

Ipswich Triathlon Club Handout

Your Club is sponsored by Ipswich Borough Council

Issue No.138 – May 2006

News by Simon Palmer

Welcome to new members

Antony Birt who lives in Ipswich. He is an ex footballer and thought he would try his hand at triathlon. He has done a few duathlons already including the Ipswich Duathlon last year.

Mark Kemp from Felixstowe, Comes from a watersports background and a bit of mountain biking. Keen to learn more about triathlon.

If anyone wants to personalise their kit (e.g. their name on their trisuit) you can do so for £6 through Phoenix Tees of Woodbridge. For more details contact Spencer Wix on 07879 406396

2006 Flora London Marathon: Positions & times of Ipswich triathlon club members known to have completed.

2550 Gail Pryke 03:14:23

13379 Rob Peevor 04:07:33

16774 Shelley Spencer 04:21:10

19820 William Catchpole 04:32:55

22289 Charlie Stannett 04:43:35

(his fastest London since 1982!)

Mike Stollery writes

Mary Skelcher completed a charity swim for the national (Duncan Goodhew lead) charity event called " Swimathon". This entailed doing 5000m. Mary completed this in a very credible 1 hour 35 minutes - front crawl throughout - and raised just over £150 for good causes.

I should add that she did it in a 20metre pool -ie 250 lengths- and guess who was counting them !!

Triathlon de l'Alpe d'Huez 2nd Aug 2006 - Dave Copland

Fancy a race that's a bit different and a challenge to boot? How about this one in the summer? The race is more or less Olympic distance. The swim is in a hydroelectric lake, the Lac du Vernay by Vaujany. The point-to-point bike route Consists of a circuit of the lake, a ride to Bourg d'Oisans and then the final 13km is up the famous 22 hairpin bends of the Alpe d'Huez. The run is 2 laps around the non-flat ski village. I've already entered. More information from

http://www.le-sportif.com/exe_cal/main_calendrier_fiche.asp?cmnf_id=21951 or

contact me on davecopland@btinternet.com or 01473 250713. Oh, and it really is on a

Wednesday afternoon. It might also be your cheapest tri of the year- it's a bargain 25 euros.

JUNIORS – by John Gabriel

Triathlon Training Day 20th 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 20th 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

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

Senior Training Day Note Change of Date

The Senior Training Day will now take place on Sunday 18th June from 9.00 am - 3.00 pm at Culford School, not 25 June as previously advised.

Coaching will be delivered by Tim & Heather Williams of Perfect Performance Ltd

www.PerfectCondition.Ltd.UK

and will cover areas such as race preparation, transitions, open water swimming, group cycling & cycle maintenance.

Cost will be £15 per athlete and there will be a limit of 24 athletes.

Contact John Gabriel on 01394 278473 or at jgcoaching@btinternet.com to reserve your place.

Training Events at Gresham's - by John Gabriel

Thursday 18 May - 7.00pm for prompt 7.15pm start - TURBO / RUN SESSION - Power / Speed session comprising short repeats on turbo followed by run on grass loop. Ideal preparation for the racing season whatever distances you are targeting.

You will need to bring your bike, turbo, running kit and cycling shoes. Session will last 45-60 mins so plenty of time for beer afterwards.

Thursday 22 June - 7.00pm for briefing and prompt 7.30pm start - **BIKE / RUN DUATHLON** - Test your mid-season fitness with a 7 mile bike ride (time trial start at 1 min intervals) on scenic course through Rushmere, Playford & Tuddenham, plenty of hills followed by a 2 mile (approx) multi-lap run on grass on the Greshams playing fields. Both the above events will be based at Greshams Sports Club, Tuddenham Road and are 'no-frills' training events. No frills means limited signage, no defined transition area (lay your bike down or lean against wall!) and overall time only (duathlon).

There are NO entry fees for either event but turn up early to reserve your place.

For further details contact John Gabriel on 01394 278473

Swim Training have resumed on Saturdays and will run weekly with the exception of half term (end of May/beginning of June)
Sessions are Saturday from 9.00 am until 10 am. At Ipswich Girls School Woolverstone.
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. If you are not up for a run join us for a drink from 8.00 until 9.00 in the lounge.

Juniors

ITC Juniors had a very successful day at Rayleigh Aquathlon on April 2nd achieving high placings in all age groups entered. This was a good testing ground before the 'real' triathlon season starts on June 3rd and it looks like ITC juniors are set to have a good season.

