

# Ipswich Triathlon Club Handout

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Issue No.137 – April 2006

## News by Simon Palmer

### Welcome to new members

**Stephen Kidwell** from Woodbridge. Comes from a cycling background, used to be a member of IBC and will be doing the London to Paris ride this summer.

**Marc Delea** all the way from Romford in Essex

**James Boutell** from Ipswich. James has already attended many running and swim training sessions. He plays hockey.

**Kimberley Zilke** who is in the army based at Wattisham but at the moment is training to be a PE instructor at Aldershot. Kimberley is also a member of Stowmarket Striders.

**Alison Thorne** who lives at Tattingstone, near Alton Water. Alison loves running and has set herself triathlon as the next challenge.

**Mark Hannay** lives in London; an excellent swimmer. He trains at weekends in the Ipswich area with **Ross Welton** who lives in the Ravenswood area of Ipswich. Both have entered the London Triathlon this year.

**Chris Sugars** from Ipswich. Chris comes from a long distance swimming background and has swum 10 k in open water so I guess 3k in an Ironman would be sprint for him. He has done a few Triathlons. Entered for Bedford, MK and Southend this year, so far.

**Tonya** would like to thank everyone for their support and kind wishes after her accident - she is on the way to recovery, back to work but still undergoing dental treatment.

**Bike Bags** If you know the whereabouts of the club bike bags please let a member of the committee know. They were last with Ray Robertson?? Or is it Ray Robinson??

## JUNIORS – by John Gabriel

### Triathlon Training Day 20<sup>th</sup> May

In a bid to increase awareness in triathlon and to hopefully gain new junior members into ITC, John Gabriel is organising a Junior Triathlon Training Day at Woodbridge School on 20<sup>th</sup> May.

The day will be aimed at the Tristars age groups (8-14 years) and athletes will be given coaching in all the triathlon disciplines under the guidance of qualified coaches. The day will run from 10.30 am – 4.30 pm approx.

After the day they will be well prepared to enter junior events such as our own triathlon in August at Framlingham or the many other junior triathlons locally.

The cost of the day is £5 and a maximum of 32 athletes will be accepted on a first come, first served basis.

Application forms are available on the club website or by contacting John at

[jgcoaching@btinternet.com](mailto:jgcoaching@btinternet.com)

Interest is expected to be high so if you are interested or you know someone who may be, don't delay, enter today. Please help the communications by passing the word around any schools, scout groups or anywhere else that have these age groups.

If you would like to help out on the day in any capacity, assistant, chaperone, refreshments etc give John a call on 01394 278473 and help to be part of this new initiative for the Club.

## Training Sessions

### Triathlon Training Day 25<sup>th</sup> June

#### John Gabriel

I can also now confirm the date for the Triathlon Training Day at Culford as Sunday 25<sup>th</sup> June, from 9.00 am - 2.30 pm. Athletes will receive coaching from qualified coaches in all the triathlon disciplines. Further details later but 24 places only available on first come, first served basis. Open to club members only up to 31 May then any places will be made available to public. Cost will be £10 per athlete. To reserve your place contact John Gabriel on 01394 278473 (you will be asked to send cheque when reserving place).

**Swim Training** at Woolverstone Girls School is suspended during the Easter Holidays due to school closure. They will resume on Saturday 22<sup>nd</sup> April and will run weekly with the exception of half term (3<sup>rd</sup> May)

Sessions are Saturday from 9.00 am until 10 am. For more information contact Geoff or Tonya on (01473) 412291)

**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. If you are not up for a run join us for a drink from 8.00 until 9.00 in the lounge.

## 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 – 40<sup>th</sup> 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.

## Results

### Diss Duathlon 5k / 26k / 5k

This was the inaugural running of this event. It was well organised and marshalled. The run and cycle route were both on quiet lanes and fairly flat. By consensus the run route was a little over 5k.

