

April 2011

TEAM GOUB

PICK
THE 3 GLUTTONS
FOR PUNISHMENT
NOW FACING A
WINTER HAWAII
PREP



AND THE SEASON FINISHES IN A RAIN SOAKED EXPLOSION

The Goulburn Valley's First Dedicated High Performance Triathlon Team Produces 4 out of 4 successful performances at Ironman New Zealand, including 3 Kona bound athletes!

Shepparton's, Victoria's, and Australia's drought breaking record rainfall of the past 12 months proved fantastic preparation for New Zealand's Ironman race held on March 5th, 2011.

4 members of the squad took no prisoners in their attempt at this punishing race and distance. The spectacular Taupo region bared its teeth at 4am on the morning of the race, with more than 70mm of rainfall hitting the course during the day.

The team's loyal supporters stood in up to 11 hrs of rain to support the team. Not in a mood to let anyone down, Ruley, Ben, Annie and Miah all had satisfying races.

Ruley again proved he is well suited to the milder conditions, posting a 9:18, earning himself a podium spot in age group and grabbing the lucky last Kona spot.

Miah again proved her dominance in long course triathlon, and will be making her second trip across the Pacific.

Anne surprised all and no-one at the same time, earning 2nd in age group in her first Ironman race, and a Kona spot as well.

In arguably the most surprising turn of the day, after several recent unsuccessful attempts to nail the ultimate distance, Ben posted a close to 50 min PB and reached well under the elusive 10 hour mark.

All team members take this opportunity to thank family/friends/sponsors for their support, particularly those who stood out in the conditions to cheer them on.



April 2011



Totally Shameless
Sponsored Promotion,
But They Really Are The
Best!

TEAM GGIB Is Proud To Announce It's Association With For 2011.

The team has been named a Mizuno Ambassador and all athletes in the squad are assisted.

Wave Precision 11

The Wave Precision 11 offers a masterful balance between responsiveness and cushioning. Weighing in at a mere 285g, the Precision 11 is aimed at the neutral runner and is ideal as a light weight trainer for faster paced work, or as a racing shoe for those looking for that extra cushioning at the end of an Ironman. All of Mizuno's latest technologies are present in the Precision 11 including the new midsole polymer ap+ ensuring cushioning durability and comfort. And they look very cool!

Wave Ronin 3

Available for the first time in separate men's and women's colours, the Wave Ronin 3 is Mizuno's serious racing flat.

At just 200g, the Ronin 3 is light enough to run a pb 5k on the road or track. With Mizuno's SmoothRide technology, it is also perfectly suited to carrying you to your new marathon pb. If you like a minimal racing flat that is dynamic and flexible, the Wave Ronin 3 is the shoe for you.

Check out the Mizuno website at www.mizuno.com.au and follow the links to see the rest of the 2011 Mizuno running range.

WHY YOU SHOULD BUY MIZUNO

RECRUIT LIST



Shepparton's Hardest Training Athletes!!!

Pictured Above:

Franzmann, Miah.
DOB: 18/10/1964

MacLean, Anne.
DOB: 16/03/1970

Goodall, Benjamin.
DOB: 24/04/1978

Ruley's Race Report From New Zealand:



In short it was a good day with a pretty average run. Not entirely happy with how I went but it wasn't a disaster. Ended up 21st overall which was a fair way back from where I wanted to be but still got a slot to the Hawaiian Ironman and if poor day means 21st overall, 3rd in the age group, 9:18 and a kona slot I'll take it. It was a step backwards from last years 9th but hopefully Hawaii will go the other way this year instead. My swim went ok, I knew I was in good but not awesome swim shape, so to see 54 mins on the clock I was happy, and then to run past Ben on the way up to transition and get out onto the bike quickly had me right on par and doing what I needed too.

Once out onto the bike there were a fair few riders around but no groups had really developed from what I could see behind me which was unusual so I rode moderately at 240-260 watts for the first 45km. At the turn around I could see there was a big group about 3 minutes up the road and they were out of reach for a little while. I then also saw that there was a group that had formed about 60 seconds behind me which was huge. I made a tactical decision and decided to soft pedal for the next 10km and let them catch me, figuring they'd go around in about 5 hours, right where I wanted to be on the bike and make my day a lot easier both mentally and physically.

