



# Triking's Newsletter



Volume 1, Issue 1

May 2015

## End of Season Function

The date for this year's end of season function has been confirmed as Sunday 21st of June. With such a great response to the end of year Christmas BBQ it has been decided that this year's function will be a more family orientated event and the club will move away from the Mawson Lakes venue and will be held at Burton House community centre.

This year's function is **free** to all members and their family, with food and soft drinks provided. For those of you who like your drinks a bit harder the venue will be BYO Beer wine and spirits.

### Annual General Meeting

As part of the end of year function the AGM will be held during the event. This will be a great opportunity for any members who would like to have a greater say in the way the club is run. There are several committee positions that need to be filled as well as general committee member positions that are required to be filled. If you have any questions as to what is involved in being a committee member feel free to ask any of the past or current members. Remember, the more committee members we have the greater the input the club has as to how you want the club run.

\*\*\*\*\*

*continued on page 2*

## In This Issue

- 1** Fundraising
- 1** End of Season Function
- 2** Social Events
- 2** Training
- 2** Season Results
- 2** Calendar of Events

## Fundraising

### Bunnings BBQ – 7/06/2015

This year we have been given the **Saturday 6th of June** (Queens Birthday long weekend) as the date for our major fundraiser at the Parafield Bunnings store.

Any able bodies over the age of 16 are asked to contact Peter Harte if they would like to volunteer for an hour or two on the day to help cook or serve sausages and drinks. Previous volunteers have had a great time supporting the club on the day.

[committee@trikings.net.au](mailto:committee@trikings.net.au)



### Community Raffle

This year the club is participating in the People's Choice Community Raffle. The club receives all monies raised by the tickets sold. For the first time tickets are available online, so if you haven't done so you can spruke the tickets using the following [link](#), simply share on Facebook, Twitter, Email or any other social media.



## Facebook Etiquette

While our closed Facebook page is a great way for members to communicate but it is not always the most appropriate medium for some correspondence. Please be mindful that all club members can see posts and replies and the Facebook administrators reserve the right to delete inappropriate posts

Where appropriate any questions that are aimed towards the committee are best put forward through the committee email address or relevant committee email shown below.

[clubkit@trikings.net.au](mailto:clubkit@trikings.net.au) [coaching@trikings.net.au](mailto:coaching@trikings.net.au)  
[committee@trikings.net.au](mailto:committee@trikings.net.au) [enquiries@trikings.net.au](mailto:enquiries@trikings.net.au)  
[secretary@trikings.net.au](mailto:secretary@trikings.net.au) [membership@trikings.net.au](mailto:membership@trikings.net.au)  
[president@trikings.net.au](mailto:president@trikings.net.au) [treasurer@trikings.net.au](mailto:treasurer@trikings.net.au)  
[webmaster@trikings.net.au](mailto:webmaster@trikings.net.au)

## Social Events

This coming season we will be running more social club activities and promoting more opportunities for all members to mingle and bring their families along to meet other club members.

### Breakfast BBQ Run

The first Sunday of July (5/07/15) we will be having an early morning club run followed by a BBQ breakfast at Carisbrooke Park (opposite the Old Spot Hotel)

### Sheep Run

The Sheep Run is currently pencilled in for 20/09/15 pending other community events and races, hopefully by announcing the date early we can get a record attendance this year.

### Father's Day Run

With the privatisation of the Salisbury Recreation Centre it is anticipated that the Para River Classic on Father's Day will not be run this year. This is a great opportunity for our club to reinstate the Father's Day Triקים Club run. This club event was previously held on Father's day at Carisbrooke Park. This fun run has members guessing their finishing time and completing the run without using a watch. There will be various distances for all levels.

\*\*\*\*\*

## Training

### Swimming

There is currently no coached swim sessions with Neil away. Some different swimming programmes for all levels will be posted on the Facebook for people to follow in their own time should they wish too.

### Spinning

Spin classes at Avanti Plus Salisbury are expected to commence in July with the date to be determined, look out for notification on the Triקים and Avanti Facebook pages

\*\*\*\*\*

## Season Results

This year our club has seen some fantastic results from its members. There were lots of podium finishes, PBs and personal achievements. From the Gatti races to Ironman and some people even went further and longer doing an Ultraman.

We have had Kona qualifiers, world duathlon qualifiers and some very impressive results from our junior ITU athletes.

This season has seen many athletes compete in their

first long course events.

### Ironman 140.6 First Timers

Ben Shepherd – Ironman Melbourne  
Sarah Grasby – Ironman Australia  
Melissa Shortman – Ironman Australia  
Niall Temple – Ironman Australia  
Karen Coull – Ironman Australia  
Michael Harte – Ironman Australia

### Ironman 70.3 First Timers

Cindy McDougall – Ironman 70.3 Western Sydney  
Teigan Hall – Ironman 70.3 Western Sydney  
Dianne Day – Ironman 70.3 Western Sydney  
Jarryd Cooper – Ironman 70.3 Western Sydney  
Ben Shepherd – Ironman 70.3 Busselton

## CALENDAR OF EVENTS

### END OF SEASON FUNCTION

BURTON HOUSE

21 JUNE 2015

LUNCH – TIME TBA

Free for members and Family

### BBQ BREAKFAST RUN

CARISBROOKE PARK

5 JULY 2015

TIME TBA (EARLY MORNING )

Morning club run, BBQ breakfast to follow.

### SHEEP RUN

ANGASTON

20 SEPTEMBER 2015

TIME - TBA

Club 20km Time Trial.

### FATHER'S DAY RUN

CARISBROOKE PARK

6 SEPTEMBER 2015

TIME – TBA

## CLUB SPONSORS

