



THE UNIVERSITY OF
WESTERN AUSTRALIA
TRIATHLON CLUB

ANNUAL CLUB REPORT

Club Name: **UWA Triathlon Club**

Club Contact for enquiries:

Name **Miles Dracup** Telephone No: **0417 227 067**

Club Office Bearers

President: Miles Dracup

Vice President: Tessa Garside

Secretary: Laura Summerlin

Treasurer: Nick Murray

Sports Council Rep. James Lewin

Head Coach Grant Landers

Committee Members: Claire Badenhorst, Tony Davies, Edwin Goh, Russell Grieve, Brenden Koh, Liam Johnson, Adam O'Byrne, Simon Rate, Angela Spence,

Representative Selections by Members

Australian Triathlon Team for World Olympic Distance Championships in Gold Coast, September 2009: Felicity Sheedy-Ryan (**elite**), Tessa Garside (20-24), Katrina Burnett (25-29), Liz Sinclair (40-44), James Lewin (16-19), Nick Murray (20-24)

Australian Triathlon Team for World Sprint Distance Championships in Gold Coast, September 2009: Ella Trimboli (16-19), Adele Richards (16-19), Steve Gleeson (20-24), Matt Blackwell (35-39), Miles Dracup (50-54)

Australian Triathlon Team for World Long Course Championships in Perth, October 2009: Tessa Garside, Nat Sumner, Anna Aurik, Liz Sinclair, Sarah Thompson, Nick Murray, Alex Larson, Adam O'Byrne, Simon Rate, Jeremy Hanrahan, Jeremy Millar, Miles Dracup, John Nolan

WA State Schools Triathlon Team for National Schools Triathlon Championship in Tasmania: Sam Lade, Craig Scott, Matthew Storer, Ella Trimboli, James Dracup, Douglas Proctor.

State Junior Team – Triathlon Excellence Program: James Lewin & Brad Brown

1. Australian Universities Championships / Games Results

Individuals entered

James Lewin	1 st Place, Australian University Triathlon Championship , Mooloolaba, 2009
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**Australian Universities Games –
most of the members of the winning university cycling team**

James Lewin	Cycling (captain) (8 th time trial)
Tessa Garside	Cycling (6 th road race, 1 st pairs time trial)
Claire Badenhorst	Cycling (3 rd pairs time trial, 7 th time trial, 8 th road race, criterium)
Bec Dracup	Cycling (3 rd pairs time trial, 5 th road race, 6 th time trial, criterium)

2. State Inter-University Results

Individuals entered

Tertiary Sports WA Aquathlon 12th March 2009, hosted by UWA Triathlon Club

James Lewin 1st, Ben Tay 3rd male, Brenden Koh (Curtin)
Jade Turner 2nd female, Pru Butler 3rd female (NDU), Claire Badenhorst, Angela Spence

No. of Competitors: 7

3. Success in Championships

Championships	Placing		
State Triathlon Interclub Championships (Dec 08)	1 st President's Trophy (highest average placing per competitor – i.e. per capita interclub champion)		
State Sprint Distance Championship (Dec 08)	Jeremy Drake	3rd	(open male)
	Katrina Mercer	1st	(open female)
	Ella Trimboli	3rd	(16-19 female)
	Lames Lewin	1st	(16-19 male)
	Douglas Proctor	2 nd	(16-19 male)
	Matthew Blackwell	2nd	(35-39 male)
	Adele Richards	1st	(16-19 female)
State Olympic Distance Championship (Feb 08)	Mike Tarca	3rd	(55-59 male)
	Tessa Garside	3rd	(20-24 female)
	Katrina Mercer	1st	(25-29 female)
	Adele Richards	2nd	(16-19 female)
State Long Course Championship (May 08)	Nick Murray	3rd	(20-24 male)
	Adam O'Byrne	1 st	(25-29 male)
State Aquathlon Championship (Jan 08)	Simon Rate	3 rd	(25-29 male)
	Jeremy Drake	1 st	(open male)
	Felicity Sheedy-Ryan	1 st	(open female)
	Doug Proctor	2 nd	(16-19 male)
	Adele Richards	1 st	(16-19 female)
	Nat Sumner	2 nd	(25-29 female)
	Miles Dracup	2 nd	(45-49 male)

