December 2016

North and Central Queensland

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jhunt@bond.edu.au

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From: Tim Hughes <timbohughes@hotmail.com>
To: TriathlonQueensland@uq.net.au
Subject: Junior Triathlon's
Date: Thursday, 4 May 2000 14:09

To Rachel Phillips, Brian Chapman, Michael Sanderson,

Hi how are we all? You probably all know me by now but if you dont I am the coloured triathlete, the person who dresses as a clown every time I race. I am also the compere of the Dirt & Dust Triathlon, President of the Townsville triathlon club and now promoter of my very own junior triathlon's.

As you know I am holding a junior race in Hughenden on May 20 (Michael the TQ forms should have arrived by now). I have now started to organise a Western Junior Triathlon Series. With races now planned for Julia Creek, Cloncurry, Mount Isa & hopefully Winton And places further West.

I have also been requested to travel west and hold coaching clinics with the kids at schools and Swimming pools throughout Western Queensland. The only problem is I don't have my level 1 coaching certificate. Which is why I am writing to you.

Is or are there any coaching clinic's coming up in the immediate future? (like in the next month). Travel is not a problem as I am now sponsored by Macair and they will fly me to Brisbane.

Can you please let me know if there are any coaching clinics happening soon.

Secondly with these junior races and the planned coaching clinics is there any way in which TQ can support or assist me. This is all about junior development and it is in Western Queensland and I now have contacts in every town and every school waiting for me to get things under way.

I really want to make this happen and want to know if there is anything you can do to help me.

I know the TQ development job was recently advertised, I wasn't aware of the dates. Although Rachel has spoken to me since and said the job will be re advertised at a later date.

If there is any way in which you could assist me (When is the next Coaching course) please let me know.

Timbo Hughes
ph: 47 284 280

Get Your Private, Free E-mail from MSN Hotmail at http://www.hotmail.com
NORTH QUEENSLAND DEVELOPMENT OFFICER REPORT

NOVEMBER 2000

TIM HUGHES

Firstly I would like to thank all at TQ who spent time with me over the week I was in the office. I was finally able to put faces to voices and get to know every one and learn a little more about Triathlon Queensland.
I would also like to thank all that attended the Qld Sports awards for a great night. Triathlon didn’t win any awards but we had 5 finalists and the good thing with the finalists being spread across the state and up here in the North - West.

Around the North!

INGHAM
On November 10, 2000 traveled to north to Ingham. The local police officers have shown an interest in holding an adult’s triathlon as part of the Australian Italian Festival on May 12/13, 2001.
I spent the day with them going through sanctioning forms and checking over possible courses.

Junior development was also talked about with the Police recently acquiring a shed for the PCYC to use. We are looking into getting some bikes and windtrainers next year to hole coaching clinics 1 day a week at the PCYC as part of the after School care. With the possibility of starting a club and having some regular junior races in Ingham.

CAIRNS
On Friday 8th December 2000 I am travelling to Cairns to meet with the new club president and talk about 2001. Their calendar, sanctioned races and also the possibility of holding a Level 1 Coaching Course later in the year. Will look at possible venues to hold the course.

INISFAIL
On the way up I will also be stopping into Innisfail and speak the Innisfail Cycles about any planed races in Innisfail next year. This will also be a great opportunity to drop of some Triathlon Queensland Racing Guides to some of the bike shops further north.

CARDWELL
On the trip to Cairns I will also be speaking to the Cardwell Swimming club who showed a great interest in having a junior triathlon. I know there was previously an adult’s triathlon that ran for some years in Cardwell, I am not sure why the event has stopped, as there was great numbers of competitors attending the race. I will looks at the possibility of there being another adult triathlon held in Cardwell.
JULIA CREEK AND CLONCURRY
On Thursday 14th November I will be driving to Julia Creek to hold yet another Junior Triathlon in Julia Creek. The kid’s race will be on Friday 15th December and will be held in conjunction with a special Christmas street party. On Saturday 16th I will be meeting with the Julia Creek Dirt and Dust committee about the Julia Creek Dirt and Dust triathlon to be held on April 2001.

On Sunday 17th December I will also be holding a Junior Triathlon in Cloncurry.

MOUNT ISA
I am in the middle of setting up a junior triathlon as part of the Mount Isa Sports Expo on February 10, 2001 and also offered to help the Isa Rats set up a 3 race sanctioned series for the club. The club has now been motivated by some of the members to set up the series. I will now assist the club and offer help where possible. I will also look at the possibility of a Level 1 Coaching Course (not sure if the numbers will be sufficient) and other ways to build up TQ membership.

MACKAY
The Mackay club is going strong with their calendar set and races under way. With good regular numbers attending. I will try to get to their January club meeting and talk about the possibility of holding a level 1 coaching course some time next year.

AIRLIE BEACH
The Airlie beach race date is now set for 2001. I have kept contact with Wendy Downs and hope to assist where ever possible in the set up for the Airlie Beach triathlon.

TOWNSVILLE
Townsville has finished for the year. A semi Calendar has been set with changes to be made before the season starts. The new club president has opted to stay away from juniors and concentrate only on adult’s events. I will be holding monthly sanctioned events in Townsville to promote juniors into the sport, with the aim of having up to 200 kids compete in a single race next year. I held a junior aquathlon on November 20, the numbers were down due to the poring rain but all competitors had a great time.

CHARTERS TOWERS
As previously mentioned I will be organising the Charters Towers triathlon with the race date set for Saturday March 2001. I am now waiting on Councils approval for road permits before I send in the sanctioning forms. There is a small training group in Charters Towers looking to expand and hope after the event it will boost their numbers and triathlon as a sport in Charters Towers.

Travel
290 kilometers.
Central Queensland Development Officers Report

To: Michael Sanderson
CC: Paul Binnie

From: Louise Soper

Month: November 2000

Monthly Report

- **Administration**
  Responded to emails and telephone messages.
  General admin, including organization of petty cash, travel records, telephone bills etc
  Wrote October Monthly report
  Sport and Rec funding applications

- **Clubs**
  Advised and helped out with Emerald Tri club and Middlemount on their CQ Race Series Race.
  Liased with Longreach club re kids clinic and their up-coming race in Nov.

- **Races/Juniors**
  Promoted Frenchville Junior race 2 at 3 Rockhampton schools
  12 Nov, attended and helped with Frenchville Junior and Come and Tri Race 2.
  Did not attend Longreach Tri race and kids clinic as planned due to original date being cancelled due to bad weather. Unfortunately the subsequent date arranged saw me sick and unable to attend as well.
Did a plan for Longreach kids clinic and liaised with Katie Johnston (Longreach re this). The Longreach club went ahead and ran the clinic according to this plan.

- **Objectives for November**

Below are the listed objectives for October as stated on the last months report; comments regarding the completion of these have been made in italics.

Draft a travel plan/update operational plan. *Not Achieved*

Apply for Government funding through clubs in CQ. *Very Close to Submission*

Update/Improve CQtri Website. *Not Achieved*

Plan Coaching Course for CQ *In Progress.*

Details re CQ Series. *In Progress*

Longreach Kids clinic and Triathlon. *Achieved through email communications rather than in person as planned*

- **Objectives for December/January**

Submission of funding applications

Attendance at CQ Race Series Race 3 at Emerald. *Achieved*

Attendance at Rocky Sport and Rec funding and yearly review evening. *Achieved*

Attendance at CQ Race Series Race 4 at Barcaldine on Jan 26th

Completing all previous incomplete objectives

Holidays Dec 20th – Jan 15th !!!
Presents the "Olympic Experience":
CQ Junior Triathlon Development Camp

The camp will cater for all levels of triathlete aged between 10 and 18 years. The following three programmes will be offered:

Bronze - Beginners
Silver - Recreational
Gold - Very Keen

When: Monday 18th September - Wednesday 20th (first week of school holidays).

Venue: Rockhampton Co-Ed Grammar school, this facility provides excellent food and accommodation as well as a great 50m swimming pool and plenty of ovals, running tracks etc.

The Main Focus of the camp will be to experience the Olympic Spirit, learn more about triathlon, and do some training with other keen juniors. It will be a fun-based camp but will (through the gold programme) offer challenges for those athletes that want to be challenged.

Cost: $95 per athlete (g.s.t inclusive). Family discounts of two or more will operate ($20 discount for 2 in same family, $30 for 3). The cost of the camp is to cover all meals and two nights accommodation, equipment costs, specialist seminars, big screen Olympics watching,
special junior triathlete pack and other related expenses. Triathlon Queensland is a non-profit organization.

One Day Camp Packages will be offered on the Monday, Tuesday and Wednesday at a charge of $30 per day (including all coaching, facilities hire, breakfast and lunch, and junior triathletes packs). This will be available for those who do not wish to spend the night in camp or only want to do one day.

Camp Activities:
Swimming sessions with expert coaching, technique advice etc.
Cycling on the road and at Velodrome.
Running sessions including drills and technique analysis.
Video analysis of swimming and running technique will be offered to participants of the gold and silver programmes.
Bike maintenance and puncture repair/tyre-changing session
Lightening transitions session
All of this punctuated by cheering on Australia's best during the first days of the Olympics on the big screen TV.

Sports Psychology Session: Goal Setting and Winning Within delivered by Dr Grant Schofield (2x Hawaiian Ironman finisher and top 10 elite NZ Ironman finisher).

Sports Physiology Session: Basic Sports Science for the Young Athlete with Dr Peter Reaburn, triathlete and renown author of several books on this subject.

Essential items:
• Togs/swim goggles
• Fully functional and safety checked bike (any bicycle will suffice for bronze group), silver and gold groups will need a road/triathlon bicycle, spare tube and puncture repair kit.
• Sturdy running shoes, sunhat, water bottles

Full program details will be sent to interested participants in a follow-up newsletter by request.
Contact: Louise Soper, Triathlon Queensland CQ Development Officer (CQ), 07 49281393, 0409 309328
27 January 2000

State Administrator
Triathlon Queensland Inc.
Sports House
Cnr Castlemaine & Caxton Sts
MILTON. Q. 4064

Dear Sir/Madam

North West Queensland Sports Education Tour 2000

Following the success of the 1999 North West Queensland Sports Education Tour a number of stakeholders have expressed support for an annual tour. Following consultation within the Department of Sport and Recreation Queensland and with external stakeholders a need has been established. This office has agreed to again coordinate a Sports Education Tour in August 2000. The proposed dates are August 28 to September 4 but are still open to negotiation.

The Sports Education Tour concept was developed as a result of the ongoing demand to provide equitable access to sports education programs throughout rural and remote regions of Queensland.

