1999

St George F1 triathlon 1999 series magazine

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The F1 Corporate Family

st george F1 triathlon
1999 series magazine
A s the 1999 triathlon season kicks off, St George is again proud to be principal sponsor of one of Australia's fastest growing and successful sports — the fourth year running.

Just as we've shown in the past, the bank is committed to triathlon, from the sport's grass roots, St George Triathlon Tour, to the professional St George F1 Series. Over the past decade, St George and triathlon have truly come of age together — growing in both national and international standing.

At St George, we've grown from Australia's largest building society to fifth largest bank, while triathlon has won its place as an Olympic sport for the first time in 2000. Our support allows established stars such as Greg Welch, Brad Beven and Jackie Gallagher to continue to compete in world-class fields in Australia via the F1. Just as importantly, we're providing an arena for up-and-coming competitors to test their mettle and give the big names a run for their money.

It's especially gratifying to know that the sport we've chosen to sponsor has itself been chosen to open the Games in 2000.

In 1999, we've set to witness the most exciting F1 Triathlon ever. The fierce competition will be unprecedented, making for a great spectacle.

St George feels justifiably proud of our association with the sport, and wish both competitors and spectators an enjoyable season ahead.

Adam Cooke
Corporate Relations Manager
St George Bank
## Men

<table>
<thead>
<tr>
<th>Race#</th>
<th>Name</th>
<th>State / Country</th>
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<tbody>
<tr>
<td>1</td>
<td>Brad Beven</td>
<td>QLD, Australia</td>
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<tr>
<td>2</td>
<td>Miles Stewart</td>
<td>QLD, Australia</td>
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<tr>
<td>3</td>
<td>Greg Welch</td>
<td>NSW, Australia</td>
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<td>4</td>
<td>Andrew Ihas</td>
<td>Great Britain</td>
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<tr>
<td>5</td>
<td>Trent Chapman</td>
<td>NSW, Australia</td>
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<td>6</td>
<td>Peter Robertson</td>
<td>VIC, Australia</td>
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<td>7</td>
<td>Greg Bennett</td>
<td>NSW, Australia</td>
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<td>8</td>
<td>Courtney Atkinson</td>
<td>QLD, Australia</td>
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<td>9</td>
<td>Chris Hill</td>
<td>QLD, Australia</td>
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<td>10</td>
<td>Levi Maxwell</td>
<td>QLD, Australia</td>
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## Women

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<th>Race#</th>
<th>Name</th>
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<tbody>
<tr>
<td>1</td>
<td>Jackie Gollingber</td>
<td>QLD, Australia</td>
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<td>2</td>
<td>Melanie Mitchell</td>
<td>NSW, Australia</td>
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<td>3</td>
<td>Loretta Harrop</td>
<td>QLD, Australia</td>
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<td>4</td>
<td>Nicole Hackett</td>
<td>NSW, Australia</td>
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<td>5</td>
<td>Joanne King</td>
<td>VIC, Australia</td>
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<td>6</td>
<td>Barb Lindquist</td>
<td>USA</td>
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<td>7</td>
<td>Tracy Hargreaves</td>
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<td>8</td>
<td>Beth Thompson</td>
<td>Great Britain</td>
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<td>9</td>
<td>Lena Edmondson</td>
<td>Cyprus</td>
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<tr>
<td>10</td>
<td>Rebekah Keat</td>
<td>NSW, Australia</td>
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## International Wildcards

<table>
<thead>
<tr>
<th>Race#</th>
<th>Name</th>
<th>State / Country</th>
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<tbody>
<tr>
<td>11</td>
<td>Jan Rebula</td>
<td>Czech Republic</td>
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<tr>
<td>12</td>
<td>Ben Sanson</td>
<td>France</td>
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<tr>
<td>13</td>
<td>Lothar Leder</td>
<td>Germany</td>
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<tr>
<td>14</td>
<td>Lach Vollenhauer</td>
<td>Canada</td>
</tr>
<tr>
<td>15</td>
<td>Tim Don</td>
<td>Great Britain</td>
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<tr>
<td>16</td>
<td>Craig Watson</td>
<td>New Zealand</td>
</tr>
<tr>
<td>17</td>
<td>Marcus Keller</td>
<td>Switzerland</td>
</tr>
</tbody>
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## Plus Australian Qualifiers from St George Tour

<table>
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<tr>
<th>Race#</th>
<th>Name</th>
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## Online Sports Marketing Presents

**The New Balance FL Fun Run**

The world’s most prestigious triathlon series, the Formula I Triathlon, is heading your way and for the first time you too can be a part of this exciting event with the introduction of the New Balance FL Fun Run.