		5k run	26k Bike	5k run	
1 <sup>st</sup>	Dave Bettison	19.26	38.35	19.44	1.17.45
9 <sup>th</sup>	Richard Balaam	21.55	41.56	21.43	1.25.34
14 <sup>th</sup>	Will Newland	22.11	41.46	22.44	1.26.41
31 <sup>st</sup>	Simon Palmer	26.50	44.48	26.37	1.38.15
37 <sup>th</sup>	Amanda Mallett	27.11	47.39	28.38	1.43.28
41 <sup>st</sup>	Anne Fish	27.42	50.32	27.46	1.46.00
42 <sup>nd</sup>	Helen Farrow	27.10	52.09	26.45	1.46.04
45 <sup>th</sup>	Grayhame Fish	28.12	50.12	29.48	1.48.09
50 <sup>th</sup>	Adrian Green	31.29	55.48	35.01	2.02.18

### T2 Duathlon Earles Colne 9.8k / 40k / 4.5k

1 <sup>st</sup>	Ben Spashett	35.14	71.50	16.57	2.04.01
5 <sup>th</sup>	Dave Copland	38.36	75.40	19.37	2.13.55

## Running

### Bury 20 / nearly 10 Sun 22<sup>nd</sup> February

#### Nearly 10

Winner	Peter Barker	53.05
8 <sup>th</sup>	Will Newland	1.02.01
46 <sup>th</sup>	Les Basham	1.16.07
62 <sup>nd</sup>	Anne Fish	1.18.29
104 <sup>th</sup>	Susannah Rosenberg	1.32.21

#### Bury 20

Winner	Derek Lines	1.59.36
345 <sup>th</sup>	Sue Hargadon	3.35.16
360 <sup>th</sup>	Charlie Stannett	3.47.12

#### Bildeston ½ marathon

Winner	Gavin Davies	1.17.51
28 <sup>th</sup>	Paul Wythe	1.38.38
67 <sup>th</sup>	Charlie Stannett	1.58.34
72 <sup>nd</sup>	Kate Stannett	2.04.52
74 <sup>th</sup>	Sue Hargadon	2.04.59

#### Bildeston 10k

Winner	Dave Mundle	33.25
5 <sup>th</sup>	Nigel Powley	35.39
65 <sup>th</sup>	Steve De Boltz	51.36

I believe Nigel's time is a club record for 10k, beating Richard Tateson's mark set 2 year's ago. It may not be Nigel's fastest time by a long mark but it is good to see him getting some form back and underlines what a quality runner he is.

#### Broadland ½ marathon

242 <sup>nd</sup>	Sue Hargadon	2.04.22
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## Cycling

Well done to Matt Donaldson. Mat finished 3<sup>rd</sup> in the Breckland CC 10 mile event based on a sporting course he clocked 24.48 Matt took the notable scalp of Martin Pyne. If you know anything about time trialling you know how good that is!

### PLOMESGATE 10-Mile Time Trial Jeff Irving

As is customary for the Plomesgate 10 it was freezing cold and blowing a near gale, but this did not deter some of the ITC stalwarts from turning up in their winter woollies and having a blast round the very scenic Tunstall forest course. Riding out with the men's and ladies captains (Gary and Tonya) from Ipswich to the HQ in Sudbourne against a cold headwind was enough to put you off but as the saying goes "it's the same for everyone", and there's always the tea and cake at the end!

For my sins I rode the tandem event with my IBC colleague John Adams and returned a respectable 24.33 time. Lee Bark riding for Stowmarket and District CC had a phenomenally good ride taking third place overall in 23.50 being beaten by two very well established pure testers in the form of

Martin Pyne (Anglia Velo - overall winner in 23.40) and Glen Taylor (API-Metrow 23.47).

Gary Matthews out on a training ride with no tri bars and several layers of clothing, fuelled by peanut butter sandwiches before the start powered round in 28.46, the up and coming female time triallist and all round deceptively tough cookie Emilie Fisher was second lady in a time of 29.06, with Spencer Wix and Karle Howard battling it out in 31.27 and 31.42 respectively. Amanda Mallett and Nik Bestow acquitted themselves well in the tough conditions with times of 32.22 for Amanda and 33.12 for Nik.

I'm sure that all those ITC members who took the plunge into time trialling on Saturday would say that they took something away in terms of training and experience, and anyone doing triathlons should consider giving it a go. The ICA promotes club 10's throughout the season at Stowmarket, Crowfield and Henley, which are relatively low-key events and good for starters. Anyone wanting to find out more can give me a ring, drop me an email or have a look at the CTT website at [www.cyclingtimetrials.org.uk](http://www.cyclingtimetrials.org.uk).

#### **More success for rising tri star Will Meadows**

Will Meadows finished 2<sup>nd</sup> 13yr old boy in the Suffolk County ASA Swimming Championships held in Crown Pools, Ipswich.

