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Achievements and press releases

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Dear Sir,

I am an amateur sportswoman seeking financial assistance so that I may reach my full potential.

During the past 18 months, whilst in full-time employment, I have been able to establish myself as the leading triathlete in Australia, and against the best professional triathletes in the World, I have been competitive, finishing 10th and 11th respectively in the 1986 and 1987 Ironman World Championships and 11th in the 1987 World Sprint Championship. In 1986, I was the leading amateur triathlete in the World.

In addition to triathlons, I enjoyed success in cycling, finishing 2nd in the N.S.W. Championships and 4th in the Australian Championships. As a result of these achievements, I have been selected in the Australian Institute of Sports National Cycling Squad for advanced training.

Full details of my sporting achievements are contained in the following text.

It is apparent, the only way I can reach my potential is to gain sponsorship which will allow me to compete on an equal basis with my competitors. It is not physically possible to train to the extent needed, gain sufficient rest and work full time. The added burden of buying equipment, travel expenses etc. is also restrictive, as I simply am unable to afford all that is needed.

In return to my sponsor(s), I would be pleased to assist in any way possible to promote their product or services by way of appearing at functions, working part time and wearing company logos, trademarks etc., on my clothing when competing. As I do receive a deal of media coverage, my sponsor would receive this benefit also.

Your consideration to my application would be appreciated.

Yours faithfully,

Louise Bonham
PRESS RELEASE:

LOUISE MACKINLAY (10.8.1962)
6/12 Hainsworth Street, Westmead. (02) 635 8474

When 25 year old Louise Mackinlay, the 1987 Triathlete of the Year, entered the 2-Day FM Triathlon in January 1985 it was just for fun and to help raise money for charity.

Little did Louise realise she would gain third place and be the female winner of the event and that 18 months later she would be awarded the title of World Amateur Ironman Champion in Hawaii.

Now Louise has her eyes set on becoming the world's female Triathlon champion.

Louise, one of seven children, grew up on a farm in Holbrook, a town on the NSW/Victoria border.

"I was a swimmer as a kid. My sister Jane and I trained together, mum used to coach us. She couldn't even swim so the manager of the Holbrook pool would tell her what we should do and she'd make sure we did it that way," Louise said.

Louise went to St Patricks Primary school in Holbrook and then to St Josephs Ladies College in Albury where she gained her Higher School Certificate. She then went to work for her father at Mackinlay Motors at Holbrook.

She confessed to being a self-taught secretary.

She left working for her father to live in Albury and after a stint in charge of new policies for NRMA Louise joined a health and fitness centre as an instructor and also to look after the publicity.

"I'd been going to the centre and did all the courses so it was a natural profession," she said.

Then she was asked to come to Sydney as manager of a centre.

"I loved it, it was a great job but eventually I felt I wanted to get into a career. While I was deciding what I wanted to do I worked as a temp secretary for Ski Tube at North Sydney. They asked me to stay on fulltime."

Louise was living at Manly. To keep fit she took up jogging on Manly Beach and round North Head.
"One of my bosses also ran there so we started running together. He decided to enter the 2-Day FM Triathlon and suggested I do it too."

"I hadn't ridden a bike so the week before the race I bought one. My car had been stolen so I bought a fairly good bike so after the race I could use it instead of a car," Louise said.

Through her job Louise met Ron Bonham, a consulting engineer who, when he heard that Louise was entering the Triathlon, said that as he did a bit of running and cycling if she needed any help to call him.

"I rang and asked if I should buy a pair of cycling shoes or a tri-suit. He said buy cycling shoes, but I didn't think I'd like cycling so I bought a tri-suit and made do with my old sandshoes".

"I should have taken his advice as the correct cycling shoes would have made a great difference," Louise said.

Ron also ran in the Triathlon and after seeing and chatting to him in the next couple of events she entered, they started going out together.

They were married last October in Hawaii when Ron was competing in the Ironman World Championships. Ron is now Louise's coach for her cycling and running.

Louise and Ron live at Westmead in Sydney's outer west as both feel the training facilities in the area are the best available.

