



# January 2021 Newsletter



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# PRESIDENT'S MESSAGE

Welcome to our first newsletter for 2021!

It's been a busy few months since our last newsletter as we hosted the Manawatu Junior Triathlon League, created a series of club events for the first quarter of 2021, restarted Swimming with Shane after the Covid interruptions and some of us also managed to get the odd swim, bike or run in!

I would like to take this opportunity to offer a warm welcome to all returning club members and in particular any

new members. No doubt we'll see you at club events so please come and say hi!

As always if you've got any feedback please feel free to email any of the committee members or have a talk with one of the committee when you see them at an event.

Happy training & racing,



Richard



## UPCOMING EVENTS

All our upcoming events for the first quarter of 2021 are listed in the sidebar.

We have been lucky to be able to partner with some local businesses and other local sports club to be able to bring these events to club members.

In addition to our triathlon races at Linton we have created a series of swim/run events at Off the Loop Wakepark in Foxton. To ensure we cater for all club members we have various distances and race options available.

At our event on the 28<sup>th</sup> of February we will also have a ladies only event. This will consist of a 500m swim and a 3km run/walk.

We've also worked with Feilding Moa Harriers to create a series of 3km & 5km events at the Manawatu Community Athletics Track at Massey. These events are "Race your own race" events – for all ages & grades.

We've listed more details on each event on the following page.

## Important Dates

### Triathlon Series:

- 24<sup>th</sup> January – Linton
- 21<sup>st</sup> February – Linton (Manawatu Secondary Schools Championship race)
- 7<sup>th</sup> March – Linton (Mixed Teams Relay race)
- 18<sup>th</sup> April – Linton (Club Champs)

### Swim Run Events:

- 8<sup>th</sup> February – Off the Loop, Foxton
- 28<sup>th</sup> February (Ladies Only Event Option) – Off the Loop, Foxton
- 13<sup>th</sup> March – Off the Loop, Foxton

### Race Your Own Race:

- 4<sup>th</sup> February – 3km event, MCAT, Massey University
- 18<sup>th</sup> February – 5km event, MCAT, Massey University
- 4<sup>th</sup> March – 3km event, MCAT, Massey University
- 25<sup>th</sup> March – 5km event, MCAT, Massey University

### I Tried the Tri's:

- 5 Mondays from the 15<sup>th</sup> February, Skoglund Park





## TRIATHLON RACE DISTANCES

We've updated our descriptions and distances of our triathlon based at Linton Military Camp. These are based on recommended distance information from Triathlon NZ and the lap distances we work with on our Linton course:

### **Sprint Triathlon:**

400m swim (16 lengths)  
19km bike (6 laps)  
5km run (5 laps)

### **3,9,3 Triathlon:**

300m swim (12 lengths)  
9km bike (3 laps)  
3km run (3 laps)

### **Have a Go Triathlon:**

100m swim (4 lengths)  
6km bike (2 laps)  
1km run (1 lap)

Bike and run course maps are available on the MTC website.

## SWIM RUN EVENTS

Our swim/run events will be held at Off the Loop Wakepark, 10 Stewart St, Foxton.

Our distances and race options will be:

- 1000m swim & 6km run
- 500m swim & 3km run
- 200m swim & 1km run
- 1000m swim
- 500m swim

We have also created a Ladies Only option as part of the event scheduled for the 28<sup>th</sup> February.

Event distances for this will be:

- 500m swim & 3km run
- 500m swim only
- 200m swim & 1km run

As part of the support for this event we have created a 5-week training plan that is freely available for any ladies that enter the event to use.

We will have a water safety plan for each of these events (in addition to the safety plan that site already has) and will have lifeguards on the water at these events.

## RYOR EVENTS

In conjunction with Feilding Moa Harriers we have created a series of 3km & 5km track events – like the Night of 5's events that were raced prior to Christmas.

These races are for all ages and abilities – hence the “race your own race”. We will hold these events at the Manawatu Community Athletics Track at Massey University.

As we get closer to the event date we will update the Facebook event, but each event will have 2

heats. For example, our first 3km event on the 4<sup>th</sup> February will look like this:

- 7.00pm – event start for those looking to run a time less than 12 mins
- 7.15pm – event start for all other runners

Later start times allow the wind & temperature to drop and hopefully give athletes the opportunity to achieve their goal time!



# MANAWATU JUNIOR TRIATHLON LEAGUE

Over the weekend of the 18<sup>th</sup> – 20<sup>th</sup> December the MTC hosted the first edition of the MJTL. This was a 3-day event for triathletes from around NZ to participate in 3 days of swim, run, bike events. We were also fortunate enough to have an elite sprint triathlon as part of the event which was part of the TriNZ Elite Series.

