

January 2011

TEAM GOUB



AND THE SEASON ROLLS ON...

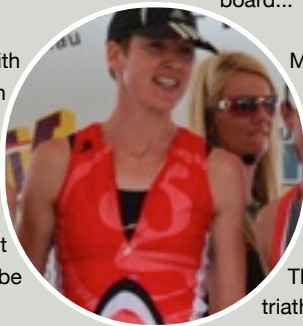
The Goulburn Valley's First Dedicated High Performance Triathlon Team Produces Some Strong Results In the First Half Of The Season, And Obviously Not Going Unnoticed, Earning The Nickname "God Squad"...

Well... At least a couple of people have used that nickname anyway. The effort both Anne and Miah put in at Shepp Half Ironman certainly gives those two ladies the right to be considered holy, both smashing the opposition and taking out their respective age group titles. Both girls posted great bike and run splits, shaming most of the men in the field, and bringing a whole new meaning to the term "chicked".

The boys racing didn't let the team down either, with Mark posting an unbelievable first up half time and Ben less than a minute behind and more than ecstatic with everyone in the team's effort.

The four members racing had all committed a large portion of their winter preparation to performing at their home town half, and it was more than special to be able to do this all on your back doorstep.

Onward then to Ironman Busselton. With Miah, Ben and a number of team friends competing over in the west, the event made for a great trip and small holiday. Miah once again proved why she is considered an Ironman "GUN", achieving podium status once again and rocking out quite a solid time. Posting very consistent splits across all three disciplines, Miah proves every single time why consistent training and a steady effort always win out in the long stuff!!!!



On a new training plan and clear of a long ITB history, Ben went to Busselton with high expectations, but again learnt expectations and previous performance mean nothing at the ultimate distance test. After being on track during the swim and bike and first 15kms of the run, Ben was forced to withdraw suffering nausea, sickness and a number of annoying mid marathon afflictions! Back to the drawing board...

Miah raced on her lonesome at Sandringham Olympic Distance, and raced against her arch nemesis once again, unluckily just losing out on this occasion. Miah impressively launched herself into this shorter distance after a long Ironman campaign, and held the team in good stead once again.

The next race on the calendar was the Echuca sprint triathlon, Thommo has provided an excellent race report and this is detailed on page 2.

The team has received great support from the Shepparton and Goulburn Valley community and would like to take this opportunity to thank its supporters, naming sponsor Griffiths Goodall, sponsor Mizuno, and our families and loved ones.

January

SPONSORSHIP ANNOUNCEMENT



A Maiden Win For
Team Founder Ben
Goodall At Echuca
2011

TEAM GGIB Is Proud To Announce It's Association With MIZUNO As Of January 2011. The team has been named a Mizuno Ambassador and all athletes in the squad are assisted. Mizuno produces award winning high performance footwear featuring the unique and lightweight WAVE TECHNOLOGY. With a particular focus on running, whatever your surface, distance or level of ability, Mizuno has the right shoe for you. And through Mizuno's unique Precision Fit System it's never been simpler to find that perfectly suited shoe.

Be sure to visit www.mizuno.com.au to experience Precision Fit and the rest of the Mizuno story.

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

Thommo's Race Report On Echuca:

The word on everyone's lips in Echuca last weekend was 'Floods', and rightly so with the Campaspe River threatening to break its banks after the infamous weather events over the past couple of weeks. However, a flood of another kind was witnessed by the spectators at the Port of Echuca with Ben Goodall and Team GGIB dominating the Morley Auto Motor Group Echuca Sprint Triathlon.

After a number of attempts over the past few years and recent disappointment in Busselton, Ben Goodall displayed true determination and resolve to totally dominate the pointy end of the field. After the starters gun, it was apparent to those competing that they would have to work extremely hard to stay in touch with Goodall throughout the race.

