

Ipswich Triathlon Club Handout

Your Club is sponsored by Ipswich Borough Council

Issue No.139 – June 2006

News by Simon Palmer

Welcome to new members

Sarah Harris who has just completed her first triathlon at Stratford of Avon. She decided to join husband Chris in training!

Peter Kerry who is an ex footballer in his late twenties and has suffered injuries so has decided to give triathlons a go. He lives in Rendlesham and may have a go at a triathlon late season.

Richard Adams returns to the club after a break of 8 years – I remember him as a very talented junior; another athlete still only in his 20's Richard is an excellent swimmer and strong biker and I am sure we will see him at training sessions and in races this year.

Suzanne Lane who lives in Ipswich.

Simon Heath lives in Gislingham and has competed in a few triathlons and has committed himself to a half Ironman in June for his first big race. Sounds like jumping in at the deep end, and we wish him all the best.

Andrew Mackenzie from Groton in Suffolk

Justin Baillie from Stowmarket. Has done some triathlons 10 years ago then turned to rugby and has come back to triathlons and has entered Culford this year to give himself an incentive to train.

Alice Sheerwin Sally Strange Alexander

Jackson Rosie Payne Polly Wheeler who are junior members and joined after the junior training day.

Congratulations to Lee Bark on winning the Waveney Valley Triathlon after a storming bike ride. (see results)

Congratulations to Nigel Powley on winning the T2 sprint duathlon at Earls Colne on Bank Holiday Monday. (Results in next issue of ITCH)

CULFORD TRIATHLON SUN 30th JULY 2006 (Tonya Antonis)

Yes the racing season is upon us again and it's that time of year that I start asking club members to put a little bit back into the club by marshalling at our events. Without willing volunteers we would not be able to run these events. The following members have stated on their membership forms that they are able to help at the event at Culford on Sunday 30th July:

Ian Bliss, Simon Bourne, Dave Copland, Iain Downie, Anne & Grayhame Fish, John Gabriel, Sarah & Chris Harris, Michael Jones, Mark Kemp, Bill Matthews, Emma & Gary

Matthews, Will Meadows, William Newland, Rob Peevor, Steve Robinson, Susannah Rosenberg, Chris Slemmings, Barbara Tottle, Charlie Tovel, Graham White, Richard Woodward and Julia Yelloly.

In addition to this Karl Chubb and Adrian Green have offered to help with setting up on Saturday 29th We still need more help on the Saturday so if any members reading this are able to give a couple of hours of their time on the Saturday it would be greatly appreciated.

Can I please ask for all volunteers to CONFIRM BY EMAIL

bubble.squeek@ntlworld.com or by telephone (01473) 412291 Jeff or Tonya that they are still available, and of course any other offers of help NO LATER THAN 25th JUNE in order that I can publish a final list in the next issue of ITCH prior to the event.

Amnesty for Club Equipment / Videos The club own at least 8 turbo trainers. We know of the whereabouts of 3. If you have one of the club rollerturbos or know anyone who has, can you let Simon Palmer know 01449 711906. One of the reasons we have roller turbos is so that the club can run training sessions like the one we did in May for those who do not possess a turbo. There are also several club videos which are loaned out and we have lost track of who had them. If you have one, again could you let one of the committee know.

New Event Tri Anglia are holding a Novice Aquathlon (Swim / Run) on Sunday 17th June at the Hewitt School, Norwich Distances 400m swim / 5k run. See Tri Anglia website for details

Training Sessions (See table of Thursday night training on next page)

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. The day has proved very popular There are one or two places left so hurry and book a place.

John Gabriel writes about Thursday Training

I'm organising a repeat of last months Turbo / Run session at Greshams on **Thursday 15th June** starting at 7.00 for 7.15 prompt. Session will be same as last time (3 x 10 mins turbo followed by 5 mins run) with the (voluntary) option of a 4th interval. Hope to see you there, please spread the word to anyone who you think may be interested.

Thursday 22nd 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 but turn up early to reserve your place.

