Seasons greeting club members, yes the “silly season” is with us again which also brings around one of our most difficult club races. The clash with the pre Christmas markets greatly increases the traffic in the park but more so around the streets near the showground. Please pay attention at the race briefing and take extra care while riding on the course. The club and your first priority is safety.
I hope you all have a wonderful Christmas with your families and friends.

Robert

newsletter@mtc.org.au we welcome all comments, articles and criticisms, thanks!

THANK YOU FOR YOUR SUPPORTING OUR CLUB

Dec ‘10
Welcome all to the latest edition of this fine publication
As you would be aware I was not at the last months race, but I believe we had a new batch of members race with us. It is great to see our club growing and attracting new members and we hope to see more in the coming months.
I have also been told that we are again experiencing issues at the stop sign with people failing to stop and check for traffic. Remember, we race on open roads and are subject to all road rules as per the law. Failure to stop at this sign WILL result in disqualification and you will not be allowed to race again until you serve as a marshal at another race. This rule is there for your safety. If you are unsure of the requirements please speak to one of our two Race Directors before any of the races.
On a lighter note, we have our annual Christmas Barefoot Bowls Day on this Saturday from 3pm at Maitland Park Bowling Club (behind the pool) and I encourage you all to come along and have a go. A BBQ and nibbles will be provided with drinks available at the bar. Kids are most welcome.
Please check within the newsletter for changes to the December race start times.
See you all at the next race and train safe.
Ja

**DECEMBER CLUB RACE—IMPORTANT NOTICE**

Please be aware that after considering the clash between our December club race and the Pre Xmas Maitland Markets, the committee has made the decision to start our race **ONE HOUR** earlier than normal. This will mean that racing will start at 6AM and not the normal 7am. Set up and registration will obviously also commence **ONE HOUR** earlier. The committee apologise for the short notice and any inconvenience that this may cause to you, our valued members, however your safety is our main concern. Previous experience has shown that the increase in traffic in the area creates a situation that does not allow you the chance to race in a safe environment and no doubt annoys motorists who are looking for somewhere to park and have other things on their minds.
We also intend to increase the number of marshals around the course to ensure your safety, so if you do not intend racing, pick up some points by marshalling. Your patience, understanding and assistance will help ensure we have another safe enjoyable club race.
Triathlon Australia has announced that two upcoming events will have entries open to TA members prior to being opened up for the general public. The events are the 2011 Ironman 70.3 Busselton race, online entries will opened for TA members on the 22nd November, 48 hours before general entries. If all spots are taken by TA members the general entry will not take place. The other event is the Dextro Energy ITU World Championship race to be held in Sydney in April 2011. Entries for this race opened on the 24th November and remained open until 5pm on the 29th November, a full six days. This race is not just an enter and race situation, up to 90% of the places are up for grabs to TA members who apply in this period with successful applicants being notified by the 3rd December. All remaining spots will become available from the 1st December until the 7th December. Unsuccessful TA members from the first period can reapply during the second period.

Don’t know if this situation will become more regular or not.

Earlier in the year we saw entry spots for Ironman 2011 sell out in less than a day. It appears that how quickly an event sells out is a new sport in itself. On Wednesday 8th December at 9am entries for the 6 Foot Track Marathon opened. The run is from Katoomba to the Jenolan Caves (45klm), it was sold out in 1 hour. There were 320 spots available to Novices and another 360 spots available to people who have completed between 1 and 4 previous runs. The remaining 220 spots are for people who have completed 5 or more runs. If you believe some of the posts on various forums, the event actually was full within 10 minutes. The server simply put entrants in a queue as they registered, it just took one hour for those lucky ones to register all their required details.

Movember at MTC—well done guys
December Club Race
Remember that the December club race will also see the Maitland Markets operating. Past experience has shown that this particular market day attracts large numbers of shoppers which obviously results in a greatly increased volume of traffic both around the park and on the bike course. Please be aware of this and take extra care while competing, especially while riding. As always your safety and the safety of your fellow competitors is our first concern.

Upcoming Events
The new year sees a number of local triathlon events. The Newcastle Tri Club will be once again running their popular Newcastle Foreshore Triathlon (www.newcastletriathlonclub.org.au) on Sunday 30th January. H Events are offering something a little different on the 12th February with their Bay Adventure (www.bayadventure.com.au). This comprises a swim, mountain bike ride, kayak and run to be held at Port Stephens.
In March the Sparke Helmore (www.sparkenbntriathlon.com.au) offers a number of different length triathlon events.