Sports education programs have traditionally been offered in metropolitan areas with access to such courses costly for rural participants both in terms of costs and time commitment. Often the distance that participants must travel to attend a course makes it impossible for them.

The adaptation of an open approach to learning and flexible delivery will help to alleviate some of the problems that rural coach’s face. Even with programs such as these now becoming available, it will always be difficult to beat a face-to-face learning situation.

The Sports Education Tour is now providing the most cost and time effective means for both the sports educator and the participant.

The remote communities of North West Queensland are particularly disadvantaged in accessing sport education programs. Distance, community size and affiliation are all barriers that prevent the communities from receiving the same education and competition opportunities that other regions take for granted.

The addressing of these issues is a priority if the developing sport structure in this region is to meet the competition and social needs of the people who reside there.
Organisations funded under the State Sport and Recreation Development Program 2000 may like to consider the Sports Education Tour as a method of achieving Key Performance Indicators relating to service delivery to rural and remote Queensland.

The Department and the communities recognise the high cost to be borne by sporting organisations servicing this area and are coordinating this tour with the aim of overcoming these costs to provide you with an opportunity to develop your sport in this remote area of North West Queensland.

Some of the activities that could be conducted during the tour may include:

- Coach education
- Committee and/or volunteer education
- Administration and management education
- Referee/umpire or official education
- Sports medicine and/or first aid education
- Player clinics
- How to work with a target group population, eg. cross cultural training/education.
- Risk management education/policy development.

The cost of conducting this tour will be approximately $9,000.00. This cost will need to be covered by the various stakeholders, in line with this participating sports will be asked to contribute $200.00 per person attending as in past years. This will cover all travel, accommodation and most meals. (see attachment, 1999 North West Queensland Sports Education Tour "Interesting Facts" for estimate of cost of service as individual organisation).

It is proposed that the 2000 tour will encompass the communities of Hughenden, Winton, Bourke, Dajarra, Mount Isa, Julia Creek and Richmond. Response from the Winton Community and feedback from participating sports in last year’s tour would indicate that Winton could support two days of programs. I have suggested that if the Winton Shire Council is supportive and is willing to allocate the funds, the 2000 Sports Education Tour would spend either Friday/Saturday or Saturday/Sunday in Winton this year rather than Mount Isa where response has been limited in the past two years.

The use of cars this year will again allow for a high degree of flexibility, allowing sports to nominate individual programs depending on their priorities in each of these communities. This structure allows sport the opportunity to bypass some communities to focus more attention on others. This format worked well last year and I would expect sports to take full advantage of the flexibility offered this year.

If your organisation feels it can meet the Aims and Objectives (see attachment) and contribute to the Mission Statement (see attachment) then you may want to return the expression of interest form attached to this letter prior to March 10. The expression of interest is not a commitment to attend but you will not receive any further information on the tour without lodging an expression of interest.

Should you wish to discuss this further or if you require any further information about the Sports Education Tour, please contact me at Sport and Recreation Queensland Northern Region Office, Townsville, phone 47997010 or e-mail sue.baird@dtsr.qld.gov.au.

Yours sincerely,

Sue Baird
Tour Coordinator
Aims & Objectives

- To provide exposure to a variety of sport and recreation experiences.
- To encourage planning at all levels of administration.
- To provide a cost effective opportunity for rural and remote areas to access coaching, officials and sports administration education.
- To provide a cost effective opportunity for teachers in rural and remote areas to access inservice programs.
- To provide specialist squad training opportunities outside those normally available in the rural and remote areas.
- To provide a forum that encourages open communication between peak sporting bodies and their affiliates.
- To provide an opportunity for the development of mutually beneficial relationships between peak sporting organisations and their affiliates.
- To provide a forum that encourages open communication and the sharing of information between all stakeholders.
- To provide a forum for Sport and Recreation Division staff to assess existing facilities and advise on future options.

Mission Statement

We aim -

- To meet the individual needs of rural and remote communities in North West Queensland in the provision of equitable sport and recreation opportunities.
- Through a coordinated approach provide the opportunity for peak sport and recreation bodies to effectively service the rural and remote communities of North West Queensland.

Working Party Members

Current:

- Sue Baird, Adviser Sport & Recreation Division.
- David Bannister, Regional Coaching Director, Queensland Cricket Ltd.
- Don Watson Brown, Queensland Swimming Inc. Long Tan Swimming Complex.
- Jim Fitzgerald, Surf Life Saving Queensland.

Invitation extended:

- Andrew Haigh, Triathlon Queensland Inc.
- Sharon Landy, Sporting Wheelies and Disabled Sport and Recreation Assoc.
- Trisha Martin, Queensland Touch Association Inc.
- Paul Travis, James Cook University, Qld Olympic Council. Declined.
2000 North West Queensland Sports Education Tour

Expression of Interest

Organisation Name: ..............................................................................................................

Nominated Sports Education Tour
Contact Person: ..................................................................................................................

Position held: .........................................................................................................................

Postal Address: .....................................................................................................................
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Phone: .................................................................................................................................

Mobile: .................................................................................................................................

Fax: .......................................................................................................................................

Email: .....................................................................................................................................

Organisations Key business: .................................................................................................

Further comments:
1999 NW QLD SPORTS EDUCATION TOUR
“INTERESTING FACTS”

SIZE OF THE REGION BEING COVERED
The overall coverage area was larger than the State of Victoria

DISTANCE COVERED
• 3283 KM in 10 days.

PEAK BODIES / SPORTING ORGANISATIONS INVOLVED
• 10 State Sporting Organisations
• TOTAL SPORTS EDUCATION TOUR STAFF = 21

COMMUNITIES AND TOWNS DIRECTLY INVOLVED
• Hughenden, Winton, Bouli, Dajarra, Richmond, Julia Creek, Cloncurry, Mount Isa, Camooweal.

COMMUNITIES AND TOWNS INDIRECTLY INVOLVED
• A number of Distance Education families travelled to the various centres to access activities.

SPORTS EDUCATION INITIATIVES OFFERED
• SPORTS EXPOS X 7.
• Approximately 3000 children will participate in these over the ten day period.
• SPORTS COACHING CLINICS / SEMINARS, COACHING ACCREDITATION COURSES, TEACHER IN-SERVICES, CLUB DEVELOPMENT SESSIONS.
• Conducted over the ten day period in 10 different disciplines.
• ACTIVE AUSTRALIA PRESENTATIONS
• To schools and local Governments in participating communities.

NUMBER OF SCHOOLS INVOLVED
• 24 Schools involved in Sports Education Initiatives.
COSTS OF ALTERNATIVE MODE OF SERVICE DELIVERY

> THE FOLLOWING IS AN OVERVIEW OF THE RELATED COSTS INCURRED IF EACH OF THE INDIVIDUAL ORGANISATIONS ON THE TOUR SERVICED THE NORTH WEST REGION INDIVIDUALLY.

OPTION 1 - SPORTS EDUCATION TOUR CONCEPT (16 PEOPLE, 10 DAYS)

MEALS
ACCOMMODATION
TRAVEL
ADMINISTRATION

TOTAL BUDGET $9,000.00

OPTION 2 - APPROXIMATE COSTS INCURRED AS A RESULT OF ACHIEVING THE SAME OUTCOMES AS THE SPORTS EDUCATION TOUR - SERVICING NORTH WEST QLD AS INDIVIDUAL ORGANISATIONS. (16 PEOPLE, 10 DAYS)

MEALS
ACCOMMODATION
TRAVEL EXPENSES
> FUEL
> HIRE CAR

ADMINISTRATION - FAX, PHONE, MAILOUTS, ETC

TOTAL EXPENSES PER ORGANISATION $2,030.75

TOTAL EXPENSES FOR ALL ORGANISATIONS $32,500.00
Monthly Report

- Administration
  Responded to emails and telephone messages.
  General admin, including organization of petty cash, travel records, telephone bills etc
  Wrote November Monthly report
  Had 3 weeks Holiday Dec 20-Jan 15th
  Wrote article for Ultimate Challenge for Jan 24th deadline
  Updated CQ series points

- Clubs
  Advised Barcaldine on their CQ Race Series Race held on Jan 26th.
  Talked with Bundaberg re club start-up
  Updated and advised clubs of CQ series points standings
  Wrote/organized and submitted 4 CSRDP funding applications on behalf of the Frenchville, Longreach, and Gladstone Triathlon clubs. Applications were for:
  - CQ Junior Triathlon development Camp (To be held in Gladstone)
  - Longreach Kids Clinic and Fun come and Try Race (Longreach)
  - Level One Triathlon Coaching Course (To be held in Emerald)
  - Beginners/female Triathlon Event (To be held in Rockhampton)
- **Races**
  Attended/helped with Emerald Race on Dec 10th

- **Juniors**
  Liased and helped organize Capricornia Schools Team for the State All Schools Tri Champs (to be held on Feb 16th)

- **Objectives for December/January**
  Below are the listed objectives for Dec/Jan as stated on the lasts months report; comments regarding the completion of these have been made in italics.

  Submission of funding applications. *Achieved*

  Attendance at CQ Race Series Race 3 at Emerald. *Achieved*

  Details re CQ Series point’s update. *Achieved*

  Holidays Dec 20th -- Jan 15th !!! *Achieved*

  Plan Coaching Course for CQ *In Progress*

  Attendance at CQ Race Series Race 4 at Barcaldine on Jan 26 *Not Achieved*

  Draft a travel plan/update operational plan. *Not Achieved*

  Update/Improve CQtri Website. *Not Achieved*

- **Objectives for February**
  Attend Frenchville Club race (Feb 18) and promote CQ Championships Race

  Travel to Bundaberg hold meeting re club formation and promote Bundaberg Junior Tri race at local schools

  Continue updating and promotion of CQ series races

  Planning and organization for CQ Championships Race April 8th

  Find out results of CSRDP funding applications

  Investigate whether to put in applications for Volunteer funding etc

  All the above objectives (from Jan/Febl) still in progress or not achieved
Central Queensland Development Officers Report

To: Michael Sanderson
CC: Paul Binnie
From: Louise Soper
Month: February 2001
Total Hours worked: 32 hours (Position hours = 48, I owe 16 hours)

Monthly Report

- Administration

  Responded to emails and telephone messages.
  General admin, including organization of filing, petty cash, travel records, telephone bills etc
  Wrote Dec/Jan Monthly report
  Updated CQ series points

Liaison with Nick Croft Re Community Dev position and CQ

- Clubs

  Continued Liaison with Bundaberg re club start-up
  Updated and revised CQ events Calendar and advised CQ clubs

- Races

  Attended /helped with Frenchville Club race on Sun 18th included TQ promotion of membership etc

  Began organization and promotional material for CQ Champs Race to be held on April 8th

  Began organization and junior promotion of Come and Try Race to be held in Rocky on March 18th.
Juniors

Organized club travel subsides for eligible juniors in Capricornia Schools Team for the State All Schools Tri Champs held on Feb 16th.

