



HILLS TRI CLUB

CELEBRATING 30 YEARS

3 AUGUST 2024



Triathlon Club

Thanks to our sponsor



"It's where you want to live"



Triathlon Club

Message from our

PRESIDENT



As we gather at the Rydges Norwest Hotel on August 3rd, 2024, the spirit of friendship, family, and fun permeates the air. For three decades, the Hills Triathlon Club has been a beacon for athletes of all abilities, from seasoned Ironman competitors to enthusiastic beginners. Our club isn't just about racing, it is about camaraderie, sustainability and shared passion.

Thirty years ago, a small group of passionate athletes came together with a vision - to create a community where triathletes could thrive, learn, and inspire one another. Today, that vision still stands. Together, we have celebrated victories, both individual achievements and as a Club at the NSW Club Championships as Winners in 2017, 2018 and 2019.

We have continued and supported each other through some setbacks and forged lifelong friendships.

To the Management Committee, Sub-Committee, Club race day volunteers, our Sponsor Eden Brae Homes, and every member who has worn the Hills Triathlon Club colors - we thank you.

Our commitment to the future includes providing quality club races, fostering fun, friendship, and motivating members toward their finish line goals. Whether big or small, the legacy of the club will undoubtedly leave a lasting impact for years to come.

Scott Tallis

PRESIDENT

2023/2024

MANAGEMENT COMMITTEE



Scott
Tallis
PRESIDENT



Anne-Marie
Hewkins
**VICE
PRESIDENT**



Nadene
Moore
**VICE
PRESIDENT**



Narelle
Lee
SECRETARY



Mathew
Edsall
TREASURER

2023/2024

SUB COMMITTEE

Race Assistant

Greg Hill

Race Assistant

Jodie Hill

Race Assistant

Drew Millar

Race Assistant

Steve Short

Timing Coordinator

Steve Moxey

Timing Assistant

Glen Hewkins

Social Media Coordinator

Adam Ries

Results Coordinator

Dave McEwan

Results Assistant

Matthew Ostler

Junior Coordinator

Nichole Edsall

Newsletter Coordinator

Julie Jackson

HISTORY OF THE MANAGEMENT COMMITTEE

Year	President	Vice President	Treasurer	Secretary
1990 - 1992	Allan Wright	Ken Hind	Henry Tochterman	Ken Hind
1992 - 1995	Ken Hind	Allan Wright	Henry Tochterman	Allan Wright
1996 - 1999	Guy Wilson	Ron Smith	Ken Brundell	Eva Brundell
1999 - 2001	Darryl McAllister		Ken Brundell	Eva Brundell
2001 - 2002	Allison Wright	Andrew Wynn		Wayne Dafter
2002 - 2003	Allison Wright	Andrew Wynn		Wayne Dafter
2003 - 2004	Michael Rybinski	Jodie Linsley	Ania Smith	Wayne Dafter
2004 - 2005	Michael Rybinski	Jodie Linsley	Ania Smith	Wayne Dafter
2005 - 2006	Michael Rybinski	Jodie Linsley	John Zahra	Dave Harris
2006 - 2007	Peter Henniker (unofficially)	Jodie Linsley	John Zahra	Dave Harris
2007 - 2008	Debbie Henniker	Alan James Scott Tallis	John Zahra	Anne Marie Daly
2008 - 2009	Debbie Henniker	Dave Harris Scott Tallis	John Zahra	Anne Marie Daly
2009 - 2010	Dave Harris	Sean Pendleton Scott Tallis	John Zahra	Anne Marie Daly
2010 - 2011	Eleanor Dally	Darren Alchin Michael Del Vecchio	Sue Horsbrough	Angie McMartin