The 5km fun run will be staged prior to each of the St George FL Triathlon races as follows:

**RACE 1**

Saturday, 16 January 1999 Glenelg, Adelaide, SA

- 7am - New Balance FL Fun Run
- 11am - FL Triathlon Women’s “Enduro” Race
- 1pm - FL Triathlon Men’s “Enduro” Race

**RACE 2**

Saturday, 6 February 1999 Novotel Twin Waters Resort, QLD

- 9am - FL Triathlon Women’s “Standard Distance” Race
- 12 noon - FL Triathlon Men’s “Standard Distance” Race

**RACE 3**

Saturday, 13 February 1999 Southport, Gold Coast, QLD

- 7am - New Balance FL Fun Run
- 11am - FL Triathlon Women’s “Double Super Sprint” Race
- 1pm - FL Triathlon Men’s “Double Super Sprint” Race

**RACE 4**

Saturday, 13 March 1999 Waterfront Geelong, VIC

- 7am - New Balance FL Fun Run
- 11am - FL Triathlon Women’s “Double Super Sprint” Race
- 1pm - FL Triathlon Men’s “Double Super Sprint” Race

**RACE 5**

Saturday, 20 March 1999 Manly Beach, Sydney, NSW

- 7am - New Balance FL Fun Run
- 1pm - FL Triathlon Women’s “Eliminator” Race
- 3pm - FL Triathlon Men’s “Eliminator” Race
ENTRY FORM


I wish to compete at: (Tick appropriate box)

| Glenelg | Twin Waters | Gold Coast | Geelong | Manly |

Payment details: Please make your cheque payable to Online Sports Marketing and forward with your completed entry form to: New Balance FL Fun Run, PO Box 500, Manly, NSW, 1655.

DECLARATION:

Knowing that running is a potentially hazardous activity, I certify that I am medically able and properly trained. I also assume any and all risks associated with participating in this event including, but not limited to falls and medical emergencies. I have been informed of the dangers and risks of all activities on this entry form, and I assume all such risks on my own behalf. I further certify that I am not under the influence of any alcohol or drugs that may impair my ability to run safely. I further agree to accept full responsibility for any and all damages or expenses that may be incurred as a result of any injury or accident suffered during the event. I further agree to release, waive, and discharge any and all claims, demands, or liability of any kind that may arise out of or in any way connected with my participation in this event.

Signature of entrant:

Signature (Parent/guardian):

EARLY ENTRY DEADLINES:

| Glenelg by 5pm Thu 14 Jan '99 | Twin Waters by 5pm Thu 4 Feb '99 | Gold Coast by Thu 11 Feb '99 | Geelong by Fri 5 Mar '99 | Manly by Fri 12 Mar '99 |

Registration at race location: Day pre: 12noon - 7.00pm  Race day: 5.00am-6.30am

FREE FREE FREE FREE

Every entrant receives a New Balance souvenir T-Shirt & race certificate PLUS the chance to win random prizes presented by the top FL Triathletes at the post-race awards ceremony. PLUS the first 100 entrants in each market receive a Gatorade drink bottle. New Balance packs will be awarded to the overall male and female winner. Trophies will be presented to all categories winners.

For further information or entry forms, call (02) 8966 8300 and leave a message

AGE CATEGORIES (MALE & FEMALE)

* U/18 years * 18-39yrs * 40-49yrs * 50-59yrs * 60+yrs

NO REFUNDS

Cost of Entry: $15 ($20 late entry)

FREE FREE FREE FREE

Freight, delivery of the race materials, and any other costs associated with participating in the event are the responsibility of the entrant.

1999 st george FL triathlon

athlete profiles—men

Brad Bevan

**Race 1**

Name: The Cruce

Residence: Melbourne, Vic.

DOB: 15 September 1985

First finish in FL: 1990

Best FL finish: 3rd in 1991

Career highlights: FL D1 Champion 1991

What can you write about this guy without sounding like a biased report? Each season comes around and "The Cruce" is always top of the list; but, for the first time in his career—this year—he has failed to win a race. This is his first FL race since winning the 1991 National Championships. He's still a player, but it's not quite the same any more.

Signature of entrant:

 signature (Parent/guardian):

Signature of entrant:

Signature (Parent/guardian):

Miles Stewart

**Race 1**

Name: Miles

Residence: Gold Coast, Qld

DOB: 04 May 1978

First FL finish: 1984


Goal in '96: Win it!

Favourite discipline: Bike

Best time for a 10km run: 30:43 (Sundridge)


Career highlights: Win 1991 National Championship

At the finish line, Stewart was overjoyed. He was the first man to cross the finish line ahead of his main rival, Bevan, who had been in a strong position throughout the race. Stewart's victory was a welcome change after several disappointing performances in the previous years. He is a strong athlete and has a solid foundation in all three disciplines—swimming, cycling, and running. His dedication and training have paid off, and he is a threat to win any event he enters.

Greg Welch

**Race 1**

Name: Greg

Residence: Gold Coast, Qld

DOB: 13 December 1964

First FL finish: 1990


Goal in '96: Win it

Favourite discipline: Run

Best time for a 10km run: 29:10 (Stead)

Best race results: 1999: 2nd Place National Championship 1999: 2nd Place National Championship 1998: 2nd Place

Career highlights: Winning 1994 National Championship

At the finish line, Welch was overjoyed. He had been in a strong position throughout the race and was confident of winning the title. His performance was a welcome change after several disappointing performances in the previous years. He is a strong athlete and has a solid foundation in all three disciplines—swimming, cycling, and running. His dedication and training have paid off, and he is a threat to win any event he enters.