I then rode around with this bunch for the next 100km or so as the weather continued on and on with heavy continuous rain and a lot of wind. Definitely much tougher conditions on the bike than last year. With about 20km to go I made a little break on the bike and put in 60 seconds over most of the people I'd ridden around for the last 3 hours by the time I got to transition. T2 went nicely and I got out and started running as the rain continued to thump down. I felt quite fresh despite the 180km on the bike and was ready to step it up a gear and pull back the 10 or so age groupers in front of me on the run but my run legs never really got going. I didn't feel tired and had no problems settling into a comfortable rhythm, but I never felt strong nor did that aggression kick in like it should have. I went through the first 14km in just under 60 minutes and felt surprisingly good, and thought I was still on track for a very nice run time and that I could

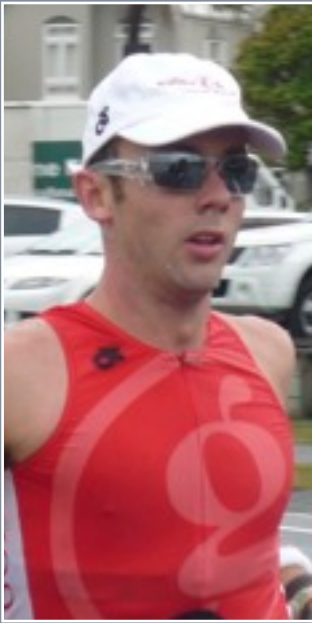
still run right on 3 hours despite the legs not wanting to really do their part.

Over the next hour things slowed a little but not too bad and I went through 28km in 2:04 which had me thinking 3:06-3:09 was still a possibility, but this was also the stage the lack of km's and tempo work in the legs this year started to come through and I started to slow down to 4:45km's. Nothing dreadful but not ideal. With about 10km to go I realised that I was probably going to run about 3:15 and that I was going to be able to run the whole race out (except for a couple of quick stops for cramps) something which I haven't been able to do before despite having run faster times. Over the last few km I got passed by a couple of guys and I nervously looked down at their calves for their category letter to see if they were in M25-29 knowing two guys were in front of me in this category and that there was probably 3 Hawaii slots at best and I didn't want to give this up. Fortunately none passed me and I came across the finish line in 9:18 for 21st overall and 3rd in my age group. There were some mixed feelings over this, I was glad to be finished and relieved the day was over, frustrated I'd had a slow run and felt it was a lot slower than I'm capable of running but also happy that if this was a bad day life wasn't that bad.

After sitting around in the recovery tent I was greeted with a very pleasant surprise... the arrival of my number one training partner Ben Goodall. After years of frustrating sub par performances and today shadowing me the whole way on the bike Ben had finally put a race together close to potential and got a score on the board with a fabulous 9:42 and a massive 50 minute PB. This was just the start of the Team GGIB juggernaut. Anne Maclean and then Miah also came home in great times taking the teams Tally to 3 Hawaii slots, 3 podiums and a 50 minute PB from 4 members racing.

It was great to see what a group of motivated like minded individuals could do at an international race with some help from a local company in Griffiths Goodall insurance brokers. Bring on the red tri suits racing across the lava in kona in October!

RECRUIT LIST



Shepparton's Hardest Training Athletes!!!

Pictured Above:

Rule, Anthony.
DOB: 27/05/1984

Thompson, Mark
DOB: 05/03/1979

The Goulburn Valley

The **Goulburn Valley** is a region of [Victoria, Australia](#). The region consists of those areas in the catchment of the [Goulburn River](#) and other nearby streams, and is part of the [Murray-Darling Basin](#). The Goulburn Valley is bordered on the south by the [Great Dividing Range](#) and to the north by the [Murray River](#), the state border with [New South Wales](#). The region is one of Australia's most productive and intensively farmed areas and is predominantly [irrigated](#).

The major regional centre of the Goulburn Valley is the city of [Shepparton](#). Other important regional centres include [Echuca](#), [Benalla](#), [Yarrawonga](#), [Kyabram](#) and [Seymour](#).

Industries in the Goulburn Valley include agricultural activities such as fruit growing and [dairying](#), which supply processing plants in Shepparton and outlying towns such as [Strathmerton](#) and [Tongala](#). This extensive food processing industry allows the region to produce around 25% of Victoria's rural output. The [SPC Ardmona](#) plant, founded in 1917 in Shepparton, is one of the world's largest fruit canneries. Other important agricultural activities include [woolgrowing](#) and [cropping](#). Water for irrigation is sourced from [Lake Eildon](#) and [Goulburn Weir](#), with Lake Eildon supplying

over half the water used in the Shepparton irrigation district.

Griffiths Goodall Insurance Brokers have been a significant part of the last 21 years of commerce in the Goulburn Valley, and are the largest Insurance House in the area, also one of the largest in the country.

