



# The Official NSTC Guide 2016

With around four weeks remaining before the Port Mac Ironman festival kicks off, I would like to wish all of the NSTC members who are making the journey north GOOD LUCK.

It takes a lot of guts, determination and commitment to step up to the next level, and I'm not just talking about Ironman. A few of our club are also stepping up to the 70.3.

To our old faithfuls who are going around again. I hope it all comes together on the day. To the brand newbies who are trying their hand at long course, trust in your training and enjoy the experience, which I understand is very personal and verges on being spiritual at times.

There will be a strong contingent of supporters up there helping you on your way, and even a few volunteers scattered around the course as well. A smiling face and words of encouragement really can provide a much needed lift, so keep a keen eye and ear out for it. And spectators... don't be shy!

This would have to be the largest contingent of NSTC members participating in a full Ironman since I have been at the club.

I know I speak on behalf of the committee when I say good luck, have fun and we look forward to hearing the epic tale of your adventure.

Respect!

Ben Mildren  
Club President

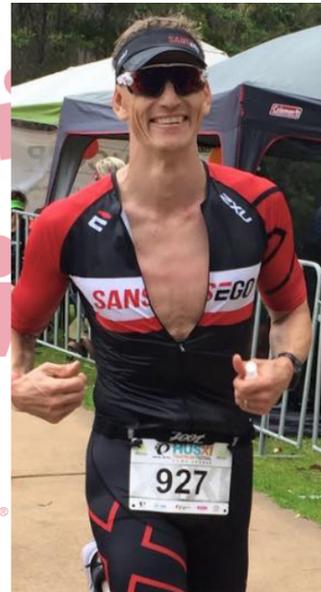
## EVENT SCHEDULE

Thurs 28 <sup>th</sup> April	9am – 5pm	Athlete Check-in Open	Glasshouse
	9am – 5pm	IRONMAN Australia Health & Lifestyle Expo Open	Glasshouse & Town Square
	10.30am, 12.30pm, 2.30pm, 4.30pm	Compulsory Athlete Briefing Screening (must attend one briefing either Thursday or Friday)	Glasshouse
Friday 29 <sup>th</sup> April	6.30am – 8.30am	Practice Swim Open	Hastings River
	9am – 5pm	IRONMAN Australia Health & Lifestyle Expo Open	Glasshouse & Town Square
	9am – 5pm	Athlete Check-in Open	Glasshouse
	10.30am, 11.30am, 2.30pm, 3.30pm, 4.30pm, 5.15pm	Compulsory Athlete Briefing Screening (must attend one briefing either Thursday or Friday)	Glasshouse
	1pm	First timers info sessions	Glasshouse
	6pm – 8pm	Compulsory Athlete Welcome & Race Director Update	Westport Park
Saturday 30 <sup>th</sup> April	6.30am – 8.30am	Practice Swim Open	Hastings River
	6am – 7am	Port IRON 5k Check-in Open	Town Green
	7.30am	Port IRON 5k Race Start	Horton Street
	8.30am	Port IRON 5k Random Prize Draw Presentation	Town Green
	7.30am – 8.45am	IRONKIDS Check-in Open	Westport Park
	9am – 5pm	IRONMAN Australia Health & Lifestyle Expo Open	Glasshouse & Town Square
	9am	IRONKIDS Start	Westport Park
	10am	IRONKIDS Random Prize Draw Presentation	Westport Park
	11am – 4pm	Compulsory Overnight Bike Check-in & Gear Bag Drop (Bike & Run)	Westport Park
	12pm, 1pm, 2pm, 3pm	Transition Tours	Westport Park
Sunday 1 <sup>st</sup> May	4.30am – 6am	Transition Opens	Westport Park
	6.15am	Pro Male Race Start	Hastings River
	6.18am	Pro Female Race Start	Hastings River
	6.35am – 6.55am	Age Group Athletes – Rolling Start	Hastings River
	10am – 7pm	IRONMAN Australia Health & Lifestyle Expo Open	Town Square
Monday 2 <sup>nd</sup> May	2.43pm (approx.!)	First Pro Male Expected	Town Green
	3.49pm (approx.!)	First Pro Female expected	Town Green
	11.55pm	Race Officially Closes	
	8.30am – 11am	Transition opens for Bike & Gear Bag collection	Westport Park
	8.30am – 11am	2017 IRONMAN Australia Onsite Registration Open	Glasshouse
	10am	Results & 2016 Kona Qualifiers posted	Glasshouse
	11am – 12pm	Kona Roll Down	Glasshouse
6pm – 9pm	Awards Ceremony	Westport Park	
From 9pm	Athlete after party	Panthers Port Macquarie	