"Parramatta is surrounded by nine swimming pools, we can ride to Dural and get away from the traffic problems and we can run in Parramatta Park and in the Forestry Commissions reserves."

"On a Sunday I train with a group of 20 or 30 in the Forestry Commission reserve at West Pennant Hills. I run with the guys as it pushes me a bit harder. It's great, so peaceful, up hill and down dale, the setting is absolutely beautiful," Louise said.

Louise keeps a 7 minute mile pace and averages around 12 to 14 miles every Sunday in one and a half hours.

During the week, while Ron is working, Louise runs at lunchtime and late afternoon in Parramatta Park.
"I always run with a group of guys either from the Taxation Department or the Police Boys Citizens Club.

Louise now has a five year plan which includes winning the Australian Grandprix Series, defending her title of Australian Female Triathlete of the Year, to get into the NSW State Cycling Team to contest the Australian Road Titles, to compete in the Drake Personnel 3-day bike classic for women in New Zealand and to finish in the first five in the Hawaii Ironman World Championships.

She also wants to compete in the Triathlon European Championships at Nice and in the United States Triathlon series. She is hoping that she can compete in the 1990 Commonwealth Games and the 1992 Olympic Games as a member of the Australian Cycling Team.

Louise gave up working fulltime at the end of last year to concentrate on her training.

Recently she joined Barracudda Sports Products as public relations consultant.

"If you use your time effectively it is possible to train, work and run a house," Louise said.

Louise admits that it's not the money you win as a triathlete that drives her it's the excitement of the event and trying to better herself all the time.

"The money you win at the events no way covers your expenses. It cost me about $10,000 to set myself up. A good tyre costs $110 and it is so thin you only have to ride over a sharp stone and it's gone. A good pair of running shoes costs between $120 and $150 and cycling shoes are $150 to $180."

"Then you have to pay your own accommodation when you enter events, the petrol to get there and the entry fee which could be anything from $40 to $200. A swimsuit is $50 and I go through so many as they tend to wear out. It's the chlorine in the water that makes them wear out."

"Triathlon is three sports, so you need three lots of training gear and in winter you have to have thermal underwear too. I save hard and don't spend anything on myself. I love clothes but I have to be selective about what I buy. Most female athletes love to get out of their athletic gear and really dress-up." "I'm lucky as my hair is naturally curly so I don't have the expense of perms but I have to spend $10 a week to protect my hair. I use lots of creams and lotions," Louise said.
People keep suggesting Louise should try her hand at modelling as she has that glowing real Australian outdoor girl look about her, very natural and unmade-up.

Louise is also lucky as she doesn't have to watch her weight or go on strict diets.

"When I was little I had a pet lamb and chooks. I wouldn't eat meat as I felt sorry for the animals so I've been a vegetarian ever since I was a child. I eat good food and sometimes indulge in chocolates and cakes, and I also eat fish."

Louise still doesn't have a car. When she does the shopping she likes to walk as she finds it relaxing. And when she does get time to herself she likes to read or listen to music, but best of all she likes playing sport; the real sign of a truly dedicated sportswoman heading for the top.

For further information or interviews phone: Louise Mackinlay - 635 8474
OR
BARRACUDA SPORTS PROMOTIONS - (02) 211 2400

