3-2000

Cairns Tri Club Newsletter "Crocs News" March 2000

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Bill Carrodus     Ph 4052 0546 (w) 4055 9044 (h)
                  Fax 4031 1364 (w)
                  Email billrain@ozemail.com.au
What a season we’re having (not yet), another Championship race gone, this time because of the Wet. A dozen disappointed tri-ers dejectedly decided against driving down to Laguna through the dirty deluge - quite a few are keen on making up for it at the Mackay Tri (Olympic distance – see details this issue) on the May long weekend, but we’ll need a few more to make up the numbers to justify the trip. If we get enough, the Club will subsidise members costs, make it a Championship points race, and one free entry will be up for grabs. We’ll have our new Club outfits by then (order yours now!) and a bit more fitness so should be a good launch for the season, and should lead to greater interaction with other clubs at our events. If you’re interested please let me know as early as you can but no later than Friday 7 April so we can confirm bookings (ring Bill on 4052 0546). Some of our members have been flying the club flag famously at major events here and overseas (see reports this issue). Congratulations to you all on your outstanding efforts and results. Best of luck to those triathletes going down for the Minolta Ironman including Greg and Sharman Parr, Joe Pilat, Paul Lim and Janine Jenner.

Training for the City of Cairns Half Ironman (early bird entry this issue) has been made easier this year with a weekly column in the Cairns Post from newly appointed Club Coach Scott Penny. Aardvark is an experienced level one coach and will provide the support and advice to help you realise your true potential – however you have to provide the commitment and effort. There is funding assistance available for any members who qualify for the Australian team through the Dept. of Sport & Rec. (contact the Committee for further info).

The City of Cairns Half has attracted 10 additional qualifying spots for Forster (Minolta Ironman), now 35 available. Organisers are expecting a contingent of Kiwis from the sister event in Tauranga NZ which Crocs Scott Penny, Ian Campigli, Karen Wellard and Ken Clark attended. If you’re not up to the full distance, contact Sandra Dorney ph 0417 772128 to register for a leg in the teams event. You should also put in the hard yards for the 4th leg, the post-race party, with popular band “Punch” entertaining until 1am in the Courtyard by the Marriott Ballroom at Palm Cove. Colleen Bourke is running a raffle to pay for the band so if you can sell some, please call her on 0402 116767.

UPCOMING EVENTS

TRI HEART ENTICER 111, Sunday 2 April, Smithfield Pool, 7am 300m swim/10k bike/3k run. Contact Lesa Hansen ph 4036 2278

DIKT AND DUST TRI, Sat 1 April, Julia Creek, 11am 800 swim/25k bike/5k run. Contact Marg Ryder ph 4746 7126. (Bus going from Townsville, contact Tri Club ph 4779 9177). * Call Sun Paul ph 04 07 571 924 share costs.

Ergon Energy Classic Duathlon, Sat 8 April, Sea Eagles Resort Mackay, 10k run/40k bike/5k run. Contact Warren Meng ph 4952 1971. *

NB CANCELLATION: Innsfail Enticer Tri Sun 16 Mar, Contact Peter Newman ph 4061 6107

PUMP ‘N PEDALS DUATHLON #1, Sun 23 April, Bramston Beach, 3k run/20k bike/3k run. Contact Mal McCulloch ph 4063 3631.

MACKAY TRIATHLON, Sun 30 April, Mackay Marina, 1500m swim/40k bike/10k run. Contact Kerry Royse ph 4957 8280; (contact Bill Carrodus ph 4052 0546 bh if you wish to travel down with Club group). *

* Entry forms @ Pump ‘N’ Pedals.

LATE LATE ITEM: OFF ROAD X-TEAM TR1 – 2PM

SUN APR 9 TRINITY BOX 1K SWIM, 30K MTB,
10K X-COUNTRY - PSC Scott Penny 0412 963 263
PRESIDENTS REPORT
MARCH 2000

G'day folks, how's all the training going?

With the later start to the season this year, most people I've talked to are itching to get stuck into their next race. I think this is a good thing as we all have had a bit of a break from the sport and have found that enthusiasm again.