Results

Female Age 8	1 st Alanah Barton
Female Age 9/10	2 nd Lauren Clipstone
	4 th Georgia Barton
Male Age 13/14	3 rd Will Meadows

UK NATIONAL TRIATHLON / DUATHLON LEAGUE

The UK National Triathlon and Duathlon League promotes high level competition between club teams, but also provides an arena in which individuals can distinguish themselves. There is a general classification in which clubs and individuals are classed on their best four results across the season. There is also an Endurance Competition and a Duathlon competition. Ladies have their own classification, but can also score for their club's main team. Clubs may mix and match their events as they please across these various competitions in

order to get their best four results. A range of trophies is presented every year so that various categories of teams and individuals are rewarded for their successes. There are now trophies for the top three teams, for the top team with more than six but no more than twelve registered League competitors, for the top team with six or fewer competitors, for the top three individuals, for the top male and female competitors in the Endurance and Duathlon competitions, for the top veterans male and female 40+, 50+, and 60+, and for the top novices male and female regardless of age, who must be registered as having completed less than two seasons of triathlon or duathlon by their club secretary. There are also trophies for the male and female League competitors who achieve the highest scores in their best four events at the standard (Olympic distance). There will thus be a total of twenty-two trophies across the board for which Leaguers may compete.

The League event list always includes a good selection of short distance events so that no athlete need feel overstretched. The Endurance Competition includes all events with a tariff of 190 or above, and competitors are classed on their best three events. Competitors in the Duathlon Competition must complete three duathlons and one triathlon; this requirement is intended to encourage athletes to swim.

EVENTS LIST

	Tarrif
2/4 Dragonslayer Duathlon	165
2/4 Swindon Duathlon	170
8/4 Ashbourne Duathlon	180
30/4 Cambridge Duathlon	170
7/05 Malvern Triathlon	165
11/5 Shropshire Triathlon	180
20/5 Ironman Lanzarote	220
21/5 Redditch Sprint Nat. Tri Championships	170
13/5 National Duathlon Champs, Edinburgh	170
14/5 Blaenavon Triathlon	190
24/5 European Tri Champs, Autun	185
28/5 Woodhall Spa Sprint Triathlon	165
28/5 Crystal Palace Triathlon	170
28/5 World Long Duathlon Champs, Fredericia	200
29/5 White Rose Duathlon	170
3/6 Weymouth Half-Ironman	195
4/6 Weardale Triathlon	170
4/6 Bala Middle Distance Triathlon	195
11/6 Windsor Triathlon	180
18/6 Castle Howard Tri	180
18/6 UK Ironman 70.3	195
18/6 Ironman France, Nice	220
24/6 Dambuster Triathlon	180
25/6 Chester Triathlon	180
1/7 Cleveland Half Steelman	195
2/7 Bournemouth Triathlon	180
2/7 Ironman Switzerland	220
2/7 Wakefield Triathlon	180
2/7 Ironman Roth	220
9/7 White Oak Triathlon	165
9/7 Nat. Mid-dist Tri Champs Belvoir Castle	190
15/7 Ripon Triathlon	180
16/7 Prince Bishop's Triathlon	180

16/7 Ironman Austria	220
23/7 Ironman Germany	220
23/7 Longest Day Triathlon	220
23/7 Milton Keynes Triathlon	180
5-6/8 Michelob Ultra London Triathlon	180
6/8 Worthing Triathlon	180
6-7/8 Big Cow Cowman, Emberton Park	190
7/8 Worcester Sprint Triathlon	165
13/8 Swanage Triathlon	180
20/8 Wolverhampton Triathlon	180
20/8 Ironman UK	220
26/8 European Long Tri Champs Almere	190
26/8 Clumber Park Sprint Triathlon	170
27/8 Hartlepool Marina Triathlon	170
27/8 Bedford Classic Triathlon	180
27/8 Duathlon World Champs Zofingen	210
27/8 Ironman Canada	220
2-3/9 South Coast Classic Triathlon	180
3/9 Clacton Triathlon	180
9/9 Vitruvian Middle-Dist Triathlon	195
10/9 Helvellyn Triathlon	190
10/9 Wombourne Sprint Triathlon	165
11/9 Half-Ironman UK	195
17/9 Derby Triathlon	165
25/9 Ipswich Duathlon	155
1/10 Helwith Bridge Duathlon	170
1/10 Ironman Elba	220
7-8/10 European Duathlon Champs, Rimini	170
8/10 Carsington Duathlon	160
21/1 Hawaii Ironman World Champs	220

Anyone interested in taking part should register their interest with Jeff at bubble.squeek@ntlworld.com - minimum of three entrants required. Event results can be retrospective, must be submitted on official result sheet and it is desirable to register teams before end of June 2006.

Results

Running

Bungay Marathon / Half Marathon – 2nd April by Susannah Rosenberg

Some of you will know that this has been my training focus throughout the winter. Running round Alton Water in the snow takes a special kind of devotion. The patience shown by Maria Reynolds, Sarah Strivens, Julie Yallop and Ronel van de Merwe as I struggled along on our Friday 10 milers assures their future beatification. I'd done the distance training, and had spent the last 2 months working on speed – losing weight and running up hills. Finally the big day had arrived. There was a good crowd of ITChers for the half marathon to see Nick Collinson and Will Catchpole complete their first lap of the full marathon just before our race start.

