

Contacts



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Committee - Mark Toyer
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Secretary - Nicole Onus
Committee - Lindsay Wilson
Committee - Merv Watkins
Committee - Mark Wilson
Publicity - Geoff Breese

Visit our website - www.waggatriants.org.au

Come and give it a go!

We have training sessions every Sunday at 10am.

Check the website for our latest venue.

More info - phone Lindsay 69262333 (AH) or Mark 0427 311 038



2003 - 2004

Wagga Triants

TRIATHLON CLUB



About Wagga Triants

The Wagga Triants Triathlon Club was formed in 1994 after several local triathletes discovered that there were others, just like themselves, that were travelling to other centres, mainly Sydney and Canberra to compete in events.

Some of the club's first members were the Kahlefeldt Family, whose son Brad is excelling in the sport, taking out the World Championship title for U23 Men in Cancun Mexico. The Kahlefeldts are a well known local sporting family and their involvement did not only encourage the sports most talented people, it also promoted the 'participation aspect' of the sport.

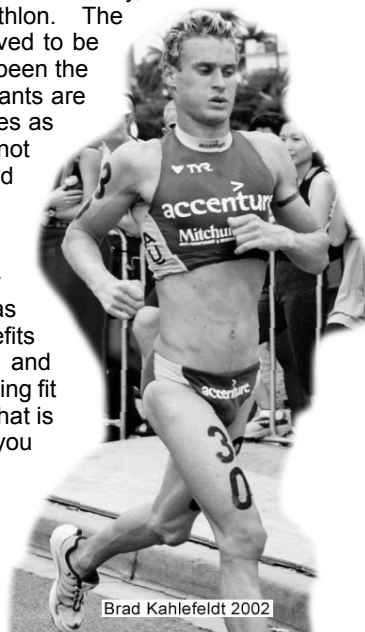


The club's first race was a Duathlon event held during the winter of 1994. The event was a resounding success with approximately 150 competitors, most of whom had never before attempted a multi-sport event. The challenge of completing the course and gaining that amazing sense of achievement, that comes with finishing your first race, appeared to be a huge incentive to give the sport a go. The following year, on Australia Day, the club held its first Triathlon. The 'Bug On A Bike' triathlon proved to be

a great event and one that has been the 'keystone' of the local triathlon season. The Wagga Triants are now well known for their Australia Day weekend of races as being well organised and offering some great prizes, not only for the winners, but for anyone who is out there and having a go. After all, isn't that what it's all about.

Triathlon is one of a very limited number of sports where you compete against others based upon your age group. It is a sport where ability is not important, as long as you're out there enjoying yourself. The benefits of 'cross training', and in particular swimming, riding and running, have been well documented. If you enjoy keeping fit and healthy and want to be part of an organised sport that is flexible enough to allow you to do what you want, when you want, then Triathlon could be the sport for you.

The Wagga Triants is a great social group of people who are out there to get fit, stay healthy and have a good time doing it. Remember, you'll never ever know, if you never have a go!



Brad Kahlefeldt 2002

Membership

If you are interested in joining the club please contact us, or visit our website and download a membership form - <http://www.waggatriants.org.au/>

Coming Events

Bug On A Bike - November Triathlon

Sunday 30th November 2003

	START	SWIM	RIDE	RUN
Olympic -	9 am	1.5km	40km	10km
Juniors -	10 am	100m	8km	2km
Sprint -	2 pm	440m	16km	4km

