

TRIATHLON

Triathlon is a dynamic sport that combines swimming, cycling and running into a single event.

It's not just for the young; many older adults find it an excellent way to maintain health and vitality.

Engaging in triathlons offers numerous benefits, including improved cardiovascular health, increased muscle strength, and enhanced flexibility. Moreover, the diverse training helps prevent overuse injuries common in single-sport activities.

The Twin Towns Triathlon Club, affectionately known as 'Twinnies', has been a cornerstone of the triathlon community since 1989.

Located at the Tweed South Aquatic Centre on Heffron Street, Tweed Heads, the club welcomes individuals of all ages and abilities. Whether you're competitive or just looking to stay active, Twinnies offers a supportive environment.

The Club hosts weekly events every Saturday from September through March, featuring two triathlon distances, an aqua bike, and swim-run options. Unlike other clubs, Twinnies focuses solely on these events, providing a unique experience without formal training sessions.

For newcomers, joining is straightforward. Membership requires joining the Twin Towns Services Club, which can be done online or in person, followed by adding Triathlon Club (internal) membership.

Embarking on a triathlon journey with Twinnies not only promotes physical health but also fosters a sense of community and accomplishment.

We have members who have completed 600 races, and members who come and try triathlon for their first time. It's never too late to take on new challenges and enjoy the camaraderie of like-minded individuals.

Visit www.twintownstriathlon.org.au for more.



Triathlon Members at the Swim Start



Sam Coleman on the cycle leg

RSL SUB-BRANCH



The Annual General Meeting will be held Monday 24 March at 12pm Qld in RSL ANZAC Room.

ANZAC Day Friday 25 April

All ceremonies in Chris Cunningham Park, Wharf St, Tweed Heads.

- Dawn Service 5.45am; form up in Wharf Street
- March 10.30am; form up in Boundary Street from 10am
- Main Service 11am
- RSL Members Luncheon, 12pm at Twin Towns Services Club; to be purchased from the Sub-branch by 17 April.

Free Drop in Morning tea every Thursday 9.30am to 11am Qld. Advocates available by appointment. Visit our website www.thc-rsl.org.au for up-to-date information. Office hours Monday to Friday 9am -12pm Qld. Phone 07 5536 1164 or email admin@thc-rsl.org.au

Belinda McIntosh, Office Manager

GOLF

The golf season is now in full swing and one of the first happenings in a new season is the play-off for the medal of medals. Congratulations to Nathan Stockwell our 24/25 Medal of Medals Champion. Nathan won three medals throughout the 24 season and won the day by three shots. Men's, Ladies, Veterans and Sunday have all started their seasons with some good attendances and competitions. With good weather, we will continue with that theme. This month sees our AGM being held at Club Banora at 2pm on the 22nd. The day will commence with a shotgun start medley event at 8am and bookings are essential. The course is in great shape at present and the light touch up planned for this month should keep it there until the main renovations late in the year. See you out there.

Brent McLennan (Pres)

MENS BOWLS

Here we are, March already, how time flies! Twin Towns Men's Bowls AGM will be held on Monday 10 March at 10am in the front room at Club Banora. Members must be financial to vote. The results will be on the Bowls Notice Board. Banora High School will be using the greens to play Lawn Bowls for their school sports on 5 and 26 March. It's always a pleasure to have the students playing Lawn Bowls. I think they also enjoy the ice-blocks at the end of the day. We will also be having some \$5 days including a BBQ lunch. Keep an eye out on the Notice Board. The weather has been a bit hot lately but numbers have been good. Get outside on the greens and enjoy your bowls.