Something else to keep in mind for early next year is our successful Try-A-Tri day. The proposed date is 20th February so if you know any juniors who may be interested or can help out on the day stay tuned for more information.

Last issue I mention Gi Singh’s commitment to shave his beard and cut off all his hair after IMWA. True to his word and supported by many the ordeal was completed after the Ironman Beer Mile. There has been reports that up to $10,000 has been pledged so far.
After supporting many half and full ironman events around the globe, I was inspired to line up for my first ever half at Port Macquarie 31st October. So after 10 weeks of attempting to swim, bike or run as well as work, we headed north. Race morning came and you can’t pick your weather conditions, we awoke, it was pitch black, but we could see out over the water and it was windy already. So down to the transition area we headed, a swarm of activity and a lot of nervous energy. I did the ‘wetsuit dance’, with assistance from my chief supporter and before I knew it the day had begun. The swim flew by and I ripped my wetsuit off with far less care for the garment than previously shown.

With helmet fastened I headed out of town towards the Cathie straight, flying. It didn’t sink in just quite why until we turned and headed back into the wind. A loop in town, past the noisy transition and the crowded streets full of supporters, lifted your spirits to head out and do it all again. One crazy Maitland supporter even made his way out to the lonely stretch to cheer us all on! As I turned, heading for home it started to sink in, I was on the straight in my easiest gear and barely cracking 20km/hr, I still had Matthew Flinders to get up. But I wasn’t the only one out there, 929 others were in exactly the same situation and why? For the love of it!

The next thing I realise I’m back in transition, hopping off my bike and throwing on my trainers, hoping my wobbly legs will run. For the entire 3rd leg I was surrounded by others. When feeling great I high fived competitors, thanked my supporters and cheered for others but more importantly when I felt awful I had complete strangers supporting and encouraging me to keep going. All in all, it was a pretty tough day but a memorable experience and one I am certain to line up for again!
Q & A with Gabby Laird

Q1) How long have you been involved with triathlon?
A) As a spectator for many years, but I have only got into it myself in the last two

Q2) What attracted you to the sport?
A) The variety of swim/bike/run, the challenge and the good fun everyone seemed to be having

Q3) Do you have a sporting background and if so what sports were you involved with?
A) As a kid I always swam, which became waterpolo and I always loved playing basketball

Q4) What level of participation do you want to reach, i.e. club races, local sprint distance, half ironman, ironman, Kona
A) Having just done my first half ironman and supported many a full, I’m pretty happy with that, mind you, I’d go support at Kona anyday...

Q5) Which of the three disciplines is your best and worst?
A) The bike is my worst, but I’m working on that!

Q6) What sort of training do you do at the moment, do you have a program or just do what you can when you can or maybe just turn up and race for the fun of it.
A) I’ve seen lots of programs, my brother writes them and I have some of his, but with work commitments I find it hard to stick to a program. So with some advice- it’s just what I can, when I can

Q7) MTC promotes family participation, do you or would you encourage family members and friends to try triathlon as a sport?
A) For sure! It’s a healthy way to spend your Sunday mornings and you have the rest of your day to do whatever you want! And because of the variety it’s open to anyone to have a go

Q8) Do you see triathlon as a long term sporting activity for yourself.
A) Definitely! It’s family friendly, can involve some travel to interesting places and gives me variety in my sport, reducing the chance of overuse injuries

Q9) Triathletes are suckers for the latest “go faster, look better” gadgets, if money wasn’t a problem, do you think you would fall into this category?
A) Probably not, everyone’s forever telling me to get something else to improve my times, but I’m hopeless! If I had the money, I’d probably just enter events all around the world.

Q10) What type of bike do you ride and if funds weren’t an issue what would you ride?
A) I have a trusty Giant, it does what I need it to, perfect. Most of my family and friends have some pretty amazing bikes, but I can’t enter into all that chat with them...

Q11) Do you have any hero’s that inspire you, triathlon related or other?
A) I had Natascha Badmann say hi the morning she raced and won South Africa IM, she was just so lovely and smiled the whole day, I admire that! But you can’t go past Macca in triathlon in Australia, he is amazing and his birthday is the day before mine…

Q12) What’s your meaning of life, is it 42 after all?
A) Have health, have happiness!
Plantar Fasciitis

This is general information only, for specific advice regarding your condition please speak to your Physiotherapist

What is it?

