to develop and the people, clubs and state as a whole be the benchmark for the triathlon and multi-sport community in Australia

### **David Wells**

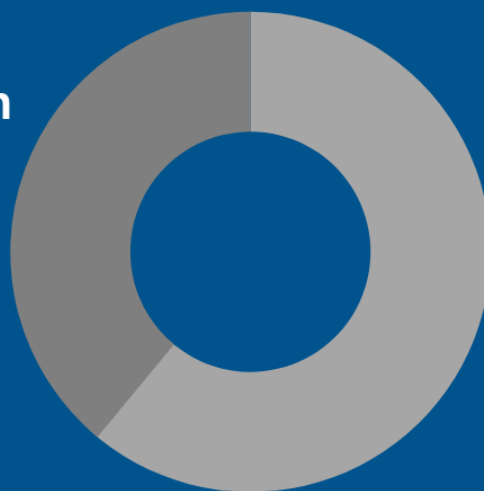
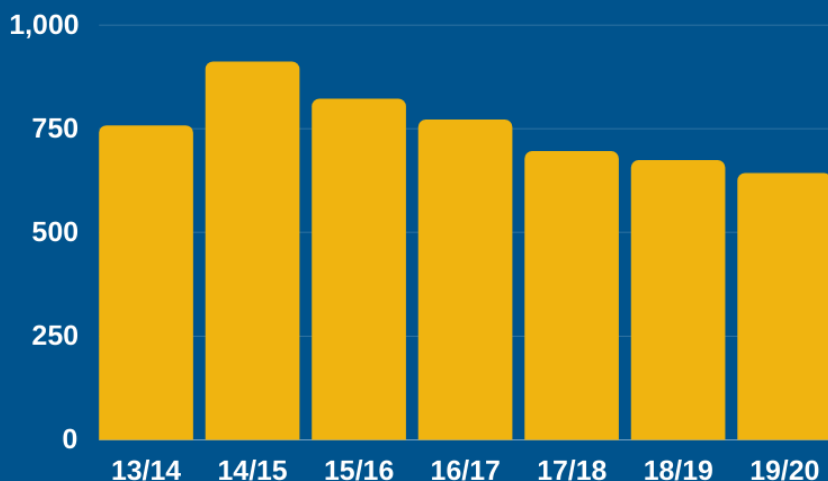
Dave Wells, 'Wellsy', is a legend of the sport of triathlon. David has competed at local, National and International Events over many years. His knowledge of triathlon, coaching, nutrition and injury prevention is matched by very few. David is an important contributor on the Triathlon SA Board.

# The **year** at a glance

**642**

women  
39%

## CLUB MEMBERS



Men  
61%



**12 CLUBS**



**500,000**  
INTERACTIONS



**FORTNIGHTLY EDM**  
**42% OPEN RATE**

**38**

**SANCTIONED**  
**EVENTS**

**5000+**

**EVENT AND PROGRAM**  
**PARTICIPANTS**



**ZWIFT**

**NATIONAL SERIES**  
**DURING COVID-19**

# DEVELOPMENT PROGRAM



The Triathlon South Australia Junior Development Program is, at its surface a program aimed at supporting the learning of essential skills required to progress with triathlon. The model aims to work in partnership with an athlete's core learning and training within their home coach or squad environment. With the resource demands placed on triathlon South Australia in events, we were blessed to have the passionate leadership support of clubs like Tempo Systems during the year.

Our program model at its heart is simple. Monthly programs focusing on skills and fun, while also providing a pathway for some athletes to race on the national stage as representatives of South Australia. Our association typically takes a team to the opening round of the National Junior Series in December, and then supports athletes and parents with the information required to choose their racing options for self-supported participation in the rest of the series. This program is not funded by any state, federal Government or national body sources and is 100% resourced via the registration fees of athletes.

Our Annual Development Camp was held this year during October at Westminster School, with 25 athletes and 5+ coaches spending 3 days training and solidifying friendships. This camp is a core component of our team's success as individual athletes become teammates that support each other across the season.