Iain Downie and I were equally nervous about our first half marathons. Iain had more opportunity to escape, having just entered on the day. I think that Brian McGeeney was also on for a guaranteed PB. The lovely Ron and Joan Hunt (well known to cyclists in the region) were there to give us a starting cheer.



Here's Ron's picture of me and Julia Yelloly after a full 100 metres of running:

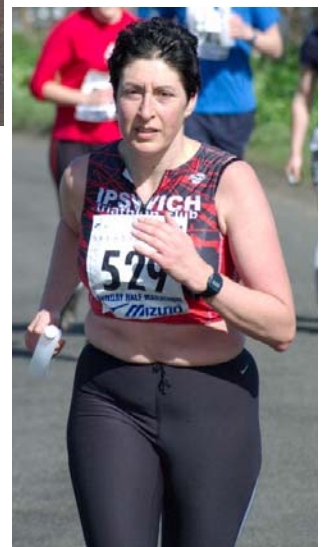
Charlie

Stannett (below) gave his usual optimistic time check at the first mile marker. (I think he starts his watch when he crosses the line, whereas I start mine at the starting gun). Then he drifted away ahead of me. The hills were all in the first 6 miles on the way to Beccles, then it was a flat return to Bungay. I was well on target for the first 6 miles, even with the hills, thinking 'this is fab'. I hadn't really noticed how much wind there was helping us along. Kate Stannett gave me some encouragement at the bottom of the last hill as she cycled by. Sue Hargadon ran with me at mile 5 which buoyed me along too.



Then on the way back to Bungay we turned into a strong headwind and I completely fell to bits. I struggled past William on his second lap at mile 9. From 10-12.5 miles if someone had offered to rescue me from the icy April showers and take me home in a car I would have leapt at the chance. But nobody did. Even the offer of a

ride in a wheelbarrow or a piggy back would have been welcome but it wasn't forthcoming. Actually, a cuddle and a shoulder to cry on would have been good! So I had no choice but to carry on to get home. Walking would only make me colder and delay my reaching a cup of tea. I eventually staggered in at 2:13 - well outside my sub 2 hour target - but a PB all the same!





Dave Copland was hoping for a PB of 1:24. Again, he was well on target for the first half, but lost time on the second, finishing in at 1:26 - but came in at a brilliant 17th overall!

And now Maria has talked me into entering the Brandon Half at the end of May...

Half marathon results

Pos	Name	Time
1	Kevin Murphy (1 st male)	1:11:55
16	Helen Decker (1 st female)	1:25:21
17	Dave Copland	1:26:26
126	Iain Downie	1:44:22
143	Nik Bestow	1:46:50
192	Brian McGeeney	1:53:54
213	Julia Yelloly	1:57:04
224	Charlie Stannett	1:58:09
248	Sue Hargadon	2:03:00
314	Susannah Rosenberg	2:13:38

And doing the full marathon distance:

Pos	Name	Time
1	James Hartop	2:49:48
68	Nick Collinson	3:47:20
116	William Catchpole	4:24:57

Cycling

Stowmarket CC 10 mile tt Coombs

Wed 19th Apr

19th Susannah Rosenberg 33.58

20th Maria Reynolds 38.03

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

May

Wed 10th Bungay 10k
 Sun 14th Woodbridge 10k
 Sun 14th Basildon Off Rd Triathlon 400m/10k/4k
 Sun 14th Waveney Valley Triathlon 400m/20k/3k
 Wed 17th Cycle Road Race Lotus Circuit 7.30pm
 Sat 20th Junior Training Day
 Fri 26th Kirton 5 mile race
 Wed 24th Cycle Road Race Lotus Circuit 7.30pm
 Mon 29th T2 Duathlon Colchester
 Mon 29th Brandon Forest ½ marathon

June

Fri 2nd Bury Friday 5
 Sat 3rd Rayleigh Junior Triathlon
 Sun 4th Braintree Triathlon 400m/22k/5k
 Wed 7th Bungay 10k
 Fri 9th Ipswich Friday 5
 Sun 11th Norwich Junior Triathlon
 Sun 11th Norwich ½ marathon 10.00 am
 Sun 18th Training Day Culford
 Sun 18th Saffron Walden Triathlon
 Fri 23rd Stowmarket Friday 5

July

Sun 2nd Norwich Olympic Distance Triathlon
 Sun 2nd Newmarket 10k
 Wed 12th Bungay 10k
 Sun 16th Grays Triathlon
 Sun 23rd 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
 Communications and Webmaster - Charlie Stannett (01206) 298888
 email charlie@ipswich-tri.org

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 ITC May 28th