HISTORY OF THE MANAGEMENT COMMITTEE

Year	President	Vice President	Treasurer	Secretary
2011 - 2012	Eleanor Dally	Darren Alchin Michael Del Vecchio	Sue Horsbrough	Angie McMartin
2012 - 2013	Eleanor Dally	Darren Alchin Michael Del Vecchio	Sue Horsbrough	Angie McMartin
2013 - 2014	Phil Catchpole	Mick Cochrane	Jessica Edwards	Alison Rowland
2014 - 2015	Tom Morwood	Karen Tallis David O'Brien	Jessica Edwards	Alison Rowland
2015 - 2016	Tom Morwood	Karen Tallis David O'Brien	Jessica Edwards	Alison Rowland
2016 - 2017	Tom Morwood	Karen Tallis Drew Millar	Mathew Edsall	Teresa Falkner
2017 - 2018	Tom Morwood	Karen Tallis Drew Millar	Mathew Edsall	Teresa Falkner
2018 - 2019	Mathew Edsall	Darren Bush	Matthew Plohl	Jessica Edwards
2019 - 2020	Mathew Edsall	Darren Bush Shannon Lum	Matthew Plohl	Jessica Edwards
2020 - 2021	Darren Bush	Shannon Lum Joanne Lum	Glenn Hall	Jessica Edwards
2021 - 2022	Darren Bush	Shannon Lum Joanne Lum	Glenn Hall	Narelle Lee
2022 - 2023	Darren Bush	Rachel Knellwolf Steve Moxey	Scott Tallis	Narelle Lee
2023 - 2024	Scott Tallis	Anne-Marie Hewkins Nadene Moore	Mathew Edsall	Narelle Lee

HALL OF FAME

FEMALE CLUB CHAMPIONS

Year	Female
2002	Lyn Wright
2003	Nadia Zanello
2004	Joanne Lum
2005	Nicki Mantova
2006	Nicki Mantova
2007	Deb Henniker
2008	Nicki Mantova
2009	Donna Ristev
2010	Stephanie Graves
2011	Monica Juhart
2012	Gillian Akers
2013	Gillian Akers

Year	Female
2014	Karen Tallis
2015	Neridah Lerchner
2016	Stephanie Graves
2017	Robyn Winn
2018	Joanne Lum
2019	Julie Howle
2020	Leah Smith
2021	Julie Howle
2022	Leah Smith
2023	Julie Howle
2024	Julie Howle



HALL OF FAME

MALE CLUB CHAMPIONS

Year	Male
2002	Greg Liddell
2003	Ben Wearing
2004	Chris Rainey
2005	Chris Rainey
2006	Chris Rainey
2007	Peter Goldie
2008	Chris Rainey
2009	Chris Rainey
2010	Mat Edsall
2011	Cameron Griffiths
2012	Tom Morword
2013	Brian Brady

Year	Male
2014	Drew Millar
2015	Drew Millar
2016	Drew Millar
2017	Greg Baxter
2018	Shannon Lum
2019	Shannon Lum
2020	Dave McEwan
2021	Brice Morley
2022	Mark Strathern
2023	Mark Strathern
2024	Mark Strathern



ROY PREEDY

BEST JUNIOR OVERALL

Prior to 2021 the Roy Preedy award was given to Best Junior Overall. From 2021 onwards male and female were awarded seperately.

Year	Winner
2006	Brett Meinderlsma
2007	Justin Meinderlsma
2008	Blake Nielsen
2009	Kieran Roche
2010	Jessica Mepstead
2011	Hannah Haldenby
2012	Isabella Khoudair
2013	Carl Jackson

Year	Winner
2014	Emily Jamgotchian
2015	Matthew Rofe
2016	Emily Jamgotchian
2017	Emily Jamgotchian
2018	Emily Jamgotchian
2019	Caitlin Sendt
2020	Joel Offord



ROY PREEDY

BEST JUNIOR FEMALE

Roy Preedy passed away in 2006, at the age of 68. He was the committed grandfather of Jordan Nematalia, Junor Club member of Hills Tri Club at the time. Roy had a great deal of patience and encouragement for athletes of all ages. He would not miss any of the scheduled triathlon activities, where he offered the juniors lots of encouragement.

This award is in memory of Roy as we acknowledge our junior triathletes, engendering the spirit of personal improvement, best achievements and total commitment to the sport of triathlon.

This award is for the best female athlete throughout the season.

Year	Winner
2021	Ella-Kate Hussein
2022	Ella-Kate Hussein
2023	Lucie Francis
2024	Ava Foley



MICK FERRIS

BEST JUNIOR MALE

Mick Ferris competed in his first triathlon in 1985 and in 1994 was the second Australian over the line at the IRONMAN World Championship, Kona. Ferris progressed through racing and into coaching and whilst a Hills Member showed support to juniors.

This award acknowledges our junior triathletes, engendering the spirit of personal improvement, best achievements and total commitment to the sport of triathlon.