Gold Coast's Greg Welch wins the event's most prestigious race. Greg Welch's victory was a welcome change after several disappointing performances in the previous years. He is a strong athlete and has a solid foundation in all three disciplines—swimming, cycling, and running. His dedication and training have paid off, and he is a threat to win any event he enters. Greg Welch's victory was a welcome change after several disappointing performances in the previous years. He is a strong athlete and has a solid foundation in all three disciplines—swimming, cycling, and running. His dedication and training have paid off, and he is a threat to win any event he enters.
1999 St. George F1 Triathlon

Athlete Profiles — Men

Race #4

Nickname: Andy
Residence: Bendigo, Victoria
DOB: 14 February 1966
First Triathlon: 1989
Best Triathlon: 1992
Goal in '99 Series: Top 15
Favourite Discipline: Run
Best Time for a 10km Run: 30:03
Best Results in 1999: Men's Australian Champion, 2nd F1 Adelaide
Career Highlights: 4th Place in the Year 1995

Race #5

Nickname: Chapman
Residence: Sydney, NSW
DOB: 14 August 1978
First Triathlon: 1991, Sydney
Best Triathlon: 3rd F1 Adelaide 1990
Goal in '99 Series: Top 3
Favourite Discipline: Run
Best Time for a 10km Run: 32:01
Best Results in 1999: 3rd Australian Champion, 3rd F1 Wanganui World Cup
Career Highlights: 1st Place in the Year 1997, 1st 1999 World Champion

Race #6

Nickname: Robertson
Residence: Sydney, NSW
DOB: 17 February 1975
First Triathlon: 1992
Best Time for a 10km Run: 30:33
Best Results in 1999: Men's Australian Champion, 3rd F1 Adelaide
Career Highlights: 1st Place in the World Cup 1998, 2nd Wanganui World Cup

Race #7

Nickname: Newton
Residence: Mortara, Sydney, NSW
DOB: 2 January 1973
First Triathlon: 1997
Best Triathlon: 2nd Adelaide 1996
Goal in '99 Series: Top 10
Favourite Discipline: Swim
Best Time for a 10km Run: 30:59
Best Results in 1999: Men's Australian Champion, 2nd F1 Adelaide
Career Highlights: 2nd Place in the World Cup 1996

Don't bowl a maiden over.

Mitchum Antiperspirant Deodorant.
So effective you could even skip a day.

REVLO
1999 st george F1 triathlon

athlete profiles—men

Tim Don

Race no: 15

Nationality: Australian
DOB: 08 January 1979

First triathlon: 1994
Best F1 results: 4th
Goal in '99 series: Top 10

Favourite disciplines: Run & transition

Best time for a 10km run: 34:20 (2000)

Best results in '98: 3rd World Junior Triathlon Champion
2nd European Junior Triathlon Champion
2nd European Junior Duathlon Champion

Career highlights: Winning 1999 World Junior Triathlon Championships
Notes: Supports Bloodwise. United PC comes from the last team to exit Tuggeranong, next in his favourite food: GOODBART

Craig Watson

Race no: 16

Nationality: New Zealand
DOB: 22 June 1971

First triathlon: 1990
Best F1 results: 2nd
Goal in '99 series: Top 10

Favourite disciplines: Run

Best results in '98: 2nd French Grand Prix, World
Way French Grand Prix, La Rochelle
2nd World Junior Championships
4th French Ironman

Career highlights: Representing New Zealand
Notes: Speaks French fluently.

Markus Keller

Race no: 17

Nationality: Germany
DOB: 23 April 1970

First triathlon: 1990
Best F1 results: 1st
Goal in '99 series: Aim for top 10. Do my best

Favourite disciplines: Bike

Best results in '98: 5th World Cup, Zurich
3rd French Ironman Triathlon
2nd French Ironman

Career highlights: Three times National Champion

1999 st george F1 triathlon
talent trivia

Did you know...?