**Craig (Fat boy with an inappropriate hobby) Prior | 40-44**

**Previous IM events:** Too many to mention!! This is number 10!  
**Best/Worst leg:** very average at all 3/Run on a bad day!  
**Race Goals:** hopefully a PB, got to beat 13:12 from Florida in 2005, but the main thing is to enjoy it and be strong on the run.  
**Training plan:** Consistency!  
**Fun Fact:** The last time I did Port Macquarie I was beaten by Tony f\*\*\*ing Abbot!  
**Special needs bag:** tbc maybe a pork pie a la Barcelona 2013.  
**What Craig needs out on course:** High 5's  
**What else?** This is his youngest son's first Ironman so a big call out to my wife Emily for all her support - she's amazing!



**Dirk (Diggler, Dirky, Spirky, Derek, Doug, Dick, Steve, John) Lievert | 40-44**

**Previous IM events:** Port Macquarie, 2013.  
**Best/Worst leg:** Swim/Run  
**Race Goals:** Beat my last Ironman time over the same course and remember to enjoy the day!!  
**Training plan:** Top Secret - refer Tom Buckley!!!  
**Special needs bag:** Bike - spare tube, canister, Summer Roll Bar. Run - Red Bull, Soy Sauce.  
**Unusual nutrition for the day:** Soy Sauce, Mustard.  
**What Dirk needs to hear out on course:** Hurry up, Tom's catching you!!!!



**Andrew (The Road Runner) Smith | 45-49**

**Previous IM events:** Busselton 2012, Cairns 2013, IMOZ 2014.  
**Best /Worst leg:** The right one/The left one  
**Race Goals:** Have fun and enjoy being out there supporting my club mates.  
**Training plan:** Most gain in the least amount of time.  
**Fun fact:** I do actually enjoy swimming!  
**Special needs bag:** Oxygen.  
**Unusual nutrition for the day:** Extra hydration from swallowing water in the swim.  
**What Andy needs to hear out on course:** Bronwyn's fave "You've still got the hottest butt". No male voices though please!  
**Did you know:** Andy has a catastrophic glow stick phobia!



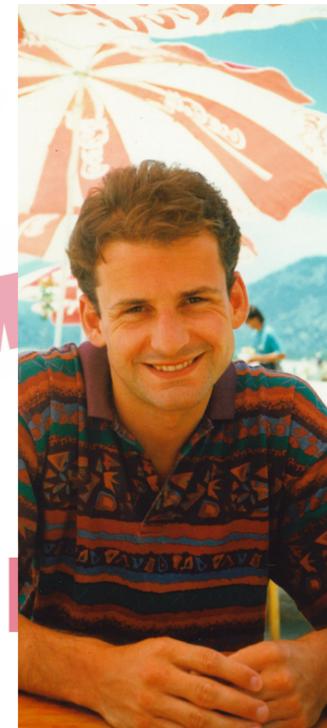
**Chris (Lewy) Lewis | 25-29**

**Previous IM events:** Melbourne 2015  
**Best /Worst leg:** My right leg is slightly stronger... that or T2/ My run has never been described as pretty.  
**Race Goals:** Get it done, 12 hours or under would be nice.  
**Training plan:** Train my mind to not always be thinking about tapering.  
**Fun fact:** I used to work as a professional opera singer, nowadays I just use my loud voice to yell at people on the bike.  
**Special needs bag:** A warm top, fresh socks, and probably something tasty.  
**Unusual nutrition for the day:** A deep love for pretzels & flat coke in the back half of run  
**What Chris needs to hear out on course:** Just don't tell me I'm looking good on the run, I know it's a lie!  
**Did you know:** Race morning superstition - I need to wear a bright green knitted beanie that my grandmother in law knitted. It's now the first piece of race kit packed!



