



# the State of Tri

Newsletter January 2012



## welcome

Happy New Year! We hope you and your family had a wonderful Christmas and are now starting to enjoy this wonderful (touch wood) summer that we are having here in Tasmania. Triathlon season is well underway and was kicked off in great fashion at Seven Mile Beach recently with around 200 participants and then continued on at Latrobe for race 2 as part of the Henley on the Mersey festival. There are many opportunities for people to participate in triathlon over this summer. If not as an individual, then perhaps as a team. Congratulations to every one who has participated in a race so far this year, whether it be your first time or you just keep coming back for more. We look forward to seeing you over the coming months, hopefully in the sunshine!

## Rocket Science Sports 2012 Tasmanian Triathlon Series Race 1, Seven Mile Beach, 15 January

Beautiful, clear skies greeted a field of approximately 150 adults and 50 children for Race 1 of the Rocket Science Sports Tasmanian Triathlon Series at Seven Mile Beach on the weekend. The race also incorporated the Tasmanian Sprint Triathlon Championships with valuable points on offer towards qualification for the 2012 Australian Sprint Triathlon Team. The men's race was fast and furious with Launceston's Jonathon Butler leading out of the swim. It was not until the bike leg where season's series winner, James Hodge, asserted his dominance and took over the lead. In the end, James won from Hobart's Hayden Armstrong and Launceston's Clinton Pentland.

In the women's race it was a Launceston trifecta with Hollie Claridge winning in convincing fashion from newcomer Kate Pedley with Melissa Clark in third.

Millie Chapman was first junior female across the line with Jonathon Butler the first junior male across the line.

## Rocket Science Sports 2012 Tasmanian Triathlon Series – Race 2, Latrobe, 26 January

The Henley on the Mersey festival was the backdrop for race 2 of the Rocket Science Sports Tasmanian Triathlon Series today. The event which was hosted by the Cradle Coast Triathlon and Multisport club has enjoyed a strong partnership with the Henley on the Mersey committee and has proven to be a popular part of the festival.

Launceston's James Hodge lead from start to finish to again win in convincing fashion. Launceston's Scott Schlig crossed the line in second place from Dylan Hill in third.

In the women's race it was again a race between the Launceston girls with Kate Pedley taking out the race from Hollie Claridge and Melissa Clark in third.

Hobart's Grace Rowe-Smith and Devonport's Fraser Lyon were the first juniors across the line.

Racing started early with the Trystars events for 7 – 9 year olds and 10 – 13 year olds and again this proved popular with juniors competing on the same course as the senior competitors.

## and coming up in February....

### Rocket Science Sports 2012 Tasmanian Triathlon Series – Race 3, Beauty Point, 5 February

With the first two races in the State Series having been run and won, we now turn our attention to Race 3 in the State Series, the WHK Financial Planning Sprint Triathlon which is on this Sunday, 5 February at Beauty Point. The race will feature \$1,000 in cash prizes and over \$2,000 in spot prizes.

On line entry is available for the Novice and Sprint Triathlons and closes at 12 noon on Saturday 4 February. On-day race entry will be available from 7.15am closing at 8.45am sharp – an additional \$10 late entry fee applies if you enter on the day (other than for Trystars). Registration and body marking opens at 7.15am and closes at 8.30am for Trystars and at 8.45am for Novice and Sprint entrants.

For race details and entry go to [www.launcestontriclub.com](http://www.launcestontriclub.com)

### Rocket Science Sports 2012 Tasmanian Triathlon Series – Race 4, Coles Bay, Saturday 18 February

Race 4 in the State Series is the Tasmanian Long Course Championship – the RBS Morgan Coles Bay 100 Triathlon. Entries are filling fast for the race, which has a field limitation. The race is quickly establishing a reputation as a must do event for long course triathletes and there has already been a lot of interest from mainland competitors.

The event also includes a Sprint Triathlon as an alternative for those who do not want to do the long course race.