For further details contact John Gabriel on 01394 278473

Training Events at Gresham's - by John Gabriel (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. Contact any of the committee for details

Date	Planned session	Type	Time	Contact	Notes
1.6.06	Town Run	Hilly	>1 hour	John Gabriel	
8.6.06	Off Road	General	>1 hour	TBA	Fynn Valley?
15.6.06	Turbo / Run	Efforts	1 hour+	John Gabriel	Optional easy / hard run @ Greshams for those without turbos
22.6.06	Duathlon	General		John Gabriel	7 mile bike : 2 mile run
29.6.06	Long Intervals	Efforts	45 mins	John Gabriel	Off Road
6.7.06	Town Run	Hilly	>1 hour	TBA	
13.7.06	Off Road	General	>1 hour	John Gabriel	Fynn Valley?
20.7.06	Turbo / Run	Efforts	1 hour+	John Gabriel	Optional easy / hard run @ Greshams for those without turbos
27.7.06	Short Hills	Efforts	45 mins	John Gabriel	Christchurch Park
3.8.06	Town Run	Hilly	>1 hour	TBA	
10.8.06	Off Road	General	>1 hour	John Gabriel	Fynn Valley?
17.8.06	Turbo / Run	Efforts	1 hour+	John Gabriel	Optional easy / hard run @ Greshams for those without turbos
24.8.06	Short Hills	Efforts	45 mins	John Gabriel	Christchurch Park
31.8.06	Long Intervals	Efforts	45 mins	John Gabriel	Off Road

SWIMMING

We have the opportunity to have an extra regular swim session at Woolverstone High School on a Wednesday evening from 8pm for an hour (term time only). This will be on a pre pay basis so you pay for the term in advance so we can ensure the costs are covered and there is no extra cost to the club. The pool hire is £45 per week so the more people we have that "sign up" for the sessions the cheaper it will be per person. Anyone interested please contact Jeff or Tonya

bubble.squeek@ntlworld.com or by calling (01473) 412291 As soon as possible in order that

we can go ahead with the booking if there are enough people interested.

The next Saturday swim session is Sat 10th June and these continue each Saturday through term.

ITC JUNIOR TRAINING DAY – 20 May – by John Gabriel

26 Juniors aged 8-14 from around the area descended on Woodbridge School for an 'Introduction to Triathlon' training day on 20 May. Athletes were split into groups and under the guidance of organiser & coach John Gabriel received expert tuition in the 4 triathlon disciplines from

coaches Isabel Smith, Phil Jarvis, Nigel Dadge, Denis & Chris Spashett and Zibby Parker well supported by Cate & Will Meadows & Chris Gabriel.

The morning session consisted of Swim & T1 training and the afternoon continued with Cycling, T2 & Running & finished with a 'Drayathlon' allowing athletes to put into practice all they had learnt on a short but testing course.



Junior training day warm up with Nigel Dadge

Over the lunch break Club Members Lauren Clipstone & Will Meadows shared their experiences as first time triathletes and Will gave an interesting and very mature talk about his experiences in triathlon since.

The afternoon session was completed by a short presentation by Simon Palmer in his role as ITC Secretary and Race Director of Ipswich Junior Tri, before the tired athletes headed for home.

A big thank you to everyone involved in making this venture a success and also to Woodbridge School for the use of their premises.

Look out for some speedy triathletes representing Ipswich at our Junior Tri in August.



Transition Training for the younger age groups

Report of Turbo/Run Training

Simon Palmer

I was amazed only 6 turned up for an excellent Turbo Run Session on Thursday 18th May. It was a fantastic session led by John Gabriel. It was non competitive, each athlete working to their own level, highly structured and excellent triathlon specific training. The session consisted of 10 minute Turbo, 5 min run repeated 3 times at increasing intensity. A hard session but very good humoured. Fantastic transition training (6 changes of shoes) Steve de Boltz is the man to ask about transitions, he was 10 seconds faster than the rest of us. When we run another session and you do not have a turbo trainer please ask – the club has turbo trainers to lend out. The session will be repeated in coming weeks.



6 keen duathletes on a bike run training session

Juniors

Just a quick update on James and Ben Powley. Both competed in the Woodbridge Fun Run, running for Ipswich triathlon Club, this was run in front of big crowds and in a starting list of over 150 runners. (Sunday 14th May).

James Powley (12 years old) 10th overall (6th in age) Ben Powley (9 years old) 73rd overall. (7th in age).

