



Mac Tri Juniors Newsletter

April 2015



Massive 2014/15 Triathlon Season For Mac Tri Juniors

Mac Tri Juniors have enjoyed another great triathlon season in 2014/2015. Over 50 Mac Tri Juniors now, all loving the sport. They have all learnt heaps, had great results, produced plenty of pbs and most importantly have had plenty of fun this season. Again they have built new friendships along the way. There have been plenty of highlights including the Mac Tri TRYstars program, the Mac Tri Juniors camp at Narrabeen Sports Academy in January, and the South West Sydney Academy of Sport (SWSAS) triathlon program. During this triathlon season there was a total of over 700 registrants in our Mac Tri club races, half of those were juniors. Wow! Lots of the juniors also competed in other external triathlons in NSW and interstate, with many notable results. It has been great to see the juniors enjoying racing at some of the bigger external races and to experience that different competitive environment. But their dedication and enjoyment doing club races hasn't gone unnoticed! Many of the juniors do other sports and in this regard there have been many incredible achievements by many of our juniors. Well done guys! Mac Tri is looking forward to even bigger and better things for the juniors in coming seasons. We are excited about the SWSAS triathlon program. This program is the missing link that gives Mac Tri Juniors a complete pathway to get to whatever level they wish in the sport. Mac Tri Juniors to SWSAS to NSW Development and Performance squads to National squad! Exciting. A big thankyou to club sponsors including Wests, Rola Roof Racks and ABC Bikes.

Our Motto

Be Safe
Have Fun
Develop Skills
Go Hard



Mac Tri Juniors TRYstars 2014



In October/November 2014 Mac Tri ran a TRYstars program. The program focused on coaching basic development skills (as relevant to triathlon) to junior athletes aged 7-12 years of age. The program was for newcomers to the sport and existing Mac Tri Juniors keen to improve their skills! Eleven juniors participated.

We held 5 x 2 hour coaching sessions culminating in a TRYstars race as part of our normal club race day in early November. The sessions had plenty of swim, bike and run games and activities focused on skill development and safety and developing motor skills and balance among other things. We had heaps of fun and everyone learnt plenty. The bike skills sessions were a hit, and the swim and run sessions were fab as well. Getting a medal at the race was a nice reward for the hard work. The TRYstars goodies pack was great too and many of the TRYstar juniors still use the tri mat and other stuff at races. Everyone made new friends which was great.

We aim to run a similar program at the start of next season so keep a watch out for more info. We'll probably run one in October/November. We might have another in January.

Mac Tri Juniors Coaching Camp January 2015



The Macarthur Triathlon Club held a coaching camp for Mac Tri Juniors at the Sydney Academy of Sport and Recreation Narrabeen in January 2015 (2 nights, 3 full days). The camp was for Mac Tri Juniors aged 11-17. Twenty seven (27) juniors plus eleven (11) parent triathletes attended.

The camp also formed part of the SWSAS program and a number of Mac Tri Juniors who are in the SWSAS program also attended and had some extra sessions to participate in.

We learnt a lot about the 3 triathlon disciplines (swim, bike and run) plus transition. We had a number of coaching sessions covering each discipline including using the running track, having the indoor pool to ourselves several times, going to Narrabeen beach for an open water swim and sand running session, and running on trails around the centre and along the lake. We did transition drills and bike skills in the basketball stadium and had a bike ride around the quiet roads and paths within the centre. We did a strength and conditioning session.

We did some other fun stuff too, like Sport and Rec operated activities including High Ropes. We played beach volleyball. We had a fun orienteering session and played Kahoot one night – great fun! How good was ZUMBA!! We had a recovery session in the hot and cold plunge pools – great way to finish.

The weather was up and down but didn't stop us. It even added some extra fun to some activities – orienteering in the pouring rain! Great time had by all.

Massive thankyou to all the parents and juniors who raised heaps of money toward the camp. Thanks to our club and part Wests grant for contributing too. It ended up costing around \$60-80 per junior and about \$100 per adult. Accommodation and food was incredible. Choice of scotch fillet and salmon the first night for example.