Objectives for February

Below are the listed objectives for Feb as stated on the last months report; comments regarding the completion of these have been made in italics.

Attend Frenchville Club race (Feb 18) and promote CQ Championships Race Achieved

Travel to Bundaberg hold meeting re club formation and promote Bundaberg Junior Tri race at local schools Achieved (but did not travel to Bundy, race postponed)

Continue updating and promotion of CQ series races Achieved

Planning and organization for CQ Championships Race April 8 In Progress

Find out results of CSRDP funding applications Waiting on Government!!

Investigate whether to put in applications for Volunteer funding etc Not Achieved

Draft a travel plan/update operational plan. In Progress

Update/Improve CQtri Website. Not Achieved

Objectives for March

Attendance at and promotion at schools of Come and Tri Race for juniors on March 18th

Promote Laguna Quays Race 5 in CQ series

Update CQ Series points advise all clubs of individual standings and begin promotion of Awards night.

Promotion and organization finalised for CQ champs inc sanctioning, medals prizes etc

All those still in progress or not achieved from last month
Central Queensland Development Officers Report

To: Michael Sanderson
CC: Paul Binnie From: Louise Schofield
Month: July 2001

Monthly Report

☐ Administration

Responded to emails and telephone messages.

General admin, including organization of filing, petty cash, travel records, telephone bills etc

Wrote June Monthly report

☐ Clubs

Updated and revised CQ events Calendar and advised CQ clubs

☐ CQ Triathlon Series

Liased with club contacts for CQ series races, updated and changed some dates etc where advised.

Designed Promotional flyer and sent to CQ clubs for this.

☒ Liased with Helen Riddle – Triathlon contact in Barcaldine re Australia day race

☐ Juniors

☒ Planning for kid’s clinic in Emerald Sept 8th/9th.

☒ Continued Liaison and planning with Gladstone Tri club re CQ Junior Development Camp (October 1st-3rd), Nick Croft to attend. TQ Brisbane office to handle camp registrations and payments.

Spoke with Frenchville president re CQ Junior Regional Champs

☐ Objectives for July

Below are the listed objectives for July as stated on “Monthly Report for June”; comments regarding the completion of these have been made in italics.

Finalise Rydges Resort sponsorship for CQ series - notify all clubs with details and standard procedures for 2001/2002 series (e.g., all races to be sanctioned, consistency across age groups, race directors sending full copy of results including competitor ages to CQ dev officer). Sponsorship Arrangements Achieved, The rest In Progress

Organisation of CQ Junior Development Camp to be held in Gladstone Oct In Progress

Organization of Kids Clinic to be held in Emerald Sept 8/9th In Progress
Initial planning of kids clinic for Longreach in November. Nick Croft and Longreach Tristars to Organise

Ultimate Challenge CQ news update NOT Achieved

☐ Objectives for August

All of the above that are incomplete/not achieved

Organisation of Technical Official for Rydges Capricorn Race In Progress

Meeting with Geoff Dickson re Triathlon weekend to be held at Rydges in November, use of CSRDP funding etc

Final report re use of CSRDP funding for Coaching Course

Update TQ Brisbane office records and Ultimate Challenge re CQ club contacts and info re phone numbers etc

Tie up all loose ends, petty cash, expenses files organised etc
2002/2003 CQ Triathlon Series

The Series

Race 1: Moura - Contact Sarah Vaggs, Ph 49 972 548
Race 2: Emerald – Contact Brett Hyne, Ph 49 824 368
Race 3: Tannum Sands, John Sullivan, Ph 0417 196 278
Race 4: Barcaldine – Contact Melissa Bredhaur c/o Barcaldine Shire Council
Race 5: Rydges – Frenchville- Contact Geoff Dickson, Ph 49 309 141
Race 6: Rydges – Frenchville “*”
Race 7: Bundaberg – Contact Lee Pratt, Ph 41 524159
Race 8: Agnes water – Margaret or Greg @ Agnes Water Tavern 49 749 469

Point Score System

The best 5 results from this 8 race series will count for the final point score.
Age groups for the point-score are under 16, under 19, 20 -34, 35-49, 50+ in male and female categories.
Age groups are taken from 1 October 2002.
The first overall male and female across the line in each event receive 1 extra point.
2 bonus points will be granted to athletes that travel more than 200km to an event.
Must be a member of Triathlon Queensland

<table>
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<tr>
<th>Age group placing</th>
<th>Points</th>
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<tr>
<td>1st</td>
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<td>2nd</td>
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<td>8th</td>
<td>3</td>
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<tr>
<td>9th</td>
<td>2</td>
</tr>
<tr>
<td>All other finishers</td>
<td>1</td>
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Note: *(name) = overall Male/Female winner in each race

Club Challenge

Each athlete will receive 1 point for the club they are representing when they cross the line.
The more athletes from your club the more points your club will gain.
The club with the most points at the end of the series will be CQ Series champion club (To make this even only 1 race will be counted at Rydges for the Club Challenge)

Who will collate the points?  
North and Central Queensland Development Officer Timbo Hughes will collate the series points and club standings after each event.

How can you help with this?  
Each club or race director supplies Timbo a list of the results and entry list via email within 2 days of the event.  
Entry list is to have competitor name, club, age group and TQ member (Y/N).

The club or race director is to also forward Timbo an event package consisting of  
• Event poster  
• Entry form  
• Pre event press releases  
• Pre event articles in the any local papers  
• Photo's from the event  
• Results (as above)  
• Race report  
• Post event press release  
• Post event articles in any local news papers

This is to help Timbo secure more sponsors for the series and help publicize each race through out Queensland.

The Club or Race Director is to also acknowledge Triathlon Queensland and any series sponsors at each event.

Sponsors  
Timbo will supply each race goods from the series sponsors. At this Stage there will be a number of Euro Eyewear Packs for each event. Some of these will be for the first male and female across the line as well as some random prizes.  
As the series progresses Timbo will endeavor to get more goods for each event.

For more information please contact Timbo Hughes, M: 0438 284 280 or email timbo@timbo.com.au
## 2002/2003 CQ TRIATHLON SERIES

<table>
<thead>
<tr>
<th>EVENT/CONTACT NAME &amp; PHONE</th>
<th>DATE</th>
<th>LOCATION</th>
<th>DISTANCE</th>
<th>TIME</th>
</tr>
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<tbody>
<tr>
<td>RACE 1: Moura Triathlon, JASON VAGGS Ph 49972548</td>
<td>21Sep, 02</td>
<td>Start: Apex Park, Dawson River Finish: banana Race Course</td>
<td>1000/30/8</td>
<td>8am Rego 9am Start</td>
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**Incorporating the C.Q. Schools Team Triathlon Championships**

<table>
<thead>
<tr>
<th>RACE 2: Emerald Triathlon Brett Hyne</th>
<th>6th Oct, 02</th>
<th>Fairbairn Dam</th>
<th>750/20/5</th>
<th>6-7am Rego 7:30 Race Brief</th>
</tr>
</thead>
<tbody>
<tr>
<td>RACE 2: Tannum Sands Triathlon,</td>
<td>2oth, Oct 02</td>
<td>Tannum Sands</td>
<td>800/24/6</td>
<td>6-7am Rego</td>
</tr>
<tr>
<td>RACE 3: Barcaldine Triathlon Melissa Bredhaur, Barcaldine Shire Ph: ????</td>
<td>26th Jan, 02</td>
<td>Barcaldine Swimming Pool</td>
<td>500/20/5</td>
<td>TBA</td>
</tr>
<tr>
<td>RACE 4: RYDGES TRIATHLON Geoff Dickson OR Carmen Garbe 0422 133 218 <a href="mailto:Carmen.garbe@maunsell.com.au">Carmen.garbe@maunsell.com.au</a></td>
<td>9th Feb, 03</td>
<td>Rydges, Yeppoon</td>
<td>750/20/5</td>
<td>6:30-7am Rego 7:30 Start</td>
</tr>
<tr>
<td>RACE 5: RYDGES TRIATHLON Geoff Dickson OR Carmen Garbe 0422 133 218 <a href="mailto:Carmen.garbe@maunsell.com.au">Carmen.garbe@maunsell.com.au</a></td>
<td>March 9, 03</td>
<td>Rydges, Yeppoon</td>
<td>1/30/8</td>
<td>6:30-7am Rego 7:30 Start</td>
</tr>
<tr>
<td>RACE 6: Bundaberg MP Triathlon</td>
<td>9th Mar 22, 03</td>
<td>Bundaberg, Moore Park</td>
<td>750/22/5</td>
<td>TBA</td>
</tr>
<tr>
<td>RACE 7: Agnus Water Tavern Triathlon Ph:</td>
<td>TBA</td>
<td>Agnus Water Tavern</td>
<td>750/20/5</td>
<td>TBA</td>
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Triathlon Queensland Inc.
a member of
Triathlon Australia
Affiliated with the Queensland Olympic Council
and the Sports Federation of Queensland

North Queensland

NORTH QUEENSLAND DEVELOPMENT OFFICER
FOURTNIGHTLY REPORT
WEEK ENDING JUNE 5

DUTIES PERFORMED
Administrative

- Finally set up E-mail etc.
- Received Members List – Cairns
- Completed Administrative Duties
  1. Time Sheets, Correspondence Records, etc
  2. Updated Expense and Petty Cash Records
  3. Finalised travel details for Cairns, Mackay and Rockhampton Development Meetings

NQ Development Meetings

- Conducted Townsville Meeting
- Sent Promotional Material for Cairns, Mt Isa, Rockhampton and Mackay Meetings

NQ Series

- Chased Results from 2 of 4 events
- Worked further on Sponsor Proposal for 1999 series
- Discussed 1999 Events with Cairns Crocs Rep’

Promotional

- Attended Trinity Anglican School (Cairns) with Jason Shortis
- Copied above Publication
- Folded and Stuffed 290 copies of above, into envelopes
- Attended Monthly Meeting at Cairns Crocs

Working for a North Queensland Triathlon Future
June 9, 1998
Page 2

- Met with Port Douglas Club regarding Programs and affiliation
- Met with Cairns OSR

North Queensland Championship

- Am acting as a Technical Consultant to the Race Director
- Checked over three potential courses/locations – picked one
- Designed new run course
- Helped plan transition for smooth flow of traffic
- Recommended Signage and marshal numbers and locations
- Passed on information from TQ sponsorship opportunity (Holden)

Junior Development

- Discussed with Cairns Coordinator potential programs
- Discussed Junior Camp for Mackay