This follows up James winning the January Sports person of the month for his school. A rare feat for a Year 7 pupil. This was recognition for his performances in the Suffolk Schools X Country Champs throughout the winter culminating in a 16th place in the overall Suffolk Schools trials at Framlingham. James only started running in October last year. James has already run an 'unofficial' time of 35minutes for 5 miles. Both Ben and James will be competing in eligible races throughout the year.

Results

Cambridge Duathlon7k/40k/7k

Place	Name	Run	Bike	Run	Finish
1	Tom Lowe	21.06	53.52	21.27	1.36.26
50 th	Nigel Powley	23.26	1.00.52	25.43	1.50.03
68 th	Dave Copland	25.23	1.01.46	26.02	1.53.15
118 th	Graham White	26.01	1.05.32	27.37	1.59.11
155 th	Will Newland	27.31	1.04.45	32.57	2.05.13
207 th	Steve Robinson	30.59	1.10.35	33.56	2.15.31
236 th	Anne Fish	33.43	1.13.46	35.54	2.23.24
241 st	Helen Farrow	33.15	1.18.23	34.31	2.26.08
244 th	Grayhame Fish	34.29	1.16.41	37.41	2.28.52

Waveney Valley Triathlon 14 May 2006 400m / 23k / 3.2k

Some people are just NEVER happy ... but more of that later! Waveney clashed with the infamous Woodbridge 10km but still saw a tremendous turn-out from the club, and some really good performances.

Lee Bark was overall winner, some one minute ahead of the next placed finisher. Sue Rule was second lady home, with Lucy Bowditch coming in Third - in her first triathlon. (And to think I was walking Lucy around transition before the race showing her the ropes!)

Closer to home, the present Mrs Stannett managed to beat me on the run (okay, just by one second, but a second is a long time in domestic politics!) despite claiming to be injured and unable to run, and came second in her age group - but was still unhappy with her performance.

Similarly Simon Palmer whizzed past somewhere on the bike leg just before the point when I realised I wasn't in top gear - I think Simon's minimalist approach to hardware has to be admired - and came second in his age group after years of injury. I have seriously never seen Simon looking so happy - and yet he tells me he is disappointed with his time! Personally I see Waveney as the ideal start-of-season opportunity to remember how everything goes together - I genuinely forgot when preparing my kit the night before that I had to do a run after the bike, and in T1 I managed to get my left & right bike shoes mixed up. But, before you think it's only Stannetts who make that kind of mistake... I took a fancy to a wonderful black "Guru" bike in transition and tracked it down to the Cambridge person who won the lady's event. As she showed it to me, I found that the stem was rocking badly. She had done some last minute adjustments and hadn't tightened things down fully - lucky it was a reasonably flat course! But it was a bootiful bike (although, I found out later, bountifully expensive). Anyway, excellent turn-out - albeit with some people espousing the "club kit" rule - and a good giggle all round. Just a shame we missed William C's pink tutu in the Woodbridge 10km...

Place	Name	Swim	Bike	Run	Finish
1	Lee Bark	5:15	29:18	13:01	0:47:34

34	Sue Rule	6:56	35:33	15:08	0:57:37
36	Iain Downie	5:36	37:09	15:06	0:57:51
38	Lucy Bowditch	7:14	37:03	13:49	0:58:06
50	Mary Skelcher	7:10	35:17	16:50	0:59:17
54	Simon Palmer	8:19	35:41	16:16	1:00:16
56	David Husband	6:32	37:40	16:10	1:00:22
74	Michael Stollery	8:28	38:53	15:46	1:03:07
83	Grayhame Fish	6:58	40:26	17:35	1:04:59
85	Julia Yelloly	7:50	40:28	17:00	1:05:18
91	Adrian Green	8:02	40:11	17:46	1:05:59
92	Anne Fish	8:51	40:20	16:48	1:05:59
95	Kate Stannett	7:33	41:10	17:41	1:06:24
96	Nik Bestow	10:46	39:44	15:58	1:06:28
105	Wendy Kelly	10:05	41:11	16:31	1:07:47
106	Charlie Stannett	9:28	40:56	17:42	1:08:06
108	Barbara Farrow	11:16	41:09	0:57:47	1:23:13

Blaenavon Triathlon 24-May-2006 800yd/28m/8m (hilly)

Sunburn! I certainly wasn't expecting that in the Welsh mountains when I set off from my brother Andy's house on race morning. It didn't occur to me to put on the P20 until 30 mins before my swim. Bah.

