

# Ipswich Triathlon Club Handout

Your Club is sponsored by Ipswich Borough Council

Issue No.140 – July 2006

News by Simon Palmer

**Apologies for the late arrival of ITCH – I have been extra busy with work. It has been put together in haste. So sorry if there are errors and omissions.**

## Welcome to new members

**Wendy Quantrill** from Ipswich. Wendy is also a member of Jaffa Running club.

**John Wankowski** who is also a member of Stowmarket Striders, as you might expect he is a good runner. Some of us met him at the turbo brick session at Greshams.

**Congratulations to Lee Bark** for winning the Saffron Walden Triathlon.

**Congratulations to Nick Collinson and Derrick Smith** for completing the Nice Ironman.

## CULFORD TRIATHLON SUNDAY 30<sup>th</sup> JULY .

### Tonya Antonis

Thank you to those members who have offered to help with the above event; your assistance is greatly appreciated. You will see there are still one or two "posts" to fill if anyone else is available to help on the day. Can I ask that people who live local to Culford arrive at **7am to assist in registration** as it gets very busy and can be congested, this will also ensure the race starts on time, thank you. I also ask that where possible, Marshalls listen to the race briefing given by the Race Director (Dave Copland) prior to the event starting.

## MARSHALLS

**RACE DIRECTOR:** Dave Copland.

**REGISTRATION** See above note (Susannah to do bodymarking). **POOL: SWIM CONTROLLER:** Steve Robinson, assisted by Will Newland. (*Poolside observer still required*).

**SWIM TIMEKEEPERS:** Anne Fish & Helen Farrow. **TRANSITION:** Graham White & Steve De Boltz

**MOUNT/DISMOUNT**

**LINE:** Charlie Tovell & Grayhame Fish. **BIKE:** Entrance/Exit to School: Friend of Chris Slemmings, **1<sup>st</sup> Point on Course** : Simon Bourne.

**Left Turn:** Keith Tilley. **Foot down point:** Rob Peavor & Chris Harris. **BIKE TIMEKEEPERS:** John & Chris Gabriel. **RUN: Entrance to tarmac path:** Debbie Jackson. Turnaround point: Colin Mallett. (*one other marshall still required on field*)

**FINAL TIMEKEEPERS:** Gary & Emma Matthews. **WATER STATION:** *Marshall required.* **RESULTS**

**SERVICE:** Susannah (*Assistant still required*)

**RUNNER WITH RESULTS:** *Marshall required.*

**SETTING UP:** The following people have kindly volunteered to assist with the setting up the course on **SATURDAY 29TH JULY AT CULFORD SCHOOL.** Karl Chubb, Adrian Green, Iain Downie, Julia Yelloly, Andy Rudge, John Gabriel, Charlie Tovell, Maria Reynolds, Rob Peavor, Chris Harris, Will Newland, Steve DB, Steve Robinson. Can we ask for volunteers to meet at Culford at **12 noon**, Thank you.

## FRAMLINGHAM JUNIOR TRIATHLON SUNDAY 27TH AUGUST 2006

I appreciate we haven't even finished with our first event at Culford but already I am having to plan ahead for Marshalls at our Junior Triathlon. As with Culford I have taken the following list of volunteers from your membership forms and ask that everyone confirm their availability (or otherwise) by email to [bubble.squeek@ntlworld.com](mailto:bubble.squeek@ntlworld.com) or by calling Tonya or Jeff on (01473) 412291 by **21<sup>ST</sup> JULY 2006** in order that I can publish a final list in the next issue of ITCH prior to the event, thank you:

Richard Balaam, Ron Bareham, Nik Bestow, Paul Bones, Oliver Calver, Daniel Clifford, Darren Coates, David Fellman, John Gabriel, Phil Hetzel, Steve Hicks, Wendy Kelly, Mark Kemp, Steve Kidwell, Karle Howard, Jo Montagu, Mark Ramsey, Maria Reynolds, Mary Skeltcher, Isabel Smith, Kate & Charlie Stannett, Mike Stollery, Sarah Strivens, Mervyn Wake, Laura Williams, Barry Whitcombe, Graham White, Julie Yallop.

Adrian Green has kindly offered his services to help set up on the Saturday. We are still seeking further offers of help so if any member reading this is able to give a couple of hours of their time on the Saturday it would be greatly appreciated. Thank you.

## EKIDEN MARATHON RELAY SUNDAY 23 JULY 2006, 10am WOODBRIDGE SCHOOL.

For those members who are not familiar with this event the 26.2 miles is covered by a team of 6 as a relay. The relay itself is run on a multi-terrain course mainly within the private grounds of the school. Stage distances are: 1st -7.2K, 2nd-5K, 3rd-10k, 4th - 5k, 5th -10k, 6th-5k, The emphasis on this event is FUN and to raise funds for the St.Elizabeth Hospice. Running clubs, local business and sports clubs are all encouraged to enter. This year we are hoping to enter a team/s from the Tri Club and ask that anyone interested in taking part contact Jeff on [bubble.squeek@ntlworld.com](mailto:bubble.squeek@ntlworld.com) or by calling (01473) 412291. Closing date for entries is 15 JULY so if you want to be part of the team please let Jeff know by **TUESDAY 11 JULY** so that he can get the entries in.

## Training Sessions (See table of Thursday night training below)

Last Saturday Morning Pool session is Saturday 15<sup>th</sup> July. Sessions then stop for summer holidays.

### ALTON WATER DUATHLON TRAINING Tonya Antonis

By popular request I am planning to run the above training session at Alton Water on **SATURDAY 19TH AUGUST**, 9am for a 9.15 start. The session will cover the Ipswich Duathlon Course and for those of you thinking of entering the Duathlon this is a great way to try out the course. As always all abilities will be catered for, no one will be left behind! We split into similar ability groups and for those less confident who do not want to do the whole course a shortened version is available. The emphasis is on training - this is NOT a race, and

there is always the Cafe for much deserved tea and cake afterwards! Please remember to bring £1 for Car Parking at the Reservoir. For more details contact Tonya on [bubble.squeek@ntlworld.com](mailto:bubble.squeek@ntlworld.com). **DON'T FORGET** - John Gabriel will be running his Duathlon Brick session at Gresham's on the Thursday before (Thursday 17th August). This is an ideal opportunity for those of you wishing to maximise your duathlon training prior to those Autumn events - Don't miss it.

**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 8.00pm until 9.00pm in the lounge. Contact any of the committee for details

Date	Planned session	Type	Time	Contact	Notes
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

### **GRESHAMS DUATHLON (21/6/06) by John Gabriel**

10 athletes took part in the first 'Greshams Duathlon' recently, the event consisting of a 7 mile bike section and a 1.2 mile run. The athletes were set off in time trial fashion at one minute intervals from the start in Humber Doucy Lane and negotiated a short but tough bike course through Rushmere, Playford & Tuddenham before returning for the two lap run course around the excellent Greshams sports field.

Some athletes were experiencing duathlon for the first time, and this proved a great way to introduce them to the sport, whilst some more experienced were using it as a short, sharp training session honing the transition skills learnt on the recent Training Day.

A good performance on the bike from Dave Copland held off new member John Wankowski for the event win with Richard Woodward, despite some cramping on the run performing well for 3<sup>rd</sup> place.

#### **Full Results:**

1. Dave Copland - 25.25
2. John Wankowski - 26.41
3. Richard Woodward - 29.01
4. Steve De Boltz - 29