

# Noosa Sport



Your **BEST** local sport

Interesting log jam of players at the top spot

## TABLE TENNIS

with Bruce Blakemore

**D**ivision 1: Allan Munro has become the wild card in the pack in the race for the individual trophy. His latest high profile victim was Bruce Blakemore. Division 2: Cameron Matthews only just overpowered Trudy Ryan in their encounter eventually winning 14/12 in the fifth. Bruce Richardson won his three singles over relatively inexperienced 15-year-old Thomas Cervi.

Week 6: Div 1. Amici (H Schwarz, A Munro, D Coulter) def Bruisers (B Blakemore, R Wheller, H Robb) 7/5. Blizzard (B Brown, J Yu, G Peterson) def Martians (M Reynolds, S Ciercan, J Gifford) 8/4.

Div 2. Rhinos (B Richardson, G Spiers) def Humdingers (T Cervi, W Spiers, R Adcock) 7/5. Dreamers (C Matthews, J Spiers, D Styles) def Slayers (T Ryan, W Byrne, R Byrne) 10/2.

Competition night is Wednesday from 7pm. Practice night is Monday from 7pm with free coaching available for all including juniors.

Social play is Monday, Wednesday and Friday 1-3pm with the emphasis on keeping active and having fun.

All sessions are held at the Bicentennial Centre Sunshine Beach.

Phone 5474 5526 for further information.

# 'Hands on' tri camp



Nick Croft organised two Noosa Triathlon training camps.

PHOTO: JOHN MCCUTCHEON/N23370

## Champion's coaching will get the most out of athletes

Picture this.

You have entered into this multisport phenomenon called triathlon.

You may have come from a single sport or possibly even no sporting background. Maybe you have finished a handful of short triathlons or haven't, as yet, "broken the ice".

Along the way you attempt to soak up as much information as possible to train for your new-found passion - purchasing every magazine and "how to" publication available, attending the odd seminar, or simply learning by good old-fashioned experience. In other words, at times, the hard way.

Your goal for the upcoming season, if new to the sport, may be to tackle an Olympic distance event such as the Noosa Triathlon with the aim of surviving the journey and living to tell the tale.

For slightly more seasoned athletes, it will more than likely be to improve on past performances, possibly by incorporating a more streamlined, time efficient approach to the ensuing season.

This familiar scenario will once again take place as the season approaches and, with this in mind, Nick Croft, a two-time Noosa Triathlon champion and coach, has organised two Noosa Triathlon training camps in the lead-up to this year's event.

The first of these was

staged last weekend in perfect spring-like weather. Fifteen athletes of all abilities, the majority lining up for their first Noosa Triathlon later this year, attended the camp.

Croft said many had travelled from other regions to attend - a woman from Papua New Guinea, another from Townsville and Sydney, a handful from northern NSW and Brisbane, plus a few locals thrown into the mix.

The camp is a "hands on" practical weekend catering for both beginner to intermediate triathletes, or even those who have been in the sport for a while but are looking to implement a time-saving "get the most out of yourself" training structure.

The other three coaching staff, local age group champion athletes in their own rights, assist to make sure everyone is looked after during the three-night, four-day camp.

Part of the package includes a 12-week training program leading into the Noosa Triathlon and a new coaching and Noosa Triathlon course orientation DVD, which Croft just produced.

Places in the camps are limited. The next one will be held on the weekend of September 27 and 28. For information including a detailed camp program, registration and packages available go to [www.mscsport.com.au](http://www.mscsport.com.au).

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## Developing Strategies for Business in Crisis

#### Corporate/Companies

- ✓ Voluntary Administrations
- ✓ Court Appointed Liquidations
- ✓ Creditors Voluntary Liquidations
- ✓ Members Voluntary Liquidations
- ✓ Receiverships
- ✓ Shareholder Disputes

- ✓ Investigating Accountants Reports
- ✓ Agents for Mortgagee Appointments
- ✓ Trustees for purposes of property sales
- ✓ Restructuring and recovery of underperforming businesses

#### Personal/Individuals

- ✓ Bankruptcy Administrations
- ✓ Part X Administrations
- ✓ Part IX Administrations
- ✓ Bankruptcy Annulments
- ✓ Partnership Disputes

#### David L Clout

Registered Company Liquidator  
Registered Trustee in Bankruptcy



Chartered  
Accountants

NUMBER ONE IN NUMBERS

#### Hugh D Ramsay

Registered Trustee in Bankruptcy  
Registered Part IX D.A. Administrator