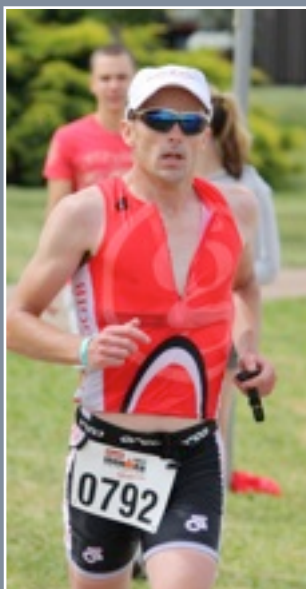
After a dominant effort in the water, it was Goodall who held a slim lead over a handful of competitors that included fellow team mates Anthony Rule and Mark Thompson. After a smooth transition for most Goodall led the field out onto the 20km bike leg. Bad luck and near disaster had hit Rule with the two time title holder experiencing mechanical problems and nearly losing a wheel. This saw Rule having to make up time on the rapidly increasing lead Goodall was establishing on the bike.

By the end of the bike course and onto the run leg, Goodall had created a commanding lead, with over a 2 minute gap between him and the chasing group that included both Rule and Thompson. However, as hard as they tried there was no stopping Team GGIB's founding member. Goodall finished the 5km run leg 13 seconds clear of Rule, who had made up an impressive amount of time. There was no hiding the mix of emotions from Goodall, as he celebrated his first ever overall triathlon victory and second ever age group win. Obviously a very satisfying day for him and one that will be remembered for his career best bike leg.

Miah Franzman was again very dominant as usual in the womens event. After winning last years event, Miah had high hopes for this years race. However, she was not to have it all to herself, with serious competition entered in this years women's categories. After battling the debris in the swim leg that was a result of recent rains, Miah had to work hard to stay in contact with the eventual winner throughout the bike leg. In the end, Franzmann had to settle for 3rd over the line after not being able to reduce the deficit on the run leg.

The day concluded with Ben taking out both the overall and 30-34 mens events. Rule was 2nd overall and 1st in his 20-29 age group. Thompson was 8th across the line and 2nd in the mens 30-34 age group and finally Miah Franzmann finished with 3rd across the line in the women's event and 1st in her 45-49.

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



WHO'S THE OLD BIRD?



“Franga”
Smashing It Out
At Kona

5 MINUTES WITH MIAH FRANZMANN...

Who are you? - A mother of two who works full time at Wanganui teaching Maths and Science and who enjoys keeping fit!

Where are you based? Shepparton

Occupation? Secondary teacher

Family? Husband - Mark and children Brayden - 16 yrs old and Hannah - 13 yrs old. Plus dog - Cougar and cat - Boots

Height/weight? Mind your own business!! If you must know about 155cms or thereabouts and 55kg

What is your history in triathlon, and other sports? Started after having Brayden. Thought it would be a good way to have a bit of fun and get fit again. Did teams events first but as I gained confidence I took on all three legs myself.

What are some of your best results? My first would have been winning the Melbourne Triathlon Series for my age group. The next major high would have been coming second in my first ironman and earning a place at Hawaii. There are been lots of others as well, like winning the Gatorade Series last year for the 45-49 age group.

What are your targets and goal races for the 10/11 season? As I am stepping down from the ironman distance after this season (for awhile anyway) I would really love to get another Hawaii spot.

What's it like training with the rest of the ggib team? Entertaining. There is always someone hanging it on someone.

Is ruley for real, or from mars? And do you think he will ever get over losing to Ben in Echuca? He has to be from Mars because he sometimes says things you have no idea what he is on about. He will get over it but only if he gets you in New Zealand.

What rig are you riding? A specialized time trial bike.

Favourite local riding loop? It would have to be Harry's especially when its nice and green

If you could sum yourself up in three words what would they be? I don't know really. You can make something up but it can't be nasty. A diehard triathlete!!

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

SHEPPARTON HALF IRONMAN

The team has had great support from local media including the Shepparton News & Win TV. Below is an example, a liftout that appeared in the Shepparton News Before The Shepparton Half Ironman:



FRIDAY, NOVEMBER 12, 2010

SN

Fantastic four: (from left) Mark Thompson, Anne Maclean, Miah Franzmann and Ben Goodall lead the local charge for Sunday's Shepparton Half Ironman.
Picture: Bethanie Sessions

League of their own

Four Goulburn Valley triathletes will have more expectations than most when they dive into Sunday's Shepparton Half Ironman.