Attached - chronological list of achievements.
<table>
<thead>
<tr>
<th>Year</th>
<th>Month</th>
<th>Event</th>
<th>Distance</th>
<th>Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>1985</td>
<td>January</td>
<td>2-Day FM Triathlon</td>
<td>1k swim/40k bike/10k run</td>
<td>3rd. 1st Australian female</td>
</tr>
<tr>
<td></td>
<td>March</td>
<td>Sydney Triathlon</td>
<td>2.1k swim/ 56k bike/21.1k run</td>
<td>3rd.</td>
</tr>
<tr>
<td></td>
<td>Royal National Park</td>
<td>1.6k swim/41k bike/17k run</td>
<td>4th.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Wollongong Triathlon</td>
<td>1.5k swim/36k bike/11k run</td>
<td>4th.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>December</td>
<td>Nepean Triathlon</td>
<td>800m swim/40k bike/14k run</td>
<td>3rd.</td>
</tr>
<tr>
<td>1986</td>
<td>January</td>
<td>McMasters Beach Tri.</td>
<td>1k swim/48k bike/12k run</td>
<td>1st.</td>
</tr>
<tr>
<td></td>
<td>Taree Festival Tri.</td>
<td>1.3k swim/48k bike/11k run</td>
<td>1st.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>*Sri Chimnoy, Canberra</td>
<td>2.3k swim/55k bike/16k run</td>
<td>1st.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>February</td>
<td>Wisemans Ferry Tri.</td>
<td>1k swim/40k bike/12k run</td>
<td>2nd.</td>
</tr>
<tr>
<td></td>
<td>March</td>
<td>Sydney Triathlon</td>
<td>2.1k swim/56k bike/21.1k run</td>
<td>2nd.</td>
</tr>
<tr>
<td></td>
<td>August</td>
<td>Cairns Coral Coast Tri</td>
<td>1.5k swim/40k bike/10k run</td>
<td>5th.</td>
</tr>
<tr>
<td></td>
<td>October</td>
<td>Hawaiian Ironman World Championship</td>
<td>3.8k swim/180k bike/42.2k run</td>
<td>1st.</td>
</tr>
<tr>
<td></td>
<td>November</td>
<td>Ride 'N Stride, Camden</td>
<td>5.5k run/44k bike/5.5k run</td>
<td>1st.</td>
</tr>
<tr>
<td></td>
<td>December</td>
<td>Nepean Triathlon</td>
<td>400m swim/40k bike/14k run</td>
<td>2nd.</td>
</tr>
<tr>
<td></td>
<td>*South Australian Qantas Mid Coast Triathlon</td>
<td>2.6k swim/90k bike/21k run</td>
<td>1st.</td>
<td></td>
</tr>
</tbody>
</table>
TRIATHLON ACHIEVEMENTS contd...

1987

January:
*Taree Festival Triathlon.  
(N.S.W. Sprint Triathlon Championships)  
Place: 1st. 1.3k swim/48k bike/11k run.

*Dubbo Triathlon.  
Place: 1st. 1.4k swim/41k bike/10k run.  
Placed 9th overall.

Perth W.A., World Sprint Championships.  
Place: 11th. (3rd Australian)

February:
*Sri Chinmoy, Canberra.  
Place: 1st.

March:
*Sydney Triathlon.  
(N.S.W. Long Course Championships)  
Place: 1st. (New Record Set by 13 minutes)

Australian & N.S.W. Ultra Distance Triathlon.  
Place: 1st. 11th Overall Finisher.  
Completed in 10 hours, 38 minutes, 55 seconds.

*Denotes course record.

August:  
Voted Australian Triathlete of the Year.

October:
Hawaiian Ironman World Championship  
3.8k swim/180k bike/42.4k run.  
Completed in 10 hours, 27 minutes, 6 seconds.  
Finished 11th female overall.

November:
Nominated for 1987 N.S.W. Sportswoman of the Year.
CYCLING ACHIEVEMENTS

1986

January:  
Newcastle - 5000 metre scratch. (Track event)  
Place: 1st.
- 1600 metre handicap. (Track event)  
Place: 1st.

February:  
West Metro Championship - 1600 metres. (Track event)  
Place: 1st.

September:  
Goulburn to Liverpool 224 kilometer Road Race.  
Place: 1st.
Parramatta Annual Day - 50 kilometer Road Race.  
Place: 1st.

1987

June:  
Sydney Metropolitan Championship 40 kilometers.  
Place: 1st.
Canberra 2 Day Tour,  
Place: 3rd.

July:  
Coonabarabran - Gunnedah 110 kilometers.  
Place: 1st.
Gunnedah - Tamworth 86 kilometers.  
Place: 2nd.

August:  
2nd N.S.W. Championships.

