

CLUB TRAINING SESSIONS

We have regular weekly cycling and (depending on the time of year) swim training sessions. Also once a month we hold "Transition Training Sessions" (TTS) at Terrey Hills Swim School, Myoora Rd, which simulate Sprint Distance triathlons in an informal, semi-competitive atmosphere on Sunday mornings or late Saturday afternoon during daylight savings. In the winter months these are replaced by duathlons.

These sessions are a great way for new members to be introduced to the sport and the Club. They consist of a 500m swim, a 15km ride on the low traffic roads out to Duffy's Forest and a 4km run up and down Myoora Rd's footpaths. The sessions are handicapped to allow everyone a chance to "win".

COMMUNICATIONS

We keep in regular contact through electronic means and by word of mouth. The web site, especially the members forum, is one of the principal electronic means. Enquiries can be made by email or by phone (see contacts below).

www.nstc.org.au/forum

DATES FOR TTS SESSIONS

Saturday 23 January 2010 5pm – Triathlon

Saturday 13 February 2010 5pm – Triathlon

Saturday 13 March 2010 5pm – Triathlon

Sunday 18 April 2010 7am – Triathlon (Long Course Option)

Please arrive half an hour before start time to register & setup.

(Dates subject to change – please check our forum www.nstc.org.au/forum for latest updates.)

CONTACTS

TTS Co-ordinators

Cecile Beams / Clare Hogarth

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President – Stuart Butler

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Recruitment Officer – John Stroud

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NORTHERN SUBURBS TRIATHLON CLUB



www.nstc.org.au



NSTC – The premier distance club of Sydney’s northern suburbs

5 REASONS TO JOIN NSTC

Here are just a few reasons to join the club:

1. You know everyone in the club
2. We accommodate all level of athletes
3. We have training sessions all year round
4. We have more fun than anyone else
5. Meet more people in your area

With great company, free advice and a money back satisfaction guarantee, we remove the risk of joining a new club.



HISTORY

We are a smaller, friendly club based around the St Ives/Terrey Hills/Forest area. The club was originally the St Ives Triathlon Club and you may still see some references to this. All levels of experience are catered for. Beginners are always welcome and members are only too happy to assist them develop their skills.

SIZE

We are still only a smaller sized club at around 40 members but we have a high participation rate and a very social aspect to the club.

STANDARD

The standard of athletes in NSTC is diverse – from first timers to age-group champions but all are welcome.

DISTANCE

The full range of distances are covered, though the club was originally known for its strong long-course emphasis with most members of the club regularly competing in half and full Ironman distance races.

MEMBERSHIP

(includes 1 complimentary TTS)

Adult	\$50
Under 18	\$20
Students	\$20
Family (up to 4 members)	\$80



RESULTS

As a smaller club we have achieved some good results with members qualifying for the Ironman World Championships in Hawaii (Kona). On two occasions we have had 4 or more members competing in Hawaii, which is an extraordinarily high rate for a club of our size.