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# 2010/2011 ANNUAL REPORT

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## VISION

### TO GROW THE SPORT OF TRIATHLON THROUGHOUT WESTERN AUSTRALIA BY PROVIDING PEOPLE WITH OPPORTUNITIES TO PARTICIPATE IN A HEALTHY LIFESTYLE SPORT AND ACHIEVE THEIR GOALS.

## **OFFICE BEARERS**





President Peter Rash Vice President Annie Brinkworth

President Treasurer rinkworth Paul MacKay



Elected Sam Prince



Elected Clive Bingwa





Elected Mark Batten Appointed Frank Stapleton



Hayley Lethlean Executive Officer



Ashleigh Davis Club Development Officer



Brian Kempson Development Officer



**Nicky Scott** 

Admin Officer



Cathy Hoare Sanctioning Officer



Grant Landers High Performance Coach

## LIFE MEMBERS

Rob Pickard Toni O'Donnell Frank Stapleton Mark Batten Peter Hall Steve Barrie Sam Prince Stuart Fuller Warren Milward Judi Clemie













## STAFF MEMBERS

## AFFILIATED CLUBS

Metro	Regional
City Triathlon Club	Albany Triathlon Club
Exceed Triathlon Club	Bunbury Triathlon Club
Fremantle Triathlon Club	Busselton Triathlon Club
North Coast Triathlon Club	Esperance Triathlon Club
Rockingham Triathlon Club	Kalgoorlie Triathlon Club
Stadium Triathlon Club	Mandurah Triathlon Club
Team XTR Triathlon Club	
UWA Triathlon Club	

## AIMS

Triathlon Western Australia is an independent non-profit, incorporated association, which is recognised as the peak body for Triathlon in Western Australia. In season 2010/2011, the membership was 2325 members and represented 14 triathlon clubs. The primary role of Triathlon WA is to represent the members of the Association and to be a quality provider of Triathlon, Duathlon and Aquathlon services within Western Australia. The aim of the Association is to work effectively with all stakeholders in leading the development and growth of triathlon, duathlon and aquathlon in WA. Triathlon WA is affiliated to Triathlon Australia which in turn is affiliated to the International Triathlon Union and the International Olympic Committee.

## **OBJECTIVES**

- Provide for the encouragement, conduct, promotion and administration of Triathlon, Duathlon and Aquathlon in Western Australia;
- Participate as a member of a single uniform entity through and by which Triathlon, Duathlon and Aquathlon in Western Australia is conducted, encouraged, promoted and administered;
- Affiliate and otherwise liaise with the peak national (and/or international) body or bodies or other strategically aligned bodies in the pursuit of these purposes;
- Co-operate with Triathlon Australia and/or other state triathlon associations in the conduct and development of Triathlon, Duathlon and Aquathlon;
- Strive for and maintain government, commercial and public recognition of the Association as the authority on Triathlon, Duathlon and Aquathlon in Western Australia;
- Participate to secure uniformity in such rules as may be necessary for the management and control of Triathlon, Duathlon, Aquathlon and related activities;

- Pursue through itself or others such commercial arrangement, including sponsorship and marketing opportunities, as are appropriate to the purposes of the Association in Western Australia;
- Act as arbiter on matters pertaining to the conduct of Triathlon, Duathlon and Aquathlon in Western Australia;
- formulate or adopt, or adopt and implement appropriate policies, including in relation to drugs in sport, safety, junior and senior development programs and such other matters as arise from time to time as issues to be addressed in Triathlon, Duathlon and Aquathlon;
- Represent the interests of its Members and of Triathlon, Duathlon and Aquathlon generally in any appropriate forum;
- Have regard to the public interest in its operations;
- Encourage Members to realise their potential and athletic abilities by extending to them the opportunity of education and participation in Triathlon, Duathlon and Aquathlon competition











and to award trophies and rewards to successful competitors;

- Encourage and promote performance enhancing drug free competition;
- Seek and obtain improved facilities for the conduct of Triathlon, Duathlon and Aquathlon;
- Effect such purposes as may be necessary in the interest of Triathlon, Aquathlon and Duathlon;
- Undertake and or do all such things or activities which are necessary, incidental or conducive to the advancement of these purposes and to carry this constitution into effect; and
- Ensure that all Triathlon; Duathlon and Aquathlon events conducted in Western Australia are conducted in accordance with technical and safety requirements stipulated by the Association from time to time.

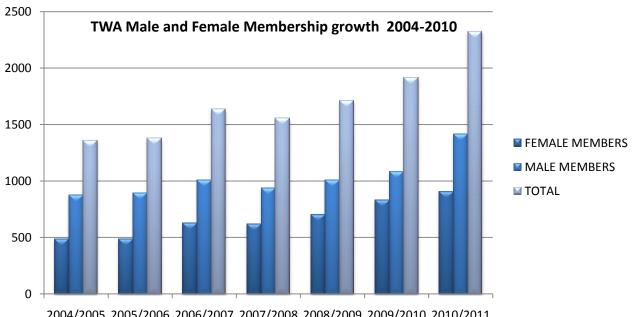
### **MEMBERSHIP STATISTICS 2010/2011**

TWA membership continues to grow annually. 910 Females and 1415 Males registered for the 2010-2011 Triathlon season - the total being 2325 members. This is a significant increase of 409 members compared to 2009-2010.

89.57% of 2010-2011 TWA members were registered with an affiliated club. The importance of our clubs cannot be understated. All of our Metropolitan and Regional clubs provide a valuable service to the sport of Triathlon by providing our members with training sessions and events that help ensure the continued growth of the sport as a whole. They



create opportunities for new and existing members to become involved in the Triathlon community, and provide them with the necessary services and support to keep them interested and involved.



2004/2005 2005/2006 2006/2007 2007/2008 2008/2009 2009/2010 2010/2011











## **PRESIDENTS REPORT**

I seem to say it every year, but I can't believe it's AGM time again and we've had another great season full of highlights, culminating in the Busselton Festival of Triathlon including the new Busselton Ironman 70.3 in May.