- Less Maxwell cried when he heard Anna Rosamaria got engaged. (Don't worry Alain, you weren't the only one, buddy.)
- Only 4 guys have won a round of the F1 series since its inception in 1950. Of the 25 rounds, Bevan has won 17, Wallach 5, Stewart 2 and Spencer Smith 1. Will 1999 see another name added to this list?
- Like the men's series, there have only been 4 women competitors to win a round of the F1. In the 20 contested since 1995, Jackie Gallagher leads the way with 13 wins followed by Michelle Jones 5, Emma Carney 2 and Meg Mitchell 1. Jackie G has won 12 of the last 15 rounds.
- Jackie Gallagher (1998) and Michelle Jones (1999) are the only 2 competitors (men or women) to make a clean sweep of the Series, winning all 5 races.
- Courtney Arakawa just completed a Commerce Degree at Rand University.
- Lord Liddell is now the proud dad of a baby girl named Ma born on 4 August 1999.
- Brad Bevan rains himself in a cane farm in the Hunter region.
- Michelle Dillon is engaged to Cheppy Slater.
- Texas Chapman's goal in the 99 Series is to earn truckloads of $8 and meet heaps of chicks. His long-term goal is to win more F1 titles than Brad Bevan—good luck Cheppa!
- Tim Don loves the African bush, wildlife and remote trips in Zimbabwe in winter.
- Leza Richmond is now a Cheetah.
- There are 10 countries represented in the 1999 F1 Australia, Canada, Cyprus, Czech Republic, France, Germany, Great Britain, New Zealand, Switzerland and USA.
- Peter Robinson (Robbie) almost broke his back whilst riding a jet-ski in Lake Chabula, Australia.
- Tracy Vengeance is the current world record holder in the 1998 World Games and the 1999 World Cup.
- Loretta Harrop is just 2 bouts short of a black belt in Karate. Don't pick a fight with this girl.
- Chris 'The Professor' Hill ran a passion for the angry, books, films, opera, ballet, orchestral performances and poetry, 'What have I done that's so bad?'
- The fashion model bunny Sian Brown became a cheerleader on her athletic profile form—she also dated Ausie girls as one of his great loves in life!
- Since the F1 Series was introduced in 1994, only 5 athletes have competed in every series—Brad Bevan, Greg Welch, Greg Bonnet, Chippy Slater, Mark Vennon. (Note: the women's series started in 1999)
- Michelle Jones has lived in San Diego, California with her husband Peter Graham since 1992 and their home is a regular drop in zone for traveling Ausie triathletes.
- The USA's Bub Backyard is a former world champion swimmer and has won Gold and Silver medals at the Pan American Games.
- Carol Montgomery and Michelle Dillon both represented their respective countries in the 10,000 metres at the 1994 Commonwealth Games.
- Of the 3 contracted and international wildcard competitors, only 4 have been listed (invited) — no there's heaps of available, healthy F1 star out there for you guys and girls.
- Beth Thomson has a goal of owning a VW Beetle convertible—maybe she should talk to Canada's Carol Montgomery who will be restoing an old VW Bug. She's also won two of them.
- Greg Welch's wife Sue won the 1998 Australian Ironman at Foster.
- Loretta Harrop has made state & National teams for Swimming, Volleyball and Netball.
- Rebekah Keat wants to pursue a career as a sports manager or sports commentator after triathlon.
- For income during secondary school, Jo Ring made wooden shoe replicas and sold rubber rolls for sale at surf markets.
- Most of the F1 triathletes are chocoholics or ice cream lovers!
- As a good luck tradition, Jackie Gallagher uses a different colour nail polish in each round of the F1.
- Jo Ring's most prized possession is her electric power drill (even better than your work gun!).
- Mel Mitchell's dream is to be a racing car driver.
- Carol Montgomery has a large family—4 sisters and 2 brothers.
- Jackie O speaks more Jargon in addition to being an icon with a Bachelor of Science degree and Masters of Science degree—wonder she's one of the true stars for (RUD, TA and ITU)
- Czech Jan Beda lists hiking, ice hockey and 'puba-pushing' as his 5 favourite pastimes. Could the 'puba-pushing' be a treat he picked up whilst staying at Manly on the Northern Beaches of Sydney, home of the Boys Brothers and the OSM man? Surly not...
- There are 4 'Porcelains' in the 1999 Series: Andrew Johns, Beth Thomson, Michelle Dillon and the real McCrae, Tim Don who is reaping World Junior Championship.
- Michelle Jones has 3 dogs, two of them named after the venues of her World Championship triumphs—Maidence (1992) and Grumpy (Manchester 1993).
1999 at George F1 triathlon
athlete profiles—women

Race 1:

- **Name:** Jackie Gallagher
- **Residence:** Gold Coast, QLD
- **DOB:** 11 October 1973
- **Career highlights:** 1995 Triathlon and Triathlon World Champion

Jackie Gallagher is the multi-awarded queen of F1 Triathlon—she has won 12 of the 20 events contested over the season in 1999. Her last victory came in the Swiss Grand Prix (1998) and her domination of the sport has continued on tour. In 1999, she captured the World Cup Series, which is considered the most prestigious event in the sport. Jackie has consistently shown her class in major events, setting new benchmarks in her pursuit of excellence. Her dominance is evident in her record-breaking performances, which have solidified her place as the undisputed queen of F1 Triathlon.

Race 2:

- **Name:** Melanie Mitchell
- **Residence:** Tampier, Central Coast NSW
- **DOB:** 20 February 1975
- **Career highlights:** 1995 World Triathlon Champion

Melanie Mitchell is a force to be reckoned with in the triathlon world. Her talent and dedication have brought her numerous accolades, including the 1995 World Triathlon Champion title. Mitchell's skill set combines strength and speed, allowing her to adapt to various terrains and conditions. Her consistent performances in professional events have earned her the respect of her peers and fans alike. Mitchell's passion for the sport is evident in her determination to push her limits every time she steps on the starting line.

Race 3:

- **Name:** Joanne King
- **Residence:** Portland, OR
- **DOB:** 22 March 1974
- **Career highlights:** 1996 World Triathlon Champion

Joanne King is a formidable athlete in the world of triathlon, having amassed numerous accolades throughout her career. Her 1996 World Triathlon Champion title is a testament to her unmatched talent and dedication. King's competitive spirit and her ability to perform under pressure make her a formidable opponent in any triathlon event. Her success is a result of her relentless training and unwavering commitment to her craft.

