

Ipswich Triathlon Club Handout

Your Club is Sponsored by Ipswich Borough Council
Issue No.136 – March 2006

News by Simon Palmer

Welcome to new members Michelle and Steven Constable

Commiserations to Tonya Antonis who crashed in the recent Plomesgate reliability ride, injuring her face and jaw. I am sure you will join with me in wishing her a speedy recovery.

Lee Bark has had to step down from the role of club captain for family reasons and does not feel that he will have the time to be seen around or race much this year and therefore cannot offer much to the post.

The First Harwich Triathlon Organised by Harwich Running Club & Harwich, Dovercourt & Parkeston Swimming Club .

SPRINT DISTANCE TRIATHLON SUN 25TH JUNE:
START TIME 18:00

Swim 400m (16 lengths of 25m indoor pool);

Cycle 24kms; Run 4.5kms

Race information available from Harwich Runners

Website: www.harwichrunners.co.uk

Limited to only 80 entrants (This will be on a first come first served basis).

Susannah Rosenberg would like a lift from Stowmarket to Colchester after the Joe Cox 10 on Sunday 26th March. Please call her on 01473-250713 if you're driving that route.

Waveney Valley Triathlon is now full. The waiting list may still be open. If you missed it, do enter races early!

Club Championship New Format for 2006

The committee debated various formats for the club championship and came up with this proposal. Seven races will count – Best total from the 7 races is overall club champion.

Scoring will be same as last year – 40th percentile calculation with a higher tariff for longer races

The seven scoring races will be-

Best scores from 2 races in Olympic distance from 3 selected races.

Best scores from 2 races in Sprint distance from 3 selected races.

Best score from 1 duathlon from 2 selected races.

Best score from any ½ Ironman

Best score from any Ironman - making a total of 7 races.

For Seniors

2 Olympic distance to count chosen from Norwich Cambridge and Clacton

2 sprint distance to count chosen from Braintree Waveney and Grays

1 duathlons to count chosen from Cambridge or Ipswich

Any ½ Ironman

Any Ironman

3 age groups in each category for male and female open vet 40+ Super vet 50+

You must race in club kit in order to qualify. It is hoped that this format will encourage a high turn out at key races and raise the visibility of the club locally as well as providing a worthy all round champion.

The Ipswich Duathlon will only count as a scoring race if you have helped to set up or marshal at least one of our races during the year

For Juniors

One race to count which will be at Framlingham 5 age groups best in each age group male and female.

Iron Man UK are looking for volunteers for their events on 18th June and 20th August. If you would be happy to volunteer in some capacity then there is information on info@ironmanUK.com.

Training Sessions

The swim dates at Woolverstone Girls School are Mar 4th Mar 11th Mar 18th Mar 25th

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.

Club Run training night at Greshams

(Tuddenham Rd. Ipswich) 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.

Running

Cross Country

SUFFOLK WINTER LEAGUE, HAUGHLEY PARK
8th JAN Steve Robinson

Apologies for the late arrival of these results but they didn't appear on the website until the end of January. (Ed)

Men

Winner	James Calvert	Ip harriers	31.47
15 th	Nigel Powley		34.33
53 rd	Graham White		38.11
60 th	Richard Balaam		39.06
102 nd	Mark Hird		42.13
104 th	Paul Whythe		42.15
155 th	Steve Robinson		47.23
185 th	Charlie Stannett		51.30

Women

1 st	Laura O Dell	Ip Harriers	34.40
31 st	Emilie Fisher		46.32
41 st	Julie Yallop		49.19
55 th	Kate Stannett		52.56
56 th	Sarah Strivens		52.56
59 th	Sue Hargadon		55.06

Running for other clubs:

36 th	Jonny Palmer
46 th	Spencer Wix
137 th	Les Basham
176 th	Grayhame Fish
42 nd	Anne Fish
57 th	Maria Reynolds

The women's team turned another solid performance and are now 6th!!! out of 13 teams. Sue still leads the F50 Category and Kate is 2nd in the F40. Emilie was our fastest and Julie in second seems to be enjoying the 'plough' as it used to be called. Sarah had a game run despite not being in the best of health-great attitude, much appreciated!

In the men's team we welcome newcomers Nigel Powley and Paul Wythe. Nigel may be known to many of you as a class runner and he showed his credentials here in an great 15th spot. Paul scored valuable points coming in just 2secs behind mountain biker Mark. Richard had a good run and his weight loss is clearly making him more sprightly; his time putting him just 55 secs behind evergreen Graham. It all looks extremely promising for the fast approaching DUATHLON SEASON. See John Gabriel article in the last issue.

Suffolk Winter League, Culford 11th Feb

Men

<i>Winner Peter Barker (Pacers)</i>	<i>30.11</i>
14 th Nigel Powley	32.20
31 st Michael Jones	34.05
34 th Barry Whitcomb	34.47
44 th Richard Balaam	35.39
46 th Spencer Wix	36.11
58 th Graham White	37.20
62 nd Will Newland	37.41
66 th Paul Wythe	37.53
68 th Colin Thomas	38.19
90 th Ian Dowie	40.52
99 th Mike Stollery	41.48
103 rd Les Basham	44.23
116 th Graham Fish	48.15
117 th Charlie Stannett	48.26

Women

<i>Winner Tamara Jordan (Stow Strid)</i>	<i>36.37</i>
13 th Trisha Dennison	42.41
24 th Michelle Constable	45.09
25 th Mary Skelcher	45.18
31 st Wendy Kelly	47.03
32 nd Anne Fish	47.23
34 th Sarah Strivens	48.21
35 th Kate Stannett	48.50
38 th Julia Yelloly	49.34
50 th Susannah Rosenberg	56.44

Bungay 20k Sun 18th Feb

27 th Dave Copland	1.19.17
289 th Charlie Stannett	1.48.22
292 nd Julia Yelloly	1.48.43
371 st Sue Hargadon	2.00.25
394 th Susannah Rosenberg	2.07.24

For Sale / Wanted

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

March

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

April

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

May

Wed 10 th	Bungay 10k
Sun 14 th	Woodbridge 10k
Sun 14 th	Basildon Off Rd Triathlon 400m/10k/4k
Sun 14 th	Waveney Valley Triathlon 400m/20k/3k(*)
Fri 26 th	Kirton 5 mile race
Mon 29 th	T2 Duathlon Colchester
Mon 29 th	Brandon Forest ½ marathon

June

Fri 2 nd	Bury Friday 5
Sat 3 rd	Rayleigh Junior Triathlon
Sun 4 th	Braintree Triathlon 400m/22k/5k(*)
Wed 7 th	Bungay 10k
Fri 9 th	Ipswich Friday 5
Sun 11 th	Norwich Junior Triathlon
Fri 23 rd	Stowmarket Friday 5

July

Sun 2 nd	Norwich Olympic tri (*)
Sun 16 th	Grays sprint tri (*)
Aug 2 nd	Cambridge Olympic tri (*)

Sep 3rd Clacton Olympic tri (*)

Sep 24th Ipswich duathlon (*)

(* counts towards club championships)

Club Committee 2006

Chair -	Nick Collinson (01394) 380337
Secretary -	Simon Palmer (01449) 711906 e-mail: simon.palmer@talk21.com
Treasurer -	Nik Bestow (01473) 625070
Mens Captain -	Gary Matthews (01473) 431572
Ladies Captain	Tonya Antonis (01473) 412291
Communications and Webmaster	Charlie Stannett email 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

Deadline for next issue of ITCH March 28th