Kiella's Anne Maclean is hoping to better her debut effort from last year when she managed a fourth placing in the women's 35-40 age group.

Miah Franzmann and Ben Goodall, who are competing in the race for the fourth and third time respectively, could barely have been further away from Shepparton at this time last year when they contested the Ironman World Championship 70.3 in Florida. Then there's Numburk's Mark

Thompson, a half Ironman debutant who won the Australian cross-country title in 2002.

They are four of the five triathletes - Shepparton's Anthony Ruiz, who recently competed in Ironman Hawaii, is the other - in the newly formed Griffiths & Goodall Insurance Brokers team.

The team is Goodall's way of recognising the road to and hard work of the cream of the Shepparton Tri Club crop.

"It's just the five of us high-performing people at the moment," Goodall said.

"I'm talking to some others at the club, but it's just for this year at the moment because there might be some people who decide not to do triathletes next year."

"We might get (Ironman legend) Jason Sherwin moving to Shepparton and he can certainly be a member if he wants."

"It also helps my company get our name out to different areas."

Goodall, 32, faces stiff opposition in the form of 31-year-old Thompson this weekend.

The triathlon partners fall in the men's 30-40 age category and are targeting about four hours and 20 minutes as a finishing time.

Hopefully, they'll go even quicker.

But the rivalry only goes so far in one of the most individual sports in the world.

Ironman is all about pushing your body to the limit and being the best you can, as Goodall - injury-free for the first time in years - states.

"I'd love to do a PB of five minutes and for Mark to beat me. That's a win for everyone," Goodall said.

There's every chance that will happen, too, because Thompson is an athlete of rare quality who had serious intentions of representing his country at the 2006 Melbourne Commonwealth Games.

continued next page

RESULTS AND UPCOMING EVENTS

Shepparton Half Ironman

Anne Maclean 4hr:43min:44s - 1ST IN
40-44 AGE GROUP!

Miah Franzmann 4hr:52min:39s - 1ST IN
45-49 AGE GROUP!

Mark Thompson 4hr:12min:07s On Debut
Ben Goodall 4hr:13min:12s a 7 minute PB

Busselton Ironman

Miah Franzmann 10hr:48min:30s - 2ND IN
45-49 AGE GROUP!

Ben Goodall A Big Fat DNF after swim,
bike and 21kms of the run!

Canberra Half Ironman

Mark Thompson 4hr:16min:03s

Sandringham Olympic Distance

Miah Franzmann 2hr:30min:50s - 2ND IN
45-49 AGE GROUP!

Echuca Sprint Triathlon

Ben Goodall 54min:57s -
1ST IN 30-34 AGE GROUP
AND 1ST OUTRIGHT!

Anthony Rule 54min:59s -
1ST IN 25-29 AGE GROUP
AND 2ND OUTRIGHT!

Mark Thompson 58min:
10s - 2ND IN 30-34 AGE
GROUP!

Miah Franzmann 1hr:05min:11s - 1ST IN
45-49 AGE GROUP AND 3RD OUTRIGHT
FEMALE!

The team has had a great start 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 have been
training extremely hard over the summer and
it's an exciting time for all of the members of
the squad who are all on track for their best
seasons to date.

Ironman New Zealand

4 members are heading to the Lake Taupo
region to stamp out another Ironman, all but



2
CLAPPED OUT
SPASTICS IN THE
RECOVERY TENT

Mark (too scared). Ruley and Miah are looking
again to qualify for the big day at Hawaii in
2011, Ben is looking for a finish, and Anne is
completing her very first Ironman! Ruley will be
more than annoyed there's been a lack of
press about him in this release, we are hoping
he does something worth talking about in NZ
for the next issue....

And After That?

Its a brave person who plans post
Ironman, but tentatively on the agenda are:

Race 6 Gatorade, Race 5 X-Osize, Great
Ocean Road Marathon, Some Various Bike
Races, And Even Padding To Tasmania Across
The Bass Straight (This may require some
extra thought and training....)

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

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