As for the race itself, it's the first time I've actually raced that course, if you see what I mean. In previous years I've ridden the bike at what seemed a "manageable" pace without much regard for other competitors. I started the bike section this year in a similar fashion, unsure of how many from my wave were ahead of me. I remember passing a couple of people in the first few miles. Then from the first climb onwards I didn't see anyone for ages (if you discount the really stupid sheep, one of which nearly ended up acting as an emergency stopping device for me + bike).

On to the fast section of the course, about half way round. A chap called David Gunthorpe came past me. No surprise there - I'm better on the hills than the flat. But then a moment later Gareth Battle also came past. That fired me up. I'd known from last year's results that Gareth would probably be my chief rival for the veterans' trophy. I resolved to stay with him, which I did (minus 10 metres, of course). A mile or two later I overtook Gareth and started to close in on David. This was the cue for an extended game of cat-and-mouse, with Gareth attacking the steepest hills like a Tour de France team leader but then taking time to recover on the less steep sections. In the end though, Gareth escaped on the final hill and I didn't see him again until T2, which he was leaving as I arrived.

I couldn't remember what his running was like so I could only hope that he would slow down and I might be able to catch him. But that wasn't to be. The Blaenavon run features a huge variety of gradients within the first couple of miles (from "challenging" to "stupid", mainly) so it's very difficult to gauge whether you're closing or not. However, every time I caught sight of Gareth, I could see that he was pulling away. And that's the way it stayed - I wasn't feeling great on

the run (perhaps having given too much on the bike) and Gareth finished a worthy winner. Except that he didn't. Turns out he's not a veteran at all. I did think that he was a mighty young looking vet but, well, that's the way it is sometimes. So now I have a very handsome stone trophy, which means that I'll have to do the race again next year, just so I can return it. Brother Andy had a rather different experience. It was only his third ever tri, so just completing the course would be an achievement. Sadly, he punctured just before the second big climb and he didn't have a repair kit with him. But after walking a little way, he was lost for words as competitor after competitor offered assistance. One chap threw him an inner tube and another donated his saddle bag containing CO2 canisters. Being something of a beginner at cycling, Andy managed to discharge one canister into the great wide world before getting the second into his tube.

Unfortunately, the tube wasn't entirely within the tyre at the time, so the resulting explosion put him back to square 1. When all was looking lost (isn't it always like this?) the caped crusader, Batman himself* arrived, fixed Andy's puncture and they finished the Race together. When I was suggesting suitable events for Andy to enter, I had told him that the normal progression was to start with a few sprints, ideally somewhere flat-ish. However, if he wanted something that would give him stories to tell the grandchildren, he should enter Blaenavon. Now he knows what I meant.

*Actually Mike Griffiths, who raises money for Aspire by completing all his races in full Batman costume, including Ironman Lanzarote. Naturally, Mike got a generous donation from Andy.

1	Phillip Matthews	14:18	1:33:51	0:57:56	2:46:5
3	Dave Copland	12:22	1:36:16	1:05:00	2:53:38
43	Andy Copland	18:27	3:17:20	1:25:10	5:00:57

Running

Woodbridge 10k Sun 14th May

Men

Winner	David Miller	33.41
26 th	Mark Ramsay	39.18
37 th	Paul Rea	40.14
120 th	Chris Sugars	45.41
146 th	Karl Chubb	47.21
214 th	Oliver Calver	50.42

Women

Winner	Lotty Badley	39.47
28 th	Jackie Chubb	49.33
30 th	Amanda Mallett	49.40

520 finishers

Soham Half marathon Sun 21st May

103 rd	Sue Hargadon	2.01.36
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Cycling

Emilie Fisher writes about discovering a new direction for her talent

I'm really enjoying bike training and even more the racing!

I thought I would have a go at a few time trials as the bike has been my strongest area in triathlons and I have been doing John Gabriel's bike plan during the winter. I am now firmly hooked on all things bike!

