



# THE TRANSITION TIMES

*The Tri-Anglia Triathlon Club Tri-News Bulletin*



JULY 2005

**Tents:** There are two party tents/marquees that have 3m x 6m dimensions. (Quite big!) These are available for club members and we are looking for a cost of £10 for a week-end (we are assuming that they are required for week-ends only). Let the committee know if you want one so we can allocate them for use and if it is a reasonable amount to ask.

**Whitlingham Lake:** Please remember to book your space with Simon Edge prior to your swim at Whitlingham Lake. You must be Tri-Anglia members or BTA affiliated club. Also make sure you arrive on time. May I suggest you arrive 15 minutes early to sort out your gear and who will be your 'buddy' for the swim.

**Whitlingham Lake:** More often than not, the athletes after the swim will go for a bike and/or run. If you feel that you would like to avoid the cold water but enjoy the company afterwards just turn up! There is a parking fee. I suggest you arrive at 6.00pm on Wednesdays and 9.00am on Saturdays.

**Lowestoft:** Sea swimming from the prom at Lowestoft at the bottom of Rectory Rd, just past the hotel Victoria going south through Lowestoft. You must be a member of Tri-Anglia to take part. Because of tides and conditions this will not be a regular weekly training session. Contact Jim Keeble or Mark Newnham for availability.

**Norwich Aquathlon:** The race was a great success. Thank you to all who marshalled on the day. It was great to see John Grice back in business. Well done John and well done to every one who took part. The Splash and Dash relay race was entertaining to all, especially the juniors, who convinced their elders that it was going to be easy.

**Team Tri-Anglia:** It is envisaged that the club will enter the 220 series and/or the BTA national series. We would like a team manager and team coach for this idea to take off. If you think you have what it takes, contact Phill Howitt for details. The team will consist of any one who would like to have a go! Open to all age groups and abilities. This means the club will enter the series on masse. Hopefully transport can be arranged and introduce a subsidised entry fee. Training sessions and schedules organised for those who want to take part will be part of this glorious plan.

**Cycle coaching:** It is the planning process at the moment, but the club is arranging a coaching session that is cycle specific. This is funded by the quiz & chips evening held earlier in the year. Watch this space.

**Committee Meeting:** We have some money to invest. If you would like to see it spent on something in particular, let them know.

Here are some ideas: Some turbo trainers. A stock of Tri-Anglia clothing including a Tri-Anglia technical fleece and/or a warm woolly Tri-Anglia hat for winter training. Winter training sessions with coaching from outside the club. Scaffolding for bike stands in the transition areas. Club banners for finish lines. A Christmas do! Enter an adventure race.

[www.tri-anglia.co.uk](http://www.tri-anglia.co.uk)