Club Communication

- Met individually with 3 Cairns Crocs 'Officials' – discussing the Club and NQ
- Met Innisfail Potential Coach – discussed coaching opportunities etc
- Met Cardwell Race Director – discussed opportunities at Hinchinbrook Resort
- Prepared for Phone Conference – to be conducted 10/06/98

Future Planning

Duties to be performed by June 26th

- Conduct NQ Phone Conference
- Plan Courses and Clinics
- Conduct Cairns Development Meeting
- Prepare Junior Sports Camps Proposals
- Finalise NQ Series Sponsorship Proposal
- Conduct Mackay Development Meeting
- Conduct Rockhampton Development Meeting
Official Championship Events for 1998

June 7  JAL North Queensland Half Ironman Championships
Swim 1.9km/Cycle 90km/Run 21.1km
Port Douglas/Cairns       Ph Rod Spinks 018 774 519

July 4  North Queensland Duathlon Championships
Run 10km/Cycle 40km/Run 5km
Croc Farm, Gordonvale     Ph Scott Penny 0412 963 263

August 16  North Queensland Triathlon Championships
(QUEENSLAND WINTER TRAITHLON CHAMPIONSHIP)
Swim 1.5km/Cycle 40km/Run 10km
Strand Park, Townsville   Ph Viv Evans 07 4779 9177

August 30  North Queensland Aquathon Championship
Swim 1000m/Run 8km
Rockhampton              Ph Grant Schofield 07 4930 9328

October 3/4  North Queensland Sprint Championships
(inc. NQ Junior Triathlon Championships)
Sprint  - Swim 750m/Cycle 20km/Run 5km
Junior  Various  - Aged 10-19yrs
Mackay                 Ph Daryl Smith 07 4952 2811
Promotional
- Attended Townsville Tri Club Meeting. Explained NQDO position
- Researched Information for "The North Report"
- Wrote, Edited and attempted to print* the Newsletter "The North Report"
- Spoke at Kirwan High School Assembly

Club Communication
- Wrote and sent Monthly Report to Clubs
- Regular Phone Corespondance with Head Office

Planning
- Organised meetings with several organisations regarding regional triathlon support, Heart Foundation, North Queensland Games Foundation, Women in Sport Task Force.

* Major problems with computers. Unable to use TQ computer - No programs able to be added. My home computer crashed when ever I attempted to load. print May newsletter. Utilised a friends computer during the short times available in an attempt to finalise for postage. Finally frustrated and way pass deadline, decided to transfer relevant information to June Edition and wait until TQ computer operational.

NORTH QUEENSLAND SERIES EVENTS
(still a couple to be added in Rockhampton/Gladstone Region)?

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>April 4</td>
<td>Chill Classic Tri</td>
<td>Mackay</td>
</tr>
<tr>
<td>April 11</td>
<td>Stockmans Challenge</td>
<td>Longreach</td>
</tr>
<tr>
<td>May 16</td>
<td>Dirt and Dust</td>
<td>Julia Creek</td>
</tr>
<tr>
<td>May 24</td>
<td>Endeavour Travel Tri</td>
<td>Cairns</td>
</tr>
<tr>
<td>June 7</td>
<td>JAI. North Queensland Half Ironman</td>
<td>Cairns</td>
</tr>
<tr>
<td>July 5</td>
<td>Top Brand Triathlon</td>
<td>Townsville</td>
</tr>
<tr>
<td>August 16</td>
<td>North Queensland Triathlon Champions</td>
<td>Townsville</td>
</tr>
<tr>
<td>September 6</td>
<td>Coral Coast Triathlon</td>
<td>Cairns</td>
</tr>
<tr>
<td>September 19</td>
<td>Robbie Thomasson Memorial Triathlon</td>
<td>Rockhampton</td>
</tr>
<tr>
<td>October 4</td>
<td>North Queensland Sprint Triathlon Championships</td>
<td>Mackay</td>
</tr>
<tr>
<td>October 11</td>
<td>Bowen Triathlon</td>
<td>Bowen</td>
</tr>
<tr>
<td>October 31</td>
<td>Cloncurry Triathlon</td>
<td>Cloncurry</td>
</tr>
</tbody>
</table>
TO: TRIATHLON QUEENSLAND
ATT: MICHAEL SANDERSON
CC: PAUL BINNIE

RE: JULY REPORT

FROM: TIMBO HUGHES
NORTH QUEENSLAND DEVELOPMENT OFFICER

❑ HOURS WORKED
   Total = lost count

❑ ADMINISTRATION
   Answer telephone messages and calls from clubs, Triathlon Queensland and regional councils. Send and receive emails on a daily basis to keep in touch with the people in the north.
   Travel to Airlie Beach, Bowen, Charters Towers, Hughenden, Richmond, Julia Creek, Cloncurry, Mount Isa, Ingham, Forrest Beach, Alligator Creek, Giru, Cardwell, Tully and Innisfail.

❑ TRAVEL
   Tsv-Airlie Beach- Tsv. 608
   Tsv- Mt Isa - Tsv. 1966km
   Tsv- Ingham-Tsv. 457km
   Tsv- Alligator Creek- Tsv. 71km
   Tsv- Giru- Tsv. 131km
   Tsv- Giru- Tsv. 124km
   Tsv- Cardwell- Tsv. 391km

   Total 3748 km

❑ MEDIA

❑ MEETINGS

❑ SCHOOL VISITS

❑ COSTS
   Petrol: $269.51, Fax $93.02, Kilometers: 3748 km

Timbo Hughes
North Queensland Development Officer
Central Queensland Development Officers Report

To: Michael Sanderson  
CC: Paul Binnie  
From: Louise Schofield  
Month: May 2001

Monthly Report

- Administration
  Responded to emails and telephone messages.
  General admin, including organization of filing, petty cash, travel records, telephone bills etc
  Wrote March Monthly report
  Updated CQ series points
  Meeting with Nick Croft and Geoff Dickson (Frenchville tri club president) re CQ clubs etc
  Sat My 5th.
  Wrote Ultimate Challenge Article

- Clubs
  Updated and revised CQ events Calendar and advised CQ clubs
  Liaised with Nick re CQ clubs Forum, talked to Club presidents about this.
  Prizes for CQ series – Organized for first 3 place getters overall in CQ series to get yearly and half yearly subscriptions to Triathlon and Multisport Magazine.

- Races
  Helped Organise CQ Champs held on April 8th
  Promotion of CQ champs through CQ contacts.
  Come and Tri Junior race and clinic with Nick (6th May)
  Promotion and Liaison with Rydges Resort re half ironman race in August. Sponsorship talks re future triathlon races to be held there.

- Juniors
  Meeting (May 30th) with Gil Fletcher (Emerald) re Kids Triathlon clinic to be held in Emerald in September. Liaison with Jackie G re her coming to this.
Working on School sports coordinators to pressure for Qld State Primary School Triathlon Champs.

☐ Level 1 Coaching Course

Organisation of registration forms, program, accommodation, food and presenters etc for this. Liaison with Michael re course material and delivery etc

☐ Objectives for April

Below are the listed objectives for April as stated on "Monthly Report for March"; comments regarding the completion of these have been made in italics.

Deliver healthy baby **ACHIEVED – SAMMY HAS ARRIVED**

Maternity Leave April 9th – May 7th **Yes**

CQ Champs Race April 8th **Achieved**

Finalise CQ Series Points **In Progress**

Frenchville Club Awards Night May 4th **Yes**

CQ Clubs Forum Sat May 5th with Louise and Nick Croft. Held – but will follow up with phone conference on June 12th

☐ Objectives for June

Hold Level 1 Coaching Course June 8th-10th Emerald

Complete follow up of Coaching course – send out promised items, pay all bills etc

CQ Clubs Phone Conference on June 12th

Finalize CQ Series Points for 2000/2001 Season and send out prizes

Confirm Jackie G for Emerald Clinic
Hello again and welcome to the new year I hope you all had a great festive season and enjoyed the time off. December was yet again a busy month up here in the north with races, travel and keeping in touch with the clubs in the region.

December 1 was a great experience heading back to Brisbane for the Queensland Sports Awards while no awards were won Triathlon had great representation from all over the state in many areas, Great to see. Thanks for a great night.

Following the Brisbane trip the next weekend I headed north to Cairns and made a few stops on the way. First to catch up with the guys at Innisfail Cycles to see how things were going and let them know what I am doing for the north. It was a great time to start organising some junior events, hopefully in 2001 we will have a three race kids series in Innisfail.
I also dropped of a bundle of the Triathlon Queensland racing guides that even had and advertisement for the Innisfail bike shop that they hadn't seen before.

After Innisfail I headed to Cairns to catch up with Peter Grant and find out what Cairns have planned for 2001. Cairns Crocs have a great calendar with many races and heaps for the kids (great to see). Cairns have also taken a different approach to race promotions with an event management company promoting the races to try and improve numbers.
They have recently contacted myself and we are now in the middle of talks for things to do in Cairns to better the sport for the club and get more juniors involved (great to see other developing the sport).

While speaking with Peter Grant a few interesting topics were mentioned such as Level 1 and 2 Coaching courses. The Level 2 I am not to sure about but there is a lot of interest in the Level 1 side. I also dropped of some racing guides and will be sending TQ registration forms in the mail.

After Pump N Pedals I headed out to the Airport to catch up with the new staff and management at Macair. Macair are still 100% behind me and the development of triathlon and Juniors. The Sales manager recently went on a trip through the Gulf and gave me a list of all the School Principals and requested I head up there and set up some triathlons. Macair has recently merged with another airline and want to get the name known in the gulf. What better way than to fly me around to all the towns and look after all the kids.
Macair were a great sponsor for me and the sport of triathlon in the year 2000 and it looks even better for 2001.

As for Accommodation I had a free night at the Cairns Reef Casino at $300 a night you I'm glad I had the free pass.

The following weekend I was on the road again this time to the lovely and WET (Flooded) area of Western Queensland.

Friday 15th I had another kids triathlon in Julia Creek and Sunday 17th in Cloncurry.

There was a great turn out in both towns considering the non-stop rain and flooding in the area.

I was stuck between Cloncurry and Julia Creek on the Friday for 5 hours as I watched the water rise 1 mtr over the highway (pretty scary in a Mazda 121). In the end I had to leave my car with my helpers and walk through the flood waters were the lovely people from Julia Creek picked me up and took me back just in time to set up for the kids triathlon. The people who were looking after my car decided 30 minutes later the water was starting to drop and they would drive through behind a few 4 wheel drives and they made it.

Apart from the rain the Western Queensland trip was again fun and there were more kids competing in the sport of triathlon for their first time.