The Development Program also continued the "Southern Stars" affiliation with Triathlon South Australia joining Triathlon Victoria and Triathlon Tasmania during Round 1 of the National Youth and Junior Series at Runaway Bay QLD in December. In this alliance, athletes stayed with each other in the



athlete's village and the bond and relationships formed really grew the team mentality of the Southern Stars with all three states supporting, cheering and celebrating performances from all athletes.

Our team for this series of races, under the team management of Jason Delfos was

### **Round 1 Australian Youth and Junior Triathlon Championships**

#### **Runaway Bay QLD – December 12 to 15 2019**

Paige Cranage:	Junior Female
Sarah Wallace:	Junior Female
Phoebe Dickeson:	Junior Female
Charlotte Derbyshire:	Junior Female
Harry Snodgrass:	Junior Male
Ernie Brown:	Junior Male
Cooper Giles:	Junior Male
Brad Butler:	Youth Male
Alex Smith:	Youth Male
Sam Creighton:	Youth Male
Henry Pearce:	Youth Male

Round 2, scheduled for January in Canberra was cancelled due to bushfires, leaving Round 3 at the end of February as the only other option to race in the ITU format. The South Australian athletes that travelled benefitted from the coach leadership of Ross Young to post some outstanding results. The South Australian athletes were

### **Australian Youth and Junior Triathlon Championships**

#### **Devonport TAS – 29 February 2020**

Charlotte Derbyshire:	Junior Female
Paige Cranage:	Junior Female
Cooper Giles:	Junior Male
Ernie Brown:	Junior Male
Sam Creighton:	Youth Male
Brad Butler:	Youth Male
Henry Pearce:	Youth Male
Alex Smith:	Youth Male
Trent Wallace:	Elite Men
Team South Australia:	Mixed Team Relay

# AFFILIATED CLUBS

In 2019/20, South Australia had 12 affiliated Triathlon Clubs, listed below.



Unfortunately, during the year, two of our regional clubs either wound up their functions or reduced to a size that did not support affiliation, which were Pirie Ranges and Coomealla (Vic).

An area that continues to grow is the area of non-affiliated squads. As per Triathlon South Australia's constitution, to achieve affiliation an entity must be incorporated. At present South Australia has two growing training squads that affiliate in Victoria where squad affiliation is permitted.

# TECHNICAL REPORT

Our Technical Team is led by Darrin Rigby and backed up by David Wilkinson as our Sanctioning Officer. For the 2019/2020 season, we were once again privileged to have a small but very dedicated team of officials.

South Australian officials provided support at national events including but not limited to David Schutz, Peter Shortman, Silvia Schweininger and Peter Gray travelled to various events around the country supporting Ironman and ITU events, with Silvia finalising her RTO accreditation.

With a team of 6 female and 10 male Officials, we look to continue to grow our team with the aim 50/50 by 2022. We are grateful to Triathlon Australia and Triathlon South Australia for providing support to all officials through uniforms and development opportunities.





# STATE CHAMPIONS

	State Series Winner	
	Women	Men
<b>Open - 1st</b>	Hailey Mason	Patrick Goodwin
<b>Open - 2nd</b>	Sarah Short	Sam Tebeck
<b>Open - 3rd</b>	Paige Cranage	Ethan Wight
<b>19 - 24</b>	Danielle Walsh	Lachlan Ryan
<b>25 - 29</b>	Julie Ann Prica	Daniel Lean
<b>30 - 34</b>	Ali Douglas	Michael Quinn
<b>35 - 39</b>	Rhiannon Hughes	Adrian Uren
<b>40 - 44</b>	Sarah Crossman	Shane Farley
<b>45 - 49</b>	Tracy Muller & Danielle Sage	Michael Morris
<b>50 - 54</b>	Amanda Carne	Clayton Reeves
<b>55 - 59</b>	Shannon Asa	Christopher Short
<b>60 - 64</b>	Karen Bentley	Rodger Mangin
<b>65 - 69</b>	Stephanie McPharlin	Ian Berry
<b>70+</b>	Val Lambert	Peter Smith

