

## TRY-athlon training tips 3

FOR those 'tri' first-timers for whom taking on all three aspects of the race is daunting why not register with David Rosenthal to be part of a team. You can choose to compete in the leg that you are most confident in. Swim like a brick? Don't worry, you could run or cycle. The only time I like to run is when an axe-wielding maniac is chasing me so I choose to swim or cycle. David is BHP's injury management & health coordinator and he wants to make this a fun event where everyone can participate.

This week's tip is all about etiquette. Whatever the activity we have to be polite and respect others, and employ common sense. To avoid collisions, you must stay as far left as possible which then allows others to safely pass on the right, the same as driving. Also, try to watch for people coming from behind as well as watching for oncoming traffic. You can warn other participants that you are gaining and overtaking them by a simple 'on your right' or if you have a bell on your bike (as one should) to ring when approaching. If you have to unexpectedly stop (eg with a cramp or to tie a shoe lace) it is important to first get out of the way of oncoming traffic.

David advises runners and cyclists to start familiarising themselves with the circuit as part of their training. On the day of the race entrants are naturally nervous due to adrenalin generated. To help with your preparation, I have included an updated triathlon course map from David (see *Kids can tri too* for contact details). For anyone familiar with the original track you will notice that the Radio Hill section has been deleted. The run now ends by turning left onto Fortescue from the Welsh track and then left into the oval for a grand finish.

Hopefully by now you have been scheduling in some training time everyday or every second day. I know it can be challenging juggling work, family, exercise and social engagements. I write out a list of things to do and include exercise time, because not only does it benefit my health, but taking care of me is important if I am to take care of anyone else.

*Failing to plan is planning to fail.*

Wendy Hagan



Carrie-Ann is not shy behind the gun. This was her first (but not last) attempt at clay shooting.



Boys with their toys! James Durrant, Steven Fox, Colin George and Cameron Lynden strut their stuff!

## Club targets new batch of shooters

LAST Sunday the Newman Clay Target Club welcomed new faces to an open day which was a resounding success with at least 100 visitors checking out the club during the afternoon.

Although there were a lot of first time clay shooters, many had already experienced the sport in other capacities.

Dave Mathew was one of the new shooters, "This is my first time clay shooting, it's different to what I'm used to which is shooting at things that run away from me!"

One of the younger female participants Carrie-Ann said that she really enjoyed the clay target shooting. She hopes to become a regular

and looks forward to attending the fortnightly meets.

The Newman Clay Target Club operates every second Sunday and is open to adults and juniors all year round. For more information you can contact the club president Lenny Brown on 9175 0507.

## MotoX season warms up



Newman MotoX riders take off for '08 season action.

THE Newman Motocross Club is aiming to make the 2008 season the best yet. The track has been reconstructed with a brand new layout and the installation of seven 20m permanent lighting towers.

This plus the new spectator facilities will make the club one of WA's premier tracks. The club thanks the following companies which made it all come together: BHPBilliton, Pilbara Development Commission, Cape Range Electrical, Tenix, Freo Crane Hire, Hercules Crane Hire, Readymix, PHS, NRW, National Hire, Roos Plumbing and Statewide Hire.

The new season will get

underway on the March 16 with a fun day which allows new or interested members to come and have a go. This will be followed by eight points rounds on: March 30, April 13, May 18, June 8, July 19, August 3 and 24, and September 21.

The club caters for all ages and bikes ranging from four years to veteran riders. Family, single, social and cross memberships with the Newman Enduro Club are available.

For information regarding dates, memberships or event contact club president Kim Meagher on 0407 476 177 or email [kim.meagher@bhpbilliton.com](mailto:kim.meagher@bhpbilliton.com).

# 350 NEW ROOMS IN PORT HEDLAND

## REGISTER NOW

## BEACH FRONT

PORT HEDLAND

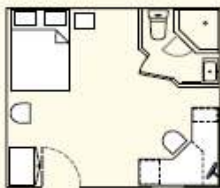
### ACCOMMODATION TYPE A

New en suite single accommodation. Well equipped rooms, corner bathroom, bed, bedside table, wardrobe, desk, chair, flat screen TV, bar fridge. Every room has a verandah and is a short walk along landscaped pathways to the dining facility, the hotel services building, and the beachfront.

Single en suite



Studio en suite



Verandahs



Studio en suite



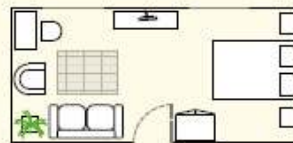
### ACCOMMODATION TYPE B

Existing 2-storey, fully air-conditioned buildings with shared bathroom facilities. Various sizes from single bedroom to large studios or bed sitters. Ratio of bedrooms to bathrooms varies from 3:1 to 2:1. No bedroom is more than a few paces down an air-conditioned hall from a bathroom, all of which have been refurbished.

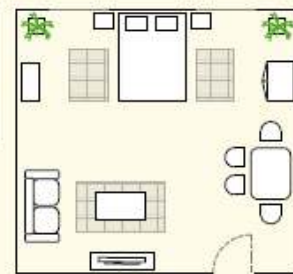
Single room



Double room



Bedsit studio



### OPENING IN MARCH

Call today to register your interest in this exceptional accommodation village scheduled to open on March 1. Beach Front will provide much needed accommodation for people working in the resources industry, on infrastructure projects, and visitors to the Pilbara.

### TERMS

Accommodation and dining at Beach Front is available in a range of packages and time frames. Our staff can help you with a package to suit specific requirements of individuals and companies. The numbers to call: Tel: 9173 2822, or 0488 338 887



Beachfront opens in March. Due to the shortage of accommodation in Port Hedland NOW is the time to register your interest.

Telephone

Chris Lewis, Chief Executive  
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David Costin, Project Manager  
0488 338 887



Beachfront  
Port Hedland

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