It is a significant effort involved in running the sport of triathlon in WA and it is the quality and commitment from all TWA Board members and Staff that deserves recognition and praise. TWA implemented and achieved many of the goals and objectives from our strategic plan, and we are still recognised throughout Australia as a leading state sport association. Again this year we are fortunate to have another experienced and active TWA Board, with Annie Brinkworth, Paul Mackay, Clive Bingwa and 3 Life Members - Mark Batten, Frank Stapleton and Sam Prince.

The TWA staff have again been very well led by our Executive Officer, Hayley Lethlean, and including Ashleigh Davis (Club Development Officer) Brian Kempson (Development Officer), Nicky Scott (Administration Officer), Grant Landers (High Performance Coach), and Cathy Hoare (Sanctioning Officer) the TWA team has managed to deliver all we have asked this year with professionalism, respect, enthusiasm, and courtesy.

Of course we can't have any of these races without our volunteer team of technical officials, who firstly sanction and then officiate at all events on our calendar. This technical team was very well organised by Gaye McKean and Frank Stapleton.

All our race directors provided events that were safe and well run, so thanks to the triathlon clubs, TriEvents and Sports Performance who delivered those quality events.

Club development and assistance: Ashleigh has been doing a great job liaising with all those volunteer club committees to lighten their load and assist them in being more efficient. We have had several club forums, including one today (again coinciding with the AGM) with many of the regional clubs attending.

High Performance has again been a focus and we are having very good results, as recognised by the ASC, WAIS and TA. Brian Kempson and Grant Landers have been doing a great job.

This year again saw the awards night at Burswood on the River and a great night was had by all. Congratulations to all the well deserving award recipients, but also to all those members who achieved their goals, expectations and PB's in their chosen event distances throughout the season.

Special mention and thanks again this year to our major sponsors - Department of Sport and Recreation , Healthway/ SunSmart and also all our other sponsors BikeSure, Swish Design, 2XU, Police & Nurses Mutual Banking as well as all the SunSmart Festival of Triathlon Sponsors throughout the year.

Next season TWA will continue to focus on improving all areas of the sport, but introduce several new initiatives which will be announced at the season launch in September.

Finally, thanks to ... My wife Yvonne, and daughters Caitlin and Salina again for their patience and support.

The TWA board, who have been diligent and hardworking all year. Thank you to Sam Prince who is stepping down this year due to various reasons. Our Patron, Dr. Fiona Wood and all our Life Members who continue to support and advise behind the scenes with their obvious wealth of experience. All involved - Race Directors, Clubs, Technical Officials, Advertising Sponsors, Volunteers, Coaches, Supporters and of course, their families. Hayley and her team – a pleasure to work with them all.

It has been an honour to serve as TWA President again and I look forward to seeing you all out there next season. We all can make triathlon the safest and most rewarding sport in WA and beyond. As always - remember to respect yourselves and others, and smile, it is fun after all.

Cheers, Peter Rash, TWA President, 2010/2011









### **EXECUTIVE OFFICERS REPORT**

Our strategic vision "to grow the sport of triathlon by providing participation opportunities in a healthy lifestyle sport and achievement of participant goals" continues to be our focus and has enabled us to remain on track to deliver the key strategic objectives. Priority areas have included club development & participation, high performance, competition & events, junior development, continued good governance, coach education, & technical official development. These areas have all been a focus in the past year on an operational level with significant progression in most of these areas.

We continue to enable our members to participate in a safe, competitive and fun environment and this is evident through growth throughout most events and within the membership in club land. It is exciting to note that once again we have recorded our highest membership, 18% greater than the past financial year. Close on 17,000 participants entered triathlon races this last season with the TWA calendar hosting 11 State Series Races and 32 official open sanctioned races. In addition to these, Clubs hosted 109 TA sanctioned events during the season.



Triathlon in Australia is in a very privileged position given for the first time in many years, all the States & Territories and Triathlon Australia have been working very closely to deliver on a unified sport direction. The Executive Officers of the nine bodies meet regularly through teleconferencing and face-to-face meetings and work together on various key projects to improve the service delivery of the sport around the country.

The **Department of Sport and Recreation** and the **Triathlon Australia** High Performance continue to support the progression of the junior development pathways and the Triathlon Excellence Program (TEP). These programs enable talented junior athletes to progress and develop holistically as an elite athletes.

During the season, the TEP athletes had the opportunity to travel interstate and participate at 4 national series races and ITU international junior races. Noted improvements in race results and skill development is evident within the TEP athletes and numerous international successes in recent times. The High Performance pathway improvements and support provided, enabled coaches to attend mentoring sessions and coaching development opportunities on an ongoing basis.

Nine SunSmart regional kids triathlons were held in regional areas with races taking place in Kalgoorlie, Geraldton, Esperance, Albany, Bunbury, Busselton, Boddington and Rockingham. Participation numbers in all the events have increased since last season and with funding support through **Healthway** and **The Cancer Council** SunSmart message and Triathlon WA, our regional clubs have hosted some wonderful kids events to showcase the sport of triathlon to juniors and the regional community. **Police & Nurses Mutual Banking** partnered with TWA as a sponsor of junior development within W and assisting with the delivery of equipment, goodie bags & coaching opportunities.

The Technical Official Program has been well supported this season with courses assisting in the recruitment of a few more volunteers into their field. The technical team growth and support is essential given both the number of events and competitors continue to increase. TWA Board allocated funding annually to support TO travel interstate assisting them













in gaining quality experience at high level international events and to attend valuable training interstate. Through DSR high performance grants some TO's were able to attend professional development opportunities both interstate and internationally. The knowledge gained by the travelling TO's provides WA TO's with support and mentoring opportunities to in turn improve the quality of officials here.

SRG through their Bike Sure campaign, once again supported the Annual Awards Dinner and 2XU the official State Series Sponsors made for a wonderful evening in celebration of the sports top athletes.