Firstly congrats to all those who completed N.Z. Ironman earlier this month, especially to Olivia Catalan and Ann Beare who placed extremely well in their age groups and of course to Scott "Aardvark" Penny who qualified for Hawaii in his first attempt. A pat on the back for those competing in the Enticer series as well. The first race at Novotel Palm Cove Resort produced an enthusiastic 140 competitors including a notable first timer in Fred Saunders of Babinda. At 82 years young, Fred put some of the younger competitors to shame. He has since completed the second Enticer event and become a member of the club, welcome aboard Fred! There must be something in the water in Babinda as that is also where 86 year old Margaret Russell comes from.

The second Enticer event was held at Gordonvale Pool despite almost being blown away by a cyclone for the second year running. Ninety people dodged fallen trees to compete on the day and the venue proved to be a successful one. Thanks to Janet for letting us use the pool on her day off! Also thanks to our "virgin" race directors Chris and Deb Archer and Steve Akers for running two great events and to all those people who gave up their time to marshal on the day. It was nice to see a few new faces helping out, remember what goes around comes around.

The new club uniforms have been ordered and look great. There is a copy in this newsletter for you to check out along with an order form for those keen to get out on the streets looking groovy! Deb Archer has volunteered to look after our stock so you can order your new gear as you get your hair cut. We will only have a limited amount in stock so there may be a slight delay if we need to place another order, the wait will be worth it!

No doubt everyone has seen the new column in the newspaper written by Scott Penny and wondered what is the go with the "Cairns Crocs Coach". If you remember a couple of newsletters ago we called for expressions of interest in the coaching role. Scotts proposal was considered the best for the club and he will start in this role immediately. A six-month trial will be in place to see if the support from members is there to continue. Scott has arranged for the club to have it's own dedicated training facility at the Edge Hill Primary School Pool.

Some of you may be familiar with this facility already. We have the use of a 25m pool, change rooms with showers, a kitchen, small gym/stretching room and the running oval. The aim of this facility is to provide a known meeting place from which a variety of training sessions can occur. We are aiming to assist juniors and first time triathletes, as well as more experienced members in there efforts to learn more about the sport. This facility is open to both members and non-members, with a considerable discount for members. Contact Scott Penny for session times and more details. Ph 0412 963263

Finally our thoughts go out to Dirk Krause, our esteemed Treasurer, who took a fall during the bike leg of the Canberra Worlds Qualifying race on the 12th. Not content with a mere nomination last year, Dirk is a leading contender for the stack of the year award with his amazing list of injuries. Broken collar bone, 5 broken ribs, punctured lung and major bark off!! Great effort! The sad thing is that Dirk has been training very hard to race both in Canberra and Mooloolabah as well as putting in the hard yards for the Roth Ironman in Germany. I am sure we all wish him a speedy recovery.

Well I've dribbled for long enough, catch you out on the road.

Scotty
Promoting Triathlon
in FNQ

Mackay Triathlon
Olympic distance triathlon in Mackay marina on
Sunday 30th April 2000. Entry forms are expected
to out by mid March. TriQ sanctioned event.
Prizes...Open overall male and female:
1st $300, 2nd $200, 3rd 100, 4th $50.
Random draws include male & female Timex
ironman watches - further details contact Race
Director Kerry Royse ph 4957 8280.

ENDAEOUR TRAVEL
MIKE O’LEARY - EDMONTON
CEILIA HARRAGAN - SMITHFIELD
Edmonton
Smithfield
Piccone Shopping Village
Smithfield Shopping Centre
Ph: (07) 4045 2866
Ph: (07) 4038 1677
Fax: (07) 4045 3104
Fax: (07) 4038 1650
Email: sales@endeavourtravel.com.au

Endeavour Travel &
Garuda Indonesia
Joint sponsors of the Endeavour Travel Triathlon Series.

Volunteers for Xerox Tour, Townsville.
Online Sports Marketing in Sydney will be running the
Xerox Tri tour which will be in Townsville May 6 & 7th
2000. There will be the top triathletes competing in this
event, such as Miles Stewart, Brad Beven, Nicole Hackett
and Loretta Harrop and volunteers are required to assist in
running the event. If you are interested and require any
further information, contact Tracey Eggleton
TraceyE@osm.austr.com.au or ph 02 8966 8335 FAX 9977
7176.

Kuranda Range Upgrade:
As part of this project, input is invited from cyclists who
regularly travel on the range regarding safety measures etc.
In particular, the consultants are interested in knowing
* which roads have members who use the range road for
training
* how often cyclists use the road and for what duration and
so on
Any groups or individuals who use the Kuranda Range,
this is your chance to influence the planners to ensure
cyclists are properly catered for - please contact Bill
Carroodas ph 4052 0546 who will coordinate the Cross
response.