Bring on next year!

Mac Tri Juniors Coaching Camp January 2015 (What we did each day)

DAY 1

Smashing first day at Mac Tri Juniors/SWSAS three day triathlon camp at Sydney Academy of Sport Narrabeen. 27 juniors and 11 adults. First up a run session on the athletics track and some stretching and strength work, then a monster swim session in the indoor pool, then beach volleyball which was won by the Raptors over the Wildcats, then a big evening swim session for the SWSAS and a few Mac Tri guys. The other guys who weren't keen on another swim session went on a trail walk up the mountain. Food was fab including scotch fillet and salmon.



DAY 2

Great day at Mac Tri juniors at camp. Some poor weather didn't affect us. Zumba first up – great fun. Then high ropes (wow Rory brave mate) then game of football then a bike session on bike trainers and a short bike ride, then after lunch a massive swim run session at North Narrabeen river mouth with swim run ins and outs x 15 (very tough) and some sand hill running repeats. Unreal effort by all juniors. Then back to the Academy for a great hard fast 9km run along the beautiful lake trail, some at 3:30 pace at times - fartlek session. Very tough, SWSAS juniors and Tilly and Dylan smashed it. Then after dinner great fun playing Kahoot.it with a Triathlon game x2. Incredible day.

DAY 3

Fab last day. Early morning 8km run on lake track at cracking pace. Was supposed to be a cruisy one but pace got quite hot. Good job Anthony. Then back and packed our bags, had "delish" brekky and then "amazing race" orienteering in the pouring rain. Serious fun! Lots of running for all. Determined effort Jules - not giving up when water wrecked your team map - nice lesson right there! Collected letters at the checkpoints and worked out the words "Respect and Sportsmanship", two of our Mac Tri Values. (I think the Juniors know their Mac Tri Values!). Dried off, then because of the rain moved our bike skills session into the basketball gymnasium. Fun ch! Plenty of skills learnt, triathlon team racing at its best including riding and running at speed inside, and some safety discussion as well. Then well earned lunch, yum, then off to the indoor swim centre for intense last pool session. No rest here, coach thinking we won't be back here for a year so best make the most of it. All juniors got stuck in. Then into the recovery centre for cold (4 Degrees C) and hot plunge pools and hot and cold jet showers. The noise was deafening from all the screams (boys) and "laughter" but all had a go, it must be said several of the girls leading the way, about 10 times in a row, cold, hot, cold for 1 min 30 each time. Then time to go home, sad!

Some Coaching Tips

Triathlon is a sport that requires a range of sporting and athletic skills plus the ability to strategise and think quickly. It also requires some mental toughness. It is a fabulous sport for children and teenagers to get into because it offers so much.

I say often that it is important to realise that things don't happen overnight and it takes time to develop technique and skills. Practice, training and consistency are key to developing skills. Also it is important to learn from every experience. Think of something good that you did and something to improve on from every race.

Remember Skills = Technique + Good Decisions

It is really important to not get too caught up with winning, but it is important to concentrate when racing and good to try your best. It is important to be comfortable with whatever level of performance you aspire to. Just doing the sport to have fun and/or to stay fit is really good. Don't forget our Mac Tri Juniors motto importantly includes having fun and being safe when doing our sport.

If you aspire to improve, there is no bypassing the need to work on and develop the various skills and technique that make up swim, bike, run and transition. Practice, practice! Watch and learn. Ask questions. It is particularly important to develop skills on the bike before getting out there and going fast.

I also want to reinforce the importance of learning about the equipment that you use in triathlon. Learn about your bike, the various parts and components. Look after your things well also, they are expensive and importantly well maintained equipment is safer and serves you better in a race.

Always make sure your bike is set up properly and wheels are on properly, brakes working and not rubbing, make sure your helmet fits well. It is very important that your helmet fits properly. Remember no helmet no ride!