Christmas Eve and the new year were spent in Townsville catching up on the administration side of things putting all the new kids on the database corresponding with the other clubs and towns and recovering from all the travel.

Total travel 2815 km

Tsv to Cairns return: 774km;  Fuel cost: $48.07;  Accom: $0.00
Tsv to Cloncurry return: 2041km;  Fuel cost: $190.99;  Accom: $210.00
The Tsv to Cloncurry was for the junior triathlons covered by myself.

Tsv to Cairns was for TQ to speak with Cairns and Innisfail.

Timbo Hughes
North Queensland Development Officer
Ph: 07 47 284 280
Fax: 07 47 288 233
Mob: 0438 284 280

Email: timbohughes@bigpond.com
February / March Schedule

Friday 02- Monday 05; Mount Isa.
I will be flying out to Mount Isa to conduct school visits, coaching clinics and some media releases for the coming junior triathlon. I will also be competing in the first race of the Mount Isa three-race tri series.

Wednesday 07- Monday 12; Charters Towers, Julia Creek, Cloncurry and Dejarra.
I will be driving to Mount Isa to hold my junior triathlon on the 10th Feb. On the way I will again be visiting Charters Towers to speak with Sponsors and Council regarding the Charters Towers Triathlon. I will be stopping in Julia Creek for the night on Thursday 8th to hold a coaching clinic for the kids as a lead up to the Dirt and Dust as well as meeting with the Dirt and Dust crew.
Friday 9th I will be visiting both Cloncurry Schools to inform them of the Cloncurry junior triathlon on Feb 25 and about the Dirt and Dust. Then onto Mount Isa for some more school visits and radio interviews.
Sat 10th I have the junior triathlon in Mount Isa.
Sunday 11th I will be driving back to Cloncurry before heading out to Dejarra for the night to set up a junior triathlon later in the year.
Monday will be a long drive home.

Sunday 18; Townsville
I have another junior event in Townsville and will be staying home for the weekend.

Friday 23- Sunday 24; Cloncurry
Back out west again for a junior triathlon in Cloncurry and to meet with the Dirt and Dust crew.

March 02- 03; Ayr, Burdekin, Airlie Beach and Mackay
Friday 2nd March I will be conducting some school visits in the Burdekin area for the coming junior triathlon. I will then head to Airlie Beach to speak with Wendy Downes regarding the Airlie Beach tri before continuing onto Mackay. I hope to speak with John Searston and then head back to Townsville on the Saturday.

March 11; Ayr
I have a kid’s race in Ayr on March 11 and will be spending most of the weekend down there holding coaching clinics and setting up the race.

March 16; Charters Towers
I will be conducting some school visits and coaching clinics in Charters Towers for the coming triathlon.
March 17; Laguna Quays
I will be heading down to Laguna Quays to help with the triathlon / compete and play some golf.

March 25; Townsville
I was hoping to travel to Harvey Bay for the State Title but will be pushed for time to get down there and will have a bit of organising to do for the Charters Towers event.

March 31; Charters Towers
The big event, I will be holding my first big triathlon day consisting of a junior tri, adults, beginners and corporate teams.

April 8; Townsville
I will be holding another kid's race in Townsville.
TO: TRIATHLON QUEENSLAND
ATT: MICHAEL SANDERSON 
PAUL BINNIE
RE: FEBRUARY REPORT
FROM: TIMBO HUGHES
NORTH QUEENSLAND DEVELOPMENT OFFICER

☐ HOURS WORKED
01/02-2:30hrs, 02/02-10hrs, 03/02-8hrs, 04/02-5hrs, 05/02-10hrs, 06/02-2:30hrs, 07/02-3hrs, 08/02-17hrs, 09/02-10hrs, 10/02-13hrs, 11/02-7hrs, 12/02-8hrs, 16/02-3hrs, 17/02-8hrs, 18/02-8hrs, 22/02-3hrs, 23/02-8hrs, 24/02-12hrs, 25/02-12hrs, 26/02-2hrs, 27/02-3hrs, 28/02-4hrs.

☐ ADMINISTRATION
Answer telephone messages and calls from clubs, Triathlon Queensland and regional councils. Send and receive emails on a daily basis to keep in touch with the people in the north.
Lease with all northern clubs.
Assist set up and organisation of the Isa Rats first Sanctioned race as part of their 3 race series.

☐ TRAVEL
Fly to Mount Isa and return 02/02-05/02
Drive Tsv- Julia Creek- Mount Isa- Cloncurry- Winton- Hughenden- Tsv 08/02-12/02.
Total Kms: 2110
Drive Tsv – Hughenden - Cloncurry – Tsv 23/02-25/02

☐ MEDIA
Television interview seven Central 02/02
Radio interview 4lm Mount Isa 05/02
Radio interview ABC Mount Isa 03/02, 05/02 & 10/02
Radio interview ABC Townsville 03/02
All radio interviews played for three weeks
Townsville Bulletin Newspaper 17/02
Channel Ten Townsville 16/02
North West Star Mount Isa paper 09/02, 12/02 & 28/02
Ayr Advocate newspaper 24/02

☐ JUNIOR TRIATHLONS
Mount Isa Saturday 10th February- 74 Kids
Townsville Sunday 18th February- 41 Kids
Cloncurry Sunday 25th February- 49 Kids

☐ COACHING CLINICS
Julia Creek Thursday 8th February 1:30hrs
Mount Isa Sunday 4th February 1hr
Cloncurry Saturday 24th February 1:30hrs
MEETINGS
Sport and Recreation Mount Isa 02/02
Dirt and Dust AGM and Committee meeting 08/02
Mount Isa Sports Expo- sports Federation of Mount Isa 09/02
Cloncurry Swimming Pool- 11/02
Winton Swimming Pool- 11/02
Winton Youth Officer- 12/02
Cloncurry Swimming Pool- 24/02
North Queensland Sports Awards 24/02

SCHOOL VISITS
Visited all school in Mount Isa on Monday 5th February spoke with all principals regarding future school visits and coaching and coming triathlon.

COSTS
Fax: $46.05
Petrol: $290.99
Accommodation: nil
Kilometers: 2110km

Timbo Hughes
North Queensland Development Officer
TO: TRIATHLON QUEENSLAND
ATT: MICHAEL SANDERSON
CC: PAUL BINNIE

RE: JULY REPORT
FROM: TIMBO HUGHES
NORTH QUEENSLAND DEVELOPMENT OFFICER

☐ HOURS WORKED
Total = lost count

☐ ADMINISTRATION
Answer telephone messages and calls from clubs, Triathlon Queensland and regional councils. Send and receive emails on a daily basis to keep in touch with the people in the north.
Travel to Airlie Beach, Bowen, Charters Towers, Hughenden, Richmond, Julia Creek, Cloncurry, Mount Isa, Ingham, Forrest Beach, Alligator Creek, Giru, Cardwell, Tully and Innisfail.

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Tsv- Alligator Creek- Tsv. 71km
Tsv- Giru- Tsv. 131km
Tsv- Giru- Tsv. 124km
Tsv- Cardwell- Tsv. 391km

Total 3748 km

☐ MEDIA

☐ MEETINGS (20)

☐ SCHOOL VISITS (4)

Timbo Hughes
North Queensland Development Officer
North Queensland Development Officer’s Report – April General Meeting.

Hours worked – 80

Administration-
Answered telephone messages and calls from clubs, Triathlon Queensland and regional councils.
Send and received emails on a daily basis to keep in touch with the people in the north.
Contact CQ clubs to arrange the upcoming CQ tour.
Assist Richmond Shire Council in holding their first sanctioned triathlon.
Mail triathlon information and materials to Gladstone School for Triathlon Sports Day.
Assist Lee Pratt with CQ series and Rydges Capricorn signage.
Finish trip to Longreach and Barcaldine.
Visit Whitsunday Tri Club.
Visit Mackay Triathlon Club and conduct junior coaching clinic at Mackay Memorial Pool.
Attend Laguna Quays Triathlon and assist with marshalling at the event. Set up TQ info stand at the event, also supplied bike racks for the event.
Assist Townsville Tri Club with their sanctioned club aquathlon event.

Media-

Meetings-
Phone discussions- Mackay Tri Club, Whitsunday Tri Club, Bowen Race Director, Cairns Crocs Jnr’s, Scott Penny, Lee Pratt, Geoff Dickson, and Emerald.

I have started to gather information to set up a north Queensland Junior Triathlon Squad to identify talented athletes around North Queensland. I will then set up some training camps in the regions to get the kids together and test their skills against each other. More info will be forwarded to TQ office later in the week.

Complete schedule of CQ trip will be forwarded by the end of the week.

Timbo Hughes
North Queensland Development Officer.
September 2001

- Started in Position as joint caretaker on 17/9 until the end of 2001
- Liaised with former CQDO on initiatives and relevant information to bring me up to speed.
- Emailed all CQ Clubs to advise of new contact for CQDO.
- Designed draft schedule and Junior athlete questionnaire for CQ Junior Development Camp at Tannum Sands and started work with John Sullivan from Gladstone Club taking over from CQDO.
- A previous Tele-conference assisted with clear job allocation leading up to the Camp
- Liaised with contacts in Blooela regarding formation of new club
  Advised Middlemount club on Sanctioning and club Insurance issues

Junior Camp – Oct 1-3

- Represented TQ and took on a coaching role when needed to assist CQ Coaches Mark Davis (Gladstone) and Jason Vaggs (Moura).
- 30 participants aged 8-16 years (6 never done a triathlon previously). Up from 17 camp participants in 2000
- Overall, viewed as very successful with John Sullivan deserving much praise for his efforts in making the camp possible.

CQ Series

- Started working with the Clubs that have CQ Series events till the end of the year. Ensuring sanctioning documentation and sponsorship commitments are met
- Started CQ Series point-score after race 1 Moura on Sept 29 and will update each after each subsequent event until the end of the year and forward on to CQ clubs after the race.

CQ Series Races – Till end of 2001

Sept 29 Moura
Oct 14 Tannum Sands
Nov 18 Yeppoon
Dec 9 Middlemount

Upcoming

- November – Longreach Junior race and Clinic Nov
- CQ Series Tannum Sands Oct 14
- Frenchville Tri Club Triathlon Weekend 17, 18 November at Rydges Resort Yeppoon

Nick Croft
(Acting / Joint) Central QLD Development Officer
Triathlon Queensland Community Involvement Program

CIPO Report – September 2001

Administration
➢ General duties, phone, email, prepared Visits local and regional.
➢ Liaised NQDO, outgoing CQDO and State Administrator
➢ Copies of initiatives by CIPO to TQDO
➢ Prepared list of schools and arranged for visits for Gold Coast on 10/10 - Have A Go Triathlon (for kids) at Runaway Bay
➢ CIP Newsletter emailed / mailed to clubs and various others

Triathlon Info day
➢ Designed Flyer, Printed and Distributed for Tri Info Day on 13/10 at Sunshine Coast. Liaised with Local Clubs, coaches Training Groups, Arranged Media Coverage through Channel 9 and Sunshine Coast Daily

Clubs
Via Phone /Email:
➢ All CQ Clubs to follow up CQ Tour.