Cros at the NZ Ironman.
Group - 12th Overall - 65th; Russell Wedd 59:57 5:50:42
4:38:21 11:29:00; (40-44) Age Group - 29th Overall -
246th; Ann Beare 1:06:46 6:24:04 4:46:44 12:17:34; (35-
39) Age Group - 9th Overall - 377th; Peter Newman
1:09:10 6:04:18 5:30:32 12:44:00; (45-49) Age Group -
31st Overall - 413th; Olivia Catalan 1:08:32 7:01:21
4:44:16 12:54:09 (25-29) Age Group - 8th Overall - 441st;
Age Group - 24th Overall - 630th; Glen Prior 1:09:32
7:07:10 7:54:27 16:11:09; (35-39) Age Group - 103rd
Overall - 643rd.
Looking for some exercise while supporting a worthy cause, or just a novel way to blow away the cobwebs after another rough Friday night? You can bounce down Mulgrave Road behind a hospital bed to raise funds for the Variety Club who assist sick, disabled and underprivileged children. There will be Police supervision and refreshments will be served along the way. Would be a great way to show off the new Club apparel. If you can spare a couple of hours on Saturday morning 1st April, please contact Tanya Mcintyre ph 4053 6020.

**CAIRNS CYCLING CLUB TOUR DE TABLELANDS 2000**

This year's Tour looks like being bigger than last years, with 3 mens grades being supported and a Womans grade depending on interest shown. The 3 day Tableland Tour will be based and in around Yungaburra from Sat 29th April to Mon 1st May. $4000 is up for grabs in A B & C grades over 5 stages.

$50 Nomination closing 17th April. Call Dawn Nash on 4053 3620 to nominate and for more information.

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**CRAINS CROSS RESULTS**


- **50-70 female:** 1st Zogy Ryan 26:00 2nd Jenny McFarlane 33:31 3rd Glasses 33:35 4th Davey 33:01 5th Chris Chapman 33:13, April White 33:25 6th Janes 34:18 7th Charmaine Davies 34:18.

- **50-70 male:** 1st Anthony Hannah 26:21 2nd Robert Miller 27:36.

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**CAIRNS CROSS CYCLING CLUB CALENDAR**

Looking for some exercise with supporting group, a worthy cause, or just a novel way to blow away the cobwebs after another rough Friday night? You can bounce down Mulgrave Road behind a hospital bed to raise funds for the Variety Club who assist sick, disabled and underprivileged children. There will be Police supervision and refreshments will be served along the way. Would be a great way to show off the new Club apparel. If you can spare a couple of hours on Saturday morning 1st April, please contact Tanya Mcintyre ph 4053 6020.

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**ENTICER RESULTS**


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**CAIRNS CROSS CYCLING CLUB CALENDAR**

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HOME TOWN ADVANTAGE

Michelle Harrison

Since I have lived in Cairns there have been 2 things I said I would never do. One is run in the Pyramid and the other is to travel for a Triathlon. But after a number of local Triathletes have travelled south for the Victorian Long Course Triathlon and stayed with my parents in the past few years, the pressure was on to change one of these golden rules.

Following a number of secret training sessions with Joe Pilat and Glenys Bimrose at Wonga Beach I was convinced my destiny in Triathlon was a home show in front of my creators (namely my parents). Any excuse for a trip! Having spent Christmas riding and familiarising myself with the course, I was suitably shocked the evening Joe and Glenys arrived and we drove over the course. Having competed the previous year, Joe was very familiar with the bike course I had failed to cover completely.

Anyway, what I can tell you now on reflection is that it is like childbirth (not that I’ve experienced it first hand), once the pain has subsided you are left with fond memories and the strength to tackle it again one day. While the bike leg proved that I should “live off the Cairns ranges” (J Pilat 1999, 2000), the overall race was well organised and a real challenge.

The 1.9 swim was held in the cool waters of Port Phillip Bay, with the female wave first providing a good opportunity to be dragged (and suitably bashed) ashore by some of the leading male swimmers. The bike as previously discussed gave my legs a good working over. My confidence was also worked over by the “Wog Boy” (JP) as he scooted past me on one of the hills screaming obscenities such as “Bum Head”.