From our last newsletter –

Hey! Having fun is important. Let's not take this sport of triathlon too seriously unless of course you've decided you want to make the Australian team or you want to win All Schools. Even then, having fun, especially with team mates is important and keeps you sane along the way. Talk to fellow competitors, wish them luck, congratulate (or commiserate with) them when you/they finish. Respect for fellow competitors is one of our important values.



Don't underestimate the importance of eating good food and getting plenty of rest. Keeping everything including family and friends and school and sport in balance is important too.

It is important to eat proper food before and after training and racing. Good carbs for energy, protein to build muscle and repair tissue. Always hydrate. Generally eating well is important – at a recent SWSAS nutrition seminar the nutritionist talked about having foods of different colours on your plate when you have your main meal each day. That's something to think about!



Mac Tri Juniors VALUES

Talking about the Mac Tri Juniors Values – great if we can live life by them – Respect, Sportsmanship, Health, Enjoyment, Belonging, Dedication, Achievement, Balance.

Jordan

Mac Tri Juniors RACING

Lots of juniors have raced in Mac Tri club races over the last year – duathlons and recently triathlons. Well done. Many have done external races also, some have podiumed and others have had great fun testing their skills and ability against others from other clubs. Some of the external races have included various Elite Energy races eg Batemans Bay, Husky, Wollongong, Callala Beach, Orange and Nowra. Well done everyone! There has been All Schools at Penrith Regatta Centre where many of our juniors excelled representing their schools against the best in the state. SWSAS triathletes have competed at the NSW Junior Supersprint series and at the NSW Academy Games, incredible performances all round.

Mac Tri Juniors Club Champs

Great performances from all the juniors at Mac Tri Duathlon club champs in 2014 and at Triathlon club champs in 2015. At triathlon club champs in March 2015 congrats to podium finishers Patrick, Cooper, Corey in Event 2; in Event 2a Weatbix congrats to Joel, Charlie, Mia, Amanda. In Event 3 congrats to Erin W, Josh, Blake W, Maddie. In event 4 congrats to Ella, Cody, Caitlin, Aleesha, Thomas, Blake, Dylan, Holly and many others. Congrats to Tilly, Jackson, Caitlyn and Anthony in Event 5 short and to Daniel, Morgan and Bryce in Event 5 open. Well done to all for participating and showing what Mac Tri Juniors is all about!

Patrick







What Else Is Making News?

Congratulations Morgan Sillis Mac Tri Juniors Club Captain 2014/2015. Morgan has set a great example for all the juniors this year and has assisted with training and TRYstars and many other things.

Big congrats to Morgan also for being selected in the Australian age group 16-19 team for the upcoming ITU Duathlon world champs in Adelaide in October 2015. Morgan qualified 5th ranked in Australia after a series of qualifying events around Australia. We'll be cheering for you mate!

Daniel White was Mac Tri Juniors club captain the previous year. Good luck Daniel year 12 St Gregs this year, school vice captain, we hope you smash the HSC. A big year just gone for Daniel in triathlon, great performances at All Schools triathlon and at NSW Academy Games. Also great 4th in open Event 5 at Mac Tri Club Triathlon champs 2015.



What Else Is Making News?

Matilda (Tilly) Offord and Ella Wooldridge competed at National Athletics Championships. Middle distance. Fab effort girls. Tilly podiumed. Ella went great in an age group that she has two more years left in. Similar State Little As, well done Tilly, Ella, Erin, Mia, Cody, Dylan, Joel – great efforts.

School cross country going off right now – lots of juniors performing great and many reaching representative level. Congrats guys! Well done Tilly recently competed National cross country age group champs in WA - 5th in Australia well done. And great effort Tilly in World Junior cross country trials recently in Canberra running with girls much older.

Congrats to Mac Tri Junior triathletes who have been racing in various Elite Energy races around NSW to gain points in the prestigious NSW Junior Series championships. Lots of top triathletes competing here. Cody T 2nd overall in 12-13 male, Thomas H 7th; Caitlin S 3rd overall in 12-13 females, Aleesha A 5th. Caitlyn O 8th in 14-15 females. Very exciting.

