

CALL OF THE WILD



The official newsletter of the Griffith Feral Tri 'ards
www.griffithferals.org.au

January 2006

The Summer of Fun

With summer in full swing, the Griffith Ferals are fighting fit and ready to take on any race in the region.

The Hill Run

continues throughout the summer and holiday season. Runners are started in two minute handicap groups to maximise the opportunity to chat. Courses are designed to ensure that chatting is encouraged and vary from week to week. All distances count towards the Wardle Waddle.

Two runners will reach the magic 3000 km mark sometime this year. You can keep up with when and where by keeping an eye on our website.

Unusually, for this time of year, the current Wardle Waddle competition is anyone's guess. Only two runners have completed all runs so far. But if you are thinking of having a go at it, the list of contenders is formidable. No-one in the top ten is likely to miss many runs. We may have to wait to see what the year brings.

The Aquathon series

has one race to go, and interest has been excellent.

The results for races held so far are inside this newsletter, and of course, on the net. The first three events were held at the Aquatic Centre. Easy enough swimming, but not a great run.

The last two events in the lake will test the determination of the competitors.

Swimming in the lake is never easy, and

the cold change for the first event made it even more difficult to make the commitment. So those brave souls who competed in December deserve extra respect.

The final event is scheduled for January 16 at the Sailing Club. Paul Muir is organising. It is a fabulous opportunity to practice swimming in the lake with support.

The cycling program

has some keen enthusiasts.

The aim is to build up strength and confidence to be able to ride 100km.

The rides are scheduled for the 2nd and 4th Sundays of the month. The promise is that no-one will be left behind. The aim is to build your strength so that you can ride 100km. At an average of 25km/h that's four hours. It never seems that long if you are in a group and enjoying the conversation and the scenery. The important thing is to give you a chance to ride with a group who will look after you. Shorter distances are available, again in supported groups. We meet at the Visitor's Centre carpark at 7am. Contact Neil to discuss your participation. This is more important as we get to the longer distances, especially in the heat.

Have you seen the link on the website to the B2B ride? Blayney to Bathurst in March? This is the first time this sort of ride has been offered this side of the mountains. It would be great to get a group together to go along.

Coomealla Triathlon

Links between Griffith and Coomealla were restored this year with Nick Watson entering on our behalf. He writes:

Early December is a good time to go to Mildura for a race, just before it gets too hot. It is a bit of a long drive and it is probably a good idea to go with a few people to share the gauntlet of the Hay Plains but Mildura, the race venue, the race itself and the reward of a good weekend makes the effort of the trip well worth it.

There are plenty of excellent pre-race carbo loading centres, most of which easily morph themselves into post race carbo loading

centres of a slightly different nature...

The course itself is 17km out of town (a brisk pre race warm up ride?) at the Coomealla Golf Club situated on the banks of the Murray. The swim is 750m downstream but being current assisted, can result in the odd PB. The bike section is a gently undulating 10km course through sleepy Wentworth village back towards Mildura, but the best section is the 5km run around the golf course which has plenty of trees providing refreshing shade. Feral Joggers hardened to rocks, ravines, heat and dust will find it a breeze!

The participants cover a wide range of abilities. There is a sizable contingent of Elites mainly from Adelaide to provide a good spectacle for your support crew and instil in you more than a little envy at all their flashy gear. But most of the field is made up of locals and their families enjoying the day out. The event is very professionally organised, well sponsored and seemingly well supported with up to 200 entrants which is a good size for regional event. It has a very relaxed and friendly atmosphere to it which I found very inspiring and certainly contributed towards my success in winning my age group!

Thanks Nick. Let's hope that we see a few more Ferals make the journey next year.

Season Highlights

Exies Griffith Triathlon
Saturday Feb 18th 3pm Sprint / 5pm
& 5:30pm Juniors

Sri Chinmoy Triathlon Festival
March 3-5

Hillston Outback Triathlon
Sun March 12

Exies Griffith Bacchus
Fri April 14

Leeton Triathlon? Maybe. Date?

Contributions to Call of the Wild can be sent to Johanna either
johanna@dragnet.com.au or
po box 1938 griffith.