Plantar fasciitis is an overuse condition resulting in degeneration and inflammation of the attachment of the plantar fascia to the heel bone. The plantar fascia is a strong tendon that is vital in maintaining the arch of the foot.

Symptoms

Pain is usually felt at the inside and front of the heel (circled area) and into the arch of your foot. It is usually worst first thing in the morning causing pain on the first few steps out of bed, improving with a small amount of walking but worse after a long day on your feet, or running. The pain usually has a gradual onset with no history of injury.

Causes

Plantar fasciitis can occur with repetitive tension of the fascia/muscles eg with running, walking or dancing. It is often associated with a biomechanical abnormality such as excessive pronation (flat arches), calf muscle tightness or reduced ankle mobility. These conditions increase the strain on the fascia.

Xrays often show a bony spur where the fascia inserts on the heel, a "heel spur", but this is rarely a cause of the pain, rather a symptom. Extra bone is normally laid down in areas of increased strain. Many people with no heel pain have bone spurs on x-rays.

Treatment

A thorough assessment is needed to determine the cause of the condition. Following this, treatment may involve soft tissue massage to the calf and muscles of the sole, ankle mobilisations and stretches. Modalities such as ultrasound, interferential and ice will be used to help reduce the inflammation.

Correction of excessive pronation may be required and this is done using either tape or orthotics. It is also important to avoid aggravating activities. In persistent cases, cortisone injections may be required to settle persistent inflammation.

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Training Like a Triathlete

Here's a quick quiz for you...

1. How many sports is a triathlon? a) one, b) two, c) three, d) four?
2. How do you train for a triathlon? a) like a swimmer, b) like a cyclist, c) like a runner, d) all the above, e) like a triathlete?

The correct answers are 1. - a, and 2. - e. You did get those right, didn't you??

The purpose of that quiz is to highlight and emphasise how you should approach triathlons, your training and your racing. Triathlon is one sport and your training should reflect that, between each of the three disciplines plus the complementary activities which round out your preparation and performance. Because triathlon does involve three disciplines, your whole participation is an endless compromise compared to the "luxury" of single-sport athletes. However the way you structure your training (and lifestyle) can ensure the maximum effectiveness of your development so one session complements the next, across each discipline.

In this article I hope to explain how you can fit things into a schedule and routine that is sustainable and repeatable, and result in improvements across the board. While I'll talk about each discipline individually, you can't really talk about them separately. To that end the biggest mistake you can make is to train like a swimmer AND like a cyclist AND like a runner. This is where the value of a triathlon coach comes in, who has a full oversight of each session you do and can balance things out.

It's said that the best program is one that you can do because it fits into your life, meets your goals, fulfils your desires and is sustainable. It sounds like the holy grail, but with careful planning and scheduling it is mostly possible. Let's look at swimming first.

Swimming
Swimming is a low stress, low risk training activity. Triathletes will never overtrain at swimming, and swimming won't be the thing that tips you into an overtrained state...however, your swimming will suffer if you are overtrained!! Since your very best swim training option is in a squad that will usually dictate when and where you train. To that end, it does take up time, which is the main consideration in scheduling swimming into a triathlon training program. Depending on the individual you should aim for 3 - 5 swim sessions per week.

I believe you're best to space swims at least 24 hours apart (ie, AM to AM, not PM then following AM), and don't go for any more than 2 days without a swim session (ie, Fri to Mon). Once you've slotted your swim sessions in then I don't really consider them to have much carry-over effect on other sessions unless you go straight from a swim into a bike or run. The key points here are to swim frequently and hard.

Cycling & Running
Cycling and running are the two disciplines where careful scheduling is necessary since there are carry-over effects from one session to the next, in either order. Bike training is even more time consuming than swimming, and is also weather and venue dependent. It's often the session that gets compromised so it's worth scheduling them where there's time to enact plan B, if necessary. So bike training needs to be planned to allow for consistency in being able to fit sessions in and to complete sessions.

Weekend Training
Bike (and run) training will be built around the single most important session in each discipline each week - the long ride (and run). As it implies, this also takes the most time which means a weekend is the best option. Typically I'd put this on Saturday morning if only to get it out of the way for the weekend, and also because I think you're better to do ride and run on successive days (Sat / Sun). So with a long ride on Saturday morning, potentially a swim in the afternoon, and long run on Sunday morning, that makes a good training weekend.