September:  
4th Australian Championships.

October:  
Drake International Classic, New Zealand. 6th overall.

November:  
Selected in Australian Institute of Sport National Cycling Squad.

RUNNING ACHIEVEMENTS

1986

June/July/August:  
5000 metre Winter Series, Hills District A.A.C.  
Place 1st.

July:  
Castle Hill Canter 12km Road Race.  
Place 1st.

August:  
Sun - City To Surf 14km Road Race.  
Place 10th.
TYPICAL WEEKLY PROGRAMME

SUNDAY:  
6.30 am.  Long run, maximum being 30-35 km, taking approximately 2 to 2 1/2 hours.  
10.00 am.  Bike ride, maximum being 6 hours - distance, 120 - 180 kilometers.  
5.00 pm.  Short run, approx. 8 km.  

MONDAY:  
5.00 am.  Swim session - total 5 kilometers.  Approx. 1 1/2 hours.  
9.00 am.  Work - 8 hours.  
5.00 pm.  Run - 12 km. easy, 1 hour.  

TUESDAY:  
4.30 am.  Intense bike ride - approx. 70 km.  Time 2 1/4 hours.  
9.00 am.  Work - 8 hours.  
5.00 pm.  Run - track session - approx. 1 hour.  
7.30 pm.  Swim - supervised squad coaching.  Approx. 4-5 km., 1 1/2 to 2 hours.  

WEDNESDAY:  
4.30 am.  Bike ride, intense 70 km. ride, approx. 2 1/4 hours.  
9.00 am.  Work - 8 hours.  
5.00 pm.  Run - approx. 12 km, 1 hour.  
7.00 pm.  Weight training session.  

THURSDAY:  
4.30 am.  Bike ride, speed play - 60 kilometers, approx. 2 hours.  
9.00 am.  Work - 8 hours.  
5.00 pm.  Run - hill session - approx. 12 km, 1 hour.  
7.00 pm.  Swim session - 4 1/2 - 6 km. supervised squad training. Approx. 2 hours.  

FRIDAY:  
5.30 am.  Bike ride - relaxed 30-40 km.  1 1/2 hours.  
9.00 am.  Work 8 hours.  
1.00 pm.  Run - 8 km. approx. 35 min.  
5.00 pm.  Swim session - time trial 2-3 km.  45 mins.  

SATURDAY:  
5.00 am.  Swim session - coached.  5-7 km.  2 hours.  
10.00 am.  Relaxed bike ride - 15-20 km, 30 mins.  
12.00  Cycle to bike race - race 60 km - ride home.  Total kilometers - 140.  Approx. 4 hours.  
5.00 pm.  Short easy run, approx. 5 miles, 45 mins.  

contd....
TRAINING REGIMEN  contd...

TOTAL HOURS OF TRAINING PER WEEK:  35

TOTAL HOURS OF WORK PER WEEK:  40

SWIM:  25 km per week  approx.
CYCLE:  600 km per week  approx.
RUN:   100 km per week  approx.
## EQUIPMENT FOR 1 YEAR

### SWIM:
- 2 pairs goggles a $30.00 ea. $60.00
- 4 swimsuits a $40.00 ea. $160.00
- Pool entrance, $5.00 per week. $240.00
- Coaching Fees, $30.00 per month. $330.00
Sub total: $790.00

### CYCLING:
- **(Road)**
  - Training tyres - 3 prs. a $90 per pr. $270.00
  - Racing tyres - 4 prs. a $200 per pr. $800.00
- **(Track)**
  - Training tyres - 2 prs. a $70 per pr. $140.00
  - Racing tyres - 2 prs. a $110 per pr. $220.00
  - 2 Time Trial Bikes (road & track) $750 ea. $1,500.00
  - Disc wheel (used for road & track) approx. $2,500.00
  - 2 x 24" Time Trial Wheels & Tyres $200 ea. $400.00
  - 2 pairs shoes a $150.00 per pair $300.00
  - Misc. bike repairs. $1,000.00
  - Clothing. $500.00