Athletes completed a Lemans style criterium at Manfeild, an open water swim race at Off the Loop Wakepark in Foxton, a cross country run at Timona Park in Feilding and then a mixed team relay event at Linton.

As part of the event we hosted an elite sprint triathlon – 400m pool swim, 15km bike and 3km run. The elite field was one of the strongest fields seen at a NZ based race for some time. Local MTC athletes that competed in the field were Luke Scott (3<sup>rd</sup> Elite Male), David Martin, Adam Martin, Madison Keightley and Sam Parry – Sam got the wildcard entry by virtue of winning the under 19 male field of the MJTL.

Our athlete guide (which gives an overview of the event and introduces the event team) can be found here: <https://manawatutriathlonacademy.files.wordpress.com/2020/12/athletes-guide.pdf>

At this point we are going through our review processes and beginning our planning for 2021!

## MJTL GALLERY

















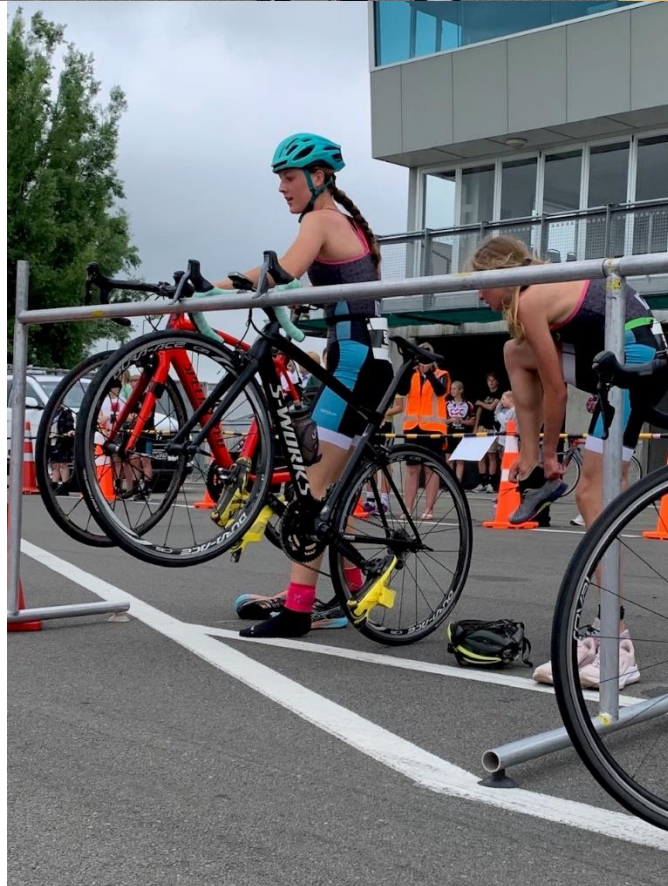
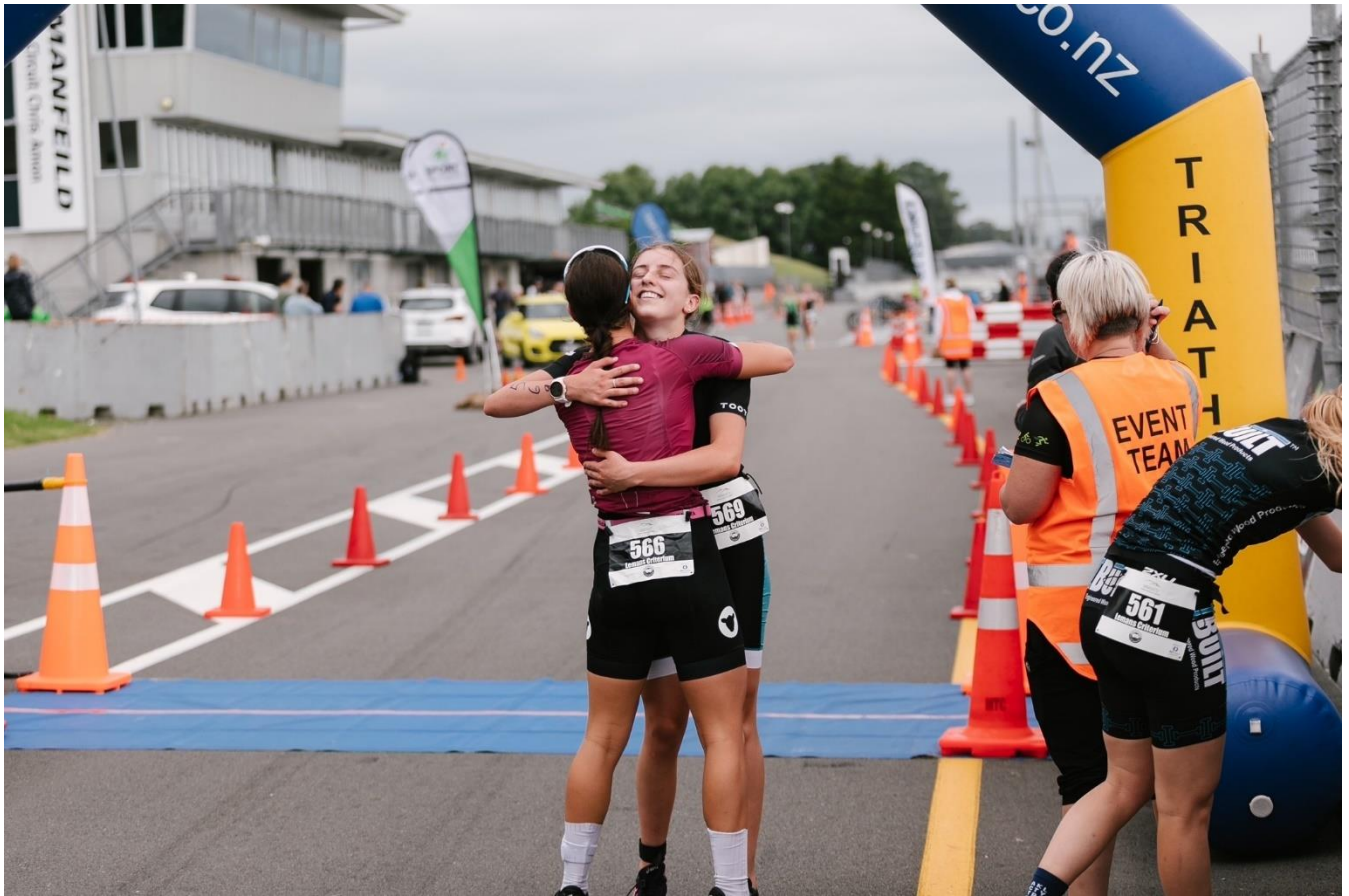