All entries for the race must be received by 8.00pm on the 10 February 2012 unless sold out earlier. Entries received after this time will only be accepted by emailing [info@colesbay100.com](mailto:info@colesbay100.com) up until 6pm 15 February and accompanied by a \$50.00 late entry fee. No entries will be accepted after 6pm 15 February 2012.

If you have anything you would like to contribute to a future newsletter, please feel free to email [triathlon-tasmania@gmail.com](mailto:triathlon-tasmania@gmail.com)

## Coaching Course Update

This is for those of you who have expressed interest in participating in a coaching course this year. As everyone is probably already aware, the 2012 triathlon calendar is packed and to find a weekend which would suit everyone to undertake their course is proving to be quite difficult.

With this in mind, our coaching coordinator, Christian Farley, has been working on a model where a portion of the coaching course will be undertaken on line which will reduce the number of contact hours to consisting of face to face assessments.

At this stage, we are looking for this to happen sometime in April and May once the bustle of Triathlon season is over for the year.

## The Up and Comers

This month we spoke to Launceston's Millie Chapman. Millie has had two great races to start the 2012 Rocket Science Sports Tasmanian Triathlon Series and is looking forward to the rest of the series.

1. How did you get into Triathlon?  
Through meeting Dave Herbig while working at Aromas
2. What has been your best result so far?  
Winning the Aquathon this year and also competing in all school race in Queensland last year
3. Why do you like triathlon?  
You can train for three different sports and it's good for cross training
4. What are your goals for this season?  
To improve my bike leg
5. What are your favourite activities away from triathlon?  
Catching up with friends and shopping
6. What are your favourite foods and meals?  
Pasta and bananas
7. What is your favourite drink?  
Any sort of smoothie
8. What is your favourite movie?  
Burlesque
9. What is your favourite song?  
Florence and the machine – Shake it off
10. If you had a crystal ball, where would you like to be in 5 years time?  
I would like to have finished my pharmacy degree and be working towards competing in long distance triathlons

# Ironman Pacing and Its Impact on Performance

## PART ONE

You have done the training and followed your program to the letter, but do you have a race strategy? Not merely in your mind, but one that you have taken the time to consider, analyse, and write down.

Similar to goal setting, it is important for you to put your race strategy to paper. You have performed countless hours of training in preparation for this day, so why not take the time to plan your Ironman day?

An Ironman pacing strategy can be defined as the division of work or energy expenditure occurring throughout the Ironman event.

Implementing a correct Pacing Strategy leads to Optimal Performance, but what pace is optimal for you? An even distribution of work or energy throughout Ironman would generally be considered to be optimal.

However, there is a practical theory and approach that is based around value for effort (energy expenditure), which determines how hard to push for each leg:

- In the water the resistance is greatest and a big increase in effort will yield small time gains.
- On the bike the resistance is less than moving through water and a big increase in effort will yield moderate time gains
- During the run external resistance is at its lowest and every heart beat of additional effort is converted into a significant time gain.

The theory suggests that in a well-paced Ironman it is fundamental to ride the bike so that you can access your running fitness, i.e. run to your potential. If you are really suffering on the run then you will lose a lot of time, more than you ever gained on the bike.

So if we look at the following formula we can begin to develop our Pacing Strategy.

Swim Velocity + Bike Velocity + Run Velocity = Ironman Performance

We can also analyse Ironman performance in relation to time taken to complete each leg. As an average percentage of Overall Time (OaT) from all athletes competing in Ironman Australia 2007 the formula looks like this:

Swim (9% OaT) + Bike (52%OaT) + Run (39% OaT) = Ironman Performance (100%)

As an average the swim is 9% of OaT, the bike 52% of OaT and the Run 38% of OaT. These averages held for Ironman Australia in both 2006 and 2007, with a marginal change for Ironman Western Australia 2007, 10% (Swim OaT), 51% (Bike OaT) and 39% (Run OaT).

The following table summarises the breakdown of Ironman time for each leg as a percentage of OaT if you were to pace your race inline with the analysis of "average" percentage.