This award is for the best male athlete throughout the season.

Year	Winner
2021	Billy Zavetsanos
2022	Billy Zavetsanos
2023	Mitchell Blackbourn
2024	Cooper McCarthy



JOHN EDMONSON MEMORIAL TROPHY

John Edmonson died from Adult Sudden Death Syndrome in 2004 after finishing Ironman Australia in Forster. To honour his memory, this award is given.

This award is for the most improved member of the Hills Tri series.

Year	Winner
2005	Blake Nielsen
2006	Lyn Watts
2007	Nigel Sandercoe
2008	Donna Ristev
2009	James Pattinson
2010	Gerald Osman
2011	Tim Pickering
2012	John Eltakchi
2013	Kathy Morton

Year	Winner
2014	David O'Brien
2015	Nathan Lowe
2016	Phil Catchpole
2017	Kate O'Brien
2018	Adam Stone
2019	Bryce Morley
2022	Chris Rainey
2023	Nicolas Terranova
2024	Drew Millar



HILLS SPIRIT AWARD

This award acknowledges good sportsmanship, courage & inspiration.

Year	Winner
2002	Justin Raymond
2003	Eva Brundell
2004	John Edmondson
2005	Peter Henniker
2006	Peter Henniker
2007	Sean Pendleton
2008	Pete Goldie
2009	Kylie Carney
2010	Angie McMartin
2011	Gillian Akers
2012	Dave McEwan
2013	Alejandra Bucci

Year	Winner
2014	Mark Strathern
2015	Greg McDermott
2016	Gillian Akers
2017	Robbie Glover
2018	Darren Bush
2019	Robbie Glover
2020	Anne-Marie Hewkins
2021	Dave McEwan
2022	Jodie & Greg Hill
2023	Marcus Rainey
2024	Adam Ries



KIM WILSON

MEMORIAL AWARD

Kim Wilson passed away in 1999, in a collision with a car whilst on a bike training ride along Castle Hill Road. The Club in recognition of her involvement as a member and volunteer have ensured her memory lives on through this award.

This is the President's Choice Award to a member who has made a substantial contribution to the club throughout the year.

Year	Winner
2000	Alison Parsell
2001	Alan Wright
2012	Steve Moxey
2017	Nichole Edsall
2018	Sam Boswell
2019	Glenn Hall
2020	Paul Knellwolf
2021	Darryn Avery
2022	Anne-Marie Hewkins
2023	Nadene Moore
2024	Glen Hewkins



2024 HILLS TRI CLUB AWARDS JUNIOR AWARDS

ROY PREEDY BEST JUNIOR FEMALE

MICK FERRIS BEST JUNIOR MALE



Female Winner - Ava Foley
Supported by her parents



Male Winner - Cooper McCarthy
Supported by his mum

2024 HILLS TRI CLUB AWARDS SPECIAL AWARDS

Awards presented by Karen Tallis, Life Member

JOHN EDMONSON MEMORIAL TROPHY



Winner - Drew Millar

HILLS SPIRIT AWARD



Winner - Adam Ries

KIM WILSON MEMORIAL AWARD



Winner - Glen Hewkins

2024 HILLS TRI CLUB AWARDS NSW CHAMPIONS

Champion	Events	Category
Cameron Wilson	Long Course Tri - IM70.3 Western Sydney	18 - 24 years
Dave McEwan	Sprint Triathlon - Byron Bay Sprint Duathlon - Eastern Creek	65 - 69 years
Ben Allen	Cross Triathlon Standard	Open
Ron Smith	Sprint Triathlon - Byron Bay	70 - 74 years
Heiko Schaefer	Sprint Duathlon - Eastern Creek	80 - 84 years
Scott Hayward	Sprint Duathlon - Eastern Creek	55 - 59 years
Julie Howle	Aquathlon - Richie Walker	50 - 54 years

Awards presented by Scott Tallis, President & Life Member



Cameron Wilson



Dave McEwan



Julie Howle

2024 HILLS TRI CLUB AWARDS

AUSTRALIAN CHAMPIONS

Champion	Events	Category
Dave McEwan	Super Sprint Triathlon - Nepean Standard Triathlon - Wollongong	65 - 69 years
Julie Jackson	Super Sprint Triathlon - Nepean	55 - 59 years
Donna Rainey	Super Sprint Triathlon - Nepean	Athenas

