


November 2010

# TEAM GOIB



Ruley already thinking about next year's race...

## AND THE SEASON BEGINS....

**The Goulburn Valley's First Dedicated High Performance Triathlon Team Launches Into Their First Season With A Vengeance.**

It is fair to say team member Anthony Rule achieved the dream of most triathletes in qualifying for this year's Hawaiian Ironman. After placing 9th at Ironman New Zealand outright, with a solid time of 9hrs and 12 minutes, Anthony placed a huge expectation on his own shoulders to perform. Whilst by his own measure "Ruley" had a day he would rather forget, it was no doubt an experience he will never forget. Anthony explains further:

Originally this started as a blow by blow account of the race but in the end everyone has read enough race reports and who wants to read about someone having an awful day and going over 4 hours slower than their previous race? Not too many people I'm guessing so I'll gloss over the details of walking for 7 hours and doing 13:26(which wouldn't have even got me top spot on the female 60-64 category)

Instead I'll talk about how I got to the start line of the world's toughest single day endurance event, the iconic, Hawaiian Ironman. An event that consists of a 3.8km swim, 180.2km ride and 42.2km marathon all back to back. All in one day in the extreme Hawaiian heat, humidity and wind which roars across the rugged tropical and volcanic beauty that is Hawaii.

The Seed to do this extreme race was first sewn into my head whilst watching the coverage of the race in grade 4 circa 1994 on 9's wide world of sports. I thought that the event was kind of looney but still held some crazy attraction and that one day maybe I could just go there and finish it.

The seed lay dormant there for a long time. I did a bit of cross country running through high school, and went ok but was not a superstar, managing to get state selection but being a little big for straight running especially after later discovering weights and putting on 13kg

in 9 months. Around this time Peter Robertson who had gone to my high school went to the Olympics and then won a world championship and that was when the seed sprouted. I decided I would switch from running to triathlon and then work towards doing an Ironman and eventually the original, the big daddy of them all, Hawaii. I gave myself till 25 to get to it and it would be one of my life long goals.

So I bought a road bike, learnt to swim and began training fairly hard all-round. This went on for a few years and at 21 I found myself toeing the line in my first Ironman at Busselton in Western Australia, the youngest person in the pro category by 5 years, lined up alongside 2 world champions and a former world record holder. The Day was a big learning experience and a welcome to the real world of tough endurance events. I was fit and strong, but over eager, I stuck 8 hours of good racing together and was in 13<sup>th</sup> spot out of about 1000, but I didn't have that last hour left in me and faded to 71<sup>st</sup> spot walking the last 14km and was a bit of a mess.



# 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 Continued:

Fast forward a couple of years and the same storey had played out a few more times. Then in 2007 I raced at Ironman Australia in Port Macquarie. I started the race with a broken arm and was struggling to even swim so didn't hold high hopes of a good result and was not sure if I would even be able to finish the swim. So I started the race much more conservative than any others with out to much of a concern for how I was going, lost 14 minutes in the swim, lost another lot in the first half of the bike but then in the second 90km started to feel good and started to storm back through the field and passed almost 350 people by the end of the bike. I got off and ran a very angry run and though it wasn't an ideal race put together a pretty dam good one and managed to get a Pro Slot to Hawaii for that year.

Unfortunately due to Clinical placements for my university course and the faculty's lack of flexibility I couldn't go race. So with my goal now dashed till university was over I spent the next few years chasing shorter races I didn't really have a passion for, had a few ok results getting a couple of state titles overall and a 2<sup>nd</sup> and 5<sup>th</sup> overall at nationals at a few different events but didn't really progress or go anywhere.