➢ Tweed Valley, Gold Coast and FNC – re up coming regional tour Set for late November. Gold Coast Tri Club – membership now at 70 and growing, Goondiwindi – Sth West Downs Series

CQ Regional Development Tour
September 10-14
➢ Visited 9 Schools over 1400km radius. Ran information, duathlon / aquathlon and skills sessions for schools.

Schools – Biloela High School, Rockhampton Grammar School, St Ursula’s College (Yeppoon), St Brendon’s (Yeppoon), Tannum Sands State School, Boyne Island State School, Moura State High, Dennison State School – (Emerald), Middlemount High.

Visits
All CQ Clubs – Frenchville, Gladstone, Moura, Emerald, Middlemount (Longreach will be visited by NQDO during November)

➢ NRG triathlon club (Brisbane) – Information night for Juniors new to triathlon
➢ Flame – Youth Centre on Sunshine Coast – Talk on Triathlon
➢ Mountain Creek State School – Info and Transition Skills

Upcoming
➢ Sth West regional visit – including Dalby, Chinchilla, Roma, Miles, Charleville and Cunnamulla – put back to November
➢ Nth NSW / Gold Coast visits / Club activities

Nick Croft -Community Involvement Program Officer
NORTH AND CENTRAL QUEENSLAND
DEVELOPMENT OFFICER

NORTH

- Paul Fleurin began Monday 2 August
- Well settled in position by now
- See attached timetable and contact details
- Mackay, Townsville, Cairns, Mt Isa

CENTRAL

- Greg Rowsell
- Began Monday 9 August
- I visited Rockhampton on weekend to train Greg
- Will spend first 2 weeks reading info and will contact local DTSR and
council regarding funding opportunities
- See attached contact details and will forward a timetable when completed
- Bundaberg, Rockie, Emerald, Longreach up to Mackay
Again we have some good news and some bad news; this is a habit I'm trying to get out of.

1. I am unable to go to Mt Isa this weekend for the Sport Expo as the Rugby League Development Officer has just informed me that he is no longer going to Mt Isa. He is instead flying two players out for the day. There goes my lift. I rang Fiona (the Aussie Sport rep) in Mt Isa to see if she had any ideas or cash to fly me out. She said she could get me up and back if I were in Brisbane as Ansett is one of the Sponsors. I'll try to arrange the Level One Course from here.

2. The next race I'm promoting with Aussie Sport is the '100% in Control' race. We have changed the format a little to split up the men's and women's races due to the success of the Active Girls race. To gain a little more interest from schools we have planned an inter-school Beep Test challenge. Each school that sends one male and female competitor is in the running for a trophy for the school and prizes for the kids.

3. Townsville had its Healthy Living Expo last Friday and Saturday. All the development officers in the area spent time on Friday manning the Aussie Sport tent, where we did our best to push the virtues of our sport to unsuspecting school kids. It wasn't a very good day as not many kids came through. On Saturday it was the public's turn. We had a "who are the fittest athletes" competition. We organised Triathlon, Hockey, Rugby League, Basketball, Athletics, Surf Lifesaving, Aerobics and Soccer to send one male and one female athlete to compete. Triathlon had all the aerobic ability and Rugby League had the strength and power. Saturday was a much better day with a lot more interest being shown.

4. I'm presently trying to gain access to a local private school's swimming pool so that I can start running swimming training for interested school girls 3 mornings a week. If I can get the school for free I'll only have to charge for the coach. I've had quite a bit of interest from girls who like triathlon but feel threatened by the pressure of a full on swim squad, as I know I did at first.

5. In the course of sussing out venues for the Nth Qld clubs meeting to be held in Cairns on the weekend of September 17th, I found a great training camp sight run by the Dept. of Tourism, Sport and Racing at Lake Tinaroo. I'm now making enquiries for the week after the September 17th meeting, for a training camp. It's also school holidays.

6. The Masters Triathlon went off without a hitch except for the weather delaying the race for half an hour. The race was fine: three people fell in the wet conditions, only slight scratches, no disqualifications or protests. Jeff Stenson and I had a good day.
(i) St George, Townsville Girls Triathlon for 10-18 yrs organised by Cairns Gos. Sue Gasso. Over 80 participants.

(ii) Junior training Camp held at The Atherton Tablelands organised by State Coaching Development Office Duncon Insker. Extremely successful weekend.

(iii) Inaugural Tour de Feminine 3 day cycle tour attracted 54 women from 18-62 yrs. Thathletes, cyclists, novice riders participated in the race. Competitive field included Australian Cross Country M.T.B champion. The overall winner was Hanneke Geysen. World Champion Thatchek Jackie Gallagher and former 6th Games road cyclist Anita Crossley top three finishers.

(iv) Monthly informal lunches called 'Stiletto' (Society of typically interactive ladies enduring tortuous training obligations) to encourage networking etc. for women.

(v) School visits organised by (Cairns Croc club - Que) Prior. (President)

(vi) Tri de Femme is scheduled for October (last year 380 females competed) This year its anticipated 3-400 participants will take part.

Yours in trifun fitness
Sharon Paw. ☺
Central Queensland Development Officers Report

To: Michael Sanderson
CC: Paul Binnie

From: Louise Soper
Month: March 2001
Total Hours Worked: 72.5 Hours

Monthly Report

- **Administration**
  
  Responded to emails and telephone messages.
  
  General admin, including organization of filing, petty cash, travel records, telephone bills etc
  
  Wrote Feb Monthly report
  
  Updated CQ series points
  
  Liaison with Nick Croft Re Community Dev position and CQ

- **Liaised with Tim Hughes re setting up CQ series etc**

- **Liased with Kieth Lawford (Level 2 Technical Official) re CQ Champs race.**

- **Updated CQ Level 1 Technical Official file in terms of addresses etc and contacted Level 1 officials who did course last year about keeping their accreditation by being active at races. Organised several to work under Keith at CQ champs race.**

- **Initial planning of Level 1 Coaching Course to be held on June 8-11th in Emerald**

- **Clubs**

  Continued Liaison with Bundaberg re club start-up, talked with Nick re this

  Updated and revised CQ events Calendar and advised CQ clubs

  Liaised with successful CQ clubs re use etc of CSRDP Gov Sport and Rec grants
Races

Meet with Rydges Resort Half Ironman organizers at Yeppoon re 2001 race and help from TQ.

Attended /helped organise “Junior and All Comers Come and Tri” race on Sunday 18th March in Rockhampton.

Promotion of Laguna Quays race (Race 4 in CQ series) through CQ contacts.

General organization and promotion for CQ Champs Race to be held on April 8th, including sanctioning documents on behalf of Frenchville Tri Club.

Juniors

Held discussions with several sets of parents of Emerald and Rockhampton Juniors re training etc provided them with TQ promotional material and basic starter programs. Discussed training and programs and potential coaches etc with juniors via email and phone.

Promoted and talked “Triathlon” re Rockhampton “Come and Tri Race” for beginners/juniors at 4 x School assemblies. Faxed every school in Rockhampton to have them promote race in their school newsletter. Sent out a promotional flyer to CQ junior database re the race.

Objectives for March

Below are the listed objectives for March as stated on “Monthly Report for February”, comments regarding the completion of these have been made in italics.

Planning and organization for CQ Championships Race April 8 including promotion, sanctioning, medals, prizes etc Achieved

Find out results of CSRDP funding applications Achieved, ALL SUCCESSFUL

Attendance at and promotion at schools of Come and Tri Race for juniors on March 18th Achieved

Promote Laguna Quays Race 5 in CQ series. Achieved

Update CQ Series points advise all clubs of individual standings and begin promotion of Awards night. In Progress

Investigate whether to put in applications for Volunteer funding etc Not Achieved – ran out of time!!
Draft a travel plan/update operational plan. *In Progress*

Update/Improve CQtri Website. *Not Achieved*

- **Objectives for April**
  - Deliver healthy baby
  - Maternity Leave April 9th – May 7th
  - CQ Champs Race April 8th — *we provided medal*
  - Finalise CQ Series Points
  - CQ Series Points Awards Night May 4th
  - CQ Clubs Forum Sat May 5th with Louise and Nick Croft.
TO: TRIATHLON QUEENSLAND
ATT: MICHAEL SANDERSON
CC: KEVIN JONES

RE: OCTOBER 2001

FROM: TIMBO HUGHES
NORTH QUEENSLAND DEVELOPMENT OFFICER

* HOURS WORKED
3rd 7 Hours, 6th 5 hours, 7th 5 hours, 10th-12th 30 Hours, 12th-13th 15 hours, 18th-21st 40 hours, 22nd-25th 25 hours, 27th 10 hours, 28th 5 hours.

* ADMINISTRATION
Answer telephone messages and calls from clubs, Triathlon Queensland and regional councils. Send and receive emails on a daily basis to keep in touch with the people in the north.
Drive to Bowen for Bowen Triathlon assist with set up of Bowen Triathlon. Assisted Owen Land with set up and pack down of the event and also loaned all my transition equipment (bike racks) to Owen for the event.
Fly to Mount Isa and visit schools, clubs hire car drive to Cloncurry visit schools and complete final set up of Cloncurry Triathlon.
Drive to Cloncurry for Cloncurry Triathlon and School Coaching Clinics. Assisted Des and Kerrie Beames with the set up of the senior event and loaned all my transition equipment (bike racks)
Meet with Mackay President Trevor Graham.
Assist Des Beames with organisation and sanction documents for Cloncurry Triathlon.
Compile information for the North Queensland regional junior triathlon Championship series.
Travel to Ayr, Bowen, Charters Towers, Julia Creek, Cloncurry, Mt Isa.

Townsville now has a new President, Wayne Crase is a very proactive person. Most of the events next year will be sanctioned with TQ.
We are at the moment looking at setting a date for a Level 1 triathlon Coaching Course in Townsville early January and a beginners triathlon training course over a 4 week period leading up to a Beginners Triathlon.

Held talks with Mr Neil Anderson and Mt Isa Rats and the possibility of having a Technical Officials course in Mt Isa in November.

* MEDIA
Townsville Bulletin, Bowen independent, North West Star.

