



Penticton Triathlon Club Newsletter

August 2009

PENTICTON TRIATHLON CLUB

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With Ironman 2009 almost upon us we thought that we would take this opportunity as a club to reflect on the season past and wish Good Luck to all partaking in this years Ironman event. May all of your training and hard work be rewarded in the days to come.

Summer '09 Summary

IM Brazil, May 31

Cathy Rooke, Tracey McQuair, Gloria Woolner and Steve Hardwicke traveled to Florianopolis, Brazil for an Ironman event south of the equator. They reported a challenging swim with choppy waters, but moderate temperatures for the bike and run. Despite the tough start to the day, Cathy had one of best runs ever in an IM. All enjoyed the trip and seeing a part of Brazil, traveling with a group organized by Ken Glah.

Gloria Woolner 11:51:08
Cathy Rooke 13:17:18

Oliver Half Iron June 7, 2009

Great weather and a huge number of participants. It was the second consecutive win for Tom Evans. Jeff Symonds in his first Half Iron since moving up from the ITU Olympic distance, finished in a surprising 3rd overall. 22 members of the Penticton Triathlon Club, plus numerous other local people, participated in this year's event. The swim start was in waves this year, which in most situations would be considered a regular occurrence for the number of participants. However, due to the lack of visibility of the water in Tuc-el-Nuit lake, some members commented that it may be better in the future to have waves set up based on estimated swim time, since situations developed as athletes from the 2nd wave passed swimmers from the first wave in the less than optimal visibility of Tuc-el-Nuit lake, resulting in swimmers getting bumped or jostled.

1st, 2nd and 3rd were all from Penticton (2 full time, one part time). Tom Evans and Jonathan Caron had a close race all day long.

After the swim, Tom lead by 23 seconds, after the bike, 19 seconds, and at the finish, by 18 seconds! In third place was Jeff Symonds, moving from the Olympic distance to the Half Iron. Triathlete coaches Olly Piggin and Kevin Cutjar finished 6th and 11th respectively. Kevin managing to balance time with 2 young daughters, work, and training. Kaleden's Scott Tremblay was 14th and Factor 9 coach, Scott MacMillan was 28th.

A number of club members were competing in their first Half Ironman distance race. Congratulations to Moshe Oz, Gordon Garriot and Robert Kirkpatrick. A number of members did well in their age groups. Brian Schroeder (1st ag), Milton Guignion (2nd ag), Jenny Ayers (1st ag), and Joanne Montgomery (3rd ag).

Tom Evans	1st ovr	4:06:42
Jeff Symonds	3rd ovr, 1ag	4:10:28
Olly Piggin	6th ovr, 3ag	4:16:50
Kevin Cutjar	11th ovr, 2ag	4:22:40
Scott Tremblay	14th ovr, 2ag	4:25:56
Scott MacMillan	28th ovr,	4:40:25
Brian Schroeder	54th ovr, 1ag	4:54:05
Milton Guignion	2ag	5:22:01
Jenny Ayers	1ag	5:24:37
Mark Kildaw		5:41:56
Lisa Singleton		5:53:53
Joanne Montgomery		5:59:47
Carla Kildaw		6:04:31
Jo-Anne Cardinal		6:10:28
Moshe Oz		6:28:36
Paul McPhail		6:34:26
Karen Lannon		6:47:52
Jackie Stewart		6:52:44
Jaquie Bird		6:56:38
Gord Garriott		7:11:09
Ellen Langton		7:17:20
Diane Parhchomchuk		7:52:05
Elle Kirkpatrick		7:58:51

New Balance Victoria Half

Jenni Andrews returned to one of the first Half Iron races in BC, as the sole Pentictonite to participate, completing the course in 5:13:37.

Desert Half July 12, 2009

Back to regular hot Okanagan temperatures, and the challenging Desert Half of climbing Richter Pass twice. A number of club members completed the Desert as preparation for this years Ironman Canada race.

Tom Evans sets a new course record for the Desert Half, winning his second Half Iron in 2 weekends, in a time of 4:01:51. Jeff Symonds was chasing Tom on the run, finishing second in 4:04:35.

Kevin Cutjar, Scott Tremblay and Kirk Vandeweghe continue to have strong finishes this year. For Kirk, the good results are despite a nagging foot injury. Jen Annett had a great race, winning her age group for the 2nd consecutive year. Jenny Ayers follows up winning her age group in the Oliver Half, by winning her age group in the Desert Half. Joy Hollingdale continues to recover from her foot surgery with good, all round finishes (unlike last year where the runs were quite a challenge). Amanda McPhail competes in her first Half Iron.

Tom Evans	1st ovr, pro	4:01:51
Jeff Symonds	2nd ovr, pro	4:04:35
Kevin Cutjar	3rd ovr, 1st ag	4:29:50
Scott Tremblay	7th ovr, 4th ag	4:34:38
Kirk Vandeweghe	16th ovr, 1st ag	4:46:56
Jen Annett	37th ovr, 1st ag	5:04:07
Tracey McQuair	7th ag	5:35:19
Jenny Ayers	1st ag	5:45:05
Paul Smith		6:02:35
Lisa Singleton		6:25:32
Joy Hollingdale		6:45:08
Pat Amundsen		7:49:46
Amanda McPhail		8:11:59

Great White North Triathlon, July 5

Tom Evans and Dave Matheson travelled to Stony Plain to tackle the Great White North, both having very good races. Tom set a new course record, one that he had previously set in 2004! Tom's new course record is 3:49:09. Dave finished 10th overall in a time of 4:22:46.

