



THE UNIVERSITY OF WESTERN AUSTRALIA TRIATHLON CLUB

The University of WA Triathlon Club

Life at the Club in 2008

Miles Dracup

The Club is continuing to go from strength to strength. Winning the State Interclub Championship 3 years in row now shows the strength and depth in the club, which is due, in no small part, to our coach, Grant Landers.

- Last season, our members took out 11 Triathlete of the Year places, we had 34 places in state championships, 3 at national championships, 12 members competed in international championships, and 8 members finished ironman races. We also have 8 members preparing for this year's Olympic world championships in Vancouver and one member selected to represent Zimbabwe at the olympics. Nick Murray also won a half blue in triathlon from UWA.
- We were also active in other areas of the sport, with high performance scholarships from the Department of Sport and Recreation awarded to Grant Landers for coaching and to Jeremy Hanrahan for officiating, and Jane McCulloch chaired the TWA technical officials committee. Jane McCulloch and Anna Jasper have also been on the executive of UWA Sports Council for several years recently. Also, Luana Main received a Club Service Award from UWA.
- It's the spirit that is so important and really defines a club, and we are not short of that either. Highlights of the past year or so have been:
 - Luana Main was instrumental in us launching a revitalised and distinctive club kit, consisting of trisuit, jersey, and polo shirt, with the latter going to every club member and making a real impact at this season's club championships.
 - Scott Thompson and Nadine O'Connor organised a wine fund raiser that put the club in a financially very healthy position, and then a number of members helped with marshalling at the Weet-Bix and BRW triathlons of augment our kitty. Scott deserves special thanks for the legacy he has left the club with after many years of valued service to the club.
 - Kelly Exeter-Mouttet very kindly managed our web site for a few years, even after retiring from triathlon. Angela Spence took it over this year and has been putting a lot of energy into it, like some many of the other things she has been doing around the club. She should probably be studying design rather than human movement, since she has also taken key roles in producing club flyers, powerpoints, helping with club uniform design, the orientation day stall, Healthways sponsorship, sports nutrition seminar, the anniversary and end of year wind up.
 - Breakfasts at the Shewsbury's after rides down the freeway or swims off Floreat, and after Friday swimming at Delish in Floreat. There are also countless informally arranged social events focused around members and training, such as birthday parties, and mandatory coffees after bike rides.
 - New blood coming into the club, particularly this year through increased publicity efforts including the website, noticeboards and media, coordinated by Tess Garside. Continual attention to attracting new members and retaining old members is important to sustaining the club, which now has a membership of about 90.

Our association with UniSwim for provision of coaching has bedded down well under Grant Landers, with structured programs that include TryStars, Teenagers, Age Gropers and a Development Squad. Our main training sessions are swimming on Monday, Wednesday and Friday mornings at Challenge, running which is now on Tuesday evenings at McGilvray, and spinning on Wednesday evenings at UWA. The Saturday club



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ride continues, still from the Rec Centre at 7.30, but reinvented, with a social focus on the first Saturday of each month, particularly to encourage new and younger members with coffee and muffins at Daisies in Cottesloe, and rides on intervening Saturdays being ad-hoc.

I found myself as president of this club after unsuspectingly attending last year's AGM. The surprise was softened by election at the same time of a great committee which has helped to keep the club moving along on the base created in the last 15 years. Grant, as coach, has also played a major roll, and is a tribute to the synergism I believe we are achieving between the Club and Uniswim.

One of the special things about the club is the wide range of ages, including families, which I believe adds a lot to the club experience. For example, I really cherish being able to share training, competition and social events with my children through the club. I also believe the club provides healthy role models for children, healthy camaraderie for all, and keeps us older members a bit younger and hopefully connected. Hopefully we can all continue to build this club, and it would be great to see some of our ex-members coming back, even if it is just for a social Saturday ride.