In March Suffolk swimmers who had gained qualification times competed in the annual Suffolk County ASA Swimming Championships. Will as a qualifying swimmer raced over three weekends competing over a variety of distances and strokes. Points were awarded for his Best 50m, Best 100m, Best 200m form (Back, Breast, Fly), Best Freestyle Distance and Best Individual Medley events. On the final day Will attended an award ceremony for Suffolk's best swimmers. Will competed in 13 individual events covering all strokes and distances and achieved 11 personal best times.

Will also swam for Deben Swimming Club Relay Teams. The Freestyle Team achieved 2<sup>nd</sup> place and the Individual Medley Team 3<sup>rd</sup> with Will swimming the breaststroke leg.

Will says, "Cyclocross is well and truly over and the swimming season is drawing to a close so now I can now concentrate on my triathlon and road racing season. Team Ipswich have helped support me with accessing help and advice and Dave Parry World Start Coach has written me a training programme to complete in school PE lessons. He has also rescheduled my training and competition demands and this is helping me a lot as I am getting more rest in the evenings. My first event is the Rayleigh Aquathlon on 2<sup>nd</sup> April and I am really looking forward to this. My first triathlon is on 3<sup>rd</sup> May and I really hope to do well in the Eastern Region Series this year. I have been accepted into the Eastern Region Triathlon Youth Academy

training days and I also have some British Cycling training days on the Eastway Circuit and Welwyn Track during the Easter Holidays. I am going to Newport to get some more track experience then I am going to have a go at the National Road and Track series. Thanks to all of you for all your support and advice".

#### Will's Suffolk County Championship individual race positions and times were:

50m Freestyle	2 <sup>nd</sup>	29.25PB
50m Breaststroke	2 <sup>nd</sup>	36.88
100m Breaststroke	2 <sup>nd</sup>	1m 19.64
800m Freestyle	2 <sup>nd</sup>	10m 07.64PB
Boys Freestyle Relay	2 <sup>nd</sup>	29.22PB (Relay split time 50m Freestyle)
200m Breaststroke	3 <sup>rd</sup>	2m 58.68PB
100m Freestyle	3 <sup>rd</sup>	1m 04.42PB
Boys 200m IM Relay	3 <sup>rd</sup>	35.77PB (Relay split time 50m Breaststroke)
400m 4x100m IM	4 <sup>th</sup>	5m 50.11PB
200m Freestyle	5 <sup>th</sup>	2m 21.03PB

#### **Charlie & Kate, London marathon & team**

**SIA** Charlie & Kate Stannett are once again using the London marathon as an opportunity to raise money for the Spinal Injuries Association – this year joining forces with Striders' Ronel Van Der Merwe to form "Team SIA - Suffolk branch". All donations & pledges gratefully received – but, if you can, please use the website at [www.justgiving.com/sia](http://www.justgiving.com/sia) so that tax can be reclaimed Many thanks.

#### **Karle Howard writes...**

I am taking part in a charity cycle ride from London to Paris in July, finishing on the eve of the finale to this year's Tour de France. The ride is in aid of ACTION MEDICAL RESEARCH and their 'TOUCHING TINY LIVES' campaign which is aiming to raise £3 million for further research into premature birth, pre-eclampsia and other serious conditions that threaten unborn babies and expectant mothers. I need to raise a minimum of £1000.00. I have an online sponsorship page at [www.action.org.uk/~karfle](http://www.action.org.uk/~karfle)

#### **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

### April

Sun 2<sup>nd</sup> Bungay ½ and Full Marathon  
Sun 2<sup>nd</sup> Ongar Children's Aquathlon  
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  
Mon 29<sup>th</sup> T2 Duathlon Colchester  
Mon 29<sup>th</sup> Brandon Forest ½ marathon

### June

Fri 2<sup>nd</sup> Bury Friday 5  
Sat 3<sup>rd</sup> Rayleigh Junior Triathlon  
Sun 4<sup>th</sup> Braintree Triathlon 400m/22k/5k  
Wed 7<sup>th</sup> Bungay 10k  
Fri 9<sup>th</sup> Ipswich Friday 5  
Sun 11<sup>th</sup> Norwich Junior Triathlon  
Sun 11<sup>th</sup> Norwich ½ marathon 10.00 am  
Fri 23<sup>rd</sup> Stowmarket Friday 5

### July

Sun 2<sup>nd</sup> Norwich Olympic Distance Triathlon  
Sun 2<sup>nd</sup> Newmarket 10k  
Wed 12<sup>th</sup> Bungay 10k  
Sun 16<sup>th</sup> Grays Triathlon  
Sun 23<sup>rd</sup> Ekiden Relays Woodbridge

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