Peach Classic Triathlon, July 19

Summer has really warmed up, leading to some speculation of a no wetsuit swim. However, following a hot couple of weeks, race day brings a strong north wind, very choppy waters and a decrease in the water temperature.

Choppy waters and a strong north wind on the bike did not seem to slow Jeff Symonds as he won his second consecutive Peach Classic. Carl Peterson has been training hard, returning to win his age group as he prepares for Nationals. Brad Lee returns to triathlon racing for the first time in 3 years. Andrew Mitchell competes in his first ever triathlon as he prepares for IMC. Jenny Ayers continues to win her age group in each triathlon she enters this year. Here's hoping her streak continues on to IMC. Another person returning to race after dealing with injuries is Stacey Cleveland, finishing 3rd in her age group. David Nash sets a pb with a significant improvement in his

Peach Classic time. David later set a pb in his half marathon time at the Summerland Half marathon. Another first timer is Karen Lannon as she prepares for her first IMC.

Jeff Symonds	1 st ovr	1:58:00
Scott McMillan	7 th ovr, 2 ag	2:09:36
Adrienne Stedford	33 rd ovr, 1ag	2:27:11
Carl Peterson	43 rd ovr, 1 ag	2:29:21
Brad Lee	52 nd ovr, 4ag	2:32:28
Andrew Mitchell	54 th ovr, 4ag	2:33:03
Jenny Ayers	65 th ovr, 1ag	2:35:37
Jack Wessel	1ag	2:38:16
Steve Hardwicke	1ag	2:39:23
Stacey Cleveland	3 ag	2:41:21
Paul Smith		2:42:48
David Nash		2:45:58
Michael Stokker		2:47:42
Joanne Montgomery	2 ag	2:49:49
Joy Hollingdale		2:54:54
Lisa Singleton		2:58:50
Jo-Anne Cardinal		3:08:01
Julie Nurse		3:10:13
Gord Hall		3:11:06
Alan Clarke		3:11:38
Karen Lannon		3:18:07
Jacque Bird		3:25:48
Pat Amundsen		3:28:41
Robert Kirkpatrick		3:34:01
Diane Parchomchuk		3:37:13
Michael Welsh		3:41:08

Ironman Austria,

Milton Guignon, Lydia Miller and Dan Fudge traveled to Europe with a little stop to compete in Ironman Austria. Milton had a great race, finishing 6th in his age group, while Lydia finished first in her age group. And Dan has returned to triathlon racing in a mild manner, going for an Ironman instead of an Olympic distance race. It looked like Dan and Lydia were pushing each other during the race, or keeping each other company, until the run stage, as their swim and bike times were very similar.

Milton Guignon	11:05:38
Lydia Miller	14:31:20
Dan Fudge	15:28:39

Nelson Cys'wog'n'Fun, August 2, 2009

Scott McMillan made the trek to the Kootenays for the Nelson triathlon, finishing 2nd overall in a time of 2:03:26

Lake Stevens Ironman 70.3, August 16, 2009

Jeff Symonds has been enjoying his success this year in the Half Ironman distance, and continued that success with a strong 2nd overall at the Lake Stevens Ironman 70.3. His second place finish qualifies him for a spot in the 70.3 World Championships later this year.

Penticton Junior Triathlon Camp 2009

The 2009 addition of the Penticton Junior Triathlon Camp continued to grow beyond expectations. Kids enjoyed a great week, experienced all aspects of our sport, and got great advice from many top athletes. A special thank you to Jill Savege, Jeff Symonds, and Adrienne Stedford who each took the time to give back to the development of our sport. Thanks Gord Spelay and Jenny Andrews for planning and executing a great and informative week for the kids. Thanks also to Jacqueline Bird for organizing the nutrition segments, Julie van den Born for the yoga session, and also Ali Frye for the core work and general assistance. There have already been inquiries for next year so good work everyone.

Boston Pizza Junior Triathlon 2009

A record breaking 104 youth from across the province and beyond participated in this year's addition of the Boston Pizza Junior Triathlon. Aside from a couple of minor technical issues this year's event was a huge hit with many parents complementing the club and race organizers for an event well run. It was great to see kids from the Penticton Junior Camp; the Summerland and Keremeos contingents do so well. Thanks to Steve King, all of the volunteers, the Penticton Dive Team, members of the Penticton Pounders, the girls from City Center Fitness, the City of Penticton, the Captains (Brian Symonds, Carol Flynn and Ellis Andrews), Race Director Gordon Spelay, and our main sponsor, Al Smith of Boston Pizza. It is always interesting to see so many individuals working successfully together for a common goal. Thanks also to the Bike Barn for looking after the bike check and also for supplying the Mountain Bikes, IGA for the Food, Best Choice Rentals for the Trucks, Peach City and many other merchants for draw prizes at registration, and the SS Sicamous Society for use of their venue. For next season we hope to move to a larger venue to accommodate all kids who wish to partake in our race. Good job and special thanks to everyone involved in the year's event.

Ironman Locals Photo 2009



Good luck to everyone racing in Ironman this year, listen to your coach, follow your plan, and most importantly, Enjoy The Day!