

# Ipswich Triathlon Club Handout

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Issue No.135 – February 2006

## News by Simon Palmer

**The new ITCH** This is the first of the electronic ITCH. I have altered the format to make it easier to print at home if you wish to do so.

### Welcome to new members

**Michelle and Steven Constable** who live in Ipswich. Michelle comes from a running background; an ex member of Ipswich Jaffa, she has already attended training sessions. Her ambition is to do some duathlons and maybe a sprint triathlon this year.

**Mike Stollery and Mary Skelcher** who are from Saxmundham. They have competed in quite a few Triathlons and are both age group winners. Both have helped marshal at Alton so you may have seen them around.

**Julia Yellowly and Iain Downie** from Thetford. Julie has been running for about 12 years, Iain comes from a competitive swimming background. Both competed at Culford last year and are working on improving their weakest disciplines.

**Charlie Tovell** from Ipswich comes from a swimming background, again he completed Culford last year and is looking forward to a few more events this year. He has also attended swim training sessions.

**Darren and Laura Coates** from Kesgrave who have entered the London Triathlon – hope to compete at Culford this year and other events in preparation – both are new to the sport although Darren swims.

Constable

**Paul Wythe** from Ipswich – Paul did a few triathlons many years ago and has started training again, He has attended some of the swim and cycle training events.

### Membership for 2006 is now due

These members have rejoined the club –

Antonis	Tonya	House	Scott
Bareham	Ron	Howard	Karle
Bark	Lee	Irving	Jeffrey
Bestow	Nik	Jones	Micheael
Bowditch	Lucy	Kelly	Wendy
Bowditch	Mark	Mallett	Amanda
Calver	Oliver	Matthews	Bill
Chubb	Jacqueline	Matthews	Emma
Chubb	Karl	Matthews	Gary
Coates	Darren	Meadows	Will
Coates	Laura	Meadows	Kate
Collinson	Heather	Montagu	Jo
Collinson	Nick	Newland	William
Constable	Michelle	Palmer	Simon
Constable	Stephen	Palmer	Michael
Copland	David	Palmer	Jonathan
De Boltz	Steve	Powley	Nigel

Downie	Iain	Powley	James
Duggan	Ian	Powley	Benjamin
Duggan	Helen	Ramsey	Mark
Fellman	David	Rosenberg	Susannah
Fish	Anne	Rudge	Andy
Fish	Grayhame	Rudge	Adam
Fisher	Emilie	Rudge	Kate
Green	Adrian	Ryland	Christopher
Green	Julia	Skelcher	Mary
Hargadon	Sue	Slemmings	Chris
Hetzel	Philip	Smith	Isabel
Bliss	Ian	Bliss	Kieran
Rea	Paul		
Spencer	Shelley		
Stollery	Mike		
Strivens	Sarah		
Tanous	Joan		
Tanous	Louise		
Tottle	Barbara		
Tovel	Charlie		
Wix	Spencer		
White	Graham		
White	Annette		
Wood	Jonathan		
Wood	Thomas		
Woodward	Richard		
Wythe	Paul		
Yallop	Julie		
Yelloly	Julia		

### I compiled the list on Friday 27<sup>th</sup> January

If you see a friends name missing from the list, give them a gentle reminder to rejoin or let me know out of common courtesy that they are not rejoining.

### Match against East Essex Tri Club Sunday 26<sup>th</sup>

February 1.00pm. East Essex have invited us and Blackwater Tri Club to a 3 cornered match. The number of counting team members will depend on how many members from our club turn up. Everyone who turns up will therefore count. If you are interested please get in touch with Simon Palmer for more details.

## Training Sessions

**The swim dates** at Woolverstone Girls School are Feb 4<sup>th</sup> Feb 11<sup>th</sup> (NO swim 18<sup>th</sup> Feb due to 1/2 term holiday), Feb 25<sup>th</sup> Mar 4<sup>th</sup> Mar 11<sup>th</sup> Mar 18<sup>th</sup> Mar 25<sup>th</sup>

Sessions are from 9.00 am until 10 am.

Coaching will be available at some of the sessions.

After this date swim sessions will be reviewed.