To the Race Directors & Clubs, thank you for once again producing top quality open events for our members, and for providing a safe avenue of competition for new participants into the sport. To the Board and in particular president Peter Rash, thank you for your assistance, support and hard work over the year. Your encouragement, support and direction is paramount to the success of the sport and together with the super office team, we were able to achieve some great goals for triathlon this past year.

To my team in the office, thanks for your dedication and commitment to always delivering efficient and effective outcomes and for contributing tirelessly to ensure great experiences for all participants in the sport. Finally to the members of our sport, thank you for your support and for being actively involved. This is your sport so continue to enjoy the opportunities ahead.

Hayley Lethlean Executive Officer

### **DEVELOPMENT OFFICERS REPORT**

#### Triathlon Excellence Program (TEP)

The program continued to grow and achieved goals in the third year. The administrative working group for the TEP program being the Athlete Development Pathway Panel (ADPP) included Stuart Denton as a repr3esetative and source of information from a Schools perspective and TWA Board member Paul McKay as the athlete development and high performance rep on the Board. Part way during this year our hard working and one of the original founding panel member Kim Tyler -Lees stepped down after a valued contribution to WA Junior Triathlon. TWA wish to thank her for her involvement and her contributions to the program will be missed.

ADPP Panel 2010-2011			
Brian Kempson (TWA)	Stuart Denton (Duncraig SHS)		
Hayley Lethlean (TWA)	Paul MacKay (TWA Board Member)		
Grant Landers (TEP Head Coach)	Kim Tyler-Lees (NCTC)		

TEP Squad 2010-2011			
James Knox (U19)	Ashlee Bailie (U19)		
Kenji Nener (U19)	Stephanie Boehm (U19)		
Ryan Bailie (U23)	Mikaela Falconer (U19)		
James Lewin (U23)	Jaz Hedgeland (U19)		











#### TEP Activities 2010-11

The TEP High Performance Coach Grant Landers conducted both a variety of weekday and bi-weekly sessions for all of the squad members and shadow squad athletes. These are value adding coaching sessions, supplementing the athletes home coach environments within areas of ITU technical, skills development, sports science, nutrition and testing. During 2010 -11 TEP athletes travelled over 35,000km in total to be able to race at the Junior Elite ITU level in the Australian National Championships with some outstanding successes.

#### Qualifying Times for Junior TEP in 2010-11 season as Time Trials were:

Gender	Swim	Run
Male Times	13.30/1km	17.30/5km
Female Times	14.30/1km	19.45/5km

Event Highlights from the TEP Season

Date	Athlete	Placing		Event
December 2010	Kenji Nener	2 <sup>nd</sup>		ralian National Junior Series -Gold st Super Sprint Weekend (4 races)
	Ashlee Bailie	6 <sup>th</sup>		ralian National Junior Series - Gold st Super Sprint Weekend (4 races)
February 2011	Ashlee Bailie	2 <sup>nd</sup>	Aust Gee	ralian National Junior Series – long
	Jaz Hedgeland	4 <sup>th</sup>	Aust Gee	ralian National Junior Series – long
March 2011	Ashlee Bailie	3 <sup>rd</sup>	Oceania Junior ITU Championships Wellington - New Zealand	
	Kenji Nener	7 <sup>th</sup>	Oceania Junior ITU Championships Wellington - New Zealand	
	Jaz Hedgeland	2 <sup>nd</sup>	National Schools	
	Stephanie Boehm	3 <sup>rd</sup>	Natio	onal Schools
	Mikala Falconer	5 <sup>th</sup>	Natio	onal Schools
	Ashlee Bailie	5 <sup>th</sup> Open	Continental Cup Event Mooloolaba	
April 2011		d for ITU Junior Elite Worlds Team for Beijing She is the t n in 15 years to make an Australian Junior Elite Team		
	Ashlee Bailie	3 <sup>rd</sup> place over	all	National Junior Series
	Kenji Nener	1 <sup>st</sup>		Race 2 of the Queensland Sprint Series Open Category
	Kenji Nener	4 <sup>th</sup> place over	all	National Junior Series
	Ryan Bailie	3 <sup>rd</sup>	3 <sup>rd</sup> ITU Pan American Cup Vina Mar	











	5	<b>–</b> th	
Ryai	n Bailie	5	ITU Pan American Cup
			Valparaiso
			•

Notable Achievements

- The final 2010-11 Triathlon Australia Junior Rankings Table saw Ashlee Bailie and Kenji Nener in the top 5 nationally and 3 other WA TEP Squad members achieving Top 20 rankings
- James Lewin moved in April to race with a Triathlon Club in Germany over European Summer



#### Triathlon Excellence Program: Coaching

Grant Landers as the 2010-11 Head Coach of the U19/U23 program and assisted Home Coaches with ITU specific TEP athletes at their sessions in different times of the year. There have been opportunities for some of these developing ITU coaches to fill an educative role as Assistant Coaches with the TEP Squad and further their knowledge of ITU draft legal races. This will assist in building a larger WA Skills base in the ITU format.

These coaches also assist in TEP camps and skills training sessions during school holidays. They also work with both Shadow Squad (those only achieved 1 of the 2 Time Trials so far) and the Future Squad (13/14yo) structures of TEP at other school holiday camps.

Grant Landers was also awarded the University Coach of the Year for 2010

#### Coaching

Throughout the season Triathlon Coaching Courses at both Level O and Level 1 are offered by TWA. Level O is the newer half day Introductory Basic Skills Coaching Course (Trystars). Level 1 is a more advanced 2 day Coaching Course while Level 2 is a 5 day Coaching Course run by Triathlon Australia interstate. These Level O and Level 1 courses were offered in various WA Metro and Regional areas. Triathlon Australia ran a Triathlon Level 2 Course in Queensland in May with 1 attendee from WA.