Another unexpected factor I had to deal with on the ride was managing to drink enough on such a technical course. The hills made it difficult to time it and the less humid weather made it a lower priority. So by the time I rolled in to transition I thought my legs were shot and I could drink the bar dry! I didn’t get to drink much at this stage though, as I was too busy answering the questions being fired at me in transition by the media coverage. A suitable strained glare gave them the message I wasn’t in the mood for a chat!

While the run leg also covered some more “bloody hills”, I was pleasantly surprised at how well my legs held up to the challenge. I could but this down to my running background and preparation, but really I pay tribute to my parents are true legends. My mum for supplying a never ending trail of food and supporters, and even more so, Dad for giving us all unlimited use of the car. If you’ve ever had the experience of travelling with someone not familiar with traffic and the concept of slowing down for lights, you’ll understand the latter.

My thoughts on travelling with other triathletes can be satisfactorily covered by the pre-race briefing/group snooze had at 5.30 am in Joe’s and Glenys’s bed. Enough said! Stress management was another facet explored on this trip. Some get sick and go to bed with drugs contemplating never getting up! Some try to conserve every ounce of energy through lazing in coffee shops and taking a series of power naps. Why for me it’s the nervous energy that has me up all day and most of the night! And if JP tells me to “relax” one more time I will shove his cappuccino cup down his throat.

(Michelle omitted to mention the fact that she won her age group at the race – fantastic debut!)
PAULS CONFIRMS SPONSORSHIP

Thanks to Pauls Ltd, the juniors can look for ward to receiving another great selection of trophies, milk products and other goodies for their efforts at races this season. So please, support those who support our club.

TRIATHLON COACHING

Looking for a coach to get you set on the right track this season? As you may have seen in the Cairns Post recently, Scott Penny has been appointed as the Croc’s new in house coach. Scott has a wealth of knowledge and experience that he is willing and able to pass on to anyone (juniors included) who wants to get serious about triathlon. He will be conducting training sessions (swimming, cycling and running) at the Edge Hill pool at very affordable rates. (times and costs yet to be confirmed) Watch this spot for more news.

STATE SECONDARY SCHOOLS TRIATHLON CHAMPIONSHIPS

Juniors who travelled to Twin Waters on the Sunshine coast in February performed well in their categories. After a few last minute withdrawals, only four people ended up representing the Peninsula region at the championships. Angela Graham just missed out on a berth in the State team by coming in 7th in the under 16 girls event. Not a bad effort for someone who has been doing triathlon for less than 12 months. Melanie Bebrouth performed well to finish 13th in the same race. In the boys events, Michael Hurst managed to cross the line in 7th place after a solid run which saw him gain six places over the 3 km in the under 14 boys race. Damien Power competed in the under 16 boys event and finished a credible 21 out of 43. The team went on to Raby Bay a couple of days later and raced in one of the Look Summer Series events on the Sunday, finishing with 2 silvers. Quite an eye opener, with just short of 1000 people competing on the day!

IF ANY JUNIORS OR PARENTS OF JUNIORS HAVE ANYTHING OF INTEREST THEY WANT TO PUT ON THE JUNIOR PAGE, PLEASE LET ME KNOW OR SEND TO Alan Hurst (0419 755866) <hurst@internetnorth.com.au> or fax to 4051 1044

AQUATHON

Gary Lenton at the Edmonton pool will be putting on an aquathon for school children on 14th May. It will be run along the the lines of the Roadies aquathon series for those of you familiar with that event. There will be three or four races on the day each made up of at least a run/swim/run, with each race progressively getting longer, the youngest age group doing the first race and successively older ages doing each of the previous shorter races including their own age race. Confused? More details, categories and distances will be available soon. Call Gary at the pool on 4055 4139 for more info.

EVENTS IN THE REGION

Dirt Kids & Dust Mites Junior Triathlon - Julia Creek 2/4/00 (see entry form in this issue for details.

WEB SITES

http://www.triathlon.org.au/ (the official Triathlon Australia website)
http://www.uq.net.au/triathlonqld/ (Triathlon Queensland Website)
http://www.home.vicnet.net.au/%7Eironman/tri/australia/ (Aust. Tri News)
http://www.olympics.com/eng/sports/TR/about/index.html (Sydney 2000)
http://www.home.vicnet.net.au/~webcoach/
http://www.roadrunners.org.au

FreeStyle Performance Timing
### OFFICIAL ENTRY FORM

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### PARTICIPANTS AGREEMENT

**WARNING:** This is a legal document that affects your rights. Read carefully before signing.

1. I acknowledge that competitive triathlon involves the real risk of serious injury or death from various causes including, but not limited to, equipment failure, dehydration, accidents with other competitors, spectators or road users, course or weather conditions and other causes.