Awards presented by Scott Tallis, President & Life Member



Dave McEwan



Donna Rainey



2024 HILLS TRI CLUB AWARDS

DISTANCE AWARDS

DISTANCE	CATEGORY	WINNER
Enticer	Female	Kaylah Bennett
Enticer	Male	Sebastian Eggins
Sprint	Female	Leila Dickson
Sprint	Male	Dave McEwan
Standard	Female	Madison Hayward
Standard	Male	Jason Howie
Ironman 70.3	Female	Julie Howle
Ironman 70.3	Male	Cameron Wilson
Ironman	Female	Julie Howle
Ironman	Male	Steve Kavanagh



2024 HILLS TRI CLUB AWARDS

DISTANCE AWARDS

Awards presented by Scott Tallis, President & Life Member



Enticer Male Winner -
Sebastian Eggins



Sprint Female Winner -
Leila Dickson



Sprint Male Winner -
Dave McEwan



Standard Female Winner -
Madison Hayward



Standard Male Winner -
Jason Howie



2024 HILLS TRI CLUB AWARDS

DISTANCE AWARDS

Awards presented by Scott Tallis, President & Life Member



Ironman 70.3 Female Winner - Julie Howle
2nd - Madison Hayward
3rd - Karen Tallis



Ironman 70.3 Male Winner - Cameron Wilson
2nd - Harrison Wood
3rd - Jason Howie



Ironman Female Winner - Julie Howle
3rd - Karen Tallis



Ironman Male Winner - Steve Kavanagh

2024 HILLS TRI CLUB AWARDS

CLUB CHAMPION AWARDS

Awards presented by Scott Tallis, President & Life Member



Club Champion Female Winner - Julie Howle
2nd - Madison Hayward
3rd - Karen Tallis



Club Champion Male Winner - Mark Strathern
2nd - Josh Doherty
3rd - Cameron Wilson & Dave McEwan



Triathlon Club

LIFE MEMBER



Kim Wilson

Kim and her husband Guy joined shortly after the Clubs formation in 1993.

Kim was a keen trainer. She was good at all three sports; swimming was her strength, with a love of bike riding.

Kim was one of the original club members who represented the club on several occasions in the early days of its participation in the Triathlon NSW Club Championships.

Kim was given the responsibility of organizing the clubs First Presentation Night which was held at the former Castle Hill Community Centre. Which she organized for many of the following years.

Kim's enduring contribution to the Hills Triathlon Club lingers to this day. The club's initial colors were Purple and Yellow. This clashed with the LAPD colors. The club was required to change its colours by Triathlon NSW. It was Kim who championed the move by the club that saw it adopt its now iconic and famous Red, Black and White colours.

Kim passed away on Sunday 18 October 1999, in a collision with a car whilst on a bike training ride along Castle Hill Road fellow Club Members, Lyn and Allan Wright.

The Club in recognition of her wonderful involvement in the club and to ensure her memory lived on instituted the Kim Wilson Memorial Award.

As a mark of respect in recognition of her outstanding involvement in The Hills Triathlon Club, the club was proud to posthumously award her Life Membership of the Club.



Triathlon Club

LIFE MEMBER

A handwritten signature in black ink that reads "Ron Smith".



Ron was a local Hills resident and took up Triathlon as it gained a niche in the Australian Sporting landscape.

He first joined the Galston Triathlon Club and through that membership became a Founding Management Committee member of the fledgling Triathlon NSW.

He was keen to see the sport take its place in the sporting landscape in the Hills District. Hence he organised the first ever Triathlon in the district.

Ron was a founding sub-Committee member of the club and remained so for many years.

Ron raced widely and was a real motivating force for the club, racing in the first Club presence at the Triathlon NSW Club Championships.

He is a several time Hawaii Ironman competitor and has his own number for finishing Australian Ironman multiple times.

Ron was awarded his Life Membership in recognition of his foresight in introducing Triathlon to the Hills District, his long and constructive contribution to the Clubs Management structure, the pride he exhibited in racing including numerous Triathlon Club Championships.

Ron now lives at Noosa on the Sunshine Coast and still competes regularly in Triathlon and running events. He is a member of the Noosa Triathlon Club these days, however, Ron is still very well respected by all club members at Hills Tri, and still regularly makes the trip to NSW help Hills at the annual Club Champs.

