

Wellbeings X-Training

ATHLETE PROGRAMME GUIDE

FOR THE BUSSELTON 70.3 2013

(In no particular order)



Gaye has been interviewed by our young dietitian, Stacey Rogers.



1. This 70.3 will be my sixth in Busselton and it was 10 years ago since my first one 3/5/03. (Scary thought really). My peak year was my 50th year in 08, my best 70.3 time 5:36:57. 03/04/09 I was fourth and 2010 I was 7th. Not that placing is a key goal for me, for me it is just an interesting statistic. As I don't compete to beat someone else, I compete to do my best and have fun on the day and depending on the year get a PB. A PB certainly isn't in my mind at all this year.

I have also completed 3 ironman distances, 04/06/08. 2008 I think I was at my peak. I came 3rd in my age group that year and did a 29 minute PB! 04 – 12:54, 08 – 12:29.

2. Training for this event has not been as good as I had expected, I have rolled my ankle twice and got a cold two weeks out. Besides those hiccups I have tried to follow the

program and get the k's under my belt as well as concentrate on nutrition and fluids and altering a few things from my previous races.

3. Current Form: Two weeks ago I would have said that I'm 'in top form'. The cold put me out for a week and I am still not fully recovered but I am ready. I am hoping that my experience will be on my side with proper nutrition on the bike and as it is a flat course my ankle will not let me down.

4. My goal for this race is to finish around the 6 hour mark, hopefully just under my 03 time. I want to enjoy the day as after 10 years endurance racing I think this maybe my last triathlon as I explore other avenues, like mountain biking and paddling. I also run my own business and at times getting in the training and making sure that the business is running can be very tiring. I am planning to compete in the Prague Marathon next May.

5. Favourite Leg: The run! I just love running. I never run with music. I just love getting into a head space and time just disappears. Also on race day, though the swim is my weak leg, bike below average to average, when I am on the run, I pick someone in front of me and try and take them over, then pick the next person, it's like running with a friend that keeps your pace up.

6. Mantra? No. On race day keeping your mind positive is by maintaining good posture and keeping the breathing in check. It is also amazing on race day how important family and friends are on the sideline, you generally know where they are and you look forward to passing them and having a wave, smile, or I have been known to swear if I am feeling bad (mainly in the Ironman).

Pam has been interviewed by partner, Neil Mendum, who by the way is in pretty awesome form himself for this event.



1. Previous experience: 3 x Ironman's (Busso, Busso and KONA!!), some races overseas you've probably never heard of and a few 70.3s, can't really remember how many! Best time 4:56 for now...

2. Trainings been up and down with some great sessions and err.....not so good ones...

3. Recent Form: I've had some good results in some run, bike, and swim, lead up races and also some not so good ones, of course the great ones will shine through on race day...

4. Race Goals: My goals for the race are to go "Grrr" a lot and try not to blow up! No seriously, find some fast feet on the swim, steady high tempo watts on the bike and a strong run to finish.

5. Favourite leg: My right leg is my favourite as I have a funny lump on my left knee, apart from that any leg when I'm going well is good.

6. Mantra:

Just breathe and get the job done...

7. Weird Stuff:

Neil made me breakfast once when I came back from a ride....weird huh?

8. Would you like to say anything to your family.....I'd just like to thank my aerodynamic advisor for "pimping" up my ride. Also, Summer has been great in looking out for me when I'm ocean swimming and also reminds me of the important things such as "toast, toast, toast, juice, blueberries....." (Repeat indefinitely).

MORGAN MARSH

Morgan is representing Fremantle Triathlon Club in the TWA Team Interclub Challenge supporting Cerebral Palsy. She is represented in this interview by funny man and loving husband, Tim.



Morgan has had nothing to do with this!

1. Previous experience over 70.3 distance triathlon. 4 individual and 1 team. Plus long-course Worlds (2009)... Best time = 5:01 (and a very snappy 4:51 thanks to a slight misunderstanding of the rules.....or at least a different interpretation of them).

2. How do you feel your training has gone in your preparation for this event? Does trapeze, silks, kayaking, kick boxing and any other activity that isn't remotely training for it to count? She is in a good head space though.... More gearing up for December.

3. How is your form going into the race? She has a sexy form. She is also a little OCD and loves filling in forms...

4. Race goals: Ending the race would be a nice goal. Bit of fun, stay healthy and no injuries!

5. What's your favourite leg and why? Right leg, nice definition. Also fond of the swim leg - ironic given she is doing the cycle...

6. Do you have any affirming mantras that help you stay focused on your race? Describe them.

Nothing in the tank! And Dory saying "just keep swimming". Might not work on the bike though...