State Schools Championship (Nov 08)	Sam Lade	1 st	(12-13 male)
	Ella Trimboli	2 nd	(14-15 female)
	Matt Storer	1 st	(14-15 male)
	Craig Scott	3 rd	(14-15 male)
	Adele Richards	2 nd	(16-17 female)
	Brad Brown	2 nd	(16-17 male)
	Doug Proctor	3 rd	(16-17 male)
National Triathlon Series Races	James Lewin	2 nd	(16-19 male) Mooloolaba
National Championships	Felicity Sheedy-Ryan	2 nd	Olympic Distance (Perth) Elite
	Katrina Mercer	1 st	Olympic Distance (Perth) 25-29
	Matthew Blackwell	3 rd	Sprint (Forster) 35-39
	Nick Murray	3 rd	Long Course (NSW) 20-24
	Matt Storer	2 nd	Secondary Schools (Tas) senior
	Liz Sinclair	2 nd	Duathlon (Canberra) 40-44
World Championships	<u>Sprint distance (Gold Coast, September 2009)</u>		
	Ella Trimboli	15 th	(16-19 female)
	Adele Richards	25 th	(16-19 female)
	Steve Gleeson	20 th	(20-24 male)
	Matt Blackwell	11 th	(35-39 male)
	Miles Dracup	14 th	(50-54 male)
	<u>Olympic distance (Gold Coast, September 2009)</u>		
	Felicity Sheedy-Ryan	20 th	(elite female)
	Katrina Mercer	8 th	(25-29 female)
	Liz Sinclair	40 th	(40-44 female)
	James Lewin	2 nd	(18-19 male)
	Nick Murray	25 th	(20-24 male)
	<u>Long distance (Perth, 25th October)</u>		
	Nat Sumner	36 th	(25-29 female)
Anna Aurik (NZ)	11 th	(20-24 female)	
Liz Sinclair	24 th	(35-39 female)	
Sarah Thompson	34 th	(30-34 female)	
Nick Murray	4 th	(20-24 male)	
Alex Larson	44 th	(25-29 male)	
Adam O'Byrne	13 th	(25-29 male)	
Simon Rate	37 th	(25-29 male)	
Jeremy Hanrahan	51 st	(30-34 male)	
Jeremy Millar	43 rd	(35-39 male)	
Miles Dracup	23 rd	(50-54 male)	
John Nolan	47 th	(50-54 male)	
State Triathlete of the Year	Ella Trimboli	1 st	(U/16 female)
	Adele Richards	1 st	(16-19 female)
	Sam Lade	1 st	(U/14 male)
	Andy Lewin	2 nd	(U/16 male (short))
	Justin Ghosh	3 rd	(U/16 male (short))
	Matt Storer	1 st	(U/16 male)
	Craig Scott	2 nd	(U/16 male)
	James Lewin	1 st	(16-19 male)
	Doug Proctor	3 rd	(16-19 male)
	Adam O'Byrne	2 nd	(25-29 male)
	Mike Tarca	2 nd	(55-59 male)

4. Summary.

The Club has had the most successful season of its 20 year history, with many national medals and representatives, and medals at international races. Also, for the first time, one of our members represented Australia as an open elite athlete. Locally we had many places at State Championships and the Triathlete of The Year awards and we won the State Interclub Championship for the 4th consecutive year. Following a sustained effort, membership was up 20% and we consolidated our new structured coaching program, which is arguably the state benchmark.

Highlights in 2008 / 09.

- State Triathlon Club Champion for 4th consecutive year
- 19 **National Representatives**, of which 4 were selected in two of the Sprint, Olympic or Long Distance Australian teams - **25% of club members represented Australia in 2009!** And in the two completed championships, 7 of 10 of our competitors came inside the top 20.
- 6 places in **National Championships**, with over 30% of club members competing interstate in 2009.
- 27 places in **State Championships**, involving 20 different members (27% of club).
- 11 places in the State Triathlete of the Year Awards.
- **UWA Awards:** Full Blues (Liam Johnson, Luana Main, Tessa Garside); Half Blue (James Lewin); Club Service (Angela Spence); Sports Scholarships (James Lewin, Tessa Garside, Liam Johnson); Coach of the Year (Grant Landers)
- **Coaching Awards:** Grant Landers – UWA coach of the year 2008, nominated for WA Coach of the Year 2008 & 2009, Finalist for Australian Universities Coach of the Year 2008/2009, Department of Sport and Recreation High performance coaching scholarship 2009/2010.
- Felicity Sheedy-Ryan represented Australia as 1 of 3 women in the **Open Elite World Championships**. This followed a successful season racing with a French team in Europe and places in ITU World Cup races in Hungary (3rd) and Ireland (1st). James Lewin placed 2nd in the **World Olympic Distance Championships** for his age group.
- 4 competitors in cycling, swimming, running at **University Games** (winning gold and bronze) and 1 competitor at **University Triathlon Championship** (winning gold)
- **Club champions:** U/16 (Ella Trimboli, Matt Storer); 16-19 (Doug Proctor); 20-39 (Anna Aurik, Adam O’Byrne); 40+ (Miles Dracup); Open (Felicity Sheedy-Ryan, Nick Murray).
- **Club Trophy winners:** Most improved (Felicity Sheedy-Ryan, Anna Aurik, Adam O’Byrne); Most improved junior (Ella Trimboli, Matt Storer); Most valuable club person (Laura Summerlin); Life membership (Scott Thompson).
- Membership: 75, which is a **20% increase on previous year.**

Major Developments in 2008 / 09

- Very successful four day residential training camp held in July, run by Grant Landers and Sarah Ward, covering cycling, running, core strength, skills, theory, social networking and fun; attended by 20 members.
- Continued to be the local benchmark triathlon coaching programme, delivered through UniSwim. Consolidated the new structure and new coaches (Andrew Govus and Sarah Ward) headed by Grant Landers and introduced last year, which caters for TryStars (primary), Teenagers, Age-Group and Development athletes.
- Membership increase by 20% following a focus on boosting membership, with many new faces, particularly from the University community.
- Hosted the Tertiary Sports WA Aquathlon –12th March 2009, UWA, ECU, NDU and Curtin represented
- Redesigned and revised club website including consolidation of club histories and electronic honour boards.
- Extended club uniform range, introducing distinctive visors, hoodies and cycling kit, contributing to increased club profile and awareness.
- Consolidated monthly group rides and aquathlons, geared to improving specific skills and developing social networks through the club.

Club Photo



UWA Triathlon Club - State Champion Triathlon Club again – 2005, 2006, 2007, 2008