	Duathlon Champion	
	Women	Men
<b>Open</b>	Hailey Mason	Sam Tebeck
<b>19 - 24</b>		Lachlan Ryan
<b>25 - 29</b>	Mikhayla Belkhiati	Scott Galletly
<b>30 - 34</b>	Natalie Cessford	Michael Frewin
<b>35 - 39</b>	MaBekker	Craig Wilson
<b>40 - 44</b>	Sarah Kuchel	Shane Farley
<b>45 - 49</b>	Sam Boag	Ben Creighton
<b>50 - 54</b>	Lyn Humphris	Darren Giersch
<b>55 - 59</b>	Karen Hood	Michael Hogben
<b>60 - 64</b>	Karen McConnell	Rodger Mangin
<b>65 - 69</b>	Stephanie Mcpharlin	Tony Tscharke
<b>70 - 74</b>		David Wells
<b>75+</b>		

	<b>Long Course State Champion</b>	
	<b>Women</b>	<b>Men</b>
<b>Open</b>	Hailey Mason	Sam Tebeck
<b>19 - 24</b>		
<b>25 - 29</b>	Brittany Blanco	
<b>30 - 34</b>	Natalie Cessford	Michael Quinn
<b>35 - 39</b>	Andreanna Humphrey	Thomas Doerfer
<b>40 - 44</b>	Emma Kilgour	Shane Farley
<b>45 - 49</b>		Simon Mulligan
<b>50 - 54</b>	Kathryn Goulding	Mark Raphael
<b>55 - 59</b>		Christopher Short
<b>60 - 64</b>		Rodger Mangin
<b>65 - 69</b>		Ray Schliebs
<b>70 - 74</b>		
<b>75+</b>		

	<b>Sprint State Champion</b>	
	<b>Women</b>	<b>Men</b>
<b>Open</b>	Chloe Lane	Steven McKenna
<b>19 - 24</b>	Lilly Towler	Pat Kitschke
<b>25 - 29</b>	Melissa Arnold	Daniel Lean
<b>30 - 34</b>	Ali Douglas	Michael Quinn
<b>35 - 39</b>	Rhiannon Hughes	Aaron Buchan
<b>40 - 44</b>	Sarah Kuchel	Shane Farley
<b>45 - 49</b>	Tracy Muller	Simon Mulligan
<b>50 - 54</b>	Amanda Carne	Clayton Reeves
<b>55 - 59</b>		Michael Hogben
<b>60 - 64</b>		Rodger Mangin
<b>65 - 69</b>	Andrena Moore	Ian Berry
<b>70 - 74</b>		David Wells
<b>75+</b>	Val Lambert	

	<b>Aquathlon State Champion</b>	
	<b>Women</b>	<b>Men</b>
<b>Open</b>	Chloe Lane	Steve McKenna
<b>19 - 24</b>	Danielle Walsh	Lachlan Ryan
<b>25 - 29</b>	Julie Ann Prica	
<b>30 - 34</b>	Yasmin Todd	Michael Quinn
<b>35 - 39</b>	Rhiannon Hughes	Aaron Buchan
<b>40 - 44</b>	Sarah Kuchel	Shane Farley
<b>45 - 49</b>	Tracy Muller	Paul Clarken
<b>50 - 54</b>	Amanda Carne	Clayton Reeves
<b>55 - 59</b>		Michael Hogben
<b>60 - 64</b>	Karen Mcpherson	Rodger Mangin
<b>65 - 69</b>	Andrena Moore	Ian Berry
<b>70 - 74</b>		John McPherson
<b>75+</b>	Val Lambert	

	<b>Olympic State Champion</b>	
	<b>Women</b>	<b>Men</b>
<b>Open</b>	Chloe Lane	Sam Tebeck
<b>19 - 24</b>		Michael Henley
<b>25 - 29</b>	Alyce Berry	Daniel Lean
<b>30 - 34</b>	Yasmin Todd	Michael Quinn
<b>35 - 39</b>	Rhiannon Hughes	Mat Fallon
<b>40 - 44</b>	Sarah Kuchel	Shane Farley
<b>45 - 49</b>	Danielle Sage	Paul Clarken
<b>50 - 54</b>	Kathryn Golding	Allan Thomas
<b>55 - 59</b>	Sal Humphris	Michael Hogbin
<b>60 - 64</b>	Mary Mitchell	Rodger Mangin
<b>65 - 69</b>	Andrena Moore	Ian Berry
<b>70 - 74</b>		
<b>75+</b>		



# PARTNERS AND SPONSORS



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