Triathlon Coaching Courses 2010/2011	# of Attendees
Level O Metro courses held: September/ October /November	Total Attendees 21
Level O Regional Courses held: October/ November/ January /February	Total Attendees 17
Level 1 Metro Courses held: July / December	Total Attendees 34

There are now over 80 Accredited Triathlon Coaches in WA ranging from Level O up to Level 2













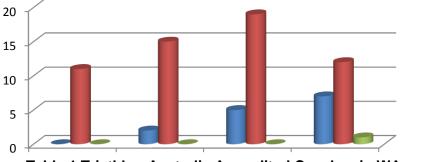


Table 1 Triathlon Australia Accredited Coaches in WA.

### Coaches Education Program Triathlon (CEPT)

To provide support for all of these coaches, the CEPT program delivers areas for ongoing growth, development and education of WA Coaches.

The CEPT program provides this via the provision of:

- Mentors for first year coaches after completing all of their Level 1 accreditation
- Access to DSR Seminars & DSR Industry Coaches Breakfasts
- Ongoing Monthly Coaches Workshops (on average 10 per year)
- A Monthly Coaches newsletter from TWA with up to date coaching information and tips ITU Coaching assistance via TWA Introduction workshop and
- TEP head Coach training sessions visits

In 2010 -11 the presenters to the WA Coaches Group included:

- Grant Landers (UWA & TEP)
- Sports Medicine WA (Drugs in Sport)
- Dr Mitch Anderson (Ironman Triathlon)
- Ryan Gregson (Athletics)
- Mike Velletta (Test Cricket)
- Rob Bevridge (Wildcats)
- Simon Jones (Olympic Coach Cycling)
- Steve Moneghetti (Marathon)
- Dominic Crouch (Sports Psychology)

The seminar attendances for the full year totalled 124 coach contacts with these elite presenters.

















Level O

Level 1

Level 2



## TRYSTARS



TRYStars in 2010-11 season saw the introduction of a new program sponsor in WA – **Police & Nurses Mutual Banking.** TRYStars membership this year saw a participation growth of 16% from the 2009-10 season figures

During the year there were dedicated TRYstars programs at the following clubs:

- *Regional*: Mandurah, Bunbury (first time), Busselton and Kalgoorlie
- Metro: Fremantle, North Coast, City, Stadium.

In addition to these programs a number of TRYstar events sponsored by SunSmart were held in WA. These include:

- Albany Tri Club
- Boddington
- Bunbury
- Busselton
- Esperance
- Kalgoorlie Tri Club and
- Rockingham

These events provided access for 2000 regional kids to participate in the sport of Triathlon.

All Trystars clubs run a skills session each week which is followed by a small fun duathlon or aquathlon. With the













increasing number of qualified Level O grassroots coaches taking up their new roles in this club activity area it will be a fine model for new triathlon stars in the future and beginning a lifelong participation in the sport.



The annual TRYStars WA Clubs event was held this season at the Craigie Leisure Centre and organised by North Coast Tri Club with over 80 participants on the day. This was Ann Blatchford's last task as the North Coast TRYStars co-ordinator for the past 8 years and her efforts at NCTC and foresight/involvement/enthusiasm for kids' triathlon all around WA will be missed by all.

A number of clubs took advantage and became involved in the "Active after Schools Program" funded by the Federal Government for Primary schools. This was achieved by a club providing one of their accredited Level O coaches to run a fun & active small Triathlon program in an 8 session block after school hours.

From the success of the TRYstars program in WA - a national model for the other states is now being created to emulate WA participation and be adapted then rolled out in the very near future. Our sincere thanks to Police & Nurses Mutual Banking and SunSmart for their valuable

contributions is enabling the grow and development of the TRYStars program within Western Australia.

## **CLUB DEVELOPMENT OFFICERS REPORT**

Another year on and Club Development within Triathlon WA is going strong. With 2 new metro clubs (Team XTR and Exceed Tri Club) for the 2010/2011 season it is evident that the sport of Triathlon is for ever growing. With the increase in clubs and participants within the sport, an increase in services provided by TWA to assist the clubs is required. The growth in the sport is also evident with the Club Development Officer becoming a Full Time employee at TWA as of November 2010.

#### **Club Meetings**

The new season was kicked off with the Annual Club Conference, held in conjunction with the TWA AGM. The club conference allows for representatives from all clubs to expand on their club management skills. This year saw are variety of external speakers and topics including; strategic planning, event management and marketing, coaching at various levels, Active After School Communities and Greening your club. The full day conference allowed the participants to take away a bundle of knowledge and experience and implement it into their own club environment.

A club forum also took place in February 2011. With attendances well over 20, (it may be time we start to look for a bigger venue to hold these meetings) the biggest so far, it was great to see so much support from club representatives. An introduction to traffic management got everyone thinking! The forum also provides a great opportunity for club members to meet with TWA staff and board members. The open forum allows the clubs to discuss a variety of matters with Triathlon WA and the other affiliated clubs. These forums, an integral part of the club development services provided by TWA, will continue throughout the 2011/2012 season.

#### Funding and Grants

In July 2010, Triathlon WA secured a Volunteer Learning and Development Grant from the Department of Sport and Recreation. The grant was used to fund a 23 Senior First Aid course for club representatives/coaches and officials to attend. The feedback from the participants was very positive. Triathlon WA has secured another Volunteer Learning and Development Grant to fund a Traffic Management and Technical Official Course in a regional area scheduled for later this year. I would like to thank the Department of Sport and Recreation for their continued support of Triathlon WA.

#### Marketing and Promotion

Triathlon WA created a promotional brochure that was distributed to all clubs as well as a number of events throughout the later part of the season. This brochure













included club contact details as well as the benefit of joining the association. This initiative will continue throughout future seasons.

#### **Club Communication**

A major aim of Triathlon WA in conjunction with the Club Development Officer is to improve the communication between the State Association and the affiliated clubs. The amount of communication has been on a positive rise over the last year and will continue to do so. The Club Development Officer is continually in contact with the clubs and able to assist if they have any quires, questions or concerns.

#### Active After School Communities

Two clubs, North Coast and Stadium, were involved with the Active After School Communities program during Term 4 2010. The program is designed to engage primary school aged children in sports and promote community sporting clubs. The program is run between 3.30 and 5pm weekdays at a number of schools throughout Australia. This was the first time Triathlon was involved with AASC, but won't be the last.

