

# Tannum Sands, Season Finale 7<sup>th</sup> May 2017



128 participants completed the Frenchville Frogs Triathlon Club's season finale at the beautiful Tannum Sands yesterday.

Tannum is a favourite location for local triathletes and again turned on spectacular blue skies, an honest ocean swim, a respectable bike ride and a pleasant but warm run.



## Result Wrap

Whilst the club encourages participation at all levels and congratulates everyone on their efforts, hats are off to Lance Bennett (*1:07:27*) and Penny Palfrey (*1:20:20*) winners of our male and female sprint distance triathlon respectively.

Other notable performances included Jordan Wall and Gracie Wellspring (Enticer Tri), Byron Rackley and Anna Saratini (Sprint Duathlon), Noah De Jockheere (Enticer Duathlon) and Justin Eason (5.5km run).

The "Shin Splints", "The Wilsonoans" and the "Early Birds" took out their respective team events.

By the way, teams is a great way to participate in tri and share some of the hurt/enjoyment.



## Thank You

Thanks to our local event sponsors M1 Cycles, Shoes Feet Gear, NAB and the Physio Shop.

Thanks also to those looking after our welfare; the Tannum Sands Surf Lifesaving Club and local police.



2016/17 has been a disrupted season for the Frenchville Frogs so we send our a special thanks to all of our participants, spectators and volunteers that have contributed to the season.

Although he may not like us to mention it, Wayne Clifford deserves our most sincere and heart felt thank you for all of his work in developing and leading the Frenchville Frogs over many years. Wayne has provided a home for CQ Triathlon and now moves on to pursue other interests. We acknowledge his efforts and will show our appreciation by continuing to strengthen and grow triathlon in CQ.

## Looking Ahead

Of particular out of Tannum is that over half the participants were doing their first Frogs event of the season; in our view getting an early start on next season. That being the case, we had better start planning 2017/18.





Thinking out loud here, the Yeppoon Triathlon Festival on the 6<sup>th</sup> August, so how about we fire up our 2017/18 season in July?

This is much earlier than usual and will probably involve activity-based sessions rather than events, but I am sure we will all appreciate the value of these warm-ups when poised at the YTF start line.

In the mean time, feel free to keep an eye out for the social training activities of Try2 or chat to one of our local qualified coaches for some advice on how to stay in shape over the cooler months.



### Advice Wanted

The Frenchville Frogs "Brains Trust"\* is very interested in your ideas and suggestions for the future development and growth of the club and CQ triathlon in general.

Obviously we can't make any promises, but please let us know your thoughts via our Facebook page or by emailing [frogstri@gmail.com](mailto:frogstri@gmail.com)

*\* The Brains Trust is a group of 14 members that have banded together and are working behind the scenes to lead and support activities and future direction of the club.*



### Social Dinner

Before we get carried away to July/August, we have one more matter to attend to in our 2016/17 season.

**6 pm on Saturday 20th of May  
"Social" at the Frenchville Sports Club.**

This is a chance to leave the tri-suit at home, replace the body-glide with deodorant for the boys and perfume for the ladies, slip into some shoes that get far too little attention and do the hair rather than hiding it under a swimming cap.

Nibbles will be provided, bar and meal service is available at your own expense and most importantly, you will have the company of some amazing people that you really should get to know.

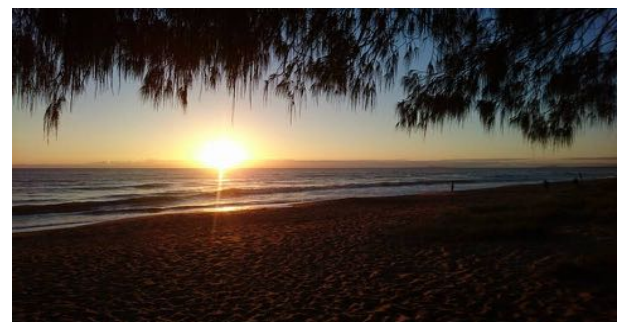
There will also be a few moments to acknowledge the efforts and achievements of the season but I promise no more than 10 minutes.

Bookings are not essential, but we would like people to send a Facebook message to indicate their attendance and numbers.

### Further Information

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*Pre-event. Tannum Sands beach. We'll be back*