Neil, marking out the 2005 Lakes View Classic course

2005 - 06 Aquathon Series

18th September

	SWIM	RUN	TOTAL
MICRO			
1. Molly Burgess	1.43	4.57	6.40
2. Lily O'Donnell	1.42	4.59	6.41
3. Amy Burgess	1.49	5.35	7.24
4. Isabelle Wood	2.26	6.16	8.42
MINI			
1. Harriet Brickhill	3.49	11.44	15.33
2. Sarah Burgess	3.25	12.43	16.08
3. Devansh Tiwari	4.49	11.30	16.19
4. Mitchell Forrest	3.36	14.45	16.21
5. Alex Forrest	4.37	13.18	17.55
SPRINT			
1. Chris Palmer	6.36	17.34	24.10
2. Nick Watson	7.48	16.26	24.14
3. Steven Joyce	8.01	18.56	26.57
4. Tracey Josling	8.13	18.59	27.12
5. Teresa Burgess	9.04	18.45	27.49
6. Paul Muir	9.09	19.08	28.17
7. Ben Chopping	9.04	19.15	28.19
8. David Heffer	11.22	18.18	29.40
9. David Slattery	10.10	22.36	32.46
10. Johanna Botman	8.53	24.25	33.18
11. Nicole Forrest	9.50	23.46	33.36
12. Chris Brickhill	9.20		

18 December 2005

	400m	3.5km	TOTAL
Sprint:			
	SWIM	RUN	TOTAL
1. Nick Watson :	8.19	12.49	21.08
2. Chris O'Neill:	9.03	13.02	22.05
3. Tracey Josling:	9.32	13.33	23.05
4. Paul Muir:	10.30	12.54	23.24
5. Teresa Burgess:	10.20	14.17	24.37
6. Ben Chopping:	10.13	14.35	24.48
7. Ian Geddes:	9.35	15.11	24.56
8. Stewart Wood:	10.07	15.09	25.16
9. Chris Brickhill:	10.24	20.11	30.35
Mini:			
	150m	1km	TOTAL
	SWIM	RUN	TOTAL
1. Liam Burgess:	2.56	5.16	8.12
2. Bonnie O'Donnell:	2.44	5.40	8.24
3. Harriet Brickhill:	3.07	5.23	8.30
4. Fletcher Josling:	3.32	7.31	11.03
5. Hillary Geddes:	3.57	7.51	11.48

16 October 2005

	RUN	TOTAL
MICRO - 100m/600m		
1. Amy Burgess	1.57	6.25
2. Mickayla Graham	2.03	6.43
3. Samantha Graham(50m)	1.24	6.45
4. Isabelle Wood(50m)	1.21	8.15
MINI -200m/2km		
1. Liam Burgess	3.02	14.26
2. Harriet Brickhill	3.41	14.36
2. Bonnie O'Donnell	3.13	14.36
3. Steven Heffer	4.06	15.56
3. Devansh Tiwari	4.25	15.56
4. Sarah Burgess	3.36	16.40
5. Alex Forrest	4.27	16.59
6. Molly Burgess	3.54	18.10
SPRINT -750m/4km		
1. Nick Watson	12.05	28.17
2. Tracey Josling	12.24	31.02
3. Stewart Wood	12.26	31.27
4. Chris O'Neil	13.06	32.35
5. Ian Geddes	12.43	32.41
6. Ben Chopping	13.46	33.48
7. David Heffer	16.58	34.56
8. Nicole Forrest	14.50	38.32
9. Chris Brickhill	14.01	39.37
10. Mark Harris	16.30	39.43
11. Azio Arcifa	17.48	44.15
SPRINT TEAM- 750m/4km		
1. Pam Williams/Sadhana Tiwari	11.36	33.45



19 November 2005

	100m	600m	100m	600m	TOTAL
DOUBLE MICRO	SWIM	RUN	SWIM	RUN	
1. Amy Burgess	1.55	4.20	2.26	4.12	12.53
2. Mickayla Graham	2.08	4.45			6.53
MICRO - 50m/600m/50m/600m.	50m	600m	50m	600m	
3. Samantha Graham	1.20	4.40	2.00	4.43	12.43
4. Isabelle Wood	1.20	4.45	1.55	4.33	12.33
DOUBLE MINI -200m/2km/200m/2k	200m	2km	200m	2km	
1. Harriet Brickhill	3.44	11.03	4.45	12.14	31.46
MINI - 200m/2k	200m	2km			
1. Bonnie O'Donnell	2.56	11.11	14.07		
2. Liam Burgess	3.04	11.18	14.22		
3. Devansh Tiwari	4.31	10.49	15.20		
4. Sarah Burgess	3.52	12.38	16.30		
5. Mitchell Forrest	4.12	12.38	16.50		
6. Alex Forrest	4.42	12.16	16.58		
Double Sprint 500m/4k/500m/4k	500m	4km	500m	4km	Total
1. Nick Watson	7.42	16.50	8.33	17.19	50.54
2. Stephen Joyce	8.13	18.35	8.54	18.21	54.03
3. Tracey Josling	7.59	18.54	8.49	18.39	54.21
4. Chris O'Neill	8.04	18.52	9.04	19.03	55.03
5. Stewart Wood	8.09	19.01	9.10	18.44	55.04
6. Paul Muir	9.18	18.36	10.16	18.31	56.41
7. David Heffer	10.53	18.22	13.09	18.26	60.50
8. Johanna Botman	9.01	24.02	10.37	24.28	68.28
DOUBLE SPRINT- 500m/2k/500m/2k	500m	2km	500m	2km	
1. Chris Brickhill	9.08	14.32	11.30	15.17	50.27
SPRINT 500m/4k	500m	2km	Total		
1. Nicole Forrest	10.10	26.33	36.43		
DOUBLE SPRINT - TEAM - 500m/4k/500m/4k	500m	4km	500m	4km	
1. Steven Graham/David Ottrey	9.39	16.32	8.47	17.19	52.17