	Avg. % OaT	10 Hr IM	12 ½ Hr IM	14 Hr IM
Swim	9%	0:54:00	1:07:30	1:15:36
Bike	52%	5:12:00	6:30:00	7:16:48
Run	39%	3:54:00	4:52:30	5:27:36
Overall Time (OaT)	100%	10:00:00	12:30:00	14:00:00

Next month we will look at two athletes, Barry Black and Rodney Red. Both of these athletes competed in Ironman Australia in 2007, they were in the same age group, and even come from the same state. I should declare that I do not know the background of these athletes, nor problems they may have had during the race. However they act as a demonstration of how a proper pacing strategy leads to improved performance.

by Christian Farley  
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## PUB 2 CLUB

### Devonport 2km Ocean Swim

11 February, 4.30pm

Elimatta Hotel to Bluff Beach

\$3,000 Cash & Prizes  
Juniors, Open & Masters Events  
500m & 1000m races  
@ The Bluff from 3pm

Entry Fee: 2km swim \$20, all other events \$15

TOTAL PERFORMANCE SPORTS

SICC 98 SILVER

Generated by the Devonport 2km Ocean Swim Club in conjunction with the Launceston Swimming Club

# what's on

## Triathlon Tasmania Inc. State Series 2011/2012

Race No.	DATE	RACE	DISTANCE	FURTHER INFORMATION
1	15 Jan 2012	Seven Mile Beach Triathlon	750/20/5	<a href="http://www.triathlonsouth.com.au/">www.triathlonsouth.com.au/</a>
2	26 Jan 2012	Henley on the Mersey Sprint Tri	400/16/4	<a href="http://cradlecoasttm.blogspot.com">cradlecoasttm.blogspot.com</a>
3	5 Feb 2012	Beauty Point Triathlon	750/20/5	<a href="http://www.launcestontriclub.com">www.launcestontriclub.com</a>
4	18 Feb 2012	Coles Bay 100	2000/80/18	<a href="http://colesbaytri.blogspot.com/">colesbaytri.blogspot.com/</a>
5	10 Mar 2012	Devonport Triathlon	1500/40/10	<a href="http://www.devonporttriathlon.com.au/">www.devonporttriathlon.com.au/</a>

## triathlon south series 2011/2012

DATE	RACE	DISTANCE
13/11/11	Tarmac Duathlon - Rokeby Police Academy	
tbc/11/11	Triathlon Secondary Schools - Bellerive	
tbc/11/11	Triathlon Primary Schools - Bellerive	
27/11/11	Triathlon Series #1,	300/10/3 & 750/20/5
07/12/11	Twilight Triathlon	300/12/3
17 or 18/12/11	Multisport – Roches Beach	
04/01/12	Twilight Triathlon	300/12/3
15/01/12	Triathlon Series #2 State Series,	300/10/3 & 750/20/5
21/01/12	Triathlon X - MTB Tri – Roches Beach	
26/02/12	Triathlon Series #3,	300/10/3 & 750/20/5
14/03/12	Twilight Triathlon	300/12/3
tbc/03/12	Genesis Triathlon & Enduro	
25/03/12	Triathlon Series #4 Olympic	300/10/3 & 750/20/5 & 1500/40/10
01/04/12	Triathlon Series #5 Handicap	400/16/4

## launceston triathlon club series 2011/2012

DATE	RACE	DISTANCE
3/12/2011	Aquathon (State Aquathon Championships)	
11/12/2011	Triathlon	Sprint
2/01/2012	Triathlon	Sprint & Olympic
5/02/2012	Triathlon	Sprint
18/02/2012	Triathlon	Sprint & Long Course
4/03/2012	Triathlon	Sprint
25/03/2012	Triathlon	Enduro Sprint

## cradle coast triathlon and multisport series 2011/2012

DATE	RACE	DISTANCE
6/11/2011	Duathlon	2km/10km/2km
27/11/2011	Duathlon	2km/10km/2km
26/01/2012	Triathlon (State Series)	400m/16km/4km
12/02/2012	Triathlon	TBA
9/03/2012	Triathlon (Schools Triathlon)	TBA
10/03/2012	Triathlon (State Series) (State Olympic Championships)	Olympic