Brick Sessions
I'm not an advocate of doing brick sessions week-in, week-out, and in fact not running on the same day as long ride for the same reason that you tend to compromise each session by taking it too easy on ride, especially the last - and crucial - hour, and you're too fatigued to get much value from the run. You're better to rest your legs for the rest of the day (a swim is recommended) and do a run when you're going to get more value from it. I believe that "practising" the feeling of running off the bike is less valuable than being sufficiently recovered to do a good run session the next day. Besides, if you're training consistently enough then you'll experience the feeling of running with fatigued legs as a matter of routine.

To contradict all that, there is certainly a place for brick sessions in training, especially in the lead-up to key...
Monday to Friday
Training during the week is usually constrained by external factors like family, work, etc, so these things need to be factored into scheduling. Some people can only train in the morning, or evening and/or maybe lunch-time. Once you factor in swim squad sessions you can then see what other times are available for riding and running, being careful how you schedule each to allow for necessary quality and recovery. The experience and ability of the athlete will determine the quantity and quality of sessions scheduled during a week.

Identify how many key (ie, hard) bike and run sessions you plan to do in a week and following these rules:

- Don't do 2 key sessions on the same day, even if they are different sports.
- Aim for about 24 hours between key sessions.
- If you're doing 2 key sessions per week, space them 2 "sleeps" apart (eg, Tue & Thur).
- If you're doing 3 key sessions per week, have at least a 2 sleep gap amongst them (eg, Mon, Tue & Thur).
- If you're doing 4 key sessions per week, do them 24 hours apart allow 2 sleeps after the fourth session (eg, Mon, Tue, Wed & Thur).
- Don't do 2 key run sessions in a row and/or have a 2 sleep gap between them.
- Other non-key sessions (apart from swimming) should be short and easy.
- Whatever you do during the week, aim for a 2 sleep gap since your previous key session before the weekend since these are the most important sessions of all.

Managing Workload
The critical thing is to consider the workload of sessions, and how that will carry over from one session to the next. Workload is mostly a subjective measure, and is basically quality x quantity. That is, a short and hard session will have a similar workload to a longer but moderate session. Don't think of sessions as one-off efforts because they actually have a cumulative effect on your fatigue levels, where fatigue (and health) are the key determinants of your consistency of being able to back up key sessions on successive days.

Triathlon training should rarely involve all-out, maximum efforts, or reps that leave you sprawling on the ground afterwards. Triathlon training is hard because of the duration and sustained effort within - and between - sessions. It's an exercise in control and consistency, and training today so you are still able to train tomorrow...even if it's just easily.

Having said all that, there will be times when you increase your training workload for a period of time, such as during training camps or similar. These can be really valuable as long as they're planned and include balance between the relative workload of each sport, and cater for individual capabilities. There's a history of athletes tipping into over training as a result of training camps, and treating them as a competition rather than a period of focused work.

Summary
The key to training like a triathlete is not just in the type of sessions you do - for many people just training consistently is more important than the details of the sessions - but how you combine and schedule sessions across the week. Consistency of training is your number one priority, and managing your training workload to achieve consistency. Just remember the 3 rules of successful athletes: 1. don't get injured, 2. don't get sick, 3. don't break rule 1 and 2.

Text - Campbel Maffett
At the last club race I marshalled at the infamous STOP sign corner. This wasn’t the first time I have manned this corner but it was one of the most disappointing.

At every club race briefing, competitors are advised that they must obey all normal traffic rules and that they must stop at the STOP signs when coming from both directions. At the last race the number of competitors that either didn’t understand or simply chose to disregard this action was alarming. In previous events the club has disqualified a number of competitors for not stopping at this corner. The only reason that nobody was disqualified at the last race was simply because I was unable to completely identify the race number of a few of the main violators. After speaking with the race director and a number of other committee members it was agreed that it would be unfair to disqualify the people I could identify. These people were spoken to regarding what had happened and advised that the same result would not happen next time. This may not have been the correct action and I accept that members who have previously been disqualified have every right to feel annoyed and hard done by. From the next race this corner will once again be marshalled by two people so anyone who doesn’t stop can be properly identified.