Congrats Jackson Gray at Australian Open Water Swimming Champs 5km in WA. Jackson came 12th overall after partially dislocating his shoulder at start of race and pushing it back into place to keep going. Still did a pb. Ouch and wow at the same time!

Also Jackson currently ranked 4th in Australia in Triathlon National Performance Standards rankings for Youth category in swim and run. Well done Jackson.

Lots of other sports happening for our juniors – baseball, cricket, football, rugby league, tennis, hockey, netball, athletics, and swimming.

Lots of juniors excelling at school I am hearing also. Great guys. Keep it up! So many have come so far with their skills and performances this season. Well done! Main thing is everyone seems to be having FUN!



What Else Is Making News?

ALL SCHOOLS TRIATHLON REPORT

NSW All Schools Triathlon was one of our target races for the juniors. All our Mac Tri/SWSAS juniors who competed did incredible. The standard of All Schools triathlete has increased rapidly over the last 3 years. Every triathlete out there was competitive in their own way and the top 30 or 40 in each category were really flash, and the rest did great. Our guys smashed it ... they all pushed their own limits a little and the skills and determination they displayed were inspiring to watch and to be associated with. Congratulations Aleesha Austin, Ella, Elodie, Caitlin, Caitlyn Odewahn, Katie, Holly, Tilly, Paige, Blake, Morgan, Daniel W, Daniel M, Dylan, Cody, Jake, Thomas. Each one of you should be very proud of your efforts. Not keen to single people out but there were a few extremely notable performances. Firstly a number of top 20s - wow! Daniel White, Year 12, last All Schools - fabulous race. Daniel was very pleased with his performance and that was the goal. He was around 20th in a massive field and 20th in that company (national and state athletes mostly in top 20), is great. He executed perfectly, just reward knowing how much he had put into training for this race. Ella - wow - 7th overall, 3rd in Govt Schools - makes NSW team as a reserve for Nationals. Another year to go in this category. But also Caitlin and Aleesha who shadowed Ella throughout and finished just behind her. These three have pushed each other for the last few months and are now truly top class triathletes with so much to look forward and aspire to if they want to stick with it. And Holly who doing her first All Schools was not overawed. She motored on in her own style, she had a massive pb swim and run and had a big smile at the finish ... she enjoyed the experience and can't wait till next year. Well done Holl! A fabulous day!



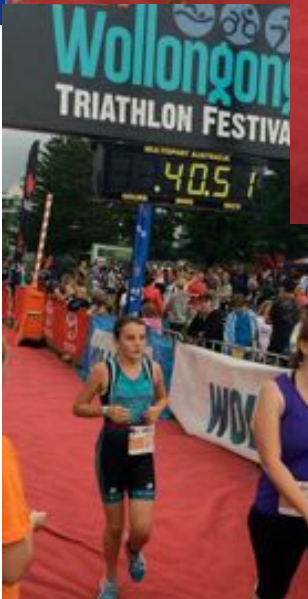
What Else Is Making News?

Elite Energy WOLLONGONG TRIATHLON REPORT

The Elite Energy Wollongong Triathlon was another of our Mac Tri Junior target races for the season. Great racing Mac Tri Juniors/SWSAS juniors in the Enticer distance. Well done Caitlyn Odewahn, Ella, Aleesha Austin, Elodie, Caitlin, Paige, Holly, Katie, Tilly, Cody, Thomas, Daniel M, Dylan.

Lots of top tens, three podiums Ella, Tilly and Cody. Very flash times everyone on a very technical tricky bike course and rough and tumble swim.

Well done in Miniman winning their age groups easily both Erin and Mia, also congrats Rory and Tara.



What Else Is Making News?