The area is steeped in Triathlon history. With the Shepparton Half Ironman now being run for more than a decade, many great triathletes have hailed from the area after developing an interest in the sport by watching this great race right in front of their eyes.

The Goulburn Valley has produced many urban legends (none myths), including Hawaiian Ironman competitors Lindsay Hooper and John Carey. John is still spoken about in hushed tones to this day as possessing "total awesomeness".

Team GGIB is looking to replicate and improve upon our area's previous performances and well and truly put Shepparton and the region on the triathlon map.

Mark
In The
Shepparton Half
Ironman
2010



5 MINUTES WITH ANNE MACLEAN...

Who are you?

The person who keeps 5 balls (mine, Cam's, Nick's Amy's & Joe's) juggling, for the most part successfully, sometimes I'll drop one and occasionally they all come crashing to the ground!

Where are you based?

On 10 acres 10min out of town, Cam and I both grew up on farms so we love having a bit of space around us.

Occupation/Work/Career history?

Pre kids I was a Business Banking Manager @ NAB, I soon retired after having our first child and was a stay at home Mum until our youngest started school in 2010. Now I am loving working for myself as a Personal Trainer, its pretty compatible with school hours and my clients are mainly parents like me trying to balance life with doing something for themselves and becoming fitter and healthier.

Family?

Are everything!!! I wasn't going to do Kona if they couldn't be there. Cam is amazingly supportive of my training and he gets more nervous than me on race day. The kids, Nick (10) Amy (7) and Joe (6), are inspired by my dedication to training and my success. I'm surprised that, at their age, they really understand why I'm out training and why I'm tired sometimes. They hold little triathlons at home, and I couldn't have been prouder than when Nick completed his first kids triathlon in the sunset series this summer. Amy wants to do one next year and we'll see if Joe follows suit. I'm not fussed whether they do triathlon or not, but I think it's important for kids to participate in some type of sport or physical activity, for their social, mental and physical development.

Height/weight?

I liked Miah's answer "none of your business". It's interesting that I'm heavier now than I have ever been (except when I put on 20kilos in pregnancy!) but I've never felt better or been fitter and healthier. OK, so for the record 170cm tall and fluctuate between 58-60kilos.

What is your history in triathlon, and other sports?

I've always run a bit for personal fitness, but I had an arthroscopy in 2007 and 3 months later I still couldn't run 500m. Frustrated, I decided to get in the pool and try and strengthen it. I had never learnt to swim so all I could do was breaststroke with my head above the water. A friend encouraged me to enter the Shep Hexman 2008 so I bought my first bike 2nd hand about 3months before the race and started riding for the first time since I was a kid. I did OK in the race and LOVED it! So from there I learnt to swim freestyle and did my first Shepparton Half Ironman the next year 2009 at which I placed 4th in my age group. So I've only been competing in triathlons for 2 and half years. I've also played tennis and enjoy weight training.

What are some of your best results, obviously the NZ ironman being a highlight?

Yep New Zealand of course, I was blown away to have such a great debut in Ironman. At my 2nd Shep Half Ironman 2010, I beat my PB by 30min and won my age group in a time of 4:43. I felt so strong in that race and my bike time was 6th fastest female and up there with the pro women, not bad for an old bird! I qualified for Age Group World Sprint Champs 2010 in my first Gatorade Sprint race by winning my age group. They had the Olympic distance qualifier race the same day though so I reckon all the good triathletes were attempting that distance, but hey, I'll take it. At 2010 Shepparton Half Marathon I ran a 1:31 my best time ever. I only came 3rd but was really happy with that time.

NZ being your first ironman, was it what you expected?

It was much, much better than I expected. I actually enjoyed it. I had put in the training not just in the specific training 4 months before but over the past 2 years I have really worked on improving my weaknesses and developing my strengths. I actually raced fairly conservative because everyone had said 'you'll have some bad periods during the day' and I was envisaging an enormous amount of pain during the last couple of hours. I stuck rigidly to my race plan and kept waiting to hit the wall but it didn't happen and with 6k to go I realised it wasn't going to! I sped up and tried to get under 11:00 but didn't quite make it, 11:02! I kind of wish I'd gone a bit harder earlier now and got under the 11:00 but who knows maybe if I had of I would have blown up. That's the thing with ironman, it's a balancing act and it would take years of racing to really understand it well.

What advice do you have for someone attempting their first ironman?

