

# RED DOG TRIATHLON TRAINING



## ATHLETE OF THE MONTH

Congratulations to Scott Hodder for being selected as Red Dog's Athlete of the Month for November 2021.

Scott wins this month's award for his first podium performance at Robina. Well done!

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

[Read More](#)

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## SESSION UPDATES

Annual O'Reilly's Bike Ride – 6:00am 18 December 21  
Meet at Canungra Hotel  
Mt Nebo Swim Bike Run – 6:00am 16 January 21  
Meet at Enoggera Reservoir

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## DATE CLAIMERS

Raby Bay Rumble – 12 December 21  
Red Dog Christmas Party – from 2:30pm, 12 December 21 (The Regatta Hotel)

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## UPCOMING RACES

Raby Bay Rumble – 12 December 21  
Hell of the West – 5 February 21  
Mooloolaba Triathlon – 13 March 21

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## NOVEMBER SPONSOR SPECIALS



### Support Red Dog Triathlon Training

Download the Australian Venue Co. app to pay on mobile, earn rewards and access exclusive offers at more than 60 venues Australia-wide. Start spending with the app and your organisation will be rewarded.

**How to Join**  
Simply download the app & enter "REDDOG" in the voucher code tab of the main menu

**Rewards & Benefits**

- \$10 Welcome credit for all new members
- 10% off at ALL AVC VENUES
- Earn 10 points for every \$1 spent on the app
- Earn 2000 points and convert for \$20 credit

Every dollar you spend helps to support Red Dog Triathlon Training!

Scan me to download the App today!  
<http://www.australianvenueco.com.au/auvc-app/>

Don't forget to enter the code "REDDOG"

Australian Venue Co. RED DOG

Red Dog has developed a number of strategic partnerships with product and service providers that directly benefit members with a range of discounts and special promotions.

Taking advantage of these offers helps Red Dog further develop these relationships and negotiate even better benefits for members in the future.

Please support our sponsors where possible and provide feedback on your experiences to ensure they continue to deliver quality products and services to our members.

# RED DOG TRIATHLON TRAINING CHRISTMAS TIMETABLE

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13-19 Dec	am	<b>Swim</b> CP 5:15-6:30	<b>Run</b> UQ 4:30-5:30 UQ 5:30-6:30	<b>Bike</b> Ship Inn 5-6:30	<b>Run</b> VP 5:30-6:45	<b>Swim</b> VP 5:15-6:45 CP 5:15-6:30 (100x100s CP only)	<b>Bike</b> O'Reilly's Ride	<b>Run</b> Solo
	pm	<b>Swim</b> VP 12:00-1:00  YP 6:15-7:15	<b>Swim</b> YP 12:00-1:00  -	<b>Swim</b> -  VP 6:15-7:15	<b>Swim</b> YP 12:00-1:00  YP 6:15-7:15			
20-26 Dec	am	<b>Swim</b> CP 5:15-6:30	<b>Run</b> UQ 4:30-5:30 UQ 5:30-6:30	<b>Bike</b> Ship Inn 5-6:30	<b>Run</b> VP 5:30-6:45	<b>Swim</b> CP 5:15-6:30	<b>Christmas Day</b>	<b>Boxing Day</b>
	pm	<b>Swim</b> -  YP 6:15-7:15	<b>Swim</b> YP 12:00-1:00  -	<b>Swim</b> -  VP 6:15-7:15	<b>Swim</b> -  YP 6:15-7:15			
27 Dec – 2 Jan	am	<b>Public Holiday</b>	<b>Run</b> UQ 5:30-6:30	<b>Bike</b> Nundah 5-6:30	<b>Run</b> VP 5:30-6:45	<b>Swim</b> CP 5:15-6:30	<b>New Year's Day</b>	<b>Bike/Run</b> Solo
	pm		<b>Public Holiday</b>	<b>Swim</b> VP 12:00-1:00  VP 6:15-7:15	<b>Swim</b> YP 12:00-1:00  -	<b>New Year's Eve</b>		
2-9 Jan	am	<b>Public Holiday</b>	<b>Run</b> UQ 4:30-5:30 UQ 5:30-6:30	<b>Bike</b> Ship Inn 5-6:30	<b>Run</b> VP 5:30-6:45	<b>Swim</b> CP 5:15-6:30	<b>Bike</b> VP 5:00-8:00	<b>Run</b> Solo
	pm		<b>Swim</b> YP 12:00-1:00  -	<b>Swim</b> -  VP 6:15-7:15	<b>Swim</b> -  YP 6:15-7:15	<b>Swim</b> VP 12:00-1:00		
10-17 Jan	am	<b>Swim</b> CP 5:15-6:30 <b>Bike</b> Ship Inn 5-6:30	<b>Run</b> UQ 4:30-5:30 UQ 5:30-6:30	<b>Bike</b> Ship Inn 5-6:30	<b>Run</b> VP 5:30-6:45	<b>Swim</b> VP 5:15-6:45 CP 5:15-6:30	<b>Bike</b> VP 5:00-8:00 Ship inn 5:00-8:00	<b>Swim/Bike/Run</b> Mt Nebo
	pm	<b>Swim</b> - VP 6:15-7:15 YP 6:15-7:15	<b>Swim</b> YP 12:00-1:00  -	<b>Swim</b> -  -	<b>Swim</b> YP 12:00-1:00  YP 6:15-7:15	<b>Swim</b> VP 12:00-1:00		

CP: Corinda Pool VP: Valley Pool YP: Yeronga Pool

## LET'S GET READY TO RUMBLE



Dom Churchett v Kieran Storch v Andy Small  
Tristan Taylor v Jack Morton  
Nick Hull v Jesus Gomez  
Ewen Larsen v Bri Silk  
Alana Hewish v Keegan Jenkins  
Shane Kent v Tom Hansen  
Charlie Nathan v Jon Roper  
Kirk Purchase v Scott Milson  
Dane Abbott v Shane Mulquiney  
Rosie McGeoch v Dave Bishop  
Cath Collis v Glenn Torepe  
Courtenay Henrys v Kelly Penfold  
Tony Cowan v Mark Kitson  
Sarah Richmond v Clare White  
Kevin Halse v Craig Simpson  
Josh Pollock v Jackie Phillips  
Blair Milne v Eddie Leathers  
Rowan Clarke v Diego Pierra  
John Bland v Kirsten Cowan  
Fiona Lawrence v Aisling Ryan

Courtney Le lay v Andrew Marsden  
Alan Bolton v Mat Thompson  
Timur Zhumazhan v Vincent Schouppe  
Andrew Middleton v Khairul Sk  
Steve Mann v Angela Clarke  
Tyron Mandrusiak v Tanya Brewer  
Ian Fabian v Reeny Jurczynszyn  
Dirk Baas v Chelsea Auld  
Robert Day v David Rieck  
Liz Savage v Jacque Gravesande  
Mike Addison v Ben Petrie  
Bel Sweeney v Lisa Cheer  
Kathleen Rein v Tania Moltoni  
Dan Friend v Matt Laidlaw  
Deepail Kaur v Doug Hughes  
Angela Bucci v Gisela Brittain  
Naomi Fullwood v Luca Masinello  
Ian Leabeater v Josephine Duke  
Michaela Shea v Kim Clayton  
Ross McRae v Cara Turnley



## BLAST FROM THE PAST



[AOTM July 2018 Jackie Phillips](#)

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## 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/reddeqtriathlontrainingmembersonly/>

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## 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!

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## YOUR DETAILS

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

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