Race 4:

- **Name:** Barb Lindquist
- **Residence:** Washington, USA
- **DOB:** 17 July 1960
- **Career highlights:** 1995 World Triathlon Champion

Barb Lindquist is a multitalented athlete who has made a name for herself in the triathlon world. Her 1995 World Triathlon Champion title is not only a reflection of her hard work and dedication but also a testament to her ability to perform at the highest level in various disciplines. Lindquist's versatility and her ability to adapt to different environments have been key factors in her success. Her competitive spirit and her passion for the sport continue to inspire others and set new standards for triathletes around the world.
Athlete Profiles - Women

Race 6: Tracy Hargreaves
- Residence: Sydney, NSW
- DOB: 16 August 1973
- First triathlon: 1986
- Best 1st: 5th, Geelong, Vic.
- Goal in '90: Olympic triathlon
- Favourite discipline: Swim
- Best results in '88: 2nd German Open Champs
- 2nd Sydney Triathlon
- Career highlights: Winning the 1988 German Cham-

Race 8: Beth Thomson
- Nickname: Bex
- Residence: Berkeley, CA, USA
- DOB: January 1973
- First triathlon: 1982
- Best 1st result: 6th Chicago Ironman 1988
- Previous series results: 1988-89
- Goal in '90: Finish 1st in Ironman World Championship
- Favourite discipline: Run
- Best results in '89: 3rd Junior World Champs,
  Triathlon Victoria Champs
- Career highlights: Being part of the F1 series
- Notes: Lawyer and university student, worked full-time during her training. Helped Establish Women's Association in 1989. In 1990 she will be working with the Sydney Opera 2000 games

Race 9: Michelle Jones
- Nickname: MJ
- Residence: San Diego, CA, USA
- DOB: 31 May 1971
- First triathlon: 1986
- Best 1st result: 3rd World Champs 1988
- Previous series results: 1988-89
- Goal in '90: Finish 1st in Ironman World Championship
- Favourite discipline: Iron
- Best results in '88: 1st World Cup Crystal
  Cup Australia
- Career highlights: Winning 1990 World Champs

Race 10: Carol Montgomery
- Nickname: Nasty
- Residence: Vancouver, BC, Canada
- DOB: 24 August 1966
- First triathlon: 1983
- Best 1st result: 5th
- Goal in '90: Finish 1st in Ironman World Championship
- Favourite discipline: Bike
- Best time for 10km run: 5:15 (3rd place)
- Best results in '88: 2nd Ironman World Championship
- Career highlights: 2nd World Champs 1986; 1st World Champs 1987; 3rd World Champs 1989; 2nd World Champs 1989; 1st World Champs 1990; 4th World Champs 1991
- Notes: Married to Canadian Commonwealth Games team for 2,000 runners.

In addition to being a 3-time Canadian National Triathlon Champion, Carol has also represented Canada at the 1984 Commonwealth Games, World Country Championships and 1991 World Championships. She has also won 2nd World Cup events in various distances and in 1990, while training in Australia, improved her performance over the past 3 years, continuing to train and compete in her performances in 1990. Her performances in 1990 have been impressive and her performances in 1990, including victories in 1988 and 1989, have been significant against strong fields. Since the strongest runners in the event, including Carol, have won the Australian and world championships, she will not only be a strong contender in the Sydney 1988 Games, but she will also be a strong contender in the Sydney 1990 Games.
Wendy Ingham

Race #: 15
Nickname: Winger
Residence: California, USA
DOB: 31 January 1964
First Triathlon: 1983
Best F1 result: 2nd
Goal in '90 series: To win short races a try and cost to destroy myself in the process
Favourite discipline: Bike
Best time for a 1km run: 3:34
Best results in 1989: No Austin Invictus 2nd
Career highlights: World record in the Ironman series 1988-90, broke last year's record that was thirteen years old. She won the American Ironman triathlon for the past 5 years

Michelle Dillon

Race #: 11
Nickname: Mich
Residence: Gold Coast, QLD & Cairns, QL
DOB: 21 April 1975
First Triathlon: 1995
Best F1 result: 1st
Goal in '95 series: 3rd and be in a competitive position after the swim leg
Favourite discipline: Bike
Best time for a 1km run: 3:34 (subsonic)
Best results in 1995: 1st ITU World Cup
She is new to the world of triathlon having competed only once in 1995. She was 1st in the European Cup 1995. She is new to the series, but she has shown promise and is expected to make a mark in the series.

Ute Muckel

Race #: 15
Nickname: The Boplines
Residence: Germany
DOB: 28 July 1967
First Triathlon: 1991
Best F1 result: 2nd
Goal in '90 series: Make it to the last and finish top 7
Favourite discipline: Bike
Best time for a 1km run: 3:34 (subsonic)
Best results in 1995: 5th Ironman New Zealand 4th Ironman Tour, 1st Germany
Career highlights: 1st 1993 Ironman Germany, won 1997 Ironman Tour, 2nd 1997 Ironman Hawaii, Germany

After 18 months without a major race, Ute (pronounced oo-te) is now aiming to stabilize the form achieved only in 1994. She has decided to do this via another Ironman race. Through personal experiences and the Ironman 1994, she has learned that she needs to keep her training consistent. She has trained harder than ever before in preparation for this year's Ironman and is looking forward to making her debut in the Triathlon. Another goal is to improve her swimming and she is particularly interested in any new swimming techniques that she can implement for her one encounter next week which is held twice in the form of Ironman 1995. She has learned that swimming is an essential part of the race.