The first **club training night** at Greshams (Tuddenham Rd. Ipswich) took place on 12<sup>th</sup> January when 13 athletes experienced the pleasure of a hill session on Valley Road delivered by BTA Coach John Gabriel.

After a leisurely 1.5 mile jog to Valley Road athletes (in pairs) then did nine ascents of the well lit approx 400m long hill split into three sets of three efforts with each effort focusing on a different aspect of hill running technique. The group walk back down the hill was well received between sets. A leisurely jog back to Greshams for some static stretches finished the session, before athletes

retired to the bar for a well earned drink to be join up with other club members who had used a variety of excuses to miss the hill session.

Future sessions will include a similar session at Valley Road but focusing downhill running (not easy!) and as the light nights emerge some off road runs in the Fynn Valley. We'll also do some T2 transition training sessions at Greshams.

Sessions are weekly on Thursdays; all sessions start at 7.00pm prompt and you are encouraged to bring light coloured clothing whilst the dark nights are still with us.

See you there.

The first **T20 swim session time trial** was held on Saturday 7<sup>th</sup> January at Woolverstone Pool. The session consisted of recording the total amount of full length swum in 20 minutes and is an excellent guide to aerobic fitness.

The following members participated:

Tonya Antonis -	1050m (42 lengths)
Danny Clifford -	900m (36)
Steve De Boltz -	1050m (42)
Joanna Shields -	1025m (41)
Derek Smith -	1000m (40)
Sarah Strivens -	800m (32)
Charlie Tovell	1375m (55)
Paul Whythe -	775m (31)

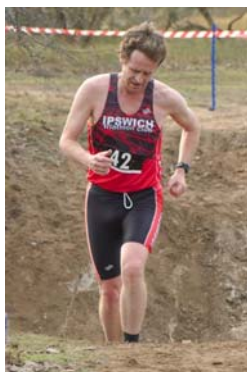
The T20 will be repeated in later sessions and it is planned to also introduce T10's (for Sprint Distance) and T40's (for Long Distance / Ironman) if there is enough interest.

## Running

### Suffolk Cross Country Championships RAF Barnham Sun15<sup>th</sup> Jan

#### Senior Men (12K)

Winner	<i>Kelvin Hardy</i> (Ips Hars.)	40.04
2 <sup>nd</sup>	Ben Spashett	40.34
19 <sup>th</sup>	Dave Copland	46.36
27 <sup>th</sup>	Barry Whitcomb	47.11
32 <sup>nd</sup>	<i>Graham White</i>	48.42
37 <sup>th</sup>	Richard Balaam	49.54
42 <sup>nd</sup>	Will Newland	51.02
58 <sup>th</sup>	Mark Hird	55.09
67 <sup>th</sup>	Steve Robinson	58.19
71 <sup>st</sup>	<i>Les Basham</i>	61.28
74 <sup>th</sup>	<i>Grayhame Fish</i>	66.54



Steve Robinson

#### Under 20 Men (8k)

2<sup>nd</sup> *Chris Spashett* 30.17

#### Under 17 Men (6k)

10<sup>th</sup> *Jonny Palmer* 24.21

16<sup>th</sup> *Liam White* 25.33

#### Under 15 boys (4k)

11<sup>th</sup> *Tom Woods* 16.34

#### Senior Ladies (6K)

Winner *Laura Odell* (Ips Hars) 23.15

16<sup>th</sup> *Emilie Fisher* 30.26

23<sup>rd</sup> *Helen Farrow* 32.00

40<sup>th</sup> *Sue Hargadon* 37.11

44<sup>th</sup> *Susannah Rosenberg* 40.35



Emilie Fisher



Helen Farrow



Susannah Rosenberg

## Cycling

The Eastern District Cycling association handbook has just been published. It is a thick pamphlet listing every cycle race in the Eastern Area for the year including evening time trials, open races and reliability rides. It also contains course details. It is usually about £3.00 If you want a copy please phone Simon Palmer - 01449 711906 by Thursday evening and he will order one for you.