Australia Day Aquathon WOLLONGONG REPORT

Another of Mac Tri Junior target races was the Australia Day Aquathon at Wollongong. What a great weekend of racing. Mac Tri club race the day before, big turnout, lots and lots of pbs for the juniors!! Then Monday nothing better than the Wollongong Aquathon - world champions, Olympians, through to first timers. Great to catch up with Friends of Mac Tri - elites Ben Allen (in his Aus Day onesie) and Jacqui Slack. Great to watch and race with Natalie VC. Good seeing and racing current and former world ITU champs Gwen Jorgenson, Aaron Royle and Charlotte McShane. In the elite men Long Aqua race they zoomed through the swim and run. In the final part of the run, there was two small groups of elite males and top juniors leading. It was exciting to see our Daniel White up there near the top guys running very fast and confidently and Jackson cruising not far behind, after great swims and smashing runs from both. Well done Morgan with a bicep injury, toughed it out!



How impressive were our younger juniors in the Short Aqua!! Well done Cody and Thomas H, and the girls, wow, Caitlyn, Aleesha Austin, Caitlin, Elodie, Holly and Paige. Really strong, determined, and racing experience building, you can see it. The juniors all loving it! Plenty of team spirit on show too. Also great effort from the very young juniors who raced the shorter events today. Well done Charlie, Rory, Josh, Tara, Liam, Aishy. Well done Jessica, a crash in the run, ouch! but up she got and went even faster to the finish, well done. Unfortunately the organizers ran out of finisher medals for the juniors. Notable and very impressive, Josh for giving Jess your finisher medal. Biggest "play of the day"!! What a day!!



What Else Is Making News?



What Else Is Making News?



SWSAS

The South West Sydney Academy of Sport (SWSAS) is a sporting organisation which offers scholarships to talented and elite junior sportspersons to pursue further development of their skills and performance and representation in their chosen sport. SWSAS has a number of individuals and teams which it sponsors.

In 2014 SWSAS commenced a Triathlon program which is now well established. Eleven Mac Tri triathletes were awarded scholarships under the SWSAS triathlon program. Athletes in the inaugural SWSAS Triathlon squad are Daniel White, Morgan Sillis, Jackson Gray, Cody Turner, Jordan McGrath, Caitlyn Odewahn, Caitlin Sendt, Aleesha Austin and Ella Wooldridge. Erin Wooldridge and Makenzie Kautz were awarded “development scholarships”.

Guy Creber is the coach of the SWSAS triathlon squad, Richard White manager and Chelsea Creber is Assistant Manager. Coaching/training sessions have been held on average fortnightly. Equal focus has been given to developing skills and improving performance across the three disciplines of swim, bike and run. Transition skills have also been a focus.

The Academy triathlon program is part funded by Triathlon Australia/NSW and SWSAS.

SWSAS also conducted induction, nutrition and exercise and massage seminars for the athletes. These were very informative and fun. Squad members have competed in a number of external races and performed very well. The squad has competed as a team at two big events being the NSW Supersprint weekend in November 2014 and at the NSW Academy Games in April 2015. At the NSW Academy Games all the athletes from Academies across NSW come together to compete against each other.

All SWSAS triathletes have developed their skills and performance over the last 8 months since the squad commenced. They have come a long way in that time. Notable results include various podiums for Ella, Caitlin, Cody, Aleesha, Erin at Elite Energy races across NSW. Daniel White great performances at All Schools and NSW Academy Games. Morgan Sillis selected in the Australian team for the 2015 Duathlon World Championships. Jackson Gray winner of the NSW Academy Games Aquathon and Triathlon in the youth category. Jackson was also 4th at the NSW Junior Supersprint weekend of events in the Youth category. Ella performed fabulously at the NSW Junior Supersprint weekend of events in the Youth category and was named most improved junior triathlete at this event. Ella also came 7th at NSW All Schools in the Junior girls race and was named 1st reserve for the NSW team for the National All Schools Triathlon championships. She has another year to go in that age category.

We are very excited about the SWSAS Triathlon program and we are looking forward to the future including further development and success of the program and athletes in the squad. Scholarship applications will open around August 2015 for the 2015/16 program. Meeting certain qualifying times in swim and run are part of the criteria for selection.

