

NEWSLETTER

AUGUST 2020

INSIDE THIS ISSUE

Welcome from the President



PG. 2

Upcoming events



PG.3

MTA Update & Awards Evening



PG.4 - 6

Event Cycle Safety



PG. 7 - 9



Official Newsletter of:



Welcome



FROM THE PRESIDENT

Welcome to our winter MTC newsletter as we get going again post Covid-19 and look toward our future events.

The club, your committee & our members (along with the rest of sport in NZ) have withstood a tumultuous time as we deal with event cancellations throughout NZ (Taupo 70.3, NZ Sprint Duathlon Champs etc.) We have found new ways to safely offer events in a post Covid-19 environment. Recently we've tried to reinvigorate our events with a focus on the three words that feature in our logo:

– *Encouragement, Participation, Achievement*

We have been successful in gaining a new venue to allow us the opportunity to offer some open water events. I'd like to extend a thank-you to Off the Loop Wakepark in Foxton for their support in helping us to get this initiative underway.

On the 26th July we held our first Manawatu Triathlon Academy Awards Evening to celebrate the achievements made by our younger athletes during the period April 2019 to March 2020 (our planned April function was delayed by Covid-19). We were extremely privileged to have Sophie Corbidge attend our prizegiving & our MTC duathlon at Linton. Sophie would have been in Tokyo preparing for the Olympics but obviously the draw of a MTC Linton duathlon was too much!

Looking forward to seeing you at our next event!

Richard Coxon - President MTC

Thanks to:



UPCOMING EVENTS

We have some exciting events coming up. All these events have been placed into an updated calendar & loaded onto our website:

(https://www.triclub.co.nz/files/mtc-2020-calendar_UPDATEJUL20.pdf).

An event on Facebook will be created for all these events so you can indicate your attendance & get those all-important reminders!

We've also listed these events below with some brief details on each event.

- 30th August – Reverse Triathlon, Linton
- 20th September – Reverse Triathlon, Linton
- 11th October – Mixed Team Relay, Linton
- 11th October – MTC AGM, Linton
- 1st November – MTA Kris Gemmell Carnival
- 7th November (Saturday) – Icebreaker Swim Event, Foxton (Date TBC)



MTA Update



FROM TAMARA REED COACH – MANAWATU TRI ACADEMY

I can't believe the MTA has now been running for 4 years! We started with eight super keen juniors back into 2016 (Bella Ives, Lucy Evans, Lucas Reed and Jessie Coxon to name a few) & we have now grown to a group of 50 juniors with a 50/50 split of females and males. Currently we are the largest junior group in NZ! We have drawn some attention nationally as I often get clubs and event organisers ringing me from all over the country asking questions like; How do we create an MTA within our club? Your tri-suits look amazing who designed them? The event organisers always commenting on how positive and friendly our group are at their races 😊.

We wouldn't have come this far so fast without our amazing committee members; Mark Evans, Jo Coxon, Jessica Pettersson, Karl Nicolson and Denise Mclean, and our Manawatu Tri-club Committee! Your time and effort in the background is outstanding and we cannot thank you enough! Clubs are finding it harder and harder to find volunteers so please take the time to thank these people for their support.

Our next project as a committee is working on developing a sponsorship proposal for the MTA - watch this space. On the topic of sponsorship we would like to acknowledge our first MTA Sponsor "Willie Roy Tall Poppy Ltd" who is sponsored the MTA Prize Giving held on Sunday the 26th June.

What a team effort from the mighty MTA! Keep up the great work!

Tammy
Tamara Reed

Coach - Manawatu Triathlon Academy

MTA AWARDS SPONSOR



2020 AWARD RECIPIENTS

Most Improved:

Fallon Roy

Best Performance:

Luke Scott

Coaches Award:

William Leong

Team Spirit Award (peer voted):

Jessie Coxon

Most Dedicated:

Madison Keightley / Sarah
Addenbrooke

Attitude Award:

Bella Ives

Congratulations to all of our MTA athletes for the 2019/20 season and an extended congratulations to the recipients whom received an award at our annual MTA awards evening held on the 26th June.

We were lucky enough to have Sophie Corbidge attend our prizegiving and give our young athletes an insight into elite level training & racing.

Our awards criteria are:

Most Improved – Sponsored by Tricklebanks

Most improved awards recognize athletes who have shown "stand-out" improvement in various areas of triathlon both in training and racing.

Coaches Award – Sponsored by the Reed Family

Recognizes additional qualities that typical awards may not address. The "Coaches Award" is given to an athlete that exhibits special skills, academics, community service or other exemplary criteria that may otherwise go unnoticed.

Best Performance – Sponsored by Tall Poppies

This award is for the best performance during the season and recognize the athlete that has memorably displayed exceptional skills or set season records.

