

# BUSSELTON 70.3 2016 – the stats.

## FIRST TIMERS



**Jane Scott** 55 – 59 years Swim 35.10 Cycle 3:00.04 Run 2:16  
Total: 6:03.10

First year triathlete! Had the time of her life.

It's been quite an emotional summer for Jane. Gaining podium finishes in some of her sprint distance tris and building to the long course distance of the half Ironman. An extraordinary achievement.



**Sarah Young** 25 – 29 years Swim 31.34 Cycle 2:53.08 Run 1:59 Total: 5:32.15

Another welcome addition to our training squad. It was Sarah's first full season of triathlon and she certainly has revealed some talent. Her radiant calm has had a positive effect on all of us!





**Glenice Miller** 65 – 69 years 2<sup>nd</sup> Place Swim 37:11 Cycle 3:30.45 Run 2:43 Total: 7:10.10

I coach Glenice remotely because she lives in Busselton. At the start of the year she came to me with a plan to complete IMWA in December of this year. She was a relatively active woman but had never completed anything of this duration in the past. So, we got started. A couple of months along I suggested she do the 70.3 in May. Glenice was a bit nervous but as I pointed out, if you can't do a 70.3 by May then an Ironman in December will be a tough ask. Me – subtle as ever!

Glenice was a quick learner and has applied herself diligently to the plan. She looked amazing all day and so comfortable on the run. Ironman WA looks very achievable after such a strong performance.



## AND THE REST

**Sandra Flahive** 45 – 49 years 9<sup>th</sup> Place Swim 32.48 Cycle 2:41.20 Run 1:46.39 Total: 5:05.38

Sandra managed her own programme but joined our squad for some of her key workouts. She is a talented athlete finishing top 10 in this highly competitive group. Sarah Hunter and I both think she is a way off reaching her potential.





## Katherine Ryan

45 – 49 years 1<sup>st</sup> Place

Personal Best Time

World Championship Qualifier

Swim 31.39 Cycle 2:26.27 Run 1:37.39 Total 4:40.34

Another stellar performance from Katherine. To be able to produce a personal best time over this distance at the age of 46 is fantastic. Even more impressive because she has been competing at a high level for such a long time. Katherine had a solid swim and did a PB on the bike (thank you, Sarah Hunter). She was pretty sore during the run but Katherine is about as tough as you could be so she ran herself into first place and a subsequent personal best. Katherine continues to inspire all of us.

If I hadn't already decided that Mandy Coles would be the poster girl for this year, then Katherine would have taken the title again. 😊



Jen Bates 45 – 49 years Swim 32.35 Cycle 2:56.53 Run 2:06.00 Total: 5:44.18

Jen's lead in to this race was nothing short of horrible. Despite this she swam and cycled strongly. Not surprisingly the going got pretty tough on the run. (Looks like she had a good time, all the same). Well done Jen for getting through this period.

Onward and upward from here.



**Mandy Coles** 50 - 54 years Swim 37:07 Cycle 2:51.07 Run 2:24.54 Total: 5:59.59

A Personal best time by 20 minutes.

Mandy had the perfect race (almost). She nailed her pacing and nutrition throughout the bike and run legs. With a resultant sub 3-hour cycle and a strong half marathon.

We would have liked a slightly quicker swim but it is rare to get the trifecta.

Poster Girl!



**Nigel Coles** 50 – 54 years

Super Swim 26:10 (2<sup>nd</sup> place in his division) Cycle 2:32.15 Run 1:51.27 Total: 4:54.38

A personal best time, just by a little bit.

Nigel has not had the most ideal preparation with his FIFO life, a trip home to the 'old country' to see family and then a catastrophic collapse at Karri Valley just weeks before Busselton 70.3. Despite all of that he still managed a personal best time. So, we will look forward to next year and a much improved time.



**Yvonne Rash** 50 – 54 years Swim 35.26 Cycle 2:48.37 Run 2:06.56 Total: 5:40.13

*10<sup>th</sup> 70.3 completed!*

Yvonne's not grimacing – sneezing! Congratulations, Yvonne, on your 10<sup>th</sup> 70.3. It wasn't her best time but a solid performance all the same. She plans to retire from long course racing and focus on sprint and Olympic Distance events in the coming seasons.





[Nancy Warnock](#) 55 – 59 years 8<sup>th</sup> place Swim 30.07 Cycle 2:55.30 Run 2:13.33 Total: 5:46.00

Nancy is another of our remote athletes. As always, swam like a fish. A solid bike and a little disappointed with her run. We will look forward to a big winter of running and finish it off with the Melbourne Marathon.

[Robyn Scott](#) 55 – 59 years. 3<sup>rd</sup> place. 15<sup>th</sup> 70.3 completed.

Swim: 29.09 Cycle 2:35.05 Run 2:04.14 Total: 5:12.40

The evergreen, Robyn Scott, just keeps on keeping on. She had an appendectomy a couple of months ago and was forced to rest for several weeks. There is a lot to be said for muscle memory. Robyn had already qualified for the World 70.3 Champs in Mooloolababa and I believe some altitude training has been planned in Switzerland or France!



[Kim Vivian](#) 50 – 54 years 5<sup>th</sup> place Swim 31.39 Cycle 2:19.21 Run 1:35.00 Total: 4:29.50 Congratulations, Kim. Like Robyn, Kim maintains a high level of fitness and can perform to a high standard come race day.