### RUNNING:
- 4 pairs training shoes a $130 per pr. $520.00
- 1 pair spikes $90.00
- 1 pair cross country $90.00
- 2 pair racing shoes a $100 per pair. $200.00
- Clothing $300.00
- Misc. track suits/thermal gear. $300.00

Sub total: $10,710.00

*Subject exchange variation.*
TRAVEL EXPENSES  (Include Accommodation)  

| 1. Trip to Europe.     | $5,000.00 |
| 2. Trip to mainland, U.S.A. | $3,000.00 |
| 3. Trip to Hawaii.      | $2,500.00 |
| 4. Two trips to New Zealand. | $2,000.00 |
| 5. Eight trips Interstate. | $3,200.00 |

Total: $15,700.00

LIVING EXPENSES

- Rent
- Food
- Clothing
- Electricity etc.
- Gymnasium

Total: $12,000.00

Approx. total: $40,000.00

If sponsorship was extended past 12 months, some reduction in expense level would occur, as there would be no need to purchase time trial bikes, disc wheels etc. Approx. reduction - $5,000.00.
SPONSORSHIP STRUCTURE

OPTION 1.

Full-time sponsorship monies required to cover the following:

Living expenses.
Air travel & accommodation.
Bicycle equipment, clothing etc.
Coaching fees.
Race expenses.

Approximate total required: $25,000.00.

OPTION 2.

Part-time sponsorship monies required to cover the following:

Air travel & accommodation.
Bicycle equipment, clothing etc.
Coaching fees.
Race expenses.
Employment subsidy - part-time only.

Approximate total required: $15,000.00.

OPTION 3.

Basic sponsorship monies required to cover the following:

Air travel & accommodation.
Bicycle equipment, clothing etc.
Race expenses.

Approximate total required: $8,000.00.
PROFILE

NAME: LOUISE MACKINLAY

ADDRESS: 6/12 HAINESWORTH STREET, WESTMEAD, N.S.W. 2145.

TELEPHONE: (02) 635-8474 (home)   (02) 683-5969 (business)

AGE: 25 years  d.o.b. 10th May, 1952

GENERAL ATHLETIC HISTORY

State level swimmer - breaststroke/butterfly/medly for 6 years from age 8 to 14.

Competitive in basketball, netball, tennis, squash.

Fitness Instructor for Vigor Health Centres for 4 years.

Began running socially in 1983.

From 1983 - 1984, I began running socially and started to develop my ability and improved sufficiently to be placed in the top 10 of womens divisions in all races competed in over distances ranging from 10 kilometers to a marathon. After such time, I decided to continue with my athletic career on a more serious basis.

contd...
District:

Society:
Champion Pony Turnout (Roydale Domino)
Champion Australian Pony in Harness (Roydale Jubilee)
1st Lady Driver.

At Individual Shows throughout the season:
10 Champion or Reserve Champions.
1st in three events, 2nd in 7 events & 3rd in two events at the Sydney Royal Shows.
Louise Mackinlay
Ironman World Triathlon Champs, Hawaii: 1st Amateur
Australian Ultra Distance: 1st
N.S.W. Short Course Championships: 1st
N.S.W. Long Course Championships: 1st
N.S.W. Ultra Distance Champs: 1st
A.C.T. Sri Chin Moy Championships: 1st
1987
NEW SOUTH WALES
SPORTSWOMAN OF THE YEAR
NOMINEES

VETERAN

Veteran Athletics .......... Mary Thomas
Veteran Canoeing .......... Helen Jacobsohn

TEAMS

New South Wales .......... Cricket
New South Wales .......... Open Netball
New South Wales .......... Rowing – Pair
New South Wales .......... State Tenpin Bowling
Sydney University .......... Water Polo