Benefit was seen from both clubs with the funding support provided by the Australian Sports Commission, increased knowledge

of the club within the community and increase in TRYStar members. Stadium Tri Club ran a TRYStar program during term 1 of 2011, which enabled children who participated in the AASC program to continue the sport of Triathlon. North Coast also had a number of participants become members of the club. Triathlon WA will continue to work with the AASC and affiliated clubs to increase the number of clubs that participate in this fantastic program.

#### Regional Development

In March 2010 the Club Development Officer and Executive Officer of Triathlon WA departed Perth for a three day (three aeroplane flights and a bus trip) trip to the Kimberly Region. The purpose of this was to meet with previously affiliated clubs of TWA and State and Local Government representative to engage the clubs within this area. This provided a fantastic insight into the operating ways of remote regional clubs. Triathlon WA will continue to communicate with these clubs over the new season and to assist in some capacity.

#### Club Management

TWA has been working with Triathlon Queensland to create a Club Management resource guide. It is a work in progress but the finished product will assist clubs in various areas of club management and governance. The resource guide will also assist new clubs who are looking to form and affiliate with Triathlon WA. More info will be available later in 2011.

It has been a strong 12 months in terms of Club Development within TWA. This area will continue to grow into the next season and beyond. Clubs are a vital part of the sport of Triathlon in Western Australia and by working together we will be able to grow to become and even stronger sport.

### **TRIATHLON WA 2010/2011 AFFILIATED CLUBS**



## **TECHNICAL REPORT**

The past season has seen some exciting developments in the technical program both nationally and at state level. These include:

Updating of a national NOAS Development Program (National Officiating Accreditation Scheme) which now includes Level 3 & NTO pathways.

Release of the ITU Technical Officials Certification Program.

TWA funding for the professional development of WA officials from interstate officiating and DSR conducted courses.

After 12 months of hard work by the National Technical Committee and some state EO's, we will now see the roll out of the revised Sanctioning Documents, Sanctioning Policy, RCR's and TA Policy document.

Still under revision is the Events Operation Manual. During the year the technical committee has worked hard to bring together a number of procedures to provide more clear and consistent officiating guidelines to officials of all levels. A combination of written information and group meetings have assisted in maintaining a similar level of service by each technical team at each event. In addition, we have been working with Race Directors to formulate an Events Minimum Standards Policy to ensure a higher quality race. The employment of a Sanctioning Officer has greatly assisted in the submission of higher quality sanctioning documents ensuring greater safety at calendar races.

During the year we offered a Level 1 NOAS Technical Course to a small group and a Level 2 NOAS Course to 8 officials who are currently being mentored to Level 2 accreditation. As identified last season, the technical program is short of



experienced senior officials and the mentoring/ education process is working well to address these shortfalls. Two officials have now received Level 2 accreditation.

The demand on all the technical team is increasing due to the increased number of Calendar Events that we officiate at and 63% of these officials still compete in triathlons especially the 70.3 Busselton race. To overcome this shortfall we invite senior officials from interstate to assist at major races. In 2012 we plan to undertake a large recruitment drive in both metropolitan and country regions in an effort to boost the small team.

	NUMBER OF TECHNICAL OFFICIALS					
NOAS Level	Registered #. Of Officials 2010	Inactive During 10/11	New/ Promoted Officials	Total Active Officials 2011		
ΝΤΟ	4	2		2		
Level 3	2	1		1		
Level 2	10	1	2	11		
Level 1	30	7	3	26		
TOTAL	46			39		











## **IRONMAN 70.3 BUSSELTON 2011**

The SunSmart Busselton Festival of Triathlon 2011 comprised a series of 3 day events culminating in the Ironman 70.3 Busselton Triathlon on Saturday 7<sup>th</sup> May 2011.

In lead up to the SunSmart Festival, various Professional athletes visited both **metropolitan and regional schools** on their way to Busselton. This is a great opportunity to showcase the sport of triathlon and engage the school community about the wonderful benefits of the sport and the importance of being healthy & physically active from a young age.



On Thursday evening, Busselton local community and Ironman 70.3 athletes came in droves and were treated to a fantastic informal **Chat with the Pros** at Fat Duck Cycles & Espresso Bar. This was a great opportunity to interact with professional athletes gaining an insight into the highs and lows of being a pro.



Friday morning broke with breathtaking calm over the with waters of Geographe Bay. More than 70 people were welcomed to a scrumptious breakfast at The Goose with an inspirational panel that represented athletes for all walks of life. **The McComb Foundation Charity Breakfast** hosted speakers reconstructive burns surgeon, Dr Fiona Wood; world champion open water swimmer, Shelley Taylor Smith; V8 Supercar driver Karl Reindler; Olympic Gold Medallist Elise Rechichi and Deputy Lord Mayor of Perth John Tognolini.

At Barnard Park, the **Retail Expo** opened its doors at 9am and throughout the day would see over 2000 participants and their entourage trundle through the various outlets sampling and purchasing gismos and gadgets of the sporting world.

The afternoon saw the annual **SunSmart Kids Triathlon**, which forms part of the triathlon calendar for many of the local and visiting children. This event is a "must do" for any budding young triathletes and offers them the opportunity to compete on part of the Ironman 70.3 Busselton course. The kids were greeted by friendly and inspiring professional athletes who were willing them across the line and ready to hand over their participation medals, fruit, and recover Masters Milk.

Registration for the Ironman 70.3 participants took place from 12 noon to 7pm. The evening closed with the Athlete briefing shortly followed with competitors heading home to rest up before the big event the following morning.

On Saturday 7<sup>th</sup> May, clear conditions greeted the field of the Ironman 70.3 Busselton Triathlon. With a sold out event, Busselton saw close to 2200 total competitors participate in the event throughout the day. 1399 individuals and 246 teams headed out into the pristine waters for a 1.9km swim after which they backed this up by a flat, fast paced 90.1km bike race through the Tuart Forests. The last leg of the triathlon, a 21.1km run took place along the beachfront of Barnard Park and Busselton Foreshore.