Full gallery of photos are available on our social media pages



# TRAINING SESSIONS

We've restarted our swim training sessions with Shane Reed on a Wednesday night from the 20<sup>th</sup> January. These will go for a 6-week block and there is a cost associated.

Once this swim block is complete we are looking at continuing with training sessions but with a run focus.

Full details of the run focus training sessions will be released via the MTC website and Facebook later in February.

For anyone that needs some introduction to Shane's swimming skills he's looking to pass on during these swim sessions; have a watch of this YouTube clip (yes, that's Shane out the front):  
[https://www.triathlon.org/multimedia/video/mens\\_triathlon\\_beijing\\_2008\\_summer\\_olympic\\_games](https://www.triathlon.org/multimedia/video/mens_triathlon_beijing_2008_summer_olympic_games)

# EVENT PREREGISTRATION

To enable the club to meet the contact tracing requirements that Covid-19 placed upon us we instigated the use of Webscorer registration for all our MTC events. The committee has decided to continue with asking members to preregister for events.

Preregistration allows us some better information for planning events and makes any contact tracing requirements we have in the future a lot easier.

Each MTC event will have a Webscorer link created and this link will be circulated so

any member that is intending to participate in an event can preregister.

Our Webscorer link will be remain active until 8pm the night before an event (any MTR events will be 12pm) so you will have plenty of time to preregister.

Pre-registration also allows for faster access to Linton Army Camp on the morning of events and helps speed up athlete check in on the day and helps with collating results.

## Social Media:

### Facebook:

Manawatu Triathlon Club

### Instagram:

manawatutriathlonclub

### Website:

[www.triclub.co.nz](http://www.triclub.co.nz)

## Age Group & Rules Info:

<https://www.triclub.co.nz/events/race-rules>

## TriNZ Rules:

<https://triathlon.kiwi/wp-content/uploads/2019/10/Tri-NZ-Competition-Rules-2019.pdf>

# I Tri'd the Tri Series

This series of events for 4-12 years is back on this year from the 15<sup>th</sup> February. More details available on the MTC website (<https://www.triclub.co.nz/events/2021-crank-it-specialised-i-trid-the-tri-series>) and the Facebook page (Palmy I Tri'd the Tri Series 2021).



**crank it**  
CYCLES

**SPECIALIZED**

# I Tri'd the Tri Series

## KIDS TRIATHLON

For Kids 4-12 Years

**NOW ON!**

Register at  
**www.triclub.co.nz**

Best of luck to all MTC members participating in events around the country in the next few months!

Good Luck!