Recently I rode in the 'Haverhill hilly 20', I should have paid more attention to the name really as it proved to be very hilly. I posted a time of 58:55 which meant I was under my target of 1 hour and also first woman. As a gluten for punishment I then rode in the Stowmarket and District C.C. 20 on 22nd April and to my surprise posted a time of 55:56, I was very happy with my time and I also won first woman.

I had heard of a road race series down in Basildon on the Ford test track as part of the British Cycling Federation series of 'Go-Race' events. It is run round an enclosed circuit as an introduction to road racing without the usual hazards of cars etc.

Spencer and I quite fancied a go so we went to the first race of the series on 13th April. It was quite daunting at the start because there were so many people and it felt a bit strange being able to draft. I soon got into my rhythm and tried to stay with the lead pack, the race was 30 mins plus one lap and I really enjoyed the straights where the speed would increase dramatically. In the last lap I got a bit ambitious and hit the front to my detriment as on the home straight 7 other riders flew past me in a sprint finish. I finished 1st woman and 8th overall, out of a field of 33, with Spencer finishing 19th so we were both really happy and definitely addicted! The series consists of several races on Thursday nights and your best 6 race positions count for prizes for overall, woman's and veterans at the end. They increase in length from 30 mins plus one lap, to 45 mins plus one lap and then there are several at 60 mins plus one lap.

Stowmarket CC 10 mile tt Coombs

Wed 2nd May

7 th	Dave Copland	26.00
26 th	Susannah Rosenberg	34.19
27 th	Maria Reynolds	40.38

Wed 9th May

1 st	Lee Bark	23.19
8 th	Dave Copland	25.25
21 st	Simon Palmer	28.32
28 th	Nik Bestow	31.05
32 nd	Susannah Rosenberg	34.14
33 rd	Maria Reynolds	34.52

Wed 16th May

12 th	Maria Reynolds	40.38
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Stowmarket CC 10 mile tt Crowfield

Wed 23rd May

5 th	Richard Woodward	26.03
7 th	Dave Copland	26.12
24 th	Maria Reynolds	35.53

Club Kit

These are the items we have in stock.

If you wish to order something not in stock please tell Heather; she will be placing an order later this summer. Paul, Richard can we have your money please from items ordered 6 months ago. I think you have forgotten to pay!!

ITEMS NEW KIT	cost to club	cost to member	ES	S	M	L	EL
Tri-top male with zip	£20.90	£17.00	2	0	3	1	0
Tr-top male with zip and pockets	£24.50	£20.00	0	1	0	1	2
Tri-top female with zip	£22.00	£18.00	0	2	2	1	0
Tri-top female with zip, pockets	£26.00	£21.00	0	0	0	2	0
Tri-suit male	£44.00	£35.00	0	2	2	0	3
Tri-suit female	£48.50	£39.00	1	1	2	0	0
Tri-shorts unisex	£25.00	£20.00	0	4	1	3	0
Junior Tri-suit	£44.00	£35.00	0	2	1	1	0
Cycle shorts	£30.00	£24.00	0	2	1	1	0
S/S cycle top	£32.00	£26.00	1	2	2	1	0
L/S cycle top (full length zip +£2)	£34.00	£27.00	0	0	2	3	0
L/S Airtherm training top	£40.00	£32.00	0	2	0	0	1
Gilet	£37.00	£30.00	1	1	0	0	1
Bib shorts	£34.00	£27.00	0	0	1	0	0
Bib tights (thermo +£2)	£32.00	£26.00	0	0	1	2	0
S/S skin suit	£55.00	£44.00	0	0	0	0	0
Comfort jacket	£47.00	£38.00	0	0	0	0	0
Thermal jacket	£60.00	£48.00	0	0	1	0	0
Technical T-shirt	£26.50	£21.00	0	1	3	1	0
Technical L/S T-shirt	£32.00	£26.00	0	0	0	0	0
Running vest	£19.50	£16.00	0	2	2	1	0

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

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
Sun 11 th	Norwich ½ marathon 10.00 am
Sun 18 th	Training Day Culford
Sun 18 th	Saffron Walden Triathlon
Fri 23 rd	Stowmarket Friday 5

July

Sun 2 nd	Norwich Olympic Distance Triathlon
Sun 2 nd	Newmarket 10k
Wed 12 th	Bungay 10k
Sun 16 th	Grays Triathlon
Sun 23 rd	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 ITCH June 28th

