



THE TRANSITION TIMES

The Tri-Anglia Triathlon Club Tri-News Bulletin



February 2006

www.tri-anglia.co.uk

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim:	2015: NHSG (N)	2000: UEA	2100: Lowestoft Pool†	2000: Riverside 19:30 NHSG	1830: NHSG*	0800: UEA	0700: Lowestoft Pool†
Bike:						Sat: 0930 UEA Sportspark	
Run:	1900: BJS (N)	1900: BJS		1900: BJS			
Juniors:			1830 Swim/run session TSA	1545:Swim 1700:Circuits H	1700 – 1830 H	Sat: Run /Bike session at both TSA and H	

Key: (N) – novice; TSA – Thorpe St Andrew School H – Hewett School NHSG - Norwich High School for Gilrs; BJS – Blyth Jex School
†Contact Mark Newnham; Swim sessions in italics run by E.A.S.T. All running sessions Norwich Road Runners

Membership

Current membership is 67 – we were up to 125 by the end of 2005 so people are either moving on or just need a gentle reminder to renew. We really believe the club will continue to develop significantly this year so please don't forget to **renew your membership** for 2006 so you can attend Tri-Anglia training sessions and carry on receiving support and information from your club. If you have any questions about membership, e.g. how much it costs, what you get for your money, how the club manages finances, etc. please phone Kerry Davis or Phill Howitt.

Welcome to new members:

Hannah Bloxham
Robert Ives
Jane Girdlestone
Mark Winfield
Joshua Peak
Graham Bainger
Paul Delf
Gary Wootton

Welcome to new juniors:

Laura Pincombe, Laura Todd
Kim Wilkinson, John Wilkinson
Oliver Lamb

Points of interest arising from the Committee meeting held on Sunday 12th February:

- An inventory of club equipment has been produced
- The purchase of scaffolding for transition areas was discussed. It would cost £1500 for 200m of aluminium tubing and couplings. As there is currently no-where to store this equipment it was decided to continue to hire scaffolding for 2006 events and reconsider purchase along with renting a secure storage facility next year.

Club News & Events:

The **Waveney Sprint** on 15th May is now full, there is a waiting list in case of any cancellations. There are still places for the Norwich Olympic triathlon on 2nd July and there will be plenty of coaching opportunities for lake swimming beforehand so why not give yourself something to aim for and enter on-line at www.entrycentral.net or by post.

The **Diss Duathlon** (5km Run/24Km Bike/5Km Run) has been given the green light by the Police and is definitely on Sunday March 26th, entry forms from the web-site or from Kerry Davis. The event is currently about 50% full.
Marshals needed!

Following our plea for information about the events you've entered for 2006, good luck to the following:

London Marathon

Ken Mathews
Stewart Ingham
Darryl Davis

New York Marathon

Mark & Andrea Hardiman (they did mention that shopping opportunities were a motivating factor!!!)

London Triathlon

Louis Holding-Parsons (hoping to be in sub 2h-30 wave – good luck Louis)

Nina Pigg – first Olympic!

David Capener

Dambuster

David Capener

Lanzarote Ironman

Graham Pigg, Matthre Spillman, Russell Curtis, Karl Sherry

Please keep letting us know what events you're planning to do and we'll update this list.

Club Racing

There will be free transport for any member wishing to enter the **Rayleigh Aquathlon** on 2nd April (children and adult events). There will also be a club BBQ following the **Harwich Triathlon** on 25th June. It is hoped that we will be able to erect the Tri-Anglia support tent at these events to provide a (warm and dry if necessary!) meeting place and refreshment area for members. Entry forms for both events are attached.

If you are interested in participating in these events please enter yourself and

Club Contacts:

Chairman: Phill Howitt
' 01603 440204
2phil@philhowitt.fsnet.co.uk

Membership: Kerry Davis
' 01603 460903
kerry.davis7@ntlworld.com

Transition Times: Clare Cole
' 01603 464288
cole.4@ntlworld.com

Juniors: Simon Edwards
' 01603 461841
simonie@ntlworld.com

then let Simon Edwards know for Rayleigh and Kerry Davis for Harwich.

Team racing is something the club is really keen to promote. If you would like to be involved in this we need a **Team Captain**. Coaching advice and will be provided by Tri-Anglia coaches and help with coordinating arrangements for events will also be available from Committee members. It would be great to send a team to the National Club Relay Championships. The format for this race is a 400m swim/ 15k bike / 5k run with each member of a 4 person team doing every leg, i.e. 1st person swims, 2nd person swims, 3rd person swims, 4th person swims, 1st person bikes, 2nd person bikes, and so on. The only stipulation is that the team must all finish within 4 hours 45 minutes for their time to count. All those of you interested and not doing London (yes – it's on the same day, 5th August!) let Phill know asap. Go on, do it!

What's coming up?

MORE CLUB TRAINING DAYS!