7. What's the grossest / funniest / weirdest thing that has happened to you in preparing for this event?

I believe there was an unfortunate incident involving being on the receiving end of a "bush-mans" when she was using her stealth to draft and copped a face full of snot for her trouble.

DIANNE OLIVER

Di has been interviewed by her husband and our good friend, John.



1. A bit of background: I have been interested in triathlon for some time, commencing with smaller local events that date back to our time in Malaysia when I competed in the inaugural Miri triathlon in the swim leg whilst heavily pregnant. The involvement with the 70.3 (1/2) has been limited to individual legs only as part of teams. In fact, one Busselton 70.3 event was an all family affair. The fire had been stoked; however, the coals were slow burning. The disappointment of Auckland in 2012 (World O. D. triathlon championships) contributed to the drive to complete the '1/2' in my own right.

2. I have been very committed to achieving the requirements of the plan prepared by Carol. At times the feeling of lethargy has been almost all consuming; however, the gains over the training period have been apparent. The increasing level of energy experienced

during the taper has contributed to a higher level of confidence and I am looking forward to the challenge.

3. Enjoyed some good results earlier in the program. I found Karri Valley a challenge which I put down to general lassitude and the size and number of hills.

4. Mini milestones for two of the legs are sub 3 and 2 hours for the bike and run. I know there is some very strong competition but a podium finish is a realistic goal for me in my age-category.

5. Favourite Leg: Whilst I have always enjoyed distance running in triathlon it would probably be swimming. I am comfortable swimming in the ocean and am not threatened by harsh conditions which provide me a high level of confidence.

6. Mantras: I tend to focus on the information available from my power meter and for the actual event the GPS which provides data on the HR and zone I need to be in.

7. Family Support: I could add that their total lack of acknowledgement and support has been underwhelming - however, with one of my daughters here and the positive support from John I have had the time and external commitment to prepare and put myself in the best position to succeed.

Alison has been interviewed by Tamzen (0.5 of a journalist) George.



1. A bit of background:
I've done the Half 5 times and one Ironman (so far).
My best time over 70.3 is 5 hours 47 minutes.
2. Recent training: It has been fairly consistent until about three weeks ago. Since then I've had to travel more than I would have liked and that has interrupted my training routine
3. Current Form:
I had a really good race at Karri Valley (*a blinder in fact, editor's note*), so I was red hot about three weeks ago! I might have peaked then, although I'm still running some reasonable times.
Trust me, Alison. You didn't peak 3 weeks ago. You still

have much more in the bank to show us on Saturday.

4. Race goals: Ideally, a sub 5hrs 50 minute time (this time is weather and no-panic-attack-in-wetsuit dependent).
5. Favourite leg:
The bike. I'm relatively less bad at it than the others.
6. Do you have any affirming mantras that help you stay focused on your race?
Not really, no. I'm not an affirming mantra type, really, am I?
7. What's the grossest / funniest/ weirdest thing that has happened to you in preparing for this event?
I cracked the shits after three punctures during a long ride and got the train home from Bull Creek station. I couldn't have finished anyway – I'd run out of tubes.
8. Is there anything you'd like to say to your family in regard to the support they have given you in preparing for this event?
My family are 3000kms away.....
Friends? Our coach banned us from riding with one another (*editor's note - did I?*) so I don't have any friends any more. Also, last time I rode with them I caused a crash.

HENRIETTA IRELAND

Henrietta was interviewed by her very supportive husband, Gregg Ireland.



1. Previous experience over 70.3 or Ironman distance triathlon.

Three 70.3 plus one Busselton Ironman.
Best time to date for the 70.3 distance is 5:25.

2. How do you feel your training has gone in your preparation for this event?

Training has gone well this season. I feel more relaxed but not quite as motivated as I have struggled with foot injuries this time around. I have been less inclined to race this season than in the past so we will have to see how that pans out!

3. How is your form going into the race?
Swimming good - cycling good - running not so good.

4. Race goals: No punctures!!

Try to relax and enjoy the event. If I improve on my PB then well and good, but if not then 'so be it'.

5. Favourite leg:

Swim getting started and getting on with it - also my strongest leg.

6. Do you have any affirming mantras that help you stay focused on your race?

To my husband "where were you?"

Followed immediately by "DON'T TALK TO ME"

7. What's the grossest / funniest / weirdest thing that has happened to you in preparing for this event?

There seems to be a strong correlation between my bowel movement and my early morning runs! Unfortunately the runs often start before the run finishes.

8. What would you like to say to your family at this point?

I promise to take some time off to recover from my injuries before I leave again for Ironman training.

Nigel has been interviewed by his wife Mandy, also an active member of our training group.