When you see "I", think digital! When you think digital, think fast - Fuji Xerox fast. As fast as the triathletes competing in the Formula 1 Triathlon Series, the race that's as fast as Fuji Xerox's printers, faxes and copiers!

Fuji Xerox. Partners in top performance.
ROUND 1
GLENELG ADELAIDE, SA
Saturday 16 January

11.00 am
WOMEN 'Enduro'
Swim 300m
Cycle 7km
Run 2km.
Swim 300m
Cycle 7km
Run 2km.

1.00 pm
MEN 'Enduro'
Swim 500m
Cycle 14km
Run 3km.
Swim 500m
Cycle 14km
Run 3km.

The F1 Race Day Schedule
7.00 am
NEW BALANCE F1 FUN RUN
A 5km community fitness run. 500 plus competitors will hit the pavement at all five events in the 1999 F1 Triathlon.

9.15 am
SA ELITE RACE

11.00 am
Women's F1 Triathlon.

12.15 pm
NESTLE NESQUIK TRI KIDS
A 100 metre fun run for 4- and 5-year-olds.

1.00 pm
Men's F1 Triathlon.

ROUND 2
NOVOTEL TWIN WATERS RESORT
QLD
Saturday 6 February

9.00 am
WOMEN 'Standard Distance'
Swim 1,500m
Cycle 40km
Run 10km

12.00 noon
MEN 'Standard Distance'
Swim 1,500m
Cycle 40km
Run 10km

The F1 Race Day Schedule
7.00 am
NEW BALANCE F1 FUN RUN
A 5km community fitness run. 500 plus competitors will hit the pavement at all five events in the 1999 F1 Triathlon.

9.00 am
Women's F1 Triathlon.

11.30 am
NESTLE NESQUIK TRI KIDS
A 100 metre fun run for 4- and 5-year-olds.

12.00 noon
Men's F1 Triathlon.
ROUND 3

SOUTHPORT
GOLD COAST, QLD
Saturday 13 February

11.00 am
WOMEN 'Double Super Sprint'
Two races with a 10 minutes break in between,
timed from when the winner crosses the finish line.

Race 1
Swim 300m cycle 7km, run 2km.

Race 2
Run 2km, cycle 7km, swim 300m followed by
100m run to finish.

1.00 pm
MEN 'Triple Super Sprint'
Three races with a 10 minute break after each race,
timed from when the winner crosses the finish line.

Race 1
Swim 300m cycle 7km, run 2km.

Race 2
Run 2km, cycle 7km, swim 300m followed by
100m run to finish.

Race 3
Cycle 7km (rolling start), swim 300m, run 2km.

The F1 Race Day Schedule

7.00 am
NEW BALANCE F1 FUN RUN
A 5km community fitness run.
500 plus competitors will hit the pavement at all five events in the
1999 F1 Triathlon.

11.00 am
Women's F1 Triathlon.

12.15 am
NESTLE NESQUIK TRIKIDS
A 100 metre fun run
for 4- and 5-year-olds.

1.00 pm
Men's F1 Triathlon.
ROUND 4
WATERFRONT
GEELONG, VIC
Saturday 13 March

11.00 am
WOMEN 'Double Super Sprint'
Two races with 10 minutes' break in between,
(timed from when the winner crosses the finish line).

- Race 1
  Swim 300m cycle 7km, run 2km.

- Race 2
  Run 2km, cycle 7km, swim 300m
  followed by 100m run to finish.

1.00 pm
MEN 'Triple Super Sprint'
Three races with a 10 minute break after each race,
(timed from when the winner crosses the finish line).

- Race 1
  Swim 500m cycle 7km, run 2km.

- Race 2
  Run 2km, cycle 7km, swim 300m
  followed by 100m run to finish.

- Race 3
  Cycle 7km (rolling start), swim 300m, run 2km.

GEELONG ADVERTISER
THE VOICE OF GEELONG - SAT 1043

The F1 Race Day Schedule

7.00 am
NEW BALANCE F1 FUN RUN
A 5km community fitness run.
500 plus competitors will hit the
cement at all five events in the
1999 F1 Triathlon.

11.00 am
Women's F1 Triathlon.

12.15 am
Nestle Nesquik TriKids
A 100 metre fun run
for 4- and 5-year-olds.

1.00 pm
Men's F1 Triathlon.

Look out for your chance to join the NESQUIK Bunny at the NESQUIK TriKids fun run series, at the following locations during January - March 1999:

Glenelg - SA
Sunshine Coast & Surfers Paradise - QLD
Geelong - VIC
Manly - NSW

For more information on enjoying the fun of the NESQUIK TriKids series, please phone Online Sports Marketing and speak to Keri on (02) 8977 7453.
St. George designed Portfolio with you in mind. All of you.

These days we all seem to be working a lot harder without having a lot more to show for it. Sure you're earning a decent salary and trying to pay off your home, but as far as building any kind of wealth goes, you just don't seem to be getting very far. It's something that seems out of reach. Something you can get around to some time in the future. Maybe.