SWSAS Triathletes Compete at NSW Junior SUPERSPRINT Weekend

Five (5) SWSAS triathletes competed in the NSW Junior Supersprint Weekend held at Mac Tri's triathlon facility at Macquarie Fields in November 2014.

The racing on Saturday included individual swimming, running and criterium cycling events plus an aquathlon and on Sunday a super sprint triathlon. The age groupings were Youth (13-15 years) and Junior (16-19 years) male and female.

This was a full on, incredibly competitive and aggressive series of events. The cycling for example was draft legal. Cyclists were travelling at speeds of over 50kph at times in tightly bunched packs. Our athletes all performed exceptionally well in very elite junior company.

It was all about gaining valuable experience for them and they did that in bucket loads. They excelled from an effort and determination perspective and had some very good results amongst the races. They were competing against about 60 of the very best triathletes the state (and to some extent country) has to offer. The weekend was all about skill development for all competitors and gaining valuable race experience in a true super sprint format.

It was a fabulous weekend. Mac Tri and SWSAS should be very, very proud of the efforts of Ella Wooldridge, Daniel White, Jackson Gray, Morgan Sillis and Cody Turner. At the presentation, national talent coach Keiran Barry made special mention of the SWSAS program and said that it was exciting to have a new Academy in the mix. He also identified two athletes as most improved over the weekend including Ella Wooldridge.

Special thanks to all Macarthur Triathlon members who helped over the weekend, Mac Tri Club President Glenn Schwarzel particularly for organising and running the event on behalf of Tri NSW and Chelsea Creber for managing the BBQ both days (a big fund raiser for the Mac Tri club and the Mac Tri juniors January camp).



SWSAS Pics



GETTING TO KNOW Ben Allen and Jacqui Slack

BEN ALLEN (former Australian and world champion lifesaver, champion open water swimmer, ITU world circuit triathlete and now professional/elite level long distance triathlete, multisport and Xterra athlete, multiple winner of Cross Triathlon and Xterra world series events around the world and twice 3rd in Xterra World Champs in Hawaii)

JACQUI SLACK (former champion swimmer in England, ITU world circuit triathlete, winner European Triathlon Championships, and now elite/professional Xterra and multisport athlete and multiple winner/podium in Xterra and Ironman 70.3 races around the world)

Ben and Jacqui are the power couple of triathlon/Xterra. They are wonderful people who contribute so much to our sport.

What do you love about triathlon and Xterra? Why have you moved to an Xterra focus?

Ben – *I love triathlon because it's given me the opportunity to travel the world. Xterra has taken me to places off the beaten track. I've been able to explore some of nature's untouched beauties.*

Jacqui – *I love the mix of training for all disciplines; you can take so much from a single race, there is always something positive to take from a triathlon. I love Xterra because it's not always about the fastest swimmer, biker or runner, it's about mental toughness including with nature and how you deal with the situations that arise during the race.*

What was your sporting background before triathlon (and Ben you're a local Macarthur boy too)?

Ben – *I grew up on the beaches racing the Ironman series. I was then approached by Triathlon Australia who saw potential in me to be an Olympic triathlete and that's where my triathlon career started.*

Jacqui – *I grew up swimming in England; every weekend my Mum would take me to swimming galas around the country. We got to explore so many places in the UK. Many kids at that age never got the opportunity to visit new cities and towns so I feel extremely lucky that sport offered me this. At school I did athletics, hockey and netball but mostly my time was consumed by swimming sessions morning and after school.*



What is/was your favourite triathlon discipline and why?

Ben - *I love to run, being at one with nature and challenging myself against mother nature. I love the peacefulness of having time just to yourself.*

Jacqui – *I love to ride my mountain bike. I find it so rewarding to challenge myself over all kinds of technical terrain. I love it when I try hard to overcome an obstacle and I finally nail it - I love the adrenaline rush!*

What is/was your favourite training session and why?

