

# RED DOG TRIATHLON TRAINING



## ATHLETE OF THE MONTH



Congratulations to Deepali Kaur for being selected as Red Dog's Athlete of the Month for July 2023.

Deepali wins this month's award for winning her age group at the Queensland Duathlon Championships.

A big thank you to our sponsors for donating this month's prizes.

[Read More](#)

---

## BLAST FROM THE PAST



[AOTM March 2020 Hedda Cooper](#)

---

## SESSION CHANGES

There will be no training on Wednesday 16 August 2023 for the Ekka Holiday.

The full RDTT training schedule has now resumed, with the exception of Monday morning bike, which will resume on Monday 4 September 2023.

---

## UPCOMING RACES

Townsville Triathlon Festival – 18-20 August  
Ironman 70.3 World Championships in Lahti, Finland – 26-27 August  
Sunshine Coast 70.3 – 10 September  
Ironman World Championships Nice (Men) – 10 September  
Ironman World Championships Kona (Women) – 14 October  
Noosa Triathlon – 5 November  
Harvey Bay 100 & 50 – 26 November  
Kingscliff Triathlon – 26 November

---

## RDTT MERCHANDISE STORE OPEN



Merchandise orders are open now and close at the end of the month on the Champ-Sys Team Store. Please login using your existing details or set up a new account using the login RTT and password RTT.

Visit the [RDTT Store](#) to place your order.

---

## RDTT PRIVATE FACEBOOK PAGE

RDTT has a 'Members Only' Facebook page to communicate member specific information such as training instructions during COVID-19 lockdowns.

To join, click on the link below, noting you need to be a current RDTT member to be granted access.

<https://www.facebook.com/groups/reddegtriathlontrainingmembersonly/>

---

## RED DOG SOCIAL MEDIA

Do you follow the club on Instagram and Facebook yet?  
Check out the club's pages for all the best photos from events, training and races!  
Click on the links to follow! [Facebook](#) [Instagram](#)

If you have RDTT photos to share, please send to [reddogtriathlon@optusnet.com.au](mailto:reddogtriathlon@optusnet.com.au) and get yourself featured on social media!

---

## YOUR DETAILS

To update your contact details, please [email us](#) or do it [online](#).  
You can view our privacy policy [here](#).

---