



**Thanks to all the supporters!**

**FOLLOW THE RACE**

If you are in Taupo with supporters you can keep track of the race as it unfolds with the official Ironman New Zealand radio station, More FM on 93.5 FM. They will have crossovers to the race throughout the day.

If you're not on the course, then follow the race on the live website <http://www.ironman.com/> which will again have fantastic live streaming and live results.



**Race day Schedule / Maps:** (Programmes are generally available in town on race week)

0645 Elite swim starts

*Look out for the waka and the cannon fire*

0700 Age group swim starts

0750 First swimmers out of heading up onto the bike

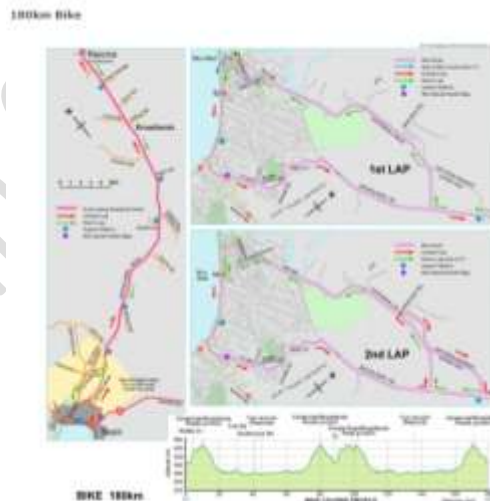
1230 First cyclists finishing to head out onto the run

1515 First elite athletes hit the finish chute!

0000 The party continues as the last athletes aim for the finish line



the water and












**Looking out for the team:**







Distinctive t shirts... Some of the support crew will be sporting the distinctive O'Hagan Sport T-shirts...say Hi!



## Our team:

Name	Race Number		
Andy Moore (Woody)	566		New Dad...suffering badly from baby brain! Will not need the alarm on race morning. Been there done that will help this time. No swim demons to get rid of this time
Barry Ellmers	1105		Up for any event and just can't get enough of IMNZ.... Has been signed for pro team for Akld Half IM. Resembles Marco "The Pirate" Pantani in a certain light. If the bike has done half the mileage the car has done visiting family this summer – Barry will be in good shape!
Brad Burnett (Burnzy)	271		Ironvirgin Plenty of youthful enthusiasm. Will be keen to see if that survives past the 32km mark in the run.
Bridget Fry	422		Previous age-group champion. A few hiccups this last year with a broken jaw and wrist!
Carolyn Smith (Tadpole)	1191		Ironvirgin Transforming from runner via tadpole training to a great triathlete...seen the light and crossing to the right side.
Collette Maier	663		Representing the Emerald Isle – always a smile on the dial, even when everything is pear shaped (smile and grimace are very similar).
Dean Dodds	283		Is now on his 4 <sup>th</sup> bike this season. Favourite band is DD Smash... The big angry ginger – and has had a couple of good solid melt-downs this summer.
Dene Coleman (Deno)	724		Can fix anything from 4 punctures to stuffed backs, knees, bodies! Even known to be a test crash dummy himself. Able to make the insurance industry quiver in their shoes, but could win Masterchef with his Thai curry and Beef Bourguignon.
Donna Moxon	672		Going back to do it even better... Even tried out Cameron Browns training camp whilst on Tony's training camp!

Glen Martin (Glendalyn)	346		Ironvirgin If at first you don't succeed – get more toys. Working on a sensational first result and eating Anna out of house and home!
Hamish Taylor	608		Back again.... Known to taper for Friday run intervals, and has avoided bike intervals for some time...
Helen Kay (Hels Bells)	430		Ironvirgin Sense of humour plus....keeps the crew highly entertained and working on our stomach muscles...from laughing so much. Husband devout Liverpool supporter.
Ivan Bartley	259		Ironvirgin and all round nice guy on the outside. Been known to do run reps in board shorts. Not afraid to box up a weight division or two.
Kelly Edwards (Bundy)	648		Assistant tadpole trainer and training camp mum. Spends a lot of time looking for her mojo (must be some sort of dog perhaps?)
Laura Whelan (Dora)	454		Our English rose import. Reached the hallowed lave fields of Kona in 2009...back for more! Dora the explorer...
Liz Goer (Coach to the stars)	228		Two previous age group podiums, and coach to the stars. Looking to step back up on the podium after a few injury plagued years.
Lynley Twyman (Camp Mum and GPS in training)	906		Working on having a good race, when not trying to organise everyone else! Lucky the race is in a lake or would half way to Chile...hope new GPS is working!
Martha Tong	691		Silent assassin. Happy to run all day, especially when the bike seat is not sharing the love!
Mike Pirovich	1230		Living proof that it's the engine not the chassis!! Has developed new training methods this year, almost bringing the physiotherapy industry to its knees.

Paul Baskett	468		Suffers from the O'Hagan dodgy calf syndrome, but still manages to scare 9hr30min in Ironman! Not bad for a part time hand bag swinger.
Paul Cadman (Mad Dog)	487		Proof that you can have a young family, full on career, and train.... Thanks Mel! Been known to "chop a few" post race.
Reuben Kirk (Nana)	161		Responsible for getting half the squad (in tandem with his boss) to the start line. Fast result expected if nana stays at home. Current sandbag title holder.
Sacha Cowlrick	643		Cool, calm and collected.... Has threatened to race as Tarzan all day. Should really be a philosopher on life...
Scott Richdale (Scotty)	836		Spent much of the summer training in hotel bathrooms, confusing the maids in below zero temperatures. Putting it all on the line!
Sean Izzard (The Sheep)	537		An Ozzy who is about to partner permanently with a Kiwi... Not to be confused with English cross dressing comedian...Eddy Izzard.
Shelley Dodds	420		Ironvirgin Knows that having fun while achieving goals is important for your sanity. The things you sign up for when drunk at a wedding...
Tony Edmonds (Fast Tony)	138		Rowdy member of the squad. Don't blink or you'll miss him. Might be quite good when he gets the bike sorted.
Tracey Livingstone (Trace)	662		Ironvirgin On my list of things to do before I die. the bucket list! Biggest learning – how to cook new stuff and eat!
Vern Coleman	1259		Ironvirgin Wants to beat son to Kona.?? Having a blast as Chief Group 02 consultant and training buddy to the stars.

O'Hagan Sport Crew 2010