

uwa triathlon club

Dear Parents,

Please be advised that during the holidays, Tuesday running training is moving temporarily to King's Park to accommodate a period of hill training into the running program. The dates affected are:

- 22/12/2009
- 29/12/2009
- 05/01/2010
- 12/01/2010

During this time, please meet for training at the foot of the hill leading up to the DNA tower on Lovekin Drive. Training start and end times are unaffected by this change.

Junior triathlon training officially recommences next term (Uniswim Term 1) on February 2nd with running training at McGilivray Oval. As the weather is usually very hot during the summer months, please ensure that athletes are sun smart and bring a water bottle, hat and sunscreen to every training session.

Looking ahead to 2010, there are a number of upcoming UWATC and Triathlon WA events.

UWA Events:

Aquathons & Club Ride – First Thursday (Aquathon) and Saturday (Club ride) of every month. Aquathon dates for term 1 are:

- 04/02/2010
- 04/03/2010
- 01/04/2010

Mini-Triathlons – There are two mini-triathlons scheduled for term 1 on the following dates:

- 27/02/2009
- 27/03/2009

Triathlon WA Events:

January

- 08/01/2010 – State Aquathon Championships, State Series Race 4 (Enduro), Junior Race (12-13 yrs)
- 31/01/2010 – State Series Race 5 – State Olympic Distance Championships, Junior Series Race 2

February

- 07/02/2010 – Sanitarium Weetbix Triathlon (Langley Park, Perth)
- 14/02/2010 – City of Joondalup Hillarys Triathlon State Series Race 7, Junior Series Race 3
- 28/02/2010 – Women Triathlon (Hillarys), Albany Classic – State Series Race 8

March

- 14/03/2010 – Champion Lakes Triathlon (Champion Lakes) – State Series Race 9, Junior Series Race 4

April

- 11/04/2010 – City of Joondalup Hillarys Triathlon – State Series Race 10, Junior Series Race 5

Junior athletes encouraged to attend these events as they provide them with an opportunity to develop practice skills learnt during training in a competitive environment.

Should you have any questions regarding training, please call me on 0417094922, email me at roadrunnerwauk@hotmail.com, or check the UWATC website, www.uwatriathlonclub.com/2009. Lastly, I would like to wish everyone a Merry Christmas and the best of luck in 2010.

Regards,

Andrew Govus