Do the work, be patient and don't attempt it before you are ready, physically and mentally. Have a race day plan that you have practiced in training and stick to it on race day no matter what. Enjoy the day, don't stress about the weather, thank the volunteers and the crowd cheering you on. That's a lot of advice, but one more bit, don't listen to anyone's advice, you know yourself best!

How do you fit in everything - Family/Training?PT?

Bloody early mornings!!! I can do a 3hour training session and still be home in time to get kids breaky and ready for school and start work at 9am. This is not news to any triathlete, we're all the same.

The only part where the kids notice I'm not around is the long ride on a Sunday where I might not be back until early afternoon, but these are for a relatively short period before ironman. Im lucky to have Thursday's off and I use this day to train also.

What are your targets and goal races for the 11/12 season aside from Hawaii?

I really want to beat my Half Ironman PB in Shepparton but it will have to wait now until 2012. After Hawaii I'll just do sprints for the rest of the 2011/2012 summer season.

What's it like training with the rest of the ggib team?

Fun, you have to be thick skinned though, the boys don't take it easy on Miah on I just because we are the girls! I'm wrapped Miah and I have both qualified this year, I'm going to need her to help keep the motivation up on those cold Winter mornings.

Do you think Miah is secretly planning revenge at Hawaii for beating her across the line in NZ? If so, how do you think the sneaky old bird will go about it?

Yeh, for sure!!! Nah, she's got nothing to worry about, she will flog me in Kona. She will be all over me in the water (I'm just hoping to get out of the water before the cut off, seriously! I'm really bad in the ocean not to mention no wetsuit), hopefully I'll go alright on the bike, but think she might handle the heat on the run better than me. I'm just glad we are never in the same age category so the rivalry is only in jest.

What rig are you riding?

Merida Time Warp, from Leigh Egan's, it's coool.

How are you finding the Mizuno shoes and apparel?

Great, haven't raced in my racers yet, but they are super light which I love. The trainers are well worn in now and I really like them.

Favourite local riding loop?

Short and sharp: River Rd, Boundary Rd, Channel Rd, Archer Rd, Kialla Central, River Rd

Long: Out to Dookie, Nalinga, Violet Town, Strathbogjie, Euroa and home

If you could sum yourself up in three words what would they be?
A normal person

WHAT DO GRIFFITHS GOODALL DO?



Insurance Broking For Big Or Small Business, Rural & Corporate Australia

Griffiths Goodall Insurance Brokers (“GGIB”) is well equipped to handle any insurance query, large or small. We know insurance. It’s been our business for a very long time.

Our directors and staff have more than 200 years of continuous experience in all facets of insurance. Whether you run a small, sole proprietor business or a large, diversified company, GGIB has the industry experience and technical expertise to construct an insurance program that will fit your specific needs.


Our trained professionals recognize these differences and ensure that you get the right cover at the right price. GGIB only deals with carefully selected insurance companies who are

financially sound. If at any time we consider that the solvency of an insurance company is questionable, our staff will take measures to place alternative cover.

22 Welsford Street Shepparton

As one of the largest privately owned insurance brokerages in the nation with an annual premium income in excess of \$27 million, GGIB offers a complete insurance broking package encompassing technical insurance advice, market analysis, risk management and claims management services. It is through this holistic approach to insurance that our brokerage ensures that our clients are rightfully indemnified according to their policy conditions.

Find us at www.ggib.com.au

GENERAL INSURANCE	BUSINESS	CORPORATE	RURAL	FINANCIAL
	<p>Large Or Small Any type of commercial insurance risk including property, motor, liability and the like.</p>	<p>Specialists Complex financial and casualty risk, large scale industrial property.</p>	<p>Agricultural Sectors Any rural risk including dairy/ fodder/ orchard-packing-storage, stockfeed.</p>	<p>Griffiths Goodall Financial Services Life Insurance, Keyperson, Income Protection, Buy/Sell Agreements, Term/Trauma/ Injury.</p>



INSURANCE BROKERS

The below article is an extract from the Shepparton News That Ran In The Sports Section The Week Following Ironman NZ.

TRIATHLON

Ironman warriors ready for Hawaii

By Marc McGowan

October's Ironman Hawaii will almost definitely be five-time Shepparton Tri Club champion Miah Franzmann's last attempt at the distance.

Franzmann, 46, confirmed yesterday she would retire from ironmans to concentrate on triathlons and half-ironmans once she completed Kona for a second time.

"It will be interesting after it whether I do get a bit, 'Oh, yeah, I wouldn't mind doing another one'," Franzmann said.

"But not at this point. This is how I said I'd do it. Hawaii is the pinnacle and then I'll retire.