**Mark (Mr Flower) Fiore | 50-54**

**Previous IM events:** 18 Ironmans. Just shows I am crazy. My first was Forster in 1998. This is my 12<sup>th</sup> Ironman Australia. So I am a 'legend'. My legend number is 178.  
**Best /Worst leg:** Used to be running, but my chronic Achilles injury has put paid to that. These days I am pretty even across all 3 legs.  
**Race Goals:** Finish & get close to 11 hours.  
**Training plan:** Train hard & often. There are no secrets in this sport. The harder you train the better you go.  
**Fun fact:** I couldn't swim until I was about 33. I am still uncomfortable in the water and am very relieved when I am out of the water.  
**Special needs bag:** Nothing. Plenty of stuff on the course.  
**What Mark needs to hear out on course:** 'looking good'. That is the most important part of triathlon. To look good ;)  
**What else?** My dad loved IM & always volunteered. He passed away last month so it will be a tough day without him.



**Simon Borrill | 45-49**

**Previous IM events:** Port 2012 & Cairns 2013 - both finishing in 10:45 - consistent!  
**Best /Worst leg:** Ok at swim bike & run without any standout leg - but I'd consider my mental strength and resilience as the biggest asset.  
**Training plan:** Swim with better swimmers, run with better runners and ride with better bikers.  
**Fun fact:** My names Simon & Roger are my grandmothers maiden names - very diplomatic parents!  
**Special needs bag:** A bag of concrete.  
**Unusual nutrition for the day:** Beetroot?!  
**Did you know:** I am distantly related to John Harrison - the maker of the first accurate sea going clock and winner of the longitude prize in the 1800's.  
**Top tip for new triathletes:** Do lots of open water sighting drills - swimming fast is good but swimming fast the wrong way is not smart.



**Tom (Bucks) Buckley | 45-49**

**Previous IM events:** This is number 14!  
**Best /Worst leg:** Run/ Bloody swim - who ever put the swim into triathlons!  
**Race Goals:** To finish!  
**Training plan:** definitely going in under-trained this time!  
**Fun fact:** Potential alcoholic. Tragic U2 fan  
**Special needs bag:** Nothing - always miss picking them up!  
**Unusual nutrition for the day:** Minimal carbs!!  
**What Tom needs to hear out on course:** Embrace the suck.  
**What eles?** This is definitely my 14th and last ironman!



**Len (Lenny, Lens, Jens, LenGy) Groen | 50-54**

**Previous IM events:** IMOZ 2011-2014, IM WA 2012, IM Asia Pacific 2015.  
**Best /Worst leg:** Bike/Can be any on the day, but usually nutrition followed by the run.  
**Race Goals:** Finish in under the 11 hour mark.  
**Training plan:** About the same as Roy or Dirk with less running & swimming, soon to increase!  
**Fun fact:** If there is a hand out I will High 5 it with out causing a incident. If a little kid puts their hand out I will respond, it is just great to see them smile.  
**Special needs bag:** High 5 4:1  
**Unusual nutrition for the day:** The occasional Vegemite on the stick at Run aid stations.  
**What Len needs to hear out on course:** Keep calm and stay in the moment!  
**What else?:** If you see Tongy dressed in a vegemite outfit on MFD just smash him so he doesn't yell in my ear!!



**Tim (Powernerd) Gainsford | 40-44**

**Previous IM events:** IMOZ 2004 and 2011  
**Best /Worst leg:** Run/Bike  
**Race Goals:** To go faster than before!  
**Training plan:** Consistency.  
**Fun fact:** Raceday sunrise is at 6:30am (5min before age group start) and sunset is at 5:14pm.  
**Special needs bag:** For the run, anything that doesn't contain sugar & has lots of salt.  
**Unusual nutrition for the day:** Breakfast on race morning is Weetbix and All Bran - somehow this works for me.  
**What Tim needs to hear out on course:** Honestly, you look like s&t.  
**What else?** Last time I missed Aisling & Roisin in the finish chute...too many lights. Hopefully that will not happen again. I can't guarantee it won't, but I'll try. If the minutes on the clock end in a '9', all bets are off, I'm running!