2. I understand that it is not possible to compete in this event unless I have trained appropriately and my physical condition has been verified by a medical practitioner.

3. By completing, I accept the risks necessarily flowing from my participation which could result in loss of life or permanent injury. Accordingly, I release all persons or corporations associated directly or indirectly with the conduct of the event from all claims demands and proceedings arising out of my participation and I hereby indemnify them against all liability (including liability for their negligence and the negligence of others) for all injuries or damage arising out of or connected with my participation in this event. This release shall extend to and include Triathlon Australia Inc., Triathlon Queensland Inc., Cairns Crocs Inc. and their respective directors, partners, managers, officers, agents, employees, and volunteers (including medical and paramedical personnel appointed for the event, the owners, licensees and occupiers of land upon which the event or any part of it is conducted, any person who is in control of the event, and any and all persons or corporations arising out of my participation).

4. I consent to event organizers using my name, image, likeness before, during or after the event for event promotional broadcasting or reporting purposes in any media.

5. My registration is not transferable to other people. If I am unable to compete or if the event is cancelled by way of circumstances beyond the control of the event directors, my registration fee is non-refundable.

6. I agree to abide by all race rules and directions issued by Triathlon Australia and the event organizers.

**Signature:**

(Parent or guardian to sign if under 18)

Complete this section and return with correct money to Pump 'N' Pedals, Sahara or mail to Cairns Crocs Tri Club, PO Box 640, Cairns, Qld 4870. Make all cheques payable to Cairns Crocs Triathlon Club Inc.
**CAIRNS CROCS TRIATHLON CLUB**

**P.O. BOX 6401, CAIRNS QUEENSLAND 4870 AUSTRALIA**

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### CLOTHING ORDER FORM

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**TOTAL $**

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**MEMBERSHIP #**

Any queries to Deb Archer (Merchandise Co-ordinator) – Ph.0419 167674

Please make all cheques payable to Cairns Crocs Triathlon Club Inc.

Post forms to P.O. Box 6401, Cairns, Qld, 4870.

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**TASTE VICTORY**

Want to hear more about Sustagen Sport? Freecall Nutritional Hotline 1800 671 628.
CAIRNS CROCS

RACING GEAR

(Order form overleaf)
TEAM RUNNER PARENT/GUARDIAN

WAM-6 RELWUND INDEMNIFICATION FORM

Male [ ] Female [ ] Race Singlet Size (tick): S [ ] M [ ] L [ ] XL [ ]

Date of Birth: / / Male [ ] Female [ ]
Address:

WORK PHONE: Home Phone: Email:

TEAM ENTRY

(please tick) Male Team [ ] Female Team [ ] Mixed Team [ ] Team Name:
Team Captain:

No.1 (SWIM) Surname: First Name: Date of Birth: / / Male [ ] Female [ ]
No.2 (CYCLE) Surname: First Name: Date of Birth: / / Male [ ] Female [ ]
No.1 (RUN) Surname: First Name: Date of Birth: / / Male [ ] Female [ ]

Address:
Post Code:

Race Singlet Size (tick): S [ ] M [ ] L [ ] XL [ ]

Male 18-24 [ ] 25-29 [ ] 30-34 [ ] 35-39 [ ] 40-44 [ ] 45-49 [ ] 50-54 [ ] 55-59 [ ] 60+ [ ]

Female 18-24 [ ] 25-29 [ ] 30-34 [ ] 35-39 [ ] 40-44 [ ] 45-49 [ ] 50-54 [ ] 55-59 [ ] 60+ [ ]

ELITE Male [ ] Female [ ]

ENTRY FEE: Entries Close 5th June 2001

Triathlon Association Members: Individuals AUD $100 Team AUD $120 International AUD $120

International Association Membership No: Non Members: Individuals AUD $100 Team AUD $120 Pro Licence No:

Note: Photocopies of current licence must be supplied or entry will be rejected.

