



ANNUAL CLUB REPORT

Club Name: **UWA Triathlon Club**

Club Contact for enquiries:

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Club Office Bearers – Officials

President:	Miles Dracup	* If any changes occurred during the year please state both persons
Vice President:	Tessa Garside	
Secretary:	Laura Summerlin (previously Anna Aurik)	
Treasurer:	Nick Murray (previously Anna Jasper)	
Sports Council Rep.	James Lewin (previously Tessa Garside)	
Head Coach/s	Grant Landers	
Committee Members:	Michael Coote, Tony Davies, Angela Spence, Brenden Koh, Liam Johnson, Cyrus Hands, Anna Aurik	

Representative Selections by Members

Australian representation at elite level

Felicity Sheedy-Ryan: World cup, Austria; ITU Continental Cup, Ireland (3rd)

Jeremy Drake: ITU Continental Cup, Ireland

Olympic Games in Beijing: Chris Felgate (representing Zimbabwe)

Australian Triathlon Team for World Olympic Distance Championships in Canada (June 2008):

Tessa Garside, Katrina Burnett, Claire Goldsmith, Luana Main, Cyrus Hands, Liam Johnson, Stuart Denton

WA State Schools Triathlon Team for National Schools Triathlon Championship in Tasmania:

Sam Lade, Trent Derecourt, Ella Trimboli, Anna Williams, Joey Coote, Brad Brown.

WA State Team for National ITU Junior Sprint Championships, Hobart, Tasmania

James Lewin and Brad Brown.

1. **Australian Universities Games/Championships Results/s**

Teams entered	Won	Lost	Drawn	Premiership Points	Position on Premiership table
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N/A

No. of Competitors: N/A

(James Lewin competed in 4 cycling events and 2 running events (Oct 2008) (no triathlon))

2. **State Inter-University Result/s**

Teams entered	Won	Lost	Drawn	Premiership Points	Position on Premiership table
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N/A

No. of Competitors: N/A

3. **Success in Championships**

Championships	Placing
State Triathlon Interclub Championships (Dec 07)	1 st President's Trophy (highest average placing per competitor – i.e. highest performing club)
State Sprint Distance Championship (Dec 07)	Felicity Sheedy-Ryan (1 st open) Tessa Garside (1 st 16-19 yrs) Laura Summerlin (2 nd 20-24 yrs) Jo Fisher (2 nd 25-29yrs) Daniel Hepburn (3 rd 20-24 yrs) Jeremy Drake (3 rd open)
State Olympic Distance Championship (Feb 08)	Tessa Garside (1 st 16-19 yrs) Anna Aurik (2 nd 20-24 yrs) Belinda Brooks (2 nd 30-34 yrs) Mike Tarca (2 nd 55-59 yrs) Claire Goldsmith (1 st 25-29 yrs) Katrina Burnett (2 nd 25-29 yrs), Liam Johnson (1 st 25-29 yrs)

State Long Course Championship (May 08)	Anna Aurik (3 rd 20-24 yrs) Jo Fisher (2 nd 25-29 yrs) Claire Goldsmith (1 st Open) Belinda Brooks (2 nd Open) Michael King (1 st 20-24 yrs) Alex Larson (3 rd 25-29 yrs)
State Aquathlon Championship (Jan 08)	Felicity Sheedy-Ryan (1 st open) Jeremy Drake (3 rd open) Russell Grieve (2 nd 40-44 yrs) Anna Williams (2 nd 14-15 yrs)
State Schools Championship (Nov 07)	Anna Williams (3 rd 14-15 yrs) Sam Lade (2 nd 12-13 yrs) Trent Derecourt (1 st 12-13 yrs) Brad Brown (2 nd 14-15 yrs) Adelle Richards (3 rd >16 yrs)
State Duathlon Championship (Oct 07)	Allistair Henderson (2 nd Jnr) Matt Storer (3 rd Jnr)
National Triathlon Series Races	Katrina Burnett (1 st 25-29 yrs, Mooloolaba, Qld) Claire Goldsmith (1 st 20-25 yrs (and 1 st overall female, St Kilda, Vic) Nick Murray (3 rd 20-24 yrs, Nowra, NSW)
National Sprint Distance Championship	Felicity Sheedy-Ryan (1 st Under 23)
National Olympic Distance Championship	Felicity Sheedy-Ryan (2 nd Under 23) Tessa Garside (2 nd 16-19 yrs) Mike Tarca (3 rd 55-59 yrs) Claire Goldsmith (1 st 25-29 yrs) Katrina Burnett (2 nd 25-29 yrs)
Oceania Olympic Distance Championships	Felicity Sheedy-Ryan (1 st Under 23, Wellington, NZ)