**Roy Edwards | 50-54**

**Previous IM events:** Have raced in all Ironman races in Australia.

**Best /Worst leg:** Swim/Bike

**Race Goals:** Would love to go sub 10 hours.

**Training plan:** Coached by Tom Buckley, very different, very structured - really enjoying it.

**Fun fact:** I'm pretty much technology illiterate - thank you to my favourite son ;)

**Special needs bag:** No needs along the way, just a chocolate milkshake at the finish.

**Inspiration:** The journey, the people I share training days with and creating new mates along the way.

The moment of crossing the line, taking part in the day.

AWESOME!!



**Carly (The Bull Shark) Bull | 40-44**

**Previous IM events:** Newbie alert!

**Best /Worst leg:** hmmm.....let's take a stab and say swim/Very obviously the run.

**Race Goals:** A big shiny finishers medal.

**Training plan:** Long run....long ride....eat...sleep....repeat....oh & a swim in there somewhere.

**Fun fact:** I used to be very shy and was told by one of my teachers that I was too quiet to ever be a physio....

**Special needs bag:** Another set of legs, vaseline, vegemite sandwiches.

**Unusual nutrition for the day:** A banana 15mins before race start.... just to annoy Neville...

**What Carly needs to hear out on course:** Anything at all – please stay awake long enough to watch me finish!! **What else?** I can't wait!!!



**Danielle (Dan, Mrs Flower) Fiore | 40-44**

**Previous IM events:** Korea & Melbourne

**Best /Worst leg:** bike maybe the run . depends on the day/Swim (still terrified!)

**Race Goals:** Finish without my back going.

**Training plan:** Lots of very long swims, long hard rides, though the lovely Kylie M is going to keep me company on some...I enjoy the long runs :-)

**Fun fact:** hmmm what you see is what you get. I sleep with earplugs in every night - I am a very light sleeper.

**Special needs bag:** A heat pack for my back & some pain killers if it all gets too much...

**Unusual nutrition for the day:** Organic ginger bars they settle my stomach .

**What Dan needs to hear out on course:** Pain is momentary, glory is forever. You look great (though i will know you are lying...)



**Paul Every | 50-54**

**Previous IM events:** 40 IM races plus some crazy ultra distance events!

**Best /Worst leg:** Swim/Regrettably, the run. Limited mileage to preserve a deteriorating left knee. I still want to be playing this game for a while yet.

**Race Goals:** Enjoy the day. Race the best I can with what my body now allows me to do

**Training plan:** As much variety as possible.

**Fun fact:** My 88 year old mum, Brenda used to race triathlon & marathons. In the 1980s & '90s, she blazed the trail for veteran woman triathletes of her age. There just weren't women of her age competing. She still swims three times a week, usually about 1.5 km. I am very proud of her.

**Special needs bag:** Black olives for the run .

**Unusual nutrition for the day:** Baked potatoes with garlic, oregano & salt, or gorgonzola cheese sandwiches. Cheese must be as stinky as possible!

**What Paul needs to hear out on course:** Ironman. The sport for those too lazy to run the distance.

## Best Spectator Points

The best viewing for the swim will be along the waters edge at Westport Park. The Swim Start is located directly opposite the Marine Rescue in Westport Park so anything west of this point will give you a great vantage point.

During the cycle, the top spot will be at the slope on Matthew Flinders Dr, also known as Heartbreak Hill (access via Hopetoun Close). Watch as competitors tackle what is considered to be one of the steepest ascents on the IRONMAN circuit.

The place to watch all competitors grind out the 4 lap run course and finish the race will be at the finish precinct in Town Green.

## Club Sponsors