INDIVIDUAL

Archery ................. Margaret Nelson
Athletics ................. Louise McPaul
Barefoot Waterskiing .... Deborah Pugh
Basketball ............ .Karen Dalton
Benchrest Rifle ........ Ann Brummell
Canoeing .............. Jane Hall
Canoe Polo Jnr .......... Juliette Makin
Canoe Polo .......... Gail Songberg
Cricket .......... .Denise Annetts
Croquet .......... Dr. Diane Wiesner
Cycling .......... Kathleen Shannon
Endurance Riding .... Jenny Oliver
Game Fishing ........ Connie Holley
Golf ................. Elizabeth Cavill
Gymnastics (Artistic) .... .Lisa Read (Jnr.)
Gymnastics (Art.) .... Monique Allen (Sen.)
Gymnastics (Rhythmic) .... Nicole Mozes
Hockey ............. Kathy Partridge
Horse Riding .......... Maree Lyndon
Ice Skating .......... Tracey Brook
Indoor Bowls .......... Barbara White
Marching Girls .......... Beverley Catt
Netball .............. Lisa Beehag
Power Lifting ......... Joy Dobson
Racquetball .......... Shani Gilleland
Rowing ........ Virginia Lee
Sailboarding .......... Jessica Crisp
Show Jumping .......... Vicki Roycroft
Show Driving .......... Helen Taylor
Harness Horses
Softball .......... Melanie Roche
Surf Life Saving .......... Samantha O'Brien
Touch Football .......... Karen Smith
Triathlon – Cycling .......... Louise Mackinlay

NOMINATED BY THE NEW SOUTH WALES SPORTING ASSOCIATIONS
ACKNOWLEDGEMENTS

The Committee of the New South Wales Sportswomen's Association thank all who have assisted to make this Award Presentation a success.

We wish to express appreciation to the New South Wales Sporting Associations for their assistance.

Also:

The Minister and Staff,
New South Wales Department of Sport and Tourism

AMATIL
DAILY TELEGRAPH
ANSETT

QUEENSLAND TOURIST & TRAVEL CORPORATION
SYDNEY

KOORALBYN VALLEY RESORT

MEMBERS OF THE PRESS, RADIO AND TELEVISION MEDIA

The New South Wales Sportswomen's Association is pleased to be part of the sponsorship support provided to both senior and junior women's sport by members of the AMATIL Group of Companies. W.D. & H.O. Wills (Australia) Limited and The Benson and Hedges Company have both been involved in the sponsorship of women's sport in the senior ranks and A.P.D. Snack Foods Pty. Limited and the AMATIL Beverage Division, through Coca-Cola Bottlers (in Brisbane, Sydney, Melbourne and Perth), have long supported junior women's sport.

The AMATIL Group over two decades has supported women's sporting events such as international athletics, Australian Women's Open Golf Championship, women's professional skiing, showjumping and the Australian Women's Cricket Jubilee Test Series against England in 1985.

Members of the AMATIL Group are currently involved in sponsorship in the following sports:

IN NEW SOUTH WALES
Bocce — Junior Netball — Junior Surf Life Saving — Junior Tennis
Little Athletics — N.S.W. Sportswomen’s Awards

IN QUEENSLAND:
Junior Surf Life Saving — Junior Netball — Little Athletics
Softball — Ten Pin Bowling — Tennis

IN VICTORIA
Junior Netball — Junior Surf Life Saving — Junior Tennis
Windsurfing — Little Athletics

IN SOUTH AUSTRALIA
Junior Surf Life Saving — Junior Netball — Little Athletics

IN WESTERN AUSTRALIA
Basketball — Junior Surf Life Saving — Junior Netball — Tennis
Little Athletics — Swimming — Windsurfing

IN TASMANIA
Junior Netball — Junior Surf Life Saving — Little Athletics
Louise Mackinlay was a frustrated and fidgety onlooker at the 1985 Hawaii Ironman in Kona. To watch boyfriend and now fiance Ron Bonham race was almost as taxing as competing.

After less than a season in triathlons Louise was well and truly caught by the bug and sitting on the Kona Pier sea wall watching 1000 orange caps disappearing along the coast was not how she wanted to spend the day. The next 17 hours grew tougher by the minute as she started to understand what the Ironman was all about.

Before jetting out for the Islands Louise’s impressions of Hawaii were pretty much restricted to palm trees and Mai Tais.