Ron still competes in Triathlons, and this year in 2024, he did Ironman Australian in Port Macquarie and received the special award for participating in 15 Ironman Australia events.



Triathlon Club

LIFE MEMBERS



Allan & Lyn Wright

Our founding members who first conceived, through to the creation of the Hills Triathlon Club. Lyn and Allan lived in Roxborough Park within a stones throw from the pool where the Hills Club first started.

They put an advertisement into the local paper looking for expressions of interest in the formation of a local triathlon club. A handful of people responded, and from these humble beginnings our club has grown into what it is today.

Allan and Lyn were instrumental in the clubs formation and they were also core of our original committee. Allan served on the Clubs Executive Committee in various roles including being our Foundation President. Allan was an integral part of our Executive for the first few years of our club.

Allan and Lyn organised our original training sessions, drew up a club charter, organised races and planted the seeds for our inclusive and supportive club culture.

They raced Club champs for many years.

Lyn went on to race several World Championships, placing 4th in her age group in Honolulu. She also completed The Hawaiian Ironman, as always supported by Allan.

They are now retired and living on the Gold Coast, however, still make time to come support Hills at club champs when the schedule permits!



Triathlon Club

LIFE MEMBERS

Deb & Pete Henniker



Deb was club president in 2007 to 2009. During her leadership, our club took to a whole new level of professionalism. We saw a dramatic increase in numbers to our race series, and club membership exploded to over 300.

Much of this success was attributed to the incredible work Deb, and her husband Pete, put into the weekly Brick sessions at Parramatta Park. They would be there every single week, meeting new people and making them feel welcome to the triathlon fraternity. They helped instill a real sense of club pride amongst members and started us on our journey to club champs success, planting the seeds in our DNA that would ensure we wouldn't finish outside of the top 3 from 2014 onwards. The club champs strategic platform they came up with helped to successfully leverage the club to take home 3 club champs titles in future years.

Recognizing there was a big opportunity over winter for someone to host winter racing events, Peter put together our clubs first Duathlon. The first race was at Eastern Creek Raceway in 2007 which had 66 people racing. The following year the Sydney Duathlon Series was born with 4 races at Parramatta Park. The idea was to provide racing for the members, year-round and was a club building initiative. Pete would always be the first to arrive and last to leave at every race year-round, both the triathlon and duathlons.

He would be in charge of over 1000 athletes each season as race director. Pete was also responsible for the race layout and formats. The Henniker's have moved out of the area, however, are sometimes still seen at iconic events in NSW like Port IM and Husky giving hills members a cheer.



Triathlon Club

LIFE MEMBER



Steve Moxey

Steve (also known by his surname only "Moxey") is a weekend warrior who loves long course racing.

He is the part of the heart and soul of our club. Keen to get involved in the running of the club, he started helping out with our duathlon series, assisting with the set up and pack up of transition equipment. When Peter Henniker retired as Race Director, Steve was keen to pick up the reins and continue Peters work.

As Race Director, he brought a whole new level of professionalism to our events, and over the next few years, our race series grew into the largest club race series in all of Australia.

Steve was in charge of 11 events each year, catering for over 2500 entrants. After stepping down as Race Director in 2015, he took up a position as timing coordinator. In the following few years, Steve has become a master in electronic timing systems. As a result, we now are in a position to have our race results published within a few minutes of all competitors having completed our triathlons.

Steve is so professional that he has been recruited by other events companies to do timing for their events as well.

Steve is a volunteer powerhouse. In his time as a club member, he has volunteered at over 100 events. If you have raced a Hill Tri Club even, then Steve was either your Race Director, or coordinated your electronic time. Usually this has meant Steve has had to forgo racing himself, and we are eternally grateful to him!

Steve is still an active club member and was part of the sub-committee in 2024 as the Timing Coordinator. He has also started to train others on the Timing role, in order to provide timing sustainability for the club.



Triathlon Club

LIFE MEMBER



Scott Tallis

There isn't a single person in our club who has done more volunteer work than Scott Tallis (also known as MacGyver).

When our club race series first really started to take off, Scott organized a working bee at his house to build the racks. As our race series started to sell out in 2014, he organized a second working bee to build more. If you've raced with hills tri club, then you have set up your bike on a Scott Tallis built and certified bike rack.