## Cycle Race Results

Breckland CC Boxing Day 10mile tt  
Winner Martin Pyne (Anglia Velo) 22.02  
12<sup>th</sup> Matt Donaldson 24.34

## Ipswich Triathlon Club Kit

Either enclosed or as an attachment is the new club price list. The club lost almost £1500 by subsidising club kit last year therefore we the committee have had to adopt a more realistic price. The club kit is still substantially discounted and still represents a real bargain.

## For Sale / Wanted

**For Sale** - Trek 1000 race bike, 54cm, Shimano Sora 8 speed, triple chainset, Alex AT450 rims, new Panaracer tyres, SPD pedals, red / white, good condition and ready to race, upgrade forces reluctant sale - £250. Contact John Gabriel on 10394 278473

**For Sale Reebok spikes**, suitable for cross country /distance track work, size UK 9, EUR 43, black & green, hardly used - £10, Contact John Gabriel 01394 278473

**TeknoFuel for Sale Graham White Bars**, (£1 - 85g) sodium phosphate (£7.50 -100g) and protein powder, (£10 - 500g) as well as the drink. 5kg box of TeknoFuel is £20.00. Club discounts available. Phone 01206 263545 or e mail for details. GCWNay@aol.com.

## Diary of events

### February

Sun 12<sup>th</sup> Cross Country Culford School 11.00 am  
Sun 26<sup>th</sup> Rayleigh Aquathon 1.00pm  
Match against East Essex Tri Club  
Sun 26<sup>th</sup> Bury 20

### March

Sun 26<sup>th</sup> Diss Duathlon 5k/24k/5k 10.00am  
Sun 26<sup>th</sup> T2 Duathlon Colchester 10k /40k/5k 8.30am  
Sun 26<sup>th</sup> T2 Sprint Duathlon 5k/20k.2k 8.30am  
Sun 26<sup>th</sup> Joe Cox 10 miles (Stowmarket)

### April

Sun 2<sup>nd</sup> Bungay ½ and Full Marathon  
Sun 2<sup>nd</sup> Ongar Childrens Aquathon  
Fri 14<sup>th</sup> Sudbury Fun Run 5 miles  
Fri 14<sup>th</sup> Roger Wing 10k Bungay  
Sun 23<sup>rd</sup> London Marathon  
Sun 30<sup>th</sup> Cambridge Duathlon

### May

Wed 10<sup>th</sup> Bungay 10k  
Sun 14<sup>th</sup> Woodbridge 10k  
Sun 14<sup>th</sup> Basildon Off Rd Triathlon 400m/10k/4k  
Sun 14<sup>th</sup> Waveney Valley Triathlon 400m/20k/3k  
Fri 26<sup>th</sup> Kirton 5 mile race

## Club Committee 2006

We are delighted to announce that Ron Bareham, our past Chairman, has accepted the role as Honorary President.

Ron has been a member of Ipswich Triathlon Club since its foundation and has been an excellent role model. He has selflessly given his time to promote the club over the years and has even sacrificed his own entry at races to ensure we have had enough marshals to cover events.

Ron will be on hand for such occasions as prize giving at events and the club championship. The role of Honorary President is a token of the club's appreciation for Ron's services over the years.

Chair - Nick Collinson (01394) 380337  
Secretary - Simon Palmer (01449) 711906  
e-mail: simon.palmer@talk21.com  
Treasurer - Nik Bestow (01473) 625070  
Mens Captain - Lee Bark (01473) 829710  
Ladies Captain - Tonya Antonis (01473) 412291  
Communications and Webmaster - Charlie Stannett  
e-mail: charlie@ipswich-tri.org  
(01206) 298888  
Development - John Gabriel (01394) 278473  
Race Coordinator - Jeff Irving (01473) 412291

### Non Committee Officers

Honorary President - Ron Bareham  
Eastern Area Rep. - Dennis Spashett (01473) 270573  
Kit Coordinator - Heather Collinson (01394) 380337  
heathercollinson@hotmail.co.uk  
Club Championship Coordinator - Nick Collinson email  
NickCollinson@woodland-trust.org.uk  
Cross Country Captain - Steve Robinson (01284) 760392

Website [www.ipswich-tri.org](http://www.ipswich-tri.org)

Deadline for next issue of ITCH February 28<sup>th</sup>