Attitude Award – Sponsored by the Coxon Family

This award emphasizes the importance of sportsmanship. This athlete possesses skills that are critical to the bonding and foundation of the team. These qualities consist of positive attitudes, as well as respect for other athletes, coaches, and their competition.

Most dedicated Award – Sponsored by the Dagg Family

Is awarded to the athlete that has consistently demonstrated hard work throughout the year even through difficult circumstances.

Team Spirit Award – Sponsored by the Evans Family

This person is someone who pitches in to help others for the betterment of the team, exhibits flexibility and grace under pressure, shows commitment to team over self and treats teammates with respect. This award is MTA peer voted.

MTA Awards Evening Photo Board



A full gallery will be on our social media pages soon!
A big shout out to our amazing photographer – Triathlete; Ethan Gillespie

Event Safety



EVENT BIKE SAFETY UPDATE FROM THE MTC COMMITTEE

While we have your attention, we are going to take this opportunity to reinforce some of our safety requirements that are in force at all our events and how these are designed to keep everyone safe while competing in our events.

Our bike course is one of the highest risk parts of our events so we'd like everyone to remember these safety points:

- Keep **left** at all times
- Fasten your helmet **prior** to touching your bike & make sure your bike is racked **prior** to unfastening your helmet
- If you are riding your bike at **any** time (racing or not) your helmet must be on your head & **fastened**
- Do not **cross** the centre line (automatic **DQ**)
- If you need to pass another cyclist please pass on the **right** – as you're coming up behind them call out "on your right" and then proceed to pass safely and then ease back to the left
- Mounting your bike is a risky process especially if you are slipping your feet into your shoes on the move. Please practice this prior to a race so you're not weaving all over the road when you're trying to get your feet in
- Dismounting your bike is also risky. As you veer left off the bike course to head towards transition please **slow** down (particularly as you approach the "DISMOUNT" cones)
- Some of our races will be **draft legal** and some won't be. The race director will inform you at the race briefing if a race is either draft legal or non-drafting. If a race is stated to be non-drafting please do **not** draft. If a race is deemed to be draft legal please do this **safely** and if you're uncomfortable sitting in the bunch please slow down and drift off the back of the bunch. The diagrams on the following page are from the **TriNZ Competition Rules**
- If a race is deemed to be draft **legal** by the race director then the use of any type of TT bars is **prohibited**
- Please remember we have all ages & all abilities on the bike course during an event. Please show all athletes **respect** and please also respect their right to compete in a **safe** environment

Please remember we have first aid trained individuals at all events, extensive first aid kits & a fire extinguisher in our club trailer. In the event of an **emergency** please call **111**.

TriNZ Competition Rules

If you need any advice or have safety concerns please talk to one of the MTC committee.

Diagram 1 Distance of Drafting Zone for ALL Competitors

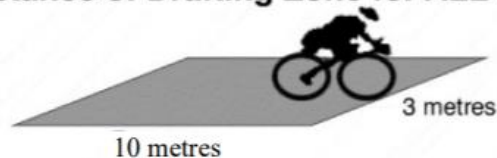
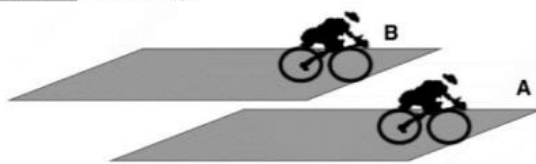


Diagram 3 Blocking



A and B are maintaining adequate separation between each other, even though they are abreast to one another. B is not drafting A in this instance. A however, is now in a BLOCKING position. If A remains out to the Right Hand Side, A will receive a blocking penalty.

Diagram 2 Drafting



A has overtaken B and B is now drafting the lead cyclist A. B must drop out of A's draft zone before attempting to repass A. A must move to the Left Hand Side of the road when safe otherwise A can be called for blocking. B can only overtake A on A's Right Hand Side.

Diagram 4 Drafting and Not Drafting



A and B are maintaining adequate separation. C is not attempting to pass B. C is drafting B. A and B are not drafting.



REVERSE TRIATHLON

LINTON ARMY CAMP

30TH AUGUST – 9AM START



triclub.co.nz



Manawatu
Triathlon
Club

All welcome – come along & have a go!

Registration open between 8am to 8.45am

Linton Army Camp require all occupants of any vehicle over 18 years of age to produce their Drivers License or photo ID to gain access

SHORT COURSE (10^{AM})

1.5KM R, 6KM B, 200m S

MEDIUM COURSE

3KM R, 12KM B, 300m S

LONG COURSE

4.5KM R, 19KM B, 400M S

TEAMS EVENT (L&M)

2 OR 3 PERSON TEAMS

Follow us on:



Manawatu Triathlon Club



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manawatu_triathlon_academy

Web domain and hosting for MTA kindly sponsored by the McLean Family



www.triclub.co.nz