Ben – *An open water swim on Fridays at my local beach in Wollongong with a group of world class triathletes, its even more exciting when there is a wave on and I can push myself to the limits in the surf.*

Jacqui – *I like sessions that make me feel fit such as a bunch ride with our local cycling group in Wollongong, the group is full of energy and power and I love the feeling of digging deep to stay with boys.*

What is your most memorable sporting achievement in triathlon?

Ben - *Australian surf life saving medal.*

Jacqui – *I think it has to be my first ever triathlon at the age of 21, my Mum and Grandad came to support, I really didn't have much of an idea but was so proud of myself for having a go. I will never forget how proud Mum and Grandad were. I loved the smile on my Grandad's face when he cheered me to the finish line...I also finished 3rd overall so it was a good start.*

Who is/was the biggest influence in your triathlon career?

Ben - *My family.*

Jacqui - *I would have to say my Grandad I always wanted to make him proud.*

How important are family and friends in the sport of triathlon?

Triathlon is all about family, friends and personal challenge and I never forget this. In fact when I'm nervous before races or having a bad day I think of my family and it helps put a smile back on my face and realise why I do the sport.



Jacqui and Ben – both
1st Xterra Guam
Championship March
2015

How did you balance school and sport (triathlon) when you were growing up?

Ben - *I was lucky enough to have very supportive parents who realised I had potential in sport, if I worked hard at school they rewarded me by taking me to training sessions and sporting events around Australia. My parents always said if I worked hard at school and achieved good results academically I could then pursue my sporting dream. I'm very proud to say that I have a Bachelor of Physical and Health Education. I'm ready and prepared to pursue a career in this area in the next chapter of my life.*

Jacqui – *I was never the smartest kid a school but I worked hard in classes and always made sure I had my homework done before going to play with the other kids. I suppose it was instilled in me from an early age that school was important and I was rewarded with being able to do sport and spend time with the kids from my swimming groups.*

What/Who is/was your FAVOURITE:

- *activity away from triathlon Ben – Surfing Jacqui – Visiting food markets, watching net fix*
- *pre-race food before race start Ben – Oats, Banana, Honey and cinnamon Jacqui – Toast and jam*
- *after training / racing recovery food / drink - Ben – Berry and banana smoothie Jacqui – Chocolate milk*
- *place to race Ben – Philippines Jacqui - Italy*
- *sport team Ben – Utah Utes, Jacqui – Wollongong Wizards*
- *movie Ben – We Are Marshall Jacqui - Rush*
- *book – Ben only likes books with pictures not words haha Jacqui – Tyler Hamiltons*
- *hobbies Ben – baking Jacqui – catching up with friends, shopping*
- *animal / pet – Ben – my dog rusty Jacqui – I don't really have any pets*
- *athlete in triathlon - Ben – Craig Alexander Jacqui – Belinda Granger*
- *athlete in general - Ben – Floyd Mayweather Jacqui – Mo Farah*

What is one thing you can't do without?

Ben - *Jacqui Slack; Jacqui – Laptop so I can speak to my family, o yes and Ben of course*

What is an important tip you can give aspiring young triathletes?

Ben – *Be patient; Jacqui - Enjoy the journey*

What one key piece of advice would you give a coach about getting the best out of their athletes?

Ben – *Patience; Jacqui - Variety*

What is your fav way to relax/recover after a big training session/block or a big season?

Ben – *body surf or eat ice cream; Jacqui – watch something on Netflix, sleep*

What other sports are you into as well as triathlon and Xterra?

Jacqui - *cross fit, MTBing, surf ironman, adventure racing, surfing*

Ben – *Surfing, MTBing, cycling, adventure racing, surf lifesaving*

Do you have a triathlon/sporting goal that you are working towards now?

Ben – *World champion*

Jacqui – *World champion*

THANKS SO MUCH BEN AND JACQUI FOR GIVING UP YOUR TIME ON THIS AND GIVING US SUCH A GREAT INSIGHT INTO THE EVERYDAY WORLD OF TWO GREAT SPORTING CHAMPIONS!