There is no doubt this is a difficult corner to manage, a lot of drivers see both the riders and somebody with a vest and flag so they stop to give the riders right of way further adding to the confusion, especially when a pack arrives at the same time, some riders stop, some ride through. While it is difficult to advise the drivers, our members should be aware that the marshals have not power to stop traffic, we are only there for your safety and ensure the rules are obeyed. As a club we need to obtain council, police and TriNSW approval to hold our races, this requires us to obey all traffic rules. It wouldn’t take too many complaints to the police for that approval to come with conditions that would make it difficult or costly for us to hold our.

It is also not the job of the marshal to say how long the stop must be, it is up to the competitor to stop, look right or left depending on which way they are coming from and determine if it is safe to proceed. The skill level of members will vary greatly so if you can track stand safely great, if you need to unclip and stop do so, but remember that you may still be slightly moving as you do this and cycle shoes slip on smooth surfaces. Keep to the left and be aware of other competitors behind you.

Our club has a number of members who have experienced the feeling of being hit by a car, myself included. If you are lucky it will hurt, a lot, if you aren’t lucky your family and friends will feel the hurt for the rest of their lives. Racing is dangerous, include the fact we do it on roads open to normal traffic increases that danger, charging through a STOP sign on a dangerous corner without even looking, well I’m sure you can work out where I’m going.

As mentioned elsewhere, our next club race clashes with the pre Christmas Maitland Markets. The increase in traffic on our cycle course, especially from transition to the STOP sign corner is considerable, any competitor who simply puts their race face on and doesn’t take extra care will be greatly increasing their risk and the safety of their fellow competitors.

The issues around the STOP sign corner weren’t the only concerns raised at the last club race. A number of competitors mentioned the high number of people drafting further out on the cycle course, competitors riding along head down and not watching where they were heading in what would be an illegal position i.e. too far to the right. Also a few people where spoken to regarding unclipping their helmets prior to racking their bike. This may seem a silly pointless rule, consider that you have just finished your ride, most competitors are now running towards their spot in cycle shoes, if you trip and fall a helmet that is still clipped may protect your head from hitting the ground or something else, a helmet that is unclipped is likely to fall off. It’s a bit like the STOP sign situation, why increase the risk.

I have no answer to why a lot of issues seemed to happen at the last club race, maybe the planets simply weren’t aligned properly, who knows. The thing is triathlon is a sport, our sport, we do it for enjoyment and no doubt part of that enjoyment is to push ourselves each time which may involve some form of risk. If however you consider riding through STOP signs on the road is an acceptable risk I wish you luck but maybe Maitland Tri Club and triathlon isn’t your sport after all.
MAITLAND TRI CLUB BOWLS DAY

WHEN: SATURDAY 11TH DECEMBER
STARTING AT 3PM
WHERE: MAITLAND PARK BOWLING CLUB (NEAR THE POOL)

THE CLUB WILL BE PROVIDING A BBQ AND NIBBLES. DRINKS CAN BE PURCHASED FROM THE CLUB BAR.

ALL WELCOME
Ted’s Bike Shop has some super bargains available for Xmas.

**BMX Bikes**
- Mongoose Article was $475 Now $350
- Culture was $475 Now $350
- Capture was $395 Now $295
- Programme was $395 Now $295
- Logo was $325 Now $225

- DK Kvant was $729 Now $529
- Helio was $649 Now $500
- Cygnus was $599 Now $399
- Siklon was $399 Now $299

- Felt Ethic was $499 Now $399
- Chasm was $589 Now $439

**Mountain Bikes**
- Save heaps on Avanti, Mongoose, Merida and Specialised

And saving the best for last

**Road Bikes**
- Save massive amounts
- Specialized Roubaix Comp was $3500 Now $2500
- Full Carbon with 105 groupset Large size 1 only.

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**Bobby McGee / Multisport Solutions Running Workshop**

In January, Newcastle based triathlon training organisation, Multisport Solutions will be holding a running workshop with internationally renowned and Olympic Running Coach, Bobby McGee. Bobby McGee is a USA Triathlon accredited coach based in Colorado with 30 year’s experience. Bobby specialises in building optimal performance mindsets and improving running skills. Beginning his coaching career in his native South Africa with cross country teams he has been involved with USA Triathlon since 2002, first serving as a consultant expert with the elite athlete development. As well as helping with the training of the athletes, he has also been responsible for the training of triathlon coaches and the development of many training initiatives. Bobby has been brought to Australia to work with the Australian Institute of Sports Elite Triathletes and has extended his stay at the invitation of Multisport Solutions to run the workshop in Newcastle.

