



MELBOURNE TALES – Tri-Alliance Newsletter

Athlete Profile



- ➔ Name: Sue Scott
- ➔ Nickname: Machine
- ➔ Age: Yes, there are no secrets in triathlon, 45-49 age group
- ➔ Star Sign: Cancer
- ➔ Marital Status: Divorced / Single
- ➔ Greatest Achievement: Qualifying and competing in the World Age Group Championships representing Australia
- ➔ Influences - Inspiration: Coral - I met her in Fiji and I was inspired to take up triathlon, Coach Ollie & the general positive vibes that you get being around Tri-Alliance, it makes you believe anything is possible

- ➔ Ultimate Triathlon Goal: To be able to swim like a fish
- ➔ Favourite Food: Risotto
- ➔ Favourite Team Mate: That's not a fair question
- ➔ Favourite part of Triathlon - Why?
The bike leg, because I love it and I am so glad to be out of the water and because it's the middle leg you know you are halfway there. It's a bit like making it to Wednesday during your working week. I can even pass people on this leg!
- ➔ Favourite Piece of Equipment: My bike
- ➔ Who or What makes you laugh (Triathlon related): boys talking about having their legs waxed, bike envy & the quick retorts
- ➔ Your 3 Top Dinner Party Guests - Lance Armstrong (well if he was coming to dinner I wouldn't invite anyone else), Billy Crystal (for humour) & Madeleine Allbright (for intellect)
- ➔ Your Best Cooked Meal - (that's a tough one!) maybe Chicken breast filled with prosciutto, semi dried tomatoes and artichokes; served with risotto and rocket salad, for dessert tiramisu
- ➔ Your Pet and their name German Shepard cross - Connan

Tri-Alliance Stars

Congratulations to our Series winners and place getters



Gatorade Series

1st Place

Claudio Abreu - Elite Junior M
Michelle Augustynek - Elite Junior F
Meg Russell - 15 – 19F
Samantha McHenry - 40 – 44F

2nd Place

Julie King - 50 – 54F
Ray Noonan - 55 – 59M

3rd Place

Belinda Harrison - Elite Females
Natasha Dedman - 15 – 19F
Charmaine Wilson - 35 – 39F
Sue Sharples - 45-49F

4th Place

Sue Shaw - 45 – 49F,
Catherine McInerney - 40 – 44F
Tameka Day - Elite Females.

Protiviti Series

1st Place

Mitchell Dedman – 14 -15 Male

This month's Quiz

Who was Tri-alliance's oldest competitor at Port Macquarie and where did they finish?

Answer in the next newsletter.

Athlete Profile



- ➔ Name: Suzanne Shaw
- ➔ Nickname: Hmmm not going there
- ➔ Age: Never you berloody mind
- ➔ Star Sign: Leo
- ➔ Marital Status: single
- ➔ Greatest Achievement: learning to swim 1.5 km
- ➔ Influences - Inspiration: in triathlon Coral Goss - she never gives up, Julie King for getting back on her bike and going to the Worlds
- ➔ Ultimate Triathlon Goal: To beat Sue Scott and in my dreams Julie King

- ➔ Favourite Food: seafood pasta risotto
- ➔ Favourite Team Mate: to quote a well known boxer "I love youse all"
- ➔ Favourite part of Triathlon - Why? the finish line - it's like hitting yer head against a brick wall - feels great when you stop
- ➔ Favourite Piece of Equipment: my bike
- ➔ Who or What makes you laugh (Triathlon related): so many moments...Jules and Sue
- ➔ Your 3 Top Dinner Party Guests Greg Norman (Lance has gone to Sue's place, **sigh**), Janine Sheppard (author of Don't tell me never) and Nelson Mandela
- ➔ Your Best Cooked Meal: the one I cook? pretty good at the risotto....
- ➔ Your Pet and their name Brad the border collie (I'm not responsible for his name)

This Month's Special Offer

Free parking lessons with Ben.

Enjoy Ben's teachings on how to reverse park. Achieve expert results in one easy lesson (see below)

All this and more.....



Please contact Ben direct to book your lesson.

Hatches and Matches

Congratulations to Darren Thompson who proposed to his girlfriend Sam whilst on holiday's in QLD last month

Did You Know?

The Australian Institute of Sport is a fantastic resource for all things relating to Sports.

In particular the Nutrition section of their website features a wide range of resources to assist elite athletes, recreational athletes and the general public stay up to date with the latest strategies in sports nutrition.

Fact sheets are written by Sports Dietitians at the AIS and cover many varied topics.

There are also Full Text Topics that are complete extracts from books written by AIS Dietitians

The link is as follows:
www.ais.org.au/nutrition/index.asp

Gatorade Series – Draft Dates

Nov 19	Race 1	St Kilda
Dec 10	Race 2	Elwood
Jan 14	Race 3	Sandringham
Feb 4	Race 4	Portarlington
Feb 18	Race 5	Elwood
Mar 4	Geelong Triathlon*	
Mar 25	Race 6	St Kilda

*Yet to be confirmed