But if this feels a bit too familiar, then it's probably time to do something about it.

Now, it's time to take a look at Portfolio from St. George.

**Portfolio is a way to build your assets step by step.**

It begins with an overall credit limit of up to 80% of the value of your home. (If you think this sounds like just another home equity loan, then listen to this).

Let's say your home is worth $400,000. With Portfolio you now have $320,000 available to invest.

You decide to distribute these funds into separate sub-accounts. (You can have up to ten if you like).

The first step is your home loan of, let's say, $100,000. You want to pay it off as fast as possible, so your salary is deposited directly into this sub-account, immediately reducing the outstanding balance and the daily interest applied to that balance.

At this rate you can pay off your home in years instead of decades and save yourself a small fortune into the bargain.

You also want to take advantage of the market and invest in some shares. OK, $20,000 is distributed to another sub-account.

At the same time, you want to enjoy the tax benefits offered by negative gearing on your investment property.

So $20,000 goes to another sub-account to finance a home unit.

The time to start new.

Call St. George and arrange to meet with one of our Personal Lenders.

They'll tailor your Portfolio to help you get what you want and where you want to be.

You'll find it's a relationship you'll come to value just as much as your Portfolio.

Call 1800 500 022 now.

Or for more information visit www.stgeorge.com.au

Terms, conditions, fees and charges apply and are available on application. Subject to bank's lending criteria. St George Bank Limited, ACN 059 313 870. REG 2014.
ROUND 5
MANLY BEACH
SYDNEY, NSW
Saturday 20 March

1.00 pm
WOMEN 'Eliminator'
Two races with 10 minutes' break in between.
10 minutes commences once the winner crosses the finish line.

Race 1
All athletes compete with only the top 10 surviving to compete in the final. The rest are eliminated.

Race 2 - The Final
The top 8 competitors battle it out to determine the winner of the event.

3.00 pm
MEN 'Eliminator'
Three races with 10 minutes' break in between.
10 minutes commences once the winner crosses the finish line.

Race 1
All athletes compete with the first 15 across the line surviving to compete in Race 2. The rest are eliminated.

Race 2
15 athletes compete with the only the top 10 surviving to qualify for the Final. The last 5 are eliminated.

Race 3 - The Final
The top 10 competitors battle it out to determine the winner of the event.

Format for all races - women and men:
300m swim, 7km cycle, 2km run

The F1 Finale Schedule
7.00 am
NEW BALANCE F1 FUN RUN
A fun community fitness run. 500 plus competitors will hit the pavement at all five events in the 1999 F1 Triathlon.

2.00 pm
NESTLE NESQUIK
TRIKIDS
Pre-race entertainment for 4- and 5-year-olds.

3.00 pm
Men's F1 Triathlon
LIVE TELECAST

SUNDAY 21 March
1.00 pm
Women's F1 Triathlon

3.00 pm
The Bulletin F1 Corporate Tri-Challenge
Venue: Pier 1, Sydney

TELECAST SCHEDULE

MEN
Event Date / Venue
Teletcast Date
Round 1 Saturday, 16th January
Glenrowan, SA
Live teletcast
3.00 - 5.00pm
Round 2 Saturday, 6th February
Novotel Twin Waters Resort, QLD
Live teletcast
3.00 - 5.00pm
Round 3 Saturday, 13th February
Gold Coast, QLD
Live teletcast
3.00 - 5.00pm
Round 4 Saturday, 13th March
Waterfront Geelong, VIC
Live teletcast
3.00 - 5.00pm
Round 5 Saturday, 20th March
Manly Beach, NSW
Live teletcast
3.00 - 5.00pm

WOMEN
Event Date / Venue
Teletcast Date
Round 1 Saturday, 16th January
Glenrowan, SA
Delayed Teletcast
Sat 23rd Jan 4.00 - 6.00pm
Round 2 Saturday, 6th February
Novotel Twin Waters Resort, QLD
Delayed Teletcast
Sun 14th Feb 3.00 - 4.00pm
Delayed Teletcast
Sun, 14th Feb 4.00 - 5.00pm
Round 4 Saturday, 13th March
Waterfront Geelong, VIC
Delayed Teletcast
Sat, 27th Mar 3.00 - 4.00pm
Delayed Teletcast
Sat, 27th Mar 4.00 - 5.00pm

The St George Formula 1 Triathlon will also be televised on FOX SPORTS.
### Pointscore System

#### MEN

<table>
<thead>
<tr>
<th>Position</th>
<th>Standard Distance</th>
<th>Enduro</th>
<th>Eliminator Formats</th>
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<tr>
<td>1st</td>
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<td>7th</td>
<td>14th</td>
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<tr>
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<tr>
<td>21st</td>
<td>1</td>
<td>13th</td>
<td>8th</td>
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</tbody>
</table>

**Triple Super Sprint formats**

Points will be accumulated as per the above table over the three races, to determine overall place for the round. (A bonus 2 points is awarded for the winner of each Triple Super Sprint race). The athlete with the highest accumulative score is the winner. 22 Series points (20 plus a bonus 2 points) will be awarded to the winner, 19 Series points for 2nd and so on down to the last competitor who records the lowest score for the day.