"When I say I'll retire, I'll still do triathlons and half-ironmans, but just not the long distance. I'm just a bit tired of all the training."

Franzmann came 17th in the women's 40-to-44 age group in 2006 and hopes to improve on that performance alongside clubmates Anne Maclean and Anthony Rule.

The trio earned their slots with top-three Ironman New Zealand placings on Saturday.

Maclean, 41 next Wednesday, finished second in the women's 40-to-44 age bracket in 11:02:15, while Franzmann came second in the women's 45-to-49 category in 11:05:20.

Franzmann, who is moving house this month, said there wasn't competition between one another in ironmans.

"Ironman is all about yourself," she said.

"My legs were just too sore to keep going up the hills (when Franzmann and Maclean were alongside each other on the run).

"It happens all the time when you're training together, where you finish



Aloha: Anne Maclean, Anthony Rule and Miah Franzmann are back in town after qualifying for Ironman Hawaii.

Picture: Bethanie Sessions

quite close to each other."

It took Rule's and Franzmann's gentle persuasion to convince Maclean to accept her place on Sunday morning, but the Kialla mother of three is looking forward to it now.

"I want to do it now, so at least that part is good," Maclean said.

"It's about logistics because I'd like the family to come. Hopefully, we can try and work something out there, which would make it really good.

"I'm not daunted by the training; I'm actually pretty excited to get back into it.

"I'll still have a month off, but I'm looking forward to how I can train a bit differently and the little bits I can improve."

Rule, who placed third in the men's 25-to-29 age group and 21st overall in 9:18:38, says his achievement sunk in quicker this time than it did when he qualified last year.

"I'm a lot less tired this time and ready to get back

into things already," 26-year-old Rule said.

"My legs are still a little bit sore, but everything else is pretty good and I'm ready to fire.

"I'll have a word to my coach and just chat about the race and the things that went well and could be improved - the next thing is to work out travel arrangements."

Rule was also thrilled to see training partner Ben Goodall's hard work pay off as the Kialla Lakes resident

posted an impressive time of 9:44:14.

"It was good to see Ben have a good race and get one on the board - it was a huge PB for him," Rule said.

"It is quite frustrating knowing someone is going fast, but just not getting it together in the race.

"He shadowed me for a large part of the day in the race. I didn't get rid of him until the start of the run."

Ironman Hawaii is on October 8.

Ironman New Zealand Results

Where/What/How/When/Who/Why



RESULTS AND UPCOMING EVENTS

X-0size Brighton Final Race

There has not been a lot of racing since New Zealand for the obvious reason of recovery. Ben attempted a sprint race here in Brighton a couple of weekends ago and lucked into 2nd place in age. There's no accounting for where stupidity can take you.

Mansfield To Buller Graded Cycle Race

Mark Thompson, suspiciously absent from the rest of this newsletter has embarked on a cycling campaign that can only be described as a demmarage! Mark attempted his first cycle race recently, with assistance from Ben and team friend, Marcus "Overachieving" Cooke. Mark won his grade in spectacular fashion, proving his superior ability to climb and handle a high heart rate!

There's a lot more to come on the cycle front, stay tuned for big news and developments; in the meantime the accompanying picture to the right should give a taste of what is to come...

The team has had a great start for its first season amidst the high expectations set by themselves.

But its not all about what they've done, it's about what's next?

All the members of the team will be training extremely hard over the off season and it's an exciting time for all of the members of the squad who are all on track for their best seasons.

for some epic stories of survival and perhaps death.

Ironman Hawaii

Can Anthony shake the tag of "WHAT THE?" and pb at Hawaii, this time hopefully somewhere under the 13 and a half hour mark? Miah returns for her second attempt amongst the lava fields, and will no doubt again confuse most onlookers as to how she is doing this unassisted or without unnatural levels of testosterone. Annie is making her Kona debut, and the team expects big things from this ex-banker turned personal trainer and super mum.

And After That?

It's back to New Zealand Ironman in 2012 for Ruley and Ben, who are hoping for under 70mm of rain this year. Word is they will be joined by 20 or so other athletes from the Goulburn Valley region, many first timers at Ironman Distance or even close. Stay tuned



What's This All About?

Team GGIB is a serious Goulburn Valley based triathlon team, sponsored by Griffiths Goodall Insurance Brokers. Members of the team have all demonstrated previous success in the sport and commit to a level of training to support their teammates and themselves in their endeavors.

TEAM GGIB

0412576883

PO BOX 1329

SHEPPARTON 3632

[http://ggib.com.au/
teamggib.html](http://ggib.com.au/teamggib.html)