Fast forward and a few years later, university now finished, my pro licence in the bin, having moved away from Melbourne, now living in Shepparton and training with a good group of guys, the chance to get to the Hawaiian Ironman again represented itself. The chip on my shoulder from 2007 was still there and the desire was strong. This was especially fuelled by watching some of my mates and training partners win races around the world and one even win a world championship. I just had to harness this desire and let it loose on a race. I didn't have a good fitness base to work with but I began working hard and luckily these things come back quicker than they are lost and By Christmas I began to start finally start seeing some fitness and getting in some good quality, hard, fast consistent training. I managed to put 8 very good weeks together of absolute insane training, every morning and night, including things such as 2.5 hour runs starting at 5am and 240km bike rides. It worked by the time I got to Ironman New Zealand I was about 80% race fit and knew I was more than ready for what I had to do.

My plan for Ironman New Zealand knowing I was in good but not perfect shape was simply to race conservative and only do enough to get a spot for Hawaii with no real concern on my overall or age group spot. I stuck to my plan, stayed conservative and importantly made virtually no mistakes all day, and surprisingly from 8km through to 32km was leading the age group race and in 6<sup>th</sup> overall, then fading over the last 10km back to 9<sup>th</sup> overall but still

winning my age group convincingly.

I was back; I finally had that Hawaii spot. In the end ironically I hadn't needed to get faster or fitter, just a little wiser. It was an eye opener being only 80% fit and getting 9<sup>th</sup> in an international race with 1500 people in it whilst working full time. I now had what I had wanted for the last 7 years and a large part of the journey was now over but the rest just got a hell of a lot more exciting.

It saw the start of a new journey to go race across the desolate Lava fields in Hawaii down the Queen K highway. To Fight the brutal winds and try not to get blown onto the jagged lave fields descending from Hawii, the ones that have knocked so many off their bikes and put them in ambulances. To then run down into the insanity of the energy lab, return out of it and then after many many hours finish off down Alii drive and become one of a select few to have ever done this event.

Sure the race did not go to plan and I had the slowest race I have ever had but feeling far from good i gritted it out and put one foot in front of the other and stumbled across the line well after dark more than 13 hours after I started, a glow stick around my neck, proud as punch that I'd done it.

There are a few key things that will likely stick with me from this race - the chaos of the swim start where 1800 people are let loose in a small area all wanting to get to the end before 1799 others and the resulting bashing that results. The howling gusty cross winds coming back from Hawii, doing 75-80km/h having run out of gears and getting dragged 2 metres across the road, over the white line. The Jagged lava getting closer and closer, having to lean in and just trust my tires to avoid ending up being smashed into a thousand bits sharp rocks. The calm, quiet and peacefulness of walking down the Queen K highway after dark with my first ever glow stick around my neck, barely a soul around. Such a contrast to the rest of my career. Knowing that similiarly to in the Oxfam trail walker(100km run race), no matter how exhausted or messed up I am, if I keep putting one foot in front of the other I'll find a way to get to the end. So now that all this is happened and Hawaii is finished and ticked off what do I have to do? Well I have to get back there and not just finish but put together the race I wanted and do it in 2011.

I'd like to say thankyou to Griffiths Goodall Insurance Brokers for their support and sponsorship, Shepparton tri club for their support, Ben Goodall, Mark Thompson and Kent Williams for kicking my backside out of bed for the 6 months leading into the event and talking reason when there was none to be found else where or within, and lastly Jo Turner for her support.

# RECRUIT LIST



## Shepparton's Hardest Training Athletes!!!

Pictured Above:

Rule, Anthony.  
DOB: 27/05/1984

Thompson, Mark (IN THE NEW  
TEAM KIT!!!).  
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 Shepparton Triathlon Club 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's  
The Half-  
Person In Front  
Here**

## 5 MINUTES WITH MARK THOMPSON:

Who are you?  
Mark Thompson

Where are you based?  
Numurkah

Occupation?  
Health and PE Teacher

Family?  
Wife Paula and 4 year old daughter Jasmin

Height/weight?  
172cm / 61kg

What is your history in triathlon, and other sports?  
I've just completed my first winter of Triathlon training since moving on from a competitive running career.

