

# TRIATHLON RESULTS

## FEB 25<sup>TH</sup> 2012

	APPROX 100M SWIM	1.4km RUN	3km RUN	5.5km BIKE	9.5km BIKE	TOTAL TIME
PAUL	1.32	x	16.25	x	24.03	43.08
CAROL	1.21	x	21.00	x	29.56	54.14
CRAIG	1.32	x	17.00	x	27.39	46.42
MICHELLE	1.45	9.49	x	x	58.01	1.14.45
HARRY	1.25	13.14	x	19.17	x	33.20
JARROD	x	9.25	x	20.49	x	30.14
RACHEL	x	x	19.23	24.56	x	44.19
ROLAND	x	8.52	x	x	38.25	47.17
PAUL MULLAN	x	x	19.38	x	31.27	51.05
WARREN DOVE	1.25	x	18.36	x	27.07	47.38

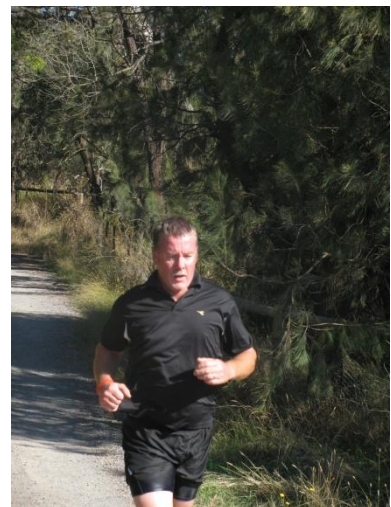


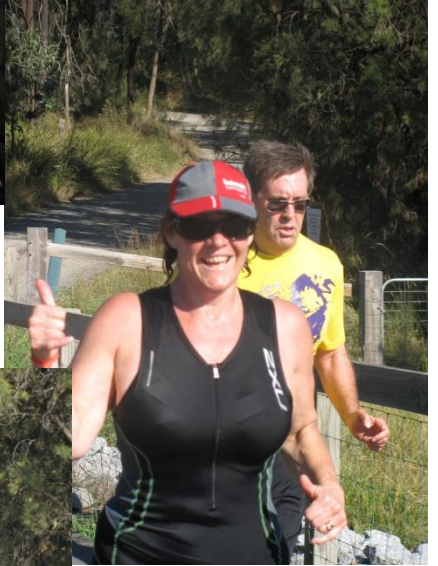
**CONGRATULATIONS !!!!**  
**1<sup>ST</sup> PLACE**  
**PAUL MAY**



**ACHIEVERS AWARD !!!!**  
**MICHELLE MATTHEWSON**

# TRIATHLON TROOPS







## **FitnessNRG Info** **February 27<sup>TH</sup> 2012**

fitnessNRG.com.au

### **BOOTCAMP TRIATHLON**

The Bootcamp Triathlon kicked off in very warm conditions. Everyone turned up with enthusiasm despite the weather and pushed through. Congratulations to all of you who participated . It really was a fantastic achievement. !!! The ultimate winner was Paul May who picked up more speed the longer and further he went. Michelle earned the Achievers Award . She showed true determination reaching the half way mark of the 9.5km bike event determined to get to the top of the hill with failed gears . Unfortunately Michelle got a puncture in her tyre 1.5km from the end but still came through the finish with a smile and satisfaction of what she had just done. Thanks for your events troops.

### **FITNESS TEST & GROUP PHOTO** **WED 29<sup>TH</sup> FEB**

The fitness test is this Wed . Be here between 6pm-7pm for weigh in . Fitness Test will start when everyone has been weighed. Please try and get here early . Bring something camo to wear for your group photo . The photo will be taken at the end of the session

### **NEXT BOOTCAMP STARTS MON 5<sup>TH</sup> MARCH**

The next Bootcamp starts straight after this one. This is to fit with the school terms. If you are planning to go away Labour Day weekend I have "NOT" scheduled a session for Sat 10<sup>th</sup> and Mon 12<sup>th</sup> March. After the March Bootcamp there is a 2 week break then the April/May Bootcamp commences 16<sup>th</sup> April.

I hope to see you all in the next Bootcamp. I can see some of you are getting some great results and would be beneficial if you continued with your training plus I like to see your smiley faces !!!!!!!!

Saarge