* MEETINGS
Cloncurry Race Directors, Mount Isa Rats, Mackay Triathlon Club, Whitsunday Triathlon Club, Home Hill Harvest Festival, Burdekin Shire Council, Cairns Crocs, Cloncurry Schools, Cloncurry Shire Council, State Development Mt Isa

* SCHOOL VISITS
Cloncurry 11th (class talks) Cloncurry 20th (8 triathlon coaching clinics)

NOVEMBER SCHEDULE
3rd & 4th may be Mackay, 10th & 11th Home Hill, 15-19th Mt Isa & Winton, 24th & 25th Townsville.

DECEMBER SCHEDULE
Dec 1st - 2nd Townsville, 7th-9th Cairns-Innisfail, 13th-18th Julia Creek-Cloncurry-Mt Isa.

Timbo Hughes
North Queensland Development Officer
Central Queensland Development Officers Report

October 2001

Administration

- General Administration Duties
- Emails, phone calls, updated CQ contacts
- Liaised with CQ clubs, Liaised with NQDO

CQ Series

- Updated Point-score after race # 2 at Tannum Sands and distributed to all CQ Clubs and TQ

Clubs

- Liaised with Longreach – re CSRDP Initiative, Frenchville – race 3 CQ Series and Yeppoon Triathlon Weekend (Nov 17/18), Liaised with Blloela re – future club formation

General

- Prepare CQDO Report Ultimate Challenge
- Fielded call local media re TQ Junior Development Squad
- Send out 2002 CSRDP Grant Information to all CQ Clubs (via email and Mail)
- Liaised with Childers State School re Request for TQ Visit. This clashed with prior commitment but have arranged for TQ merchandise to be sent and has been earmarked for a future visit.

Junior Development Camp

- Prepared Media Release and sent. Article appeared in Gladstone newspaper
- Prepared Ultimate Challenge Article for Camp

Nick Croft
(Acting / joint CQDO)
Mail out TQ Membership forms to list of competitors from around North Queensland and to Triathlon clubs.

Contact clubs regarding future calendars, race dates and visits by Development Officer. Advise clubs of Sport and Recreation funding and possible opportunities for funding grants.

Send and receive emails to and from clubs and competitors.

Meet with Cairns Crocs juniors and Seniors.

Discuss Central Queensland series with CQ clubs.

Set up a meeting with Central Queensland clubs at the Yeppoon Half Ironman to discuss previous series, future series, future for each club, development aims and goals for clubs and the sport.

Contact Western Queensland Clubs and Councils to plan possible Western Queensland Series.

Timbo Hughes
North Queensland Development Officer
TIMBO’S TRI NEWS
WEEKLY UPDATE ON TRIATHLON
IN CENTRAL AND NORTH QUEENSLAND

FROM
TRIATHLON QUEENSLAND
NORTH QUEENSLAND DEVELOPMENT OFFICER

Hello again, I hope the cooler weather around the place isn’t affecting your training at the moment. Make the most of swimming in water that doesn’t feel like hot soup as it normally does for the rest of the year.

I am hoping to keep you all up to date on weekly news and events in and around regional Queensland. At the moment I am busy setting up the CQ Series, a Western Queensland Series from Charters Towers to Mt Isa, A Great Green Way Series from Hinchinbrook to Innisfail, a North Queensland Series and Junior series.

The idea of these series is to promote and encourage participation in triathlon and to increase the number of sanctioned event’s and TQ members.

I will keep everyone updated as I receive information on what is happening and where.

Race Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Name</th>
<th>Distance</th>
<th>Location</th>
<th>Name</th>
<th>Contact Number</th>
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<tr>
<td>July 14</td>
<td>Coral Coast Tri</td>
<td>1.5/40/10</td>
<td>Palm Cove</td>
<td>Scotty</td>
<td>0412 963 263</td>
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<tr>
<td>July 21</td>
<td>Bullring Duathlon</td>
<td>4/20/4</td>
<td>Rockhampton</td>
<td>Geoff</td>
<td>49 309 141</td>
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<tr>
<td>July 21</td>
<td>Thuringowa Water Tri</td>
<td>750/20/5</td>
<td>Thuringowa</td>
<td>Timbo</td>
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<tr>
<td>Aug 18</td>
<td>Rydges Half Ironman</td>
<td>1.9/90/21.1</td>
<td>Yeppoon</td>
<td>X-Tri</td>
<td>02 9971 1575</td>
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<td>Aug 24</td>
<td>Geoffs Place Island Tri</td>
<td>750/20/5</td>
<td>Magnetic Island</td>
<td>Timbo</td>
<td>0438 284 280</td>
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<tr>
<td>Aug 31</td>
<td>Pauls Milk NQ Jnr</td>
<td>Various</td>
<td>Palm Cove</td>
<td>Timbo</td>
<td>0438 284 280</td>
</tr>
<tr>
<td>Sept 1</td>
<td>Cairns Half Ironman</td>
<td>1.9/40/21.1</td>
<td>Palm Cove</td>
<td>Scotty</td>
<td>0412 963 263</td>
</tr>
<tr>
<td>Sept 15</td>
<td>Airlie Beach Tri</td>
<td>750/20/5</td>
<td>Airlie Beach</td>
<td>Wendy</td>
<td>49 466 391</td>
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<tr>
<td>Sept 21</td>
<td>CQ Seeds Moura Tri</td>
<td>1/30/8</td>
<td>Moura</td>
<td>Jason</td>
<td>49 972 548</td>
</tr>
</tbody>
</table>

Race Information

- **The Novotel Palm Cove Resort Coral Coast** triathlon is situated at Palm Cove. A scenic 30-minute drive from Cairns. The Coral Coast triathlon is one of Australia's longest running triathlons. Over the years the event has moved from beach to beach in the Cairns region. The course consists of an ocean swim followed by a short run into the Novotel Palm Cove Resort to Transition (in the middle of the Golf Course). The bike leg leads cyclists along the scenic Captain Cook Highway followed by a 10km run around the resort golf course. For more information contact Scott Penny on 0412 963 263, or email info@ironmantri.com.au or check out the web site www.ironmantri.com.au

- **1st Annual Bullring Duathlon.** Southern hemisphere's first indoor duathlon transition area, World's first bullring transition area, Why not head to Rockhampton and compete try your luck in a duathlon with three different distances to choose from depending on your age group. The main event will be a 4km run / 20km ride / 4km run distance. This event also doubles as the CQ Duathlon Championships, CQ Secondary and Primary School Championships. There is also $1000 in Prize Money. For more information contact Geoff Dickson 49 309 141 or email g.dickson@cqu.edu.au
• Thuringowa Water Triathlon Series race 3, Pioneer Park Sprint Triathlon. Swim 750mtr in the Ross River, Ride 20km on fast smooth flat roads and run 5km along the riverside pathways. Race 3 of the Thuringowa Water triathlon series and the final race of the series that has attracted competitors from Cairns to Mackay and west to Mount Isa. This Series is a first Thuringowa with the Race 1 and 2 held back to back on the June long weekend at two different beaches over two different distances. The series has catered for athletes from Super Sprint to the 1/30/8 distance. For more information contact Timbo Hughes 0438 284 280, email timbo@timbo.com.au or log onto www.timbo.com.au

Well there you have it a list of the coming events in Central and Northern Queensland and some detailed information about the events in July.

Next week I hope to be able to give you the Novotel Coral Coast Triathlon results information on all of the August and September events and the proposed Series for the regions.

Until then train hard, have fun and enjoy the sport of triathlon.

If you have any information that you would like in this newsletter or would like more information on anything mentioned please give me a call or send me an email (0438 284 280) (timbo@timbo.com.au)

If you have received this information and do not wish to receive it in the future please let me know.

Timbo Hughes

Triathlon Queensland

North Queensland Development Officer

M: 0438 284 280 F: 47 288 233

Email: timbo@timbo.com.au
Elite triathlete throws out challenge to local brigade

By REBECCA JOSEY

GLADSTONE triathletes will get the chance to beat Australian top 10 triathlete Levi Maxwell across the finish line when they are given a head start in tomorrow’s duathlon at Spinnaker Park.

Maxwell and his coach of 12 years Brendan Terry are in Gladstone to promote triathlon and conduct a technical officers course with members of the Gladstone Road Runners club.

Despite giving Gladstone’s best a generous handicap, Maxwell should have the form to run them down after finishing 10th overall in this year’s Accenture Triathlon Series.

Maxwell said his series highlight was placing third at the Australian Sprint Distance Championships in Melbourne behind eventual series winner Courtney Atkinson and triathlon veteran Miles Stewart.

Maxwell will contest International Triathlon Union World Cup races in Japan and Korea at the end of the month before heading to Europe to finish the world cup series with races in France, Switzerland and Germany.

While a flat tyre in Canberra put an end to his Commonwealth Games selection campaign earlier this year, he now has his sights set on a berth in the Athens 2004 Olympic Games.

“Tonight even get the chance to race on the Athens course while I’m in Europe,” he said.

The 24-year-old turned professional three years ago and said the best part about it was the travel.

“The travel is probably the best bit about it for me,” he said. “I’ve been travelling overseas for the last six years and race all over the world during Australia’s winter.”

Maxwell will be on hand to offer training tips and encouragement to residents at a triathlon display in the Kinka Kora Centre today.

“People see triathlon as something others do but it is a sport anyone can try and that is one of the reasons we’re here.”

While in town, he also took the time to visit Rosella Park State School yesterday.

Triathlon Queensland development officer Brian Chapman said the visit to Rosella Park was the first time Triathlon Queensland had been introduced to a special school and Gladstone was the furthest north it has travelled to conduct clinics.

On the run... leading triathlete Levi Maxwell gets the jump on students from the Rosella Park State School during an appreciated coaching clinic yesterday. Picture by TIM MARSDEN

Tomorrow’s duathlon will include an Iron Kids event (300m run, 1.5km cycle, 300m run) at 7.30am before the short and long course events for adults get started.
OK Guys? - need to start coordinating and I'm the meat in the sandwich - hate being the third party in this sort of arrangements. Can I organise a contact time with you direct?