**Eliminator Race format**

The athletes eliminated in Race 1 (16th place down) will be given points as per above table. The 5 athletes eliminated in Race 2 (places 11 to 15) will be given points as per the above table. The 10 athletes competing in the final race will be given points for 1st place down to 10th based on where on the order they finished in that race. The winner of the last race will receive the maximum 22 points, 2nd place will receive 19 points, 3rd place 16 points and so on.

**Series Leaderboard - To Decide Series Rankings**

Points accumulated in each of the five rounds. Competitors discard their worst round score, leaving their best 4 scores to decide their final standing.

#### WOMEN

<table>
<thead>
<tr>
<th>Position</th>
<th>Standard Distance</th>
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<td>13th</td>
<td>9th</td>
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</tbody>
</table>

**Double Super Sprint formats**

Points will be accumulated as per the above table over the 2 races, to determine overall place for the round. A bonus 2 points is being awarded for the winner of each Double Super Sprint race. A 22 Series points (20 plus a bonus 2 points) will be awarded to the winner, 19 Series points for 2nd and so on down to the last competitor who records the lowest score for the day.

**Eliminator Race format**

The athletes eliminated in Race 1 (9th place down) will be given points as per the above table for these places. The 8 athletes competing in Race 2 will be given points for 1st place down to 8th based on where they finished in that race. The winner of race 2 will receive the maximum 22 Series points, 2nd place will receive 19 Series points and so on.

**Series Leaderboard - To Decide Series Rankings**

Points accumulated in each of the five rounds. Competitors discard their worst round score, leaving their best 4 scores to decide their final standing.

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**Peace of mind.**

Mitchum Anti-Perspirant Deodorant.
So effective you could even skip a day.

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**REVLO**
For supporters, fans and 'TA' Tour competitors wishing to follow the St George F1 Series, we recommend you fly Qantas, the official airline of the 1999 Formula 1 Triathlon series.

With more than 750 domestic flights a day, 360 international flights every week and offices in over 135 destinations worldwide, Qantas provides you with an ever greater choice of flights and services with the lowest fares possible. For bookings or further information see your licensed or AFTS Travel Agent or call Qantas on (03) 13 15 15.

Round 2
Sunshine Coast, Saturday 6 February
Novotel Twin Waters Resort
Ocean Drive, Mudjimba Beach, Sunshine Coast

Novotel Twin Waters Resort, recently voted best deluxe resort in Queensland, has come up with a holiday package that takes the stress out of choosing a mid-week getaway. The Resort’s Stress Breaker Option package allows guests to stay in four star luxury and choose between a range of stress relieving extras free every day they stay.

Guests pay just $49 per person per night for Resort room accommodation plus their choice of either a free buffet breakfast, free massage, free round of golf (8 holes), free pamperering body treatment or a free lesson each day they stay.

The Stress Breaker Option package is based on twin share accommodation with a surcharge applicable for Saturday night stays. The package is valid until 31 March 1999 and to book, call Novotel Twin Waters Resort direct on 07 547 72 277.

Round 3
Gold Coast, Saturday, 13 February
The Mercure Resort
122 Frew Avenue, Surfers Paradise, QLD

Mercure Resort is set in 5 acres of landscaped tropical gardens right in the centre of Surfers Paradise; only a lazy stroll to the sandy beaches, the still water lagoons, gardens and the legendary nightclubs, restaurants and shops of Cavill Avenue. Facilities include 2 restaurants, bar, gymnasium, tennis courts, 4 pools, suana and spa, plus home to Australia’s Kids Club, including a $1 million theme fun park for kids. So stay with the Formula 1 athletes. The Mercure Resort is offering special packages for triathlon supporters. Reservations: 1 800 074 111

Request the “Triathlon Group Rate” when booking.

The Gulf Airport Service connecting the McEwens Airport with all the F1 action in Geelong. With 18 years experience and 79 unblemished departures between Geelong and the Melbourne Airport weekly, let us look after all your travel and transfer requirements.

Tel: (03) 522 4996. Fax: (03) 522 4996.

Round 4
The Gulf

Round 5
Manly Beach, Sydney, Saturday, 20 March
Manly Pacific Parkroyal
35 North Steyne, Manly NSW 2095

It’s hard to imagine a more perfect location. Staying at the Manly Pacific Parkroyal is a truly magical experience. Perhaps it’s something to do with the superb location—rolling Pacific Oceans on one side, world famous Sydney Harbour on the other. You’re right on Manly Beach, close to everything exciting under the sun—walking, swimming, windsurfing, rollerblading, tennis and golf.

All the rooms and suites are spacious and well appointed and the attentive service has a touch of the ambience and friendliness that’s unique to the Manly Pacific Parkroyal. Dining and entertainment facilities abound—from the elegant yet relaxed atmosphere of Gilbert’s Restaurant and Terrace with its spectacular view to the more casual Nells Brasserie and Cocktail Bar.

International elegance plus fun in the sun. That’s the Manly Pacific Parkroyal—so close to Sydney, yet so far from an ordinary resort hotel.

For reservations phone our toll free number on 1 800 025 257 or (02) 9977 7666.

Media liaison
Please direct all media enquiries and accreditation applications for the St George F1 Triathlon to:

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