The workshop will be a full day event providing both practical running and mental skills that will allow participants to improve their running efficiency.

The day will begin with a seminar on the theory behind the mechanics of running fast, new training techniques and tools. This will be followed by a practical session run by Bobby that will allow you to put those skills into practice.

The final part of the day will be a mental skills session which will involve a theory and practical component.

Numbers for this workshop are limited, the cost for the day is $230 and the date is the 2nd January.

If you are interested please contact Caroline Lean from Multisport Solutions on 0401053261 or email info@multisportsolutions.com.au.

If you want to find out some more information on Bobby McGee and his techniques have a look at his website (www.bobbymcgee.com). Bobby has also written a number of books on his running techniques.
This month’s “It’s the Law” topic’s refer to the Bicycle Course Rules, a few have been mentioned before but I think to be mentioned again.

Rule 12. A competitor must obey traffic laws unless otherwise directed by a race official. (YES this includes the STOP signs in both directions. And NO the marshal posted at the STOP signs is not there to stop traffic to allow competitors to ride through.)

Rule 18. A competitor not keeping to the left of the cycle lane when not making a pass on another competitor, motorcycle or vehicle will receive an Illegal Position violation. Road conditions will be assessed before issuing a violation. (A few observations and comments from other competitors on Sunday indicate that not everybody is aware of this rule.)

Rule 22. The most abused rule within triathlon, Drafting.
A) The bicycle draft zone is a rectangle 7-metres long and 3-metres wide that surround every bicycle competitor and motorcycle on the bicycle course.
C) When passing, once the rear competitor’s draft zone overlaps the forward competitors draft zone, …the rear competitor is allowed a maximum of 15 seconds to pass the forward competitor.
There are areas on our course where enforcement of the drafting law is impossible, e.g. the STOP signs, as these are relatively near the beginning of the bike course and if a number of cars are travelling through the STOP signs, a large pack of riders can be waiting, this obviously means it is going to take longer than 15 seconds for the pack to sort itself out and create the legal draft zones. Competitors will have to sort them selves out as quickly as possible. Just because the club doesn’t have mobile marshals to police drafting doesn’t mean competitors can disregard the rules. Remember drafting is cheating.

From your Race Director
First of all I would like to say a big thank you to all competitors from November race for the way in which you took on board the changes to the course that were presented. With much improved weather conditions from the previous month it great to see a strong turn out, particular note to all the first timers we had show up, well done. I would like to take this opportunity to provide some reminders to keep in mind with our December race just around the corner.

Our races are sanctioned by Triathlon Australia, and run our races under the rules & guidelines set out in its policies.
We all must obey the NSW road rules & signage. We don’t have road closure, so be aware of local traffic on course, & please remind our junior racers of this as well.
I felt that the new swim start / exit went well, just a reminder of our swim loops for seniors (2.5 loops intermediate & 4.5 loops for seniors)
Another trial was to start the intermediates after the senior to create a more even finish, and to create a better atmosphere at the finishline.
Don’t forget about putting your name down to marshal (nominate a race today), remember no marshals – no race!!
Stop at the stop sign – no more warnings. It is your safety I am most concerned about!
Finally to wrap up I would like to request that our club is run by a dedicated bunch of tri nuts and my motto is many hands make light work, so feel free to jump in and help set up our transition on race morning, or help place out a few witches hats, at the end of the day it means that we can get our racing underway on time and make it an enjoyable and safe day for all.
Looking forward to the seeing you next race on the 19th December, and in the meantime
Train Hard & Stay Safe!
MTC SEASON RACE CALENDAR

Please Note - SUBJECT TO CHANGE - FOR THE LATEST CHECK OUR WEBSITE

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Club Champs 14th May 2011

NEXT COMMITTEE MEETING

7:00PM TUESDAY 14th December 2010
EAST MAITLAND BOWLING CLUB

ALL WELCOME

Note: Some articles and event dates included in this newsletter are “Provided For Information Only”. The views, techniques and opinions presented in these articles should in no way be assumed to be those of the Maitland Triathlon Club, its committee or members. Interesting articles are and will be sourced from many independent locations which have no association with or association by MTC.

Races and events other than those in the MTC Season Race Calendar are also provided as “Information Only”. MTC has no association with the running or organising of these events.