Scott has also been actively involved in the Club, particularly in the Management Committee or sub-committee roles. Scott was Vice President, from 2007 to 2010, then Treasurer in 2022 to 2023 and President from 2023.

Scott mastered the art of the transition setup. With a few assistants, Scott would have our entire race set up and ready to go in an hour. He was nearly always the first to arrive at race HQ, and last to leave after race pack up, meaning that nearly every event for over half a decade, Scott would be at race for us volunteering for over 8 hours.

Scott used to run training session group rides from his house and take new members around with his cycling group on weekends.

When we made the permanent move to host all racing at the SIRC, Scott organized a custom-built trailer for all our club equipment, further streamlining the setup and pack up process as everything we own fits into them perfectly – including all racks, eskies and tents.

Scott Tallis is the current Hills Tri Club President.



Triathlon Club

LIFE MEMBER

John Zahra



John joined the Hills Tri Club back in 1994. The club only had about 90 members at the time.

John Zahra was the Club Treasurer from 2005 to 2010. Throughout this time, he helped grow the club to well over 300 members.

Apart from John's long tenure as treasurer he was also an avid volunteer. Always at every club race helping, manning the BBQ at our annual membership days, helping set up and welcoming new members to the Saturday brick sessions and He was always present at all working bee's.

For many years John would host the management committee meetings at his own house graciously organising food and drink for everyone.

Throughout his time at Hills Tri Club John gave all the race distances a go from enticer through to Ironman culminating in his finish at Challenge Roth.

One of John's biggest commitments to the club was when he lent the club a sizable amount of money for us to buy our first timing system. This made the Hills Tri Club one of the first clubs in Australia to offer chip timing at their races. This was a major factor in the growth of our race series.

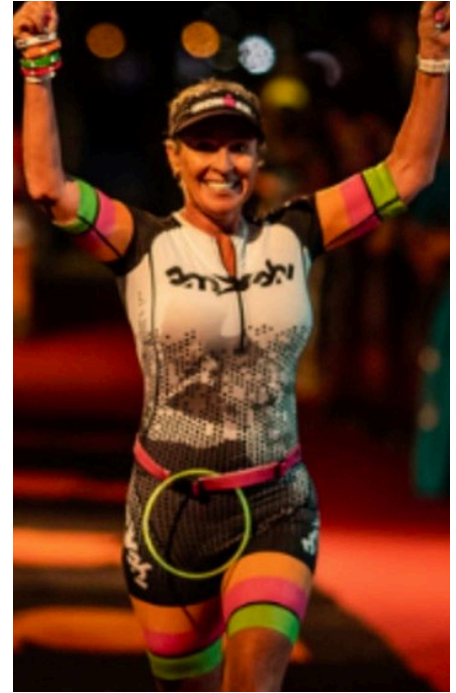
For these reasons John Zahra was awarded the 9th Hills Triathlon Club Life Member.



Triathlon Club

LIFE MEMBER

Karen Tallis



Karen Tallis joined the club in 2007. Memories are often shared on how Karen attended brick training sessions in the early years, smashing out a training set, and still managing to look glamorous afterwards, always dressing colour coordinated, especially with a dash of pink.

Karen Tallis has been actively involved as a competitor and volunteer ever since she joined the club. As a competitor she has tried every distance, and in 2009 did her first Ironman at Port Macquarie. In 2019 she completed her 7th Ironman. In 2024 she completed her 8th Ironman, at Port Macquarie, with her own support crew wearing matching jumpers printed with "You Got This".

In 2014 she was Hills Tri Club Women's Club Champion. As a volunteer Karen has always been involved. When her husband, Scott was Vice President and now as current President, Karen is always by his side assisting. Karen was Vice President from 2015 to 2018. Whilst Vice President, amongst other duties, she actively assisted with organising all the alcohol and food for club champs and managed multiple sponsor relationships.

If Karen is racing, she is always there to volunteer at rego. Before every race, she always asks how else she can help. Karen continues to be an active volunteer even although she is not a committee member. Karen was also part of the management committee that orchestrated the winning streak of three in a row at Club Champs.

Karen has true club spirit: she is a fierce competitor, a female advocate, a mum who encourages her own children to participate and be active members, and a supporter of all other members.

For this reason, Karen Tallis became the 10th Hills Triathlon Club Life Member.











Triathlon Club



www.hillstricclub.com