2005 Arsova Competition

Name	Total Points
Nicole FORREST	335
Adam JOHNSON	320
Andrew CREEK	305
Lena SERGI	275
Glenys GREENAWAY	270
Ian FORREST	270
Tracey JOSLING	250
Maria SERGI	245
Ed FRKOVIC	245
Dom CALABRIA	240

2005 Hotfoot Competition

Name	Total Points
Stephen JOYCE	390
Stewart WOOD	360
Peter GERARD-SMITH	340
Steven GRAHAM	330
Dom CALABRIA	290
Ian FORREST	280
Tracey ROSENBOOM	275
Chris O'NEILL	245
Tracey JOSLING	235
Lena SERGI	230



Photos:

Left: Johanna, Nicole and Teresa getting ready to run at the October Aquathon;

Above: David Ottrey and Ian Forrest finishing the 2005 Shank's Pony Cup;

Above right: Azio and Dom leading through the field of flowers;

Right: Nicole and Vince, pleased that the run is finished;

and Below: all the potential ferals amusing themselves with the Moers family video collection at the party for the 2005 Lakesview Classic



The Commonwealth Games

Did you know:

Starts on 15 March?

Ends on 26 March?

The Marathon is on 19th?

Triathlon is on 18th?

The Cycling Road Race is on the 26th?

The Mountain Biking is on the 23rd?

That there is a link to the official Commonwealth Games site from the Griffith ferals site?

That watching the Triathlon, Marathon and Road Race require no tickets? (and you thought \$10 membership for this club was a bargain!!)

Ferals on the Web

Check out www.griffithferals.org.au for all the information you could ever need about the ferals.

We have recent race results, competition pointscores, Wardle Waddle listings, photos from recent events, images from the archive, events list for upcoming events, links to things of interest to runners and triathletes. The list goes on. Check it out, and bookmark the page. It gets updated at least weekly. Keep an eye on it.

Triathlon ACT

Have you seen the flyer for the Canberra Capital Triathlon Festival? January 25-29 2006

Tony has some at the Griffith Motorcycle Centre or you can find out more online at www.triathlonact.com.au

Are you on our email list?

Your membership form asks for your email address so that we can send you information about special events. Its an easier way than putting it in the newspaper for all to see.

Drop us an email

(johanna@dragnet.com.au) and we will add you to our list. We promise that your information will remain private and secure. We do not sell our list to anyone, no matter what the asking price! When we send email out to you, we hide your email address from others on our list. We send it to ourselves, with you in the Bcc field. You receive the email, but you cannot see who else it has been sent to.

Is our email getting through to you?

We all know the hassles of getting unwanted email. Many of you will run email programs that filter out junk email. These filters use a number of different strategies for filtering. One of these is that the email has been sent to multiple addresses. In this case, that is correct. We have over 120 members. Check that your email filter is not blocking us out. If you want to know more, ask Johanna.



Australia Day Ride

A combined social ride with the Griffith Cycle Club to Lake Talbot for a picnic and fun in the pool. We will leave from the Visitor's Carpark at 7am. The cycle club will leave at 8. You will need to organise your own lift back, your own picnic and your own family. Even if you don't ride, you are still welcome to join us for the picnic. Estimated ride time is 4 hours for the 85km. Talk to Neil in our club, or Steve Bertoldo from the Cycle Club for more details.

Photos: Above left: Kim and Nicole chat at the 2005 Joggers Dinner, with Scott Green looking on; above right: Chris Palmer wanted to make sure that he got enough food on the night. He didn't share much with Chris or Nick; and below: many Leslies having fun at the 2005 Shank's Pony Cup

Imitation Ferals in Hay?

Word has it that Hay now has a running group like ours. Organised by Bob Behl (ex feral), newly rehipped, they meet on Saturdays near the bridge in Hay at 4 for handicapped runs.

If you find yourself racing home from the west and find that you are unable to get to us by our run time, you could always see how they compare.