There will be 3 more Training Days before the season kicks off:

- Sunday 12 March
- Sunday 9 April (triple mini tri)

CLUB DUATHLONS

For a low key friendly burn out around Whitlingham Broad don't forget:

- Sunday 5th and Sunday 19th March
- 2nd, 16th and 30th April

Other local events:

- Houghen Common, Horsford Norwich Road Runners Cross County Series, Race 3 Sun 26th Feb
- Wymondham 10m & 20m running races, Sunday 5th March
- Broadland ½ marathon 19th March
- Historic House Sandringham 10k – Sunday 26th March

Club Kit

One-Piece Tri-Suit £30

Cycle Short and Tri-Top £30

Junior Tri-suit £20

If you're thinking of investing in some new tri gear, please consider Tri-Anglia club kit, which is a fantastic price

because the club has subsidised the 2 main items (specified above) by up to £18, **only possible if 30 items or more are ordered by members**. There will be samples of the high quality technical clothing in each size at all club training sessions, or phone Jim Keeble if you can't make a training session but want to try on the kit for size. The kit is mainly red and black with Tri-Anglia logo and wording. Other items of training and racing kit are available in club colours which are not subsidised but are still great value.

Training session review:

Thursday night swimming

Phill coaches this hour swim session at the High School for Girls, 19:30 – 20:30. With an eye on Waveney, most sessions currently include a timed 400 swim. This consists of 16 single lengths at high effort with a short recovery time – e.g. achieving 25 second lengths and pushing off every 35 seconds. The aim is to slowly reduce the recovery time until 25 second lengths can be achieved back to back to produce a fast 400 metre swim for raceday. As well as the timed swim, the sessions include drills to develop better technique – last week involved exploring the catch and push phase of the arm underwater.

Junior News

This month Tri-A-Sport ran three successful triathlon taster sessions for 9 – 16 year olds at three schools in the Broadland area which were attended by 80 potential new members. A follow up session is being held **this week – Thursday 16th Feb** – from 10am to 3pm. This session, which includes training, trace practice and concludes with a race is open to anyone who attended one of the taster

sessions and all Tri-Anglia juniors aged 11 and under. Cost of the day is £7.

To attend the session and take part in the race on Thursday please phone or email Simon Edwards. If anyone is able to help out at the event please let Simon know.

Regular Junior Coaching

Thorpe St Andrew School:

- Wednesday, 18:30 – 20:00 age 12 – 16, swim / run
- Friday, 17:00 – 18:30 age 9 – 12, swim / run
- Saturday 10:00 – 11:30, age 9 – 16, bike / run
- Saturday 10:30 – 12:00, age 12 – 16 bike / run

Hewett school (all age 9 – 16)

- Thursday, 15:45 – 17:00 swim / run
- Saturday, 10:30 – 12:00 bike / run

All sessions are led by qualified British Triathlon Coaches from Tri-A-Sport and cost £4.00 for the Swim/ Run sessions and £2.50 for the Bike/ Run sessions. Fees can be paid at each session or on a half-term period basis (with a discount of 10% if paid half-termly).

Helpers are needed, particularly for the Saturday session at the Hewett School – please contact Simon if you are available and would like to get involved with junior coaching or lending a hand.

Recommended:

Do you finish your run or bike wondering how far you've actually been, or even jump in your car to measure your route? A couple of club members have had great success with a route mapper which allows you to accurately measure any route electronically on your computer. Maps are obtained from www.multimap.com or www.ordnancesurvey.co.uk following which you simply drag your cursor along the route you took to get your mileage. You can try the mapper free for 30 days and if successful purchase a download for £10 or on a CD-ROM for £16. See www.littleredfrog.com for details.

Do You Have Space for Tri-Anglia Equipment?

The club has now started to accumulate an amount of equipment that is held at several locations (peoples homes) throughout the two counties. It would be nice if we could afford a storage holding area/container but this would cost around £100 per month. So we are looking for somewhere that is more cost effective (or free). If anyone knows of, or can help out with, a storage area that is dry, secure and can be easily accessed for event organisers, please contact one of the committee to help the club out.

Thank you.

Do You Have Ideas for the Club you would like to discuss?

There is a new club forum after the 'all new improved' one hour long committee meetings. Here members can discuss issues with event organisers, coached and committee members that may not initially require

a committee decision but needs to be debated. This is a relaxed meeting over tea and biscuits. Please come along, it's your club and your committee want to make sure that we are meeting your needs.

Date of next meeting is:

Sunday 12th March, 1.45 at the Hewett School, Norwich

Contact any committee member for further details:

The committee members are

Phil Howitt (Chair)
Jim Keeble (Vice Chair)
Tina Potter (Secretary)
Dave Stephens (Treasurer)
Kerry Davis (Membership)
Simon Edwards (Juniors)
Clare Cole (Editor TT)
Stewart Ingram (South Norfolk Development Officer)
Stephen Baker (Norwich Development Officer)
VACANCY: (Lowestoft Development Officer)
Penny Edwards

All contact details are on the web site.