Rosco

SENIORS SOCIAL

Welcome back to all our members and any new members. We are looking at some new trips to go on. The next meeting and our AGM will be on Monday 17 March at 9am Qld/10am NSW in the Visions Room. The meeting will begin immediately after the bus passes are handed out. Selling at our meeting will be a day trip on Monday 24 March through the Numinbah Valley, travelling east to Murwillumbah via the Natural Bridge to Pottsville Tavern. Monday 21 April is a public holiday so no trip. All trip tickets sold at our meeting, all trips start from Twin Towns and are in Qld Time. Phone Calls Tuesday to Friday 10am-4pm NSW. Membership Officer Dorothy Colman 07 5523 4581; Welfare Officer Marie Holmes 0417 602 368 and Tour & Social Organiser Dot 07 55 909 301.

GARDEN

The Garden Club Annual General Meeting takes place during the 4 March meeting. Club Management will be attending and all committee positions will be declared vacant, giving all members the opportunity to take on a helping role. Club opens 9.30am NSW and meeting starts 10am NSW. If your garden has taken a beating from our changeable summer weather, think about filling a gap with colourful salvia plants. There are numerous colours available along with a variety of tall or small growth habit. Salvias reward you by growing a new plant from every little cutting you simply push into the soil. Bargain! Come join us at our next meeting, only \$5 for tea or coffee and biscuits plus enjoy browsing the plants, flowers and produce brought in by everyone. All participants are entered in a lucky draw. You could be a winner. Bringing along an interested friend would be a helpful way to boost our attendance. Happy gardening everyone. Enquiries to President Maria on 0448 531 055 or email mariaharry111@gmail.com

DIGGERS SWIMMING

We took eight swimmers to the recent FNC titles of AIF swimming held at Southport. Leonie and Kim both won their age group championships, Ros made it into both the semis and final of the 25's, two of our relays took out second place, and we had other placings also. Due to recent surgery, Ken made a valiant effort in the backstroke only using one arm. This month, seven of our members look forward to travelling down to compete at the National Titles. This huge event is being held this year at Coffs Harbour and will attract many Clubs. Please get your nomination in if you wish to stand for a committee position at our AGM, which will be held at Club Banora on Sunday 6 April.



Diggers Swimming at the FNC titles at Southport

TENNIS

The Tennis Club is organising some exciting events! Our popular Trivia Night returns on Monday 17 March at 6pm NSW in the Tennis Club House. This is a great opportunity for everyone to come together, whether they're members, non-members or friends of members, and enjoy a fun evening in a friendly atmosphere. Please call Ray on 0431 514 618 to register for this popular event. The upcoming Easter get-together on Sunday 20 April and Mother's Day celebrations on Sunday 11 May at the Tennis Club House will also be fantastic for continuing to build a close-knit community. So please keep an eye on the newsletters for more details.

FISHING

Welcome to Twin Towns Fishing Club. Do you like fishing? Do you like socialising? Well, we have a Club that would suit you. This Club is turning out to be a great husband and wife social get together. Come along for a chin wag, a sausage sizzle and a bring a drink along. January's comp was a wash out but we still had a couple of die-hard fishers. We had Garry Hawthorne weigh-in 4 luderick to take out first place. Steve Lovegrove took out 2nd place with 6 bream. Great fishing guys, despite the rain and storms, very dedicated. The aim of our Club is to provide a social forum where people interested in recreational fishing, but not necessarily Anglers, can meet and exchange their ideas and knowledge of fishing. We have a comp every month so anytime is a good time to come along, socialise and see what has been caught for the weekend. All welcome. Keep fishing, tight lines for all. Enquiries to Ferdi on 0414 812 907.

Dutchy

BRIDGE

The Twin Towns Bridge Club's AGM is scheduled for Monday 17 March from 4pm to 6pm NSW. Below is a photo of our group playing in one of our sessions. Despite the current popularity of electronic devices, Bridge remains the most played card game in the world (around 35,000 members just in Australia.) The merging of the Twin Towns Bridge Club with the Good Sports Bridge Club has been successful. The Monday night session is becoming more popular, especially for those people who work, as we offer the only nighttime session in our area. We play on Monday and Friday afternoons from 12pm to 4pm NSW and Monday evenings from 6pm to 8pm NSW. If you do not have a regular partner, come along anyway and we will match you up with another player. Our games are held in the Hideaway Lounge adjacent to the pro shop.