This was the 26th year of the WA State Long Course Championship Triathlon and what an event it was. Busselton has been the home to these championships for the past 10 years and annual the field has been growing consistently. In 2002 in the inaugural year in Busselton a field of 379 competitors took to the field.

The 2011 Ironman 70.3 Busselton honours were taken by New South Welshman Tim Berkel (3:51.27). Line honours in the women's went to 7 times Ironman New Zealand Winner, Jo Lawn (4:13.23). For Berkel, the win came together with a strong finish on the bike, setting up an ideal placing to storm home for the title in the latter stages of the run, with a final buffer of over a minute. Lawn held a twenty second lead heading out of the water earlier in the day, fell to third off the bike and managed to move up the field to finish three minutes ahead of second place. Top 5 in the male field went to 2nd Matty White (SA), Tim Reed (NSW), Josh Rix (VIC) and Jamie Whyte (NSW). Top 5 female pros include WA first time athlete Felicity Sheedy-Ryan in 2nd place followed by Rebekah Keat (QLD), Belinda Granger (QLD) and Elly Franks (VIC).





In a post-race interview Tim Berkel quoted "It's a great way to start the season and couldn't be happier with today's result. It's great to be back in Busso and winning again"

The Busselton Ironman 70.3 is currently the largest event of its type in Australia. The event is a major lead-in race for the Western Australian Ironman event which is held in Busselton on 4<sup>th</sup> December 2011. Both these events will attract thousands of people to the district and form part of an extensive event calendar for the region.









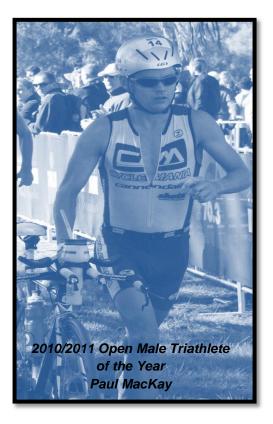


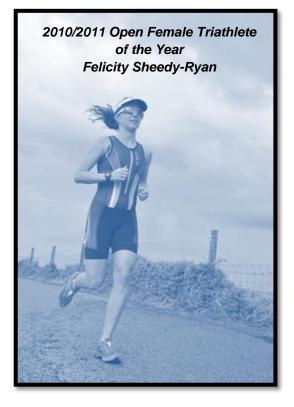




## TRIATHLETE OF THE YEAR

Category	Winner	Category	Winner
Open Male	Paul MACKAY	Open Female	Felicity SHEEDY-RYAN
M under 14	Jonathan SAMMUT	F under 14	Tegan SCOTT & Kira HEDGELAND
M under 16	Kieran DUFF	F under 16	Sonia CHUA
M 16-19	Brandon HARGREAVES	F 16-19	Kimberley HALLETT
M 20-24	Matthew BURTON	F 20-24	Karli CHAMBERS
M 25-29	Steve ANSTEE	F 25-29	Lisa DELAURENTIS
M 30-34	Carle GREEN	F 30-34	Christina LADYMAN
M 35-39	Ryan BAUGH	F 35-39	Janine WILLIS
M 40-44	Bradley HOSKING	F 40-44	Elizabeth SINCLAIR
M 45-49	Mike ANDREW	F 45-49	Jane YOVICH
M 50-54	Rob MACPHERSON	F 50-54	Robyn SCOTT
M 55-59	Greg SALTER	F 55-59	Sandy TINDALE
M 60-64	Graham CROCKER	F 60-64	Kay SMITH
M 65-69	Chris LIMB	F 65-69	Pauline WILTSHIRE
M 70+	Steve BARRIE		
AWAD	Bob THOMAS		

















## STATE DUATHLON CHAMPIONS



The first race of the season and apart of the Australia National Duathlon Series, the Champion Lakes Duathlon took place on October 10, 2010. The showery morning did not keep the 300 athletes away. Catering for all levels of fitness (or those who took time off over winter) a long or a short course was on option. Smiles by all as they crossed the finish line, maybe because there was not swim leg, but nether-the-less the positive feedback showed the success and enjoyment for this type of event.

Category	Winner	Category	Winner
M Open	Lajos VARGA	F Open	Ashlee BAILIE
M 12-13	Benjamin WALTON	F 12-13	Kira HEDGELAND
M 14-15	Kieran DUFF	F 14-15	Toni LANDER
M 16-19	Liam SORRELL	F 16-19	Jaz HEDGELAND
M 20-24	Todd RICHARDS	F 20-24	Karli CHAMBERS
M 25-29	Cameron STORM	F 25-29	Leah GLASS
M 30-34	Scott MISON	F 30-34	Janine BARROW
M 35-39	Ryan BAUGH	F 35-39	Trisha LEE
M 40-44	Arron ROBERTSON	F 40-44	Emma GILLARD
M 45-49	Steven MITCHELL	F 45-49	Janet FERGUSON
M 50-54	Alan NICHOLLS	F 50-54	Diane OLIVER
M 55-59	Chris KILEY	F 55-59	
M 60-64	Ray PANIZZA	F 60-64	Ann BLATCHFORD
M 70+	Steve BARRIE	F 70+	











## **STATE SPRINT CHAMPIONS**

The State Sprint Champs was held on 19<sup>th</sup> December along the Rockingham Foreshore. Over 700 participants packed the start line on the warm summer's morning. The pancake flat course made for some fast racing and this was true to form. A sprint finish for the Open Men's event saw Sean O'Neill take line honours finishing 1 second ahead of James Lewin. The women's field saw professional athlete Felicity Sheedy-Ryan take line honours