Ron had obviously tried to paint a picture of the place, but even with the help of the ABC America coverage of the race each season, it is an impossible task.

The only way to understand the sapping heat, sickening salt of the water and unforgiving winds of the Kona Coast is to experience it first hand.

And to understand it is to appreciate the satisfaction of finishing the Ironman.

The experience of watching the Ironman and wanting to be a part of it became a part of Louise.

“The Hawaii Ironman is such a great race I just wanted to be there in 1986,” she said, “to race not watch.”

“I wanted to race in 1985 but my entry wasn’t accepted.”

“Looking back now I’m glad it wasn’t because there is no way I would have been prepared for what the race is all about.

“It’s so unique and demanding I’m just fortunate I had a chance to watch it before racing.”

“Knowing what to expect and picturing the atmosphere was such an advantage during my training.

“But doing so well as I did never entered my mind.”

Louise journeyed to Kona in 1986 with a goal of finishing, with an added bonus of hopefully beating the previous best time for an Australian woman in the race of 12hrs 3min.

She not only beat it, she annihilated it with a 10th in the womens division overall in 10hrs 38min and a first in the amateur ranks.

“In the run I was counting the women ahead of me before the turn around and they all had the low numbers of the professionals,” she said.

“I felt so strong and I couldn’t believe I was doing so well.”

Being crowned world amateur champion at THE most prestigious triathlon was obviously the high point of the season, but Mackinlay’s performance in the Forster Great Lakes full length event in March was equally impressive.

Louise put a strength-sapping virus in the weeks leading up to the event behind her to win the womens division in an almost identical time to the Ironman.

“Considering the difficulty of the course and the problem I had before hand I was quite pleased with the result,” she said.

Continued on page 10.
"After Hawaii Ron and I sat down and worked out a program for the rest of the season and Forster was my main race. It was a great feeling to back up after Hawaii and win at Forster."

The season also included wins in the Ride and Stride, Dubbo Tri, Sri Chimney, Taree and Sydney as well as several minor placings.

It was a season of consistency which obviously shows a worrying trend of improvement for her rivals.

She has become virtually unbeatable over the long course in Australia and is working extremely hard at establishing a similar domination in the shorter events.

"The longer races are where I perform the best at the moment but I'll be doing plenty of short events next season," she said. "They sharpen you up for long races and help bring the times down."

"My swimming is the main pitfall at the moment but my swim coach John Pike has been tremendous and we're getting there.

"He's been so patient and it's really starting to pay dividends."

"I want to be able to see the leading women instead of having to make up heaps of time on the cycle and run.

"Ron has also had a huge impact on my training and he'd be the main person behind my success.

"He plans my training and whole approach and really has made a difference."

Louise can realistically look at going under 10hrs 15min in Hawaii in October given similar ideal conditions to last year.

She has just been named in the NSW cycling team for the national titles in Tasmania and is setting personal best times in all triathlon disciplines.

In swimming alone she is confident of knocking at least 10 minutes off her 1hr 9min swim in the Ironman last year.

"When I went over last year it was my first full length triathlon and I didn't really know what to expect," she said.

"I held back in a lot of ways and I'm sure I can improve the time.

"I've been working hard on all the disciplines and my times have improved.

"I'd really like to finish in the top five in the women's and also beat Ron home.

"The bugger beat me home by less than three minutes last time but it will be a different story this year."

Considering Louise started the 1986-87 season with a very conservative goal of just being competitive it was an outstanding year.

From her performance in Australia and overseas there's no doubt she is improving and gaining in confidence with every race.

Working at the Bike Barn and Triathlon Ware in the Sydney western suburb of Parramatta, sport is Louise's life.

If she's not swimming, cycling or running it's selling the sport and there's few better ambassadors. Hard work, a level head and a love of the sport are what have made Louise Mackinlay Australia's top woman triathlete.

In a way she has raced conservatively in the past, setting realistic goals which have left plenty of room for her to reach her full potential. Just wait until she gets serious.