Regards
Michael Sanderson
Administrator
Triathlon Queensland

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----- Original Message ----- 
From: "Sullivan, John" <...>
To: "T. Q. (E-mail)" <...>
Cc: "Sykes, Adam" <...>
Sent: Monday, May 20, 2002 12:20 AM
Subject: Proposed T.O. Course & TQ Tri Trailer Vist

> Michael, Have been advised verbally only a short time ago the funds are available to enable us to complete the above.
>
> I will endeavour to give you a call after lunch tomorrow to discuss in greater detail.
>
> I had hoped that we might be able to schedule the trailer to visit at least Rosella Park School on Friday 14th June, others if time permits? (although would need this information soon to enable planning for access to extra School/s??)
>
> Had then hoped to conduct the Course on Saturday 15th, and that we could use Race #2 of our Duathlon Series as a practical exercise on Sunday 16th.
>
> (It might also be of assistance if we had access to the Trailer on the Sunday, as we could encourage some additional participation on a "Come and Try" basis??)
>
> Have already had brief discussions with Geoff Dixon from Frenchville Club in Rocky, and Mary Knowlands from Moura (who was down for #1 Duathlon
yesterday) re above. (Funds should allow us to subsidise participation from both centres?? although will need to confirm this during the week).
>
> Hope this sufficient to enable preliminary planning,
>
> Regards,
>
> John L. Sullivan
> Civil Contracts Co-ordinator - Maintenance
> Ph. 4976 2563 or 0417 196 278 (QD 1353)
> Fax. 49 717 011
> E-mail
# Duathlon Programme
**Friday 14th June**

### 9.30am  Iron Kids  (12 yrs and under)

**Distance:** 340m run  1km ride  340m run  
**Competitors:**
- Chris Hayden
- Warren Jackson
- Andrew Omnen
- Jason Butteridge
- Jessica Williams
- Nathaniel Daylight  
**Marshalls:**
- Gym - Nathin
- Top Gate Corner - John
- Sandpit - Matthew
- Gazebo - Matt
- Adventueland - Quintin
- Road Corner - Elayne

### Coaching Clinic

### 11.15am  Novice  (All disabilities)

**Distance:** 340m run  680m ride  340m run  
**Competitors:**
- Katie Steffens
- Angela Campbell
- Suesarni Saltner
- Karla Sheppard (assisted by Matt Moon) (3 laps oval)
- Adam Berry (assisted by Nathin Gabb) (3 laps oval)
- Nathaniel Daylight
- Lachlan Mc Bride

### Coaching Clinic

### 1.30pm  Short Course

**Distance:** 1.1km run  5km ride  1.1km run  
**Competitors:**
- Chris Hayden
- Warren Jackson
- Andrew Omnen
- Jason Butteridge
- Jessica Williams
- Nathaniel Daylight  
- Jeff Dodds
- Matt Moon
- John Grigg
- Matthew Doherty
- Nathin Gabb
- Quintin Gabb

### Coaching Clinic
NORTH QUEENSLAND DEVELOPMENT OFFICER
APRIL 2002 REPORT

TO: TRIATHLON QUEENSLAND

ATT: MICHAEL SANDERSON

CC: KEVIN JONES

FROM: TIMBO HUGHES

☐ HOURS WORKED
   Approx 150 Hours

☐ ADMINISTRATION
   Answer telephone messages and calls from clubs, Triathlon Queensland and regional
councils.
   Send and receive emails on a daily basis to keep in touch with the people in the north.
   Conduct CQ tour.
   Visit Whitsunday Triathlon Club.
   NQ Games triathlon
   Assist Richmond Shire Council with their triathlon.
   Travel to Airlie Beach and meet with Whitsunday tri club and Shire Council.
   Hold beginners tri no 3 in Townsville.
   Hold Charters Towers triathlon.
   Attend Mackay tri club meeting and assist with the set up of Mackay Marina event.

☐ TRAVEL

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<th>PURPOSE OF TRIP</th>
<th>START</th>
<th>END</th>
<th>DISTANCE</th>
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<tr>
<td>4/4/02</td>
<td>Meet with Whitsunday tri club, Whitsunday shire, Ayr race director</td>
<td>142970</td>
<td>143600</td>
<td>630</td>
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<tr>
<td>6-7th</td>
<td>Tsv-richmond-tsv take out equipment for Richmond triathlon and help</td>
<td>20439</td>
<td>21417</td>
<td>1032</td>
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<tr>
<td>29-30th</td>
<td>Travel Mackay-Airlie-Mackay-Airlie meet with clubs and councils</td>
<td>144435</td>
<td>145570</td>
<td>1135</td>
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</table>

☐ MEDIA
   Townsville Bulletin, Win Television, HOT FM Radio, ABC Radio Townsville, Mackay Mercury,
   Whitsunday Times.

☐ MEETINGS
   Flinders Shire Council, Richmond Shire Council, Thuringowa City Council, Mackay Tri Club,
   Middlemount Tri Club, Emerald Tri Club, Frenchville Tri Club, Bundaberg Tri Club.
   Cairns Croc Jnr's, Scott Penny Cairns Crocs, Lee Pratt, Geoff Dickson, Emerald,

APRIL
WHAT A MONTH.

It started in Mt Isa for the Suncorp Metway North Queensland Games where I was assisting
the North Queensland Sports Foundation with the Games and also holding the tri as the
Isa Rats were not holding a triathlon as part of the games.
As the North Queensland Development Officer I thought it would be a shame there wasn't
a triathlon as part of the North Queensland Games. But understand the motives on not
holding a tri. Most of the locals leave the Isa over the Easter break for the Coast.
A very small NQ Games tri was held at Lake Moondarra on Easter Sunday.

After the Games I then drove back to Richmond to help them set up their first triathlon to
be held the week later.
I then left Richmond for Townsville for a short stop (overnight) before heading to Airlie
Beach and meeting with the Whitsunday Tri Club as well as the Ayr triathlon race director.

On Saturday 6th April I woke at 3am to pack the hire car with the usual tri equipment to
head to Richmond to help run their first triathlon.
I had to be in Richmond by 9:30am to meet with the Council, Police and volunteers to give them a briefing on what they as marshals had to do during a triathlon. It was interesting as no one had been involved with a triathlon before.

By 11am it was time for the junior and local teams to compete. Over 50 locals competed in the junior / local teams tri. Even a team of Local senior Citizens in motorised wheel chairs.

The open senior tri was to kick of later in the afternoon, a small field made up of mostly Townsville Competitors and a couple of Ips rats competed. In the 750 mtr swim in an Irrigation Dam in the middle of a cattle property to the 4km run along a dusty dirt road to the highway and then the 22km ride into a huge head wind to the main street of Richmond. Max Fegan won the event after a super run leg and solid bike leg.

The only thing to bother Max on the bike led was a heard of Cattle and a few stray Bulls a little unsure of people riding pushbikes in lycra outfits.

After the Richmond tri it was time to head back to Townsville for a week to catch up after all the traveling.

On Tuesday 16th I started my tour through Nq and Cq on the way to Mooloolaba.
The trip started in Townsville at 7:30am. The First visit was to Airlie Beach for a short meeting then on to Mackay for a few hours before heading inland to Middlemount.

At about 7pm I caught up with the Middlemount tri club at the local Golf club to discuss their year and plans for the following. I few hours later it was back into the car and on to Emerald.

Like me the Emerald club president sleeps odd hours and they were happy for a late visit. I arrived there around 10pm.

Emerald is doing some great things and are keen to develop the juniors in their club and the future of the sport.

After a few strong Coffee’s I departed Emerald and fueled up at 11:58pm for the trip to Rockhampton.
The trip to Rocky was good with not many people traveling at that time of night. I had managed to drive for about 8 hours in Central Queensland where I had never before been and haven’t seen the countryside, as it was pitch black the entire way.
The only thing I do know is there is lots of really big mines out there that light up the skies like a huge fire.

I arrived in rocky some where between 3:30am and 4:30am. Checked into the motel and tried to check the emails to see who, where and when I would be meeting people on day 2 of the trip.
The phone lines were down on the motel and the night receptionist kindly offered to ring me at 7am on the change of shift to let me know when the lines were fixed.

2 hours later (1.5 hours sleep) and the phone rang but still no luck with the net.

I knew my first appointment wasn’t until 10am so I thought a little sleep would be good.

The phone again rang at 8am and then didn’t stop so three hours sleep would have to do.

I spent day two in Rockhampton for most of the day meeting with Win TV, and the Frenchville Tri club.
Frenchville are looking at making a few changes with their events in the coming season and using the Uni Pool to attract more beginners and kids to their club.

After the Frenchville Meeting it was time to head to Bundaberg and catch up with Lee Pratt and find out how the Bundaberg tri went on the weekend prior.

I was greeted by Lee and his wife at approx 8pm they were both excited to tell me about their successful triathlon they held the week prior and are now looking forward to next years event and slowly making it bigger.

After meeting with Lee in Bundaberg I decided to get the final bit of driving out of the way and get to the Sunshine Coast and get a good nights sleep.
I ended up arriving in Caloundra at 3:30am on the Thursday morning and slept until 1pm that afternoon. My body clock was a mess. I headed to Mooloolaba on the Friday morning and spent most of the afternoon with Team Cycological setting up their over stocked stand in the big tent.

By the time the actual tri came I was in no real shape to race but managed to get through in one piece and was happy with my swim, ride and walk.

After the presentations at Fridays it was time to hop back in the car and head to Hervey Bay for the night and catch my parents before heading to Mackay.

Mondays drive was long but fun with a couple of Townsville triathletes keeping me sane on the road.

We arrived into Mackay late afternoon meet had a few meetings and then decided we were only 4 hours from home and could be home near midnight.

We stopped in for a coffee with Ironman Legend, Ayr triathlete Allan Mostoukas. He and wife Julie were only happy to wake up and make some coffee and muffins for our last hour of travel.

The trip ended at 1am on Tuesday 23rd April.

I am glad I was able to catch up with the CQ clubs and look forward to planning the next CQ series and some school visits and coaching clinics down there soon.

After the CQ tour I spent a few days in Townsville recovering ad then went out to Charters Towers to set up the annual Towers Triathlon.

The last two days of April I was on the road again this time to Mackay, Airlie Beach, Mackay and back to Airlie in the one day. I was in Mackay for some meetings with the Pauls Milk Jnr tri and was informed by the Mackay club about their club meeting later that night. I had already planned to be in Airlie Beach by 3pm for Meeting etc. So I decided to head from Mackay to Airlie back to Mackay and then back to Airlie for the night.

The Mackay committees were holding a club meeting and setting up the Marina Classic Distance event.

I was informed as an outsider I would have to bring some beer with me. I did and they were happy saying EQ Were great and quickly finished half of the carton. I didn’t drink as I still had another 1.5 hours of driving to get back to Airlie Beach. I did have to inform them that the beers were not funded by EQ as they thought (I would hate to see the look on Michael and Kevin’s face if I were to say they were to pay for a carton of beer at every club meeting I went to)

I also got to talk to the Mackay crew about my plans for the NQ Junior tri squad and what I was planning for the coming months. They were keen to help and will now be holding some junior events in Mackay to build club numbers.

The Month of April finished on the road from Airlie Beach to Townsville. It was a big month but great to catch up with almost every club North of Bundaberg. I now have to do from the tour.

Timbo Hughes
North Queensland Development Officer.