PAYMENT:

Please make cheques/money orders payable to: Cairns Half Ironman Triathlon and forward to: PO BOX 821, MAIL CENTRE, QUEENSLAND, 4870 Attn: Emily Sargent
Phone: 07 4051 6353 Fax: 07 4051 6056 [ ] Event Polo Shirt $30 [ ] Running Cap $15 Total

I authorize Cairns Half Ironman to debit my credit card details as listed: Visa [ ] Mastercard [ ] Bankcard [ ]

Card Number: Expiry Date: Signature:

Race acceptance books will be posted on cheque clearance. Please include a stamped, self-addressed envelope if you require race results.

STATEMENT OF INTENT (Please Tick)

WAVIER, RELEASE AND INDEMNIFICATION FORM

In consideration of the acceptance of my entry into the Cairns Half Ironman Triathlon and in consideration of being permitted to enter for any purpose any RESTRICTED AREA (herein defined as the areas to which admission by general public is prohibited, or being permitted to compete in the event, I, for myself, my personal representatives, heirs and next of kin acknowledge and agree as follows:

1. That I have, or will immediately upon entering any of such restricted areas, accept such restricted areas and accept the same as being safe and reasonably safe for the purposes of my use, and further agree that if, at any time, I am in or about restricted areas and I fail to comply with the instructions of such and will leave the restricted area(s).

2. That I have sole responsibility for my personal possessions and athletic equipment during the event, and its related activities.

3. That I have read and fully understand that I am physically fit and have trained sufficiently for this competition and that my physical condition has been verified by a medical practitioner.

4. That I have consented to the recording of images using my name and picture in broadcast, television and the press relating to the race and its promotion, and reporting.

5. That I hereby release the event organizer, promoters, officials, directors, members, retailers (including event medical and paramedical personnel), employers, agents, sponsors, or other participants, Triathlon Australia Inc, Queensland, Australian officials, officials, any persons in any restricted area, advertisers, owners and lessees of premises used to conduct the event, and each of them, their officers and employees, all for the purposes here fore referred to as "releases", from all liability to me, my personal representatives, assigns, heirs and next of kin for any and all damages, and any claim or demands therefore on account of injury to me or my property or resulting in my death, whether caused by negligence of the releases or not arising out of or in connection with any of the participating in the event.

6. That I understand that any insurance cover effected for participants in this event may not cover me for any injury or damage sustained by me.

7. That my personal possessions are under the supervision of the event organizers.

8. That I am fully responsible for the security of my personal possessions at the event.

9. That my registration is transferable to other people. If I am unable to compete, or the event is cancelled my registration fee is not refundable.

10. That I have listed separately any medical or physical conditions from which I suffer that might affect my performance or be relevant to my medical treatment needed.

11. That I agree to abide by all rules and directions issued by event organizers.

12. I certify that I am 18 years of age or older and I have read this document and fully understand it.

13. I HEREBY AGREE TO INDEMNIFY AND HOLD HARMLESS the releases and each of them from any claim, liability, damage or suit they may incur due to my presence in or upon the restricted areas or in any way connected with the event or my participation in the event, and further agree to indemnify the releases or otherwise.

14. I HEREBY ASSUME FULL RESPONSIBILITY FOR ANY RISK OF INJURY, WOUND, DEATH OR PROPERTY DAMAGE suffered from any cause including that due to negligence of releases or otherwise while in or upon the restricted area and/or while competing, officiating, observing, working for, or for any purpose associated with or participating in the event.

I expressly acknowledge and agree that competitive triathlon can be dangerous and involve the risk of serious injury and/or death and/or property damage. I further expressly agree that the foregoing release, waiver and indemnity agreement is intended to be as broad and inclusive as is permitted by the law of the State in which the event is conducted and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect. I HAVE READ AND VOLUNTARIOUSLY AGREEED TO THE RELEASE, WAIVER AND INDEMNITY AGREEMENT and further agree that no oral representations, statements or inducements apart from the foregoing written agreement have been made.

INDEMNITY

ALL TEAM MEMBERS MUST SIGN

I certify that I am 18 years of age or older and I have read the Participants Agreement and fully understand it. As a parent or guardian of the competitor, I agree to the above for myself and on behalf of my child and I indemnify and will keep indemnified all people and corporations associated with the conduct of the event on the terms referred to.

INDIVIDUAL [ ] TEAM SWIMMER [ ] PARENT/GUARDIAN [ ]
TEAM CYCLIST [ ] PARENT/GUARDIAN [ ]
TEAM RUNNER [ ] PARENT/GUARDIAN [ ]
Incorporating the 2000 Queensland Long Course Triathlon Championships

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"Australia's most picturesque triathlon event"

June 11, 2000

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