








Club Captain Report 2024/2025

Highlights

- End of season clean sweep, winning club champs, juniors and seniors, winning the league
- Having 30+ people qualify for Wollongong World Championships (to be confirmed in July)
- Massive success stories across races, such as **7 Duathlon state champions**, Club Cup at Challenge Canberra

SYDNEY TRIATHLON PREMIER LEAGUE			
FINAL STANDINGS			
POSITION	CLUB		ACCUMULATED POINTS
1ST	Cronulla Sharks		911
2ND	Warringah Waves		771
3RD	Balmoral Purple Thunder		667
4TH	Manly Vipers		616
5TH	Concord TC		579
6TH	STG		578
7TH	Brighton Polar Bears		451
8TH	Hills Red Army		413

Racing

A few facts:

- **150 Senior entries to Richie Walker Aquathlon, 26 Juniors**
 - This is a slight uptick in seniors from 2024 (145 seniors, 32 juniors)
 - Down from in 2023 (181 seniors, 58 juniors)
 - Up on 2022 (126 seniors, 32 juniors)
- **77 people** took part in the **Stu Ford Memorial Challenge**
- Club races, duathlons and time trials enjoy increasing popularity. A **club race attracts 36 participants on average** (up from 32 in 23/24 season). 69% of participant are senior athletes and among these seniors 32% are female. Duathlons and time trials have an average attendance of 21 athletes per race. 52 and 53 individuals take part in duathlons and time trials respectively
- We noticed a remarkable **uptick in youth and junior females** taking part in club races, significantly more than male (ratio of 70%) due to a downward trend in male juniors taking part in club races.
- This season was particularly marked by **many races** (too many?) across the season with selection points and club point scoring on the menu. This creates competition between races and therefore some cannibalisation occurs.

Training

- Wednesday nights remain the primary event to get the club together.
- Monday nights are established as a cycling session and to practice drills, with declining participation however. With increasing confidence, athletes are joining Sunday rides led by Bike Captian Anthony. It is very common for fragmented groups to go individually organised (non-official rides)
- Friday Afternoon Swim Training attracts a small but regular group of athletes
- Most training now happens ad-hoc and announced via WhatsApp, which has the risk of diluting the collective "BELONG" aspect of the club

Ideas & Observations

- Simplify scoring races and focus on key races to avoid cannibalisation
- Coordinate calendar better and avoid clashes
- Engage other clubs and encourage club members to take parts in local club events (Panthers TC, CoogeeTC, MacArthur TC)

Special Acknowledgements

- **Adam Hummerston**, for running so many things: swimming and Monday nights with Erica, running many races throughout the year and his contribution on the BBQ at various events such as Christmas run and Richie Walker. He so deserves being named Volunteer of the Year by TriNSW
- **Daniel Acosta** for putting on the club run and now being supported by Thierry for B Pack
- **Tony Larbalestier** for putting his hand up for being bike captain and running the Robertson Ride, which we had to reschedule on short notice
- **Gina Ngan** for an amazing organisation of club club champs
- **Ian Ross** for helping with point scoring
- All committee and sub-committee members for their help and support throughout the season
- Thanks to all club members racing and volunteering to enjoy this sport to the fullest