What are some of your best results?  
Nothing hugely significant yet in Triathlon. Placed 6th across the line and won my age group at one of the Victorian Duathlon Series in May. Running has been relatively successful. Best results there would be:

5th place in the 5000m at the 1998 World Junior Championships in France.

Represented Australia at 3 World Junior Cross Country Champs and 1 senior World Cross Country Champs.

Australian Junior Cross Country Champ ('97)

Australian Open Cross Country Champ ('02)

2nd place in the Sun Herald City to Surf ('03)

5th place Sydney Half Marathon ('05) 64'44"

Why have you taken to triathlon of late and made the move from running?

In a word... injury. My achillies heel literally is my achillies heel! Also, I have an addictive personality and if it wasn't triathlon... who knows what I'd be doing!

What are your targets and goal races for the 10/11 season?

Shepparton Half Ironman and Canberra Half Ironman. The performance goals for these would be complete them, hopefully Shepparton under 4 hours 20 mins. Canberra, to give a podium finish a nudge in my age group. 2011 is a difficult one, as a result of the lack of available places in races. I hope to complete another 2 or 3 Half Ironman's and lower my best time in these.

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

Competitive, tough and a lot of laughs!

Is ruley for real, or from mars?

There are times I reckon I have him all worked out... then all of a sudden that confidence is crushed!

P.S. has anyone told him he can't use hand paddles in the swim at Kona???

What rig are you riding?

Merida Warp 4

Favourite local riding loop?

Anything in the Strathbogies... love the hills!

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

Obsessive compulsive disorder.

# 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.


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.

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.

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.

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

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



INSURANCE BROKERS

# UPCOMING EVENTS

Where it's all about to happen...

It's not all about Ruley. In fact after Hawaii, it's probably best we not talk about Ruley for a while...

All the members of the team have been training extremely hard over the winter period and in this leadup. It's an exciting time for all of the members of the squad who are all on track for their best seasons to date.

## Shepparton Half Ironman

4 members of the squad are launching themselves into their home town event.

Anne MacLean has put together her best preparation period yet. On the back of pb's across all distances last season and some great signs leading into the big race, we are expecting big things from this Kialla resident. With the swim her weakness in the past, look for considerable improvement in this area, a fling bike time any grown man would be proud of and a smashfest of a run.

Miah Franzmann. Nothing else needs to be said about this outstanding athlete other than her local nickname, "KONA"!!!! These days a veteran of the tri scene, Miah will lap this race up and no doubt establish herself as the best in her age.

Mark Thompson is experiencing his first half ironman race. With a running pedigree that will see most, if not all, of his competitors run for the port-a-loo's, the rest of the field is hoping he has 3 flats and has a bad day on the bike.

Ben Goodall, under the close eye of a new coach and finally injury free, will no doubt be called upon again to hold the roof up for Shepparton. Known for some mixed results with some high peaks and some pretty low troughs, the team is looking for Ben to finish this race, and to tackle Mark to the ground if and when he catches Ben somewhere in the latter stages of the run!

## Ironman Western Australia

More to come on this event in the next edition, but we have Ben and Miah heading over to the west for their second attempt at this course. Along with some other Shepparton Tri Club members, this looks to be a great trip



**Miah Franzmann**

Dead Set Legend

away and a chance to prove themselves at the biggest distance.

## Canberra Half Ironman

Ruley and Thommo are both heading up to our nation's capital. Nothing short of age group victories thanks guys.

## Ironman New Zealand

4 members are heading to the Lake Taupo region to stamp out another Ironman, all but Mark (too scared). Ruley is looking again to qualify for the big day at Hawaii in 2011.

## 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.

## SHEPPARTON TRIATHLON CLUB

Team GGIB has a deep association with the Shepparton Triathlon Club. All members of the team are members of STC, are Goulburn Valley residents, and form a high performance training and racing squad endorsed by the club. Further details about the club, membership and selection for Team GGIB can be found at:

[www.sheppartontriclub.com.au](http://www.sheppartontriclub.com.au)

## TEAM GGIB

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