1. Previous experience :

First ever triathlon was the Mandurah 70.3 October 2012! Why waste time with lesser events, just go straight for the war- up to Busselton!! Actually it just happened to be the first triathlon for the season in my first season of triathlon. Time was 5hrs 37mins.

2. How do you feel your training has gone in your preparation for this event?

Training as gone pretty well, having done everything Carol has said, of course. Not always easy to fit it in when I am away at the mine site, although there is a full gym, small swimming pool & spin classes. Working 12 hours & not finishing until 6pm means I'm limited with time, as I need to have dinner by 8pm.

3. Current form: Unfortunately I suffered a calf injury, which has meant no land running for several weeks. I've been running in the water as much as I can. I was worried that I hadn't prepared enough or was not fit enough, but having done a few long rides and runs now I'm feeling better and probably in better shape than I think.

4. Race goals: The main goal is to finish in 5 hours; I'd like to be just under but depends on the conditions. The conditions may not be favourable, judging by the weather at the moment.

5. Favourite leg: favourite leg is probably the swim, and then the bike. I'm hoping the swim might be a bit rough, (*editor's note: I think Nigel means that he would like the water to be rough!*) This may give me a slight advantage over my competitors as triathletes aren't famous for their swimming prowess.

6. How do you stay focused on your race? I don't really have any mantras, just the usual self talk. I just tend to keep going. (*Editor's note: very blokey response!*)

7. Tell us something funny that has happened while training for Busso.

While out riding along the Kwinana bike path, getting a good speed up, I hear a bike bell behind me. I'm trying to think, who with a good bike and obviously very fit, would have a bell on their bike! (Ed note: it's the law, Nigel.) After a few seconds with no-one passing I look behind and see no-one. Strange. Then I realise the bike bell is the ring tone from my mobile, which is in my jersey pocket. I just received an SMS. 😊

KATHERINE RYAN

Katherine has been interviewed by close friend and colleague, Kevin Concha.



1. Previous experience over the 70.3: I've done just the one half ironman back in 2007 in 4.44. Injuries and bad organization on my part has kept me out of them since that time.

2. How do you feel your training has gone in your preparation for this event?

Despite being knocked off my bike by some 'tool' and breaking my thumb I have managed to train quite well.

3. Current form: Oooo, um, I think it's good, actually. Except, I haven't raced, and I've come out of this broken thumb, I'm a bit under-done on the racing front. I've done one race but that's it. That's why the confidence is down a little bit...

4. Race Goals: To win and to PB it (laughing). I want a PB which would be sub 4.44. If conditions are good I would like to do a 32 min swim, 2:28 bike and 1:30 run. Give or take...
5. Favourite leg: The run because I can just mow everyone down (laughing)...it has always been natural for me... running.
6. What are your strengths? KR: mmm...I'm a nice person!
KC: Dedicated? Persistent? Stubborn?
KR: well yeah I am, all of those....
7. Do you have any affirming mantras that help you stay focused on your race? Oh crikey, no! I don't mantra anything. In the swim I do the waltz, '1-2-3-1-2-3-1-2-3'. Otherwise I don't think of anything. I think of getting to the end. I just find people and I just pick them off slowly. On the bike and run I look for someone to target and try and catch them.
8. Funny story: Just the other week, knowing that Mark had had a pre training meal the night before that wasn't what it was meant to be and to see the effect that that had is actually quite hilarious, not fuelling properly and thinking he could get away with it. Then locking his keys in the car, calling RAC, paying RAC to upgrade his cover and then only to find them an hour later tucked up in his bike shorts.
9. Is there anything you'd like to say to your family? Thanks so much to Damian who covers for me every weekend morning.

Mark has been interviewed by cycle training buddy, Andree Carr.



1. Previous experience: I did my first 70.3 in 2010 and finished with a time of 5:22. In 2011 I had a massive PB and went 5:21! I wasn't able to race last year as I was nursing a chronic hamstring injury.

2. How has your training been in the lead up to this event? I missed 5-6 weeks of long run action with Achilles injury so may fizzle out. But have been encouraged by solid hills riding and a block of good 10k race events with a recent personal best at the Challenge 10 km run.

3. Race goals:
If I can concentrate on sighting and staying on course during the swim, have a solid ride hopefully with not too much wind (thanks Andree for loan of race wheels), and get a good running rhythm on a cool day maybe, 4:59 !!
Seriously though 5:18 is a PB and should be very achievable.

4. Do have special routines that you follow on the day?
I normally throw my bike onto the Bussell Highway at 100km/hr on the way down and then elect to stay in one gear on the bike course.
I might try something different this year!