When's afternoon tea?

RUNNERS & WALKERS

Our AGM will be held at Twin Towns on Thursday 20 March at 6pm Qld/7pm NSW in the Bay Room. We hope to have another great turnout. We will continue to keep our runs coastal as much as possible due to the heat. The early starts certainly make a difference although we are noticing that the mornings are getting darker earlier. We are looking forward to the cooler Autumn months when we start increasing our distances and training for various external events. Come join us for a run or walk. We cover distances of 5km to 12km and work on increasing fitness and mental wellbeing. It's great Club to make friends and enjoy a coffee after our meets. Note we meet on Tuesdays and Thursdays at 6.30am NSW at Greenmount (opposite the Pink Hotel) and Sundays 7am NSW at various venues (on Facebook). All times are in DST. New members are always welcome to come check us out for up to three times before joining. Enquiries to Secretary Tracy Mo on 0414 590 940.

SOCIAL GOLF

Firstly, a bit of a recap. There has not been much golf in the new year due to bad weather. Our December monthly medal was won by Clint Dunn. The January monthly medal was won by Graeme Veivers. The February monthly medal was won by Glenn Casson who shot -1 off the stick. Great shooting by Glen and congratulations to all our winners. On 16 February, we had our first instalment of the Gibbsey Shield against Murwillumbah on our home course. Our collective total for best top 10 scores was 341. Murwillumbah's total was 361 so they are ahead by 20 points, and we eagerly await the return leg at their course in September. Our winner on the day was Steve Salter with 36 points who won on a countback from Wayne Woodford. Once again it was a fantastic day enjoyed by all. Looking forward to some consistent good weather to get some more games in. Hit em long and straight.

Will

LADIES BOWLS

Tuesday 4 March at 2pm NSW after bowls will be our 41st AGM. Annual Report, telephone booklet, a drink ticket and calendar of events/functions will be available at the sign-in table. Social bowls games are preparing us for the Cross Border Shield competition. Our numbers are just allowing us to compete again this year. We hope to make a strong start in the first round at Tugun on Monday 31 March. This will be the only match affected by daylight saving time. All matches are on Mondays this year. The draw will be posted on the clubhouse notice board as well as distributed to players. Our greens are playing truly, and treatment should help with any grass problems, thanks to the efforts of Matt. The seagulls seem to be preferring our space now, perhaps avoiding the bird call recordings near the outdoor dining area. Unfortunately, they aren't as good at avoiding bowls as the plovers are, but apart from distracting our players, no bird casualties have yet happened. Hoping they are fast learners. The GCTDLBA has been dissolved and united with the men's district now, and Bowlslink is up and running, being an Australia-wide database with all affiliated members and their details listed to verify eligibility for tournaments and other District, State and Australian events.

Veronica

SNOOKER

February has seen the Snooker season for Club Banora officially kick off. Our Tuesday and Thursday night social comps are back in full swing with good number of participants. If you fancy trying your hand on the green baize and want to meet some new faces, we would love to see you there. We kick off at 6pm NSW and we always welcome new players. Our first sponsored Sunday competition of the year saw a great turn out. Dave Ross kept his great form from 2024 going and won over Nev Robinson. Was awesome to see both Dave and Nev make it to the final in a very strong field. Well done to you both! In February, the John 'The Glove' Hudson doubles championship was held with 16 teams competing for the coveted trophy. Coming from the clouds to win the day were Bryne Smith and Des Turner OAM, defeating Tony Rea and Jon Prendergast in the final. This is a very difficult competition to win and holds much prestige. To see Des and Bryne team up with a combined 161 years between them, of which there is more than likely 120 years of snooker experience, is an amazing effort. Both these gentlemen have been great ambassadors for the Club Banora Snooker Club and I'm sure all will agree we could not have had more worthy winners. Congratulations to you both. We look forward to seeing you defend your title in 2026. Until next month happy Cueing!

Grant