CATEGORY	WINNER	CATEGORY	WINNER
M Open	Sean O'NEILL	F Open	Felicity SHEEDY-RYAN
M 16-19	Brandon HARGREAVES	F 16-19	Alicia HALLETT
M 20-24	Todd RICHARDS	F 20-24	Karli CHAMBERS
M 25-29	Jason RHINE	F 25-29	Lisa DELAURENTIS
M 30-34	Jason NUTTMAN	F 30-34	Janine BARROW
M 35-39	Ryan BAUGH	F 35-39	Janine WILLIS
M 40-44	Arron ROBERTSON	F 40-44	Elizabeth SINCLAIR
M 45-49	Mike ANDREW	F 45-49	Jane YOVICH
M 50-54	Rob MACPHERSON	F 50-54	Robyn SCOTT
M 55-59	Greg SALTER	F 55-59	Sandy TINDALE
M 60-64	Graham CROCKER	F 60-64	Ann BLATCHFORD
M 65-69	Ron RICHARDS	F 65-69	Pauline WILTSHIRE
M 70+	Steve BARRIE		















## STATE OLYMPIC DISTANCE CHAMPIONSHIPS

The State Olympic Distance Championships 2010/2011 were held at Langley Park, Perth on Sunday 30<sup>th</sup> January 2011. With threats of having the event cancelled due to a cyclone, did not stop the near 600 strong competitor field. Triathletes of the Year, Felicity Sheedy-Ryan blitz the women's field with 11minuites between her and the next female competitor. Scott Neyedli didn't have it as easy with the men's field, with second place Paul MacKay only 40 seconds down on the winner. With the temperature and humidity climbing at a fast pace the course quickly became challenging. It was a courageous effort by all participating in this fine event.

Category	MALE WINNER	Category	FEMALE WINNER
M Open	Scott NEYEDLI	F Open	Felicity SHEEDY-RYAN
M 16-19	Brandon HARGREAVES	F 16-19	Kimberley HALLETT
M 20-24	Christopher CURNOW	F 20-24	Karli CHAMBERS
M 25-29	Steve ANSTEE	F 25-29	Lisa DELAURENTIS
M 30-34	Carle GREEN	F 30-34	Kerrie SMITH
M 35-39	Ryan BAUGH	F 35-39	Janine WILLIS
M 40-44	Alistair PRESS	F 40-44	Emma GILLARD
M 45-49	Tim HOWLEY	F 45-49	Kylie ENGLISH
M 50-54	Rob MACPHERSON	F 50-54	Di SCOTT
M 55-59	Greg SALTER	F 55-59	Sandy TINDALE
M 60-64	Graham CROCKER	F 60-64	Kay SMITH
M 65-69	Ron RICHARDS	F 65-69	Pauline WILTSHIRE















## STATE LONG COURSE CHAMPIONSHIPS

Ironman 70.3 Busselton (WA State Long Course Championships) was held as part of the Busselton Festival of Triathlon on the 7<sup>th</sup> May 2011. With over 2000 athletes competing, as an individual or team, in the Ironman 70.3 distance event (1.9km swim, 90.1km ride, 21.1km run) it is an event not to be missed. Credit goes out to all that participated. Felicity Sheedy-Ryan competed in her first Ironman 70.3 and ended up as the first WA female across the line as well as 2<sup>nd</sup> Female overall. Lajos Varga piped Paul MacKay to the post by 14 seconds. The last race of the triathlon season was celebrated at the Ironman 70.3 Awards function and after party.

Category	Winner	Category	Winner
M Open	Lajos VARGA	F Open	Felicity SHEEDY-RYAN
M 16-19	Sebastian MOORE	F 16-19	Sarah GREEN
M 20-24	Matthew BURTON	F 20-24	Caitlin BRIDGLAND
M 25-29	Michael KENT	F 25-29	Sandy CROWE
M 30-34	Jason NUTTMAN	F 30-34	Kelly MCCOMBIE
M 35-39	Andrew WALKER	F 35-39	Janine WILLIS
M 40-44	Bradley HOSKING	F 40-44	Raija OGDEN
M 45-49	Tim HOWLEY	F 45-49	Janet FERGUSON
M 50-54	Rob MACPHERSON	F 50-54	Robyn SCOTT
M 55-59	John HAWKINS	F 55-59	Hilary BECK
M 60-64	Rob PICKARD	F 60-64	Kay SMITH
M 65-69	Dave SCOTT	F 65-69	
AWAD	Bob THOMAS		













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## TWA ANNUAL AWARDS

#### **Champion Club**



Awarded annually to the club whose members accumulate the most points in the Triathlon WA Series events (both State and Junior Series'). For this purpose all points accrued in any and all of the Series events will count, not just those counting for Triathlete of the Year awards. Members may only accumulate points for their "primary" club if a member of two or more clubs.

### Awarded to: Stadium Triathlon Club



### Chris Hewitt Memorial Award

Awarded by the President of Triathlon WA to the person deemed to have made the most outstanding contribution to Triathlon WA that year specifically in support of the President

Awarded to: Elliott Combes



### Steve Barrie Award

Awarded to the Technical Official of the Year on the recommendation of the Triathlon WA Technical Committee (TWATC)

Awarded to: Cathy Hoare



### Mark Batten Trophy

Awarded to the first Western Australian Male and first Western Australian Female to finish Ironman WA each year



### Awarded to: Courtney Ogden and Kate Bevilaqua



### Paul Goodman Award

Awarded by TWA to a competitor showing exceptional courage in entering and competing in the Ironman 70.3 Busselton event

Awarded to: Jeremy McClure















### Rob Pickard Trophy

Awarded to the Club with the most accumulated points at the State Interclub Event

Awarded to: Stadium Triathlon Club



### Triathlon Excellence Program Triathlete of the Year

Awarded to a Triathlon Excellence Program athlete that has the highest combination of results, training progress, communication and team commitment within the season with points awarded on a monthly basis

Awarded to Ashlee Bailie



### Presidents Interclub Trophy

It is awarded to the Club that has the highest average score at the State Interclub Event (must have a minimum of 10 finishers)

Awarded to: Exceed Triathlon Club



### Golden Chain Trophy

Awarded to the person with the fastest cycle split at Ironman 70.3 Busselton

Awarded to: Matt Illingworth

PLACE	CLUB NAME	TOTAL POINTS		
1 <sup>st</sup>	Stadium Triathlon Club	13103		
2 <sup>ND</sup>	North Coast Triathlon Club	12489		
3 <sup>RD</sup>	Fremantle Triathlon Club	9001		
4 <sup>TH</sup>	Exceed Triathlon Club	6433		
5 <sup>TH</sup>	UWA Triathlon Club	3989		
6 <sup>™</sup>	Bunbury Triathlon Club	2422		
7 <sup>TH</sup>	Busselton Triathlon Club	2357		
8 <sup>1H</sup>	Mandurah Triathlon Club	2151		
9 <sup>TH</sup>	Rockingham Triathlon Club	1495		
10 <sup>TH</sup>	City Triathlon Club	1450		
11 <sup>TH</sup>	Albany Triathlon Club	998		
12 <sup>TH</sup>	Esperance Triathlon Club	630		
13 <sup>™</sup>	Team XTR Triathlon Club	446		
14 <sup>TH</sup>	Kalgoorlie Triathlon Club	427		

## **CHAMPION CLUB POINTS SCORE**











#### **Triathlon WA Inc**

#### STATEMENT OF FINANCIAL POSITION as at 30 June 2011

		Note	2011 \$	2010 \$
Ac	cumulated funds		•	·
Balance at beginning of the year			263,427	346,743
Su	Irplus/(Deficiency) for the year		1,041	-82,536
Ba	alance at end of the year	:	264,468	264,207
	<b>Represented by:</b> urrent Cash Other debtors		243,593 73,088	230,123 13,062
nts	Prepayme		447	2,334
Тс	tal Current Assets	-	317,128	245,518
No	on-current Assets			
	Fixed assets	3	33,329	10,427
То	tal Non-current Assets	-	33,329	10,427
То	otal Assets	:	350,457	255,945
C	urrent Liabilities			
00	Creditors Unpresented Cheques		60,665 0	10,501 0
	Income in Advance		32,500	305
	Grant monies in advance	2(d)	2,472	2,000
leave	Australian Tax Office - BAS liability Provision for annual		-21,861	-37,282
			12,452	12,452
	Provision for superannuation		0	3,764
То	tal Current Liabilities		86,228	-8,262
To Liabilit	otal ties		86,228	-8,262
Ne	et Assets	-	264,229	264,207

The accompanying notes form part of the accounts.











#### **Triathlon WA Inc**

#### STATEMENT OF FINANCIAL PERFORMANCE for the year ended 30 June 2011

		2011 \$	2010 \$
Income			
	Membership Income	156,055	122,504
	Funding	98,545	92,768
	Operations	68,672	63,475
	Junior Development	58,356	44,912
	Busselton Race Income	726,308	579,018
Total income		1,107,937	902,678
Expenditure			
	Membership Expenses	14,494	
	Funding	31,060	33,803
	Operations	85,952	91,740
	Junior Development	52,135	40,632
	Busselton Race Expenses	680,737	602,331
	Administration Expenses	47,597	54,991
	Employment Expenses	194,915	161,718
Total Expendi	ture	1,106,891	985,214
Operating Profit		1,046	-82,536
Less Other Expenses			
	Previous Year Write off	0	0
Net Surplus/(deficit)		1,046	-82,536

The accompanying notes form part of the accounts.













#### **Triathlon WA Inc**

#### NOTES TO AND FORMING PART OF THE ACCOUNTS for the year ended 30 June 2011

#### 1. OBJECTIVES OF Triathlon WA Inc

The Triathlon WA Inc ("the Association") aims to provide a quality service for triathletes using best practices in leadership and management.

#### 2. STATEMENT OF SIGNIFICANT ACCOUNTING POLICIES

The accounts of the Association have been drawn up in accordance with applicable Accounting Standards, other mandatory professional reporting requirements and the requirements of law.

They have been prepared on the basis of historical costs and do not take into account changing money value. Except where stated, the accounting policies have been consistently applied.

Set out below is a summary of the significant accounting policies adopted by the Association.

a) Depreciation of fixed assets

Fixed assets, including furniture, fittings and motor vehicles, but excluding freehold land and buildings, are depreciated over their estimated useful lives. The straightline value method is used.

b) Grants and subsidies

Grants of a capital nature are brought to account in the period in which the terms of the grant are satisfied. Grant monies received for which the terms of the grant have not been satisfied in the current period, are shown as liabilities in the balance sheet. Grants and subsidies of a revenue nature are recognised as income on an accrual basis.

#### 3. FIXED ASSETS

2011 \$	2010 \$
26,831.73	22,932.09
15,018.68	12,505.12
21,516.00	
33,329.05	10,426.97
	\$ 26,831.73 15,018.68 21,516.00













### 4. TAXATION

The Association is an income tax exempt charitable entity under sub-division 50-B of the *Income Tax Assessment Act 1997.* 

### 5. RELATED PARTY DISCLOSURE

#### MANAGEMENT COMMITTEE

The names of each person holding the position of Member of the Management Committee of the Association at the financial year ended 30 June 2011 were:

Peter Rash (President) Anne Brinkworth (Vice President) Frank Stapleton (appointed) Paul MacKay (treasurer) Mark Batten Clive Bingwa Sam Prince

### STATEMENT BY THE BOARD OF MANAGEMENT

In the opinion of the Board of Management, the financial statements as set out on pages 1 to 6:

1. Present a true and fair view of the financial position of Triathlon WA Inc

as at 30 June 2011 and its performance ended on that date in accordance with Australian Accounting Standards, mandatory reporting requirements and other authoritative pronouncements of the Australian Accounting Standards Board;

2. At the date of this statement, there are reasonable grounds to believe that Triathlon WA Inc. will be able to pay its debts as and when they fall due.

This statement is made in accordance with a resolution of the Board of Management and is signed for and on behalf of the Board of Management by President Peter Rash and Treasurer Paul Mackay.