Ed note: a couple of years ago whilst travelling down to Busso with his friend Archie, Mark's bike literally leapt off his rack jamming the derailleur. It made for a less than perfect lead up to the event

5. What do remember most on training whether it is funny? Sad?
Sadly, Alison coming a cropper on Armadale Road.
6. Is there any one that you would like to thank for putting up with you during this time?
No. I always worked through my list of chores and didn't inconvenience the family.

JACINTA O'CONNOR

Jacinta has been interviewed by her very gorgeous daughter, Clare.



1. Previous experience: Jacinta has done just one 70.3 in Busselton 2011. She finished 4th in her category with a time of 5 hours 18 minutes.

Ed note: Jacinta has considerable potential but is structurally not very robust and so injuries often get in the way of training and racing. To highlight this potential - at last year's World O.D. championships after a very limited preparation she was the first Australian to finish in her age-group.

2. How do you feel your training has gone in your preparation for this event?

Due to having low iron and feeling tired a lot of the time the training has been a struggle. Carol structured my programme to work a week on, one week off basis. Because of this I have been more consistent with fewer injuries than last year.

3. Current form:

I am not 100% that's for sure. The mind is willing, however, the body is not.

(Editor's note: I never cease to be amazed at what this woman can pull out of the bag so no one should discount her.)

4. Race goals:

My goals are to swim and cycle well and also finish the run.

5. Favourite leg:

My favourite leg will be the swim because it is the shortest. The run because it is the last leg and once I'm there the race will soon be over and done with!

6. Affirmations? Mantras?

I have a strong faith so I find it useful to pray, keep calm and to smile often because I am enjoying the race.

HAYTHAM EL ANSARY

Haytham has been interviewed by his wife Ann and their two boys.



1. Previous experience:

Haytham has completed five 70.3 events with three of them being in Busselton. Best time on the Busso course was back in 2010 in a time of 5:08:08.

Haytham's best 70.3 was earlier this year in Auckland, NZ with a time of 5:05. It is likely that Hayth would have broken the 5 hour mark had the run not been measured incorrectly.

2. How do you feel your training has gone in your preparation for this event?

Pretty happy with the way training has gone so far in the lead up to Saturday.

3. How is your form going into the race?

I have had some solid 10 km races recently which have given me some confidence. I also feel like I am riding better this season. The coach tells me I'm swimming better, too, which is a bonus. Just have to remember to not try 'too' hard as that is when I tend to lose form.

4. Race goals: If conditions aren't too awful the goal is to go under 5 hours and not cramp up.

5. What's your favourite leg and why: that's a hard one. Definitely not the swim. If I'm feeling good then I love to ride and run fast!

6. Do you have any affirming mantras that help you stay focused on your race?

7. What's the grossest / funniest / weirdest thing that has happened to you in preparing for this event?

TEAM PLAYERS

Margaret Gibson: as a low vision athlete will compete as a team with swim guide (Jo) and will also cycle tandem with her good friend Paul, pictured below.



Completing Margaret's team is the husband and wife pairing of **Donna West** and **Freddy Marie**. It will be a toss of the coin on race day to decide who does the run.



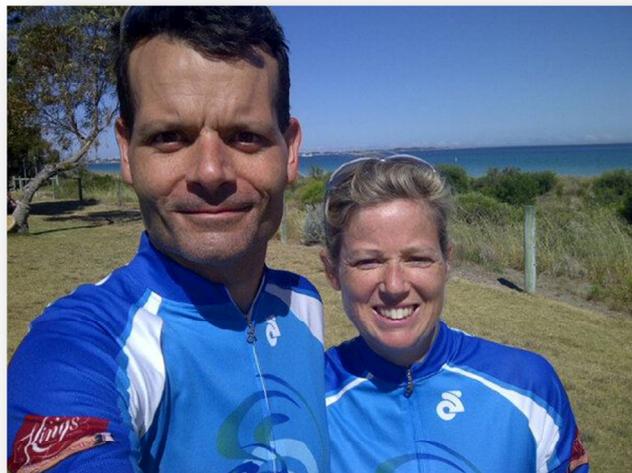


Also doing the run leg is **Kristy Montgomery**, and **Marissa Rimmer**. Both girls have young bubs and don't have a lot of time to train. Despite this we are hoping for PBs over the 21.1 km course.



Funny story: a couple of weeks ago Marissa came to me and said, "*Carol, do you know what time of day we will be running?*" It was a rhetorical question as she had just heard that the teams don't start until 10:15 a.m. meaning that the runners won't get under way until 1:00 pm or thereabouts.

A family affair with the **fabulous Feltons**. Heather swimming and Philippe completing the event with bike and run.



Morgan Marsh also doing the bike leg in a team but she has managed to score her own page!