International Events

Claire Goldsmith (2nd open female, Wasa Lakes British
Columbia, Canada)
Tessa Garside (12th 20-24 yrs)
Katrina Burnett (5th 25-29 yrs)
Claire Goldsmith (38th 25-29 yrs)
Luana Main (84th 25-29 yrs)
Cyrus Hands (14th 20-24 yrs)
Stuart Denton ?

State Triathlete of the Year

Tessa Garside (2nd 16-19yrs)
Laura Summerlin (3rd 20-24)
Joanna Fisher (2nd 25-29yrs)
Felicity Sheedy-Ryan (1st open)
Claire Goldsmith (2nd open)
Katrina Burnett (3rd open)
Samual Lade (1st under 14)
Matthew Storer (3rd under 16)
Mike Tarca (3rd 55-59)

4. Summary (For the UWA Sports Annual Report).

1. Highlights in 2007 and 2008.

- State Champion Triathlon Club for 3rd year running
- International representatives: 1 at Olympic games, 1 at World Cup, 2 at Continental Cup, 7 at World Age Group Olympic distance championships.
- National Championships placings: 3
- National Triathlon Series placings: 3
- International Championship placings: 2
- State Championship placings: 30
- State Triathlete of the Year placings: 9 (including 1st, 2nd and 3rd in open women)
- Ironman finishers: 4
- UWA Awards: Half blue (Nick Murray), club service (Luana Main), sports scholarship (James Lewin)
- Four athletes competing internationally with French clubs during our winter (Felicity Sheedy-Ryan, Jeremy Drake, Paul Laver and Chris Felgate)
- Membership: 63

University of WA Triathlon Club - Trophy winners 2007/2008 season		
Age Group	Female Club Champion	Male Club Champion
U/16	Anna Williams	Matthew Storer
16-19	Tessa Garside	James Lewin
20-39	Laura Summerlin	Greg Juracich
40+	Emmy Poulsen	Michael Coote
Open	Felicity Sheedy Ryan	Jeremy Drake
Most Improved	Laura Summerlin	Greg Juracich
Most Improved Junior	-	Joey Coote
Most Valuable Club person	Angela Spence	-

- Revitalised web site
- Club 15th Anniversary celebration in April 2008
- Extended club clothing range
- Club awards night in May 2008
- Online banking established
- Received \$1,300 Healthways sponsorship (for nutrition seminar, club marquee, bike helmets, safety vests for marshalling, hats, first aid kit)
- Provided a number of marshals to the BRW triathlon to raise funds for the club.
- A number of new members
- Continued local benchmark coaching programme delivered through UniSwim

2. Major Developments in 2008 and 2009

- **Coaching:** UWA triathlon club has seen a major change in the coaching structure in 2008 with the introduction of a development squad and the appointment of 2 new coaches to cater for age group triathletes, while maintaining the junior program.
- **UWA Triathlon Development Squad,** focused on assisting promising athletes achieve international excellence. Coached, through UniSwim, by Grant Landers. This is an invitational squad for up to 12 UWA triathletes who must achieve age related qualifying times. Athletes train up to 4 hours a day 6 days a week.
- **Age Group Squad:** appointment, through UniSwim, of Sarah Ward as swimming coach and Andrew Govus as running and cycling coach. Both have completed level 1 triathlon coaching course. The squad aims to help members achieve their own goals through training that caters for all abilities and from 15 years upwards.
- **Club aquathon:** once an integral part of the training and social calendar, UWA triathlon club is again hosting monthly aquathons for all members – junior, age group and development squad.
- **Monthly social ride:** aimed at developing Junior/beginner group cycling skills and strengthening social networks
- **Membership base:** A major task for season 2008/09 is to grow the club's membership. An enhanced web site, the distribution of flyers promoting the clubs, media promotion, club clothing, club social activities and events will raise the profile and awareness of the club as we continue to strive to build on our membership base.

3. Club Photo



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