



# Mafia Tri Tabloid

2009/2010 SEASON

ISSUE: #4

## CLUB CONTACTS

President  
Steve Arthur

Vice President  
Craig Peebles

Treasurer  
Evan Primmer

Secretary  
Jo Chivers

Club Captains  
Blair Tupp  
Megan Arthur

Fund Raiser  
Paula Ward

Publicity & Sponsorship  
Keith Webber

Twilight Tri Series  
Annemaree Johnston

Website  
[www.mafiatriclub.co.nz](http://www.mafiatriclub.co.nz)

## ITU WORLD LONG DISTANCE CHAMPS

Shane Vincent recently competed in the ITU World Long Distance Champs held in Perth over labour weekend. Shane has won the 35-39 age group in a cracking time of 4:14:47. Congratulations Shane on your World Championship achievement.

The ITU distance includes a 3km swim, 80km cycle and a 20km run. To qualify for this event our Kiwis had to qualify at the Port of Tauranga Half

Ironman which was held back in January - so training had to continue over the winter for this event.

Also competing in this event was Shanel Cornille who achieved 23rd in the 25-29 age group in 5:19:58 and Mak McKenzie who achieved 48th in the 50-54 age group in 6:13:56.

This is a fantastic achievement - congratulations Shane, Shanel & Mak.

## COACHING SESSIONS

Our cycling training will be a regular coaching session on alternate Wednesday's from our Twilight Club Nights. Training starts at 6pm, if you can get there a bit earlier for a warm up.

Venue: Hillcrest Stadium  
Cnr Cambridge Rd & Dey St,  
Hillcrest

On Thursday 12th November Graham will hold a Training Program session at the Hawks Running Club Rooms at 6.30pm. Come down a for a pack run at 5.30pm, then stay on for assistance in getting a program together. The pack run leaves the Hawks Club Rooms on Grantham Street at 5.30 and you can run anything from 5km to 15km.

## LOCAL EVENTS

There are some local events coming up over the next few months that we have Club Members competing in. Saturday 14th November is the Orca Lake Karapiro Half Ironman - we have a few Club Members competing in this event as individuals and as part of teams. So head over and support your Club Mem-

bers as they brave the early season event in Lake Karapiro.

Sunday 15th November is the Round the Bridges Run - this is the 65th year this event has been running. Come down and participate or support your fellow club members.

## Twilight Club Race Results

Liam Finlay-Yates	0:41:57	Vanessa Day	1:04:51
John Billsborrow	0:54:47	Pete Rawlinson	1:06:12
Andrew Turnbull	0:55:41	Craig Peebles	1:06:14
Keiran Powell	0:56:34	Megan Arthur	1:06:14
Keith Webber	0:59:59	Gordon Speirs	1:08:11
Blair Tupp	1:00:09	Richard Palfreyman	1:08:27
Mary Reed	1:00:52	Paula Ward	1:09:21
Warren Perry	1:00:56	Campbell Stent	1:09:21
Mark Thomas	1:01:13	Chris Powell	1:09:22
Kate Turnbull	1:02:37	Brendan Brier	1:09:35
Evan Primmer	1:03:57	Lynley Tulloch	1:12:48
Tamsin Jones	1:04:51		

### ITU WORLD TRIATHLON CHAMPS - PERTH

	3km Swim	80km Cycle	20km Run	Total
Shane Vincent	0:51:57	1:58:47	1:24:19	4:18:47
Shanel Cornille	1:06:00	2:24:42	1:45:53	5:19:28
Mak McKenzie	1:00:37	2:39:38	2:28:21	6:13:56

## Thanks To Our Sponsors:



Advantage Tyres  
87 Kahikatea Drive  
Hamilton



Cycle Time  
Cnr Kahikatea Dr & Latham Ct  
Hamilton



SBS Bank  
Novotel Building  
134 Victoria Street  
Hamilton



The Shoe Clinic  
Victoria Street  
Hamilton

## Upcoming Events

### Hamilton Mafia Tri Club

Twilight Tri Series  
11 November 2009  
Braithwaite Park, Pukete.  
5.30 registration, 6.00pm start

Cycling Training  
18th November 2009  
Cycle Track @ 6pm  
Cnr Cambridge Rd & Dey St  
Hamilton East

### Hamilton City Hawks

Every Tuesday evening  
5km Run/Walk  
Eastside Tavern, Grey St  
5.30 registration (\$6), 6pm start

### Orca Karapiro Half Ironman

Lake Karapiro  
Saturday 14th November 2009

### Round the Bridges Run

Hamilton  
15th November 2009  
12km, 6km, 2km & 1km  
[www.roundthebridges.co.nz](http://www.roundthebridges.co.nz)

### Contact Tri Series

Blue Lake, Rotorua  
Sunday 22nd November 2009  
1:2:1 for the kids  
3:9:3 & 1.5:40:11 distances  
[www.triathlon.org.nz](http://www.triathlon.org.nz)

### Lake Taupo Cycle Challenge

Saturday 28th November  
40km or 80km as a Team  
160km as an individual  
+ Mountain Bike course  
[www.cyclechallenge.com](http://www.cyclechallenge.com)

### Rotorua Half Ironman

Blue Lake, Rotorua  
Saturday 19th December 2009  
[www.half.co.nz](http://www.half.co.nz)

MtMaunganui Mountain Race  
26th December 2009

### Marton Half Ironman

31st January 2010  
\*\*\*\*\* Only \$75 Entry Fee \*\*\*\*\*

### Real Women's Duathlon

Ruakura, Hamilton  
Sunday 22nd February  
3.5:10:1.5  
[www.realduathlon.co.nz](http://www.realduathlon.co.nz)

If you have any information or news items you'd like to share, please send it to: [meganarthur@xtra.co.nz](mailto:meganarthur@xtra.co.nz)  
To view all the latest news, information, photos and results please visit our website: [www.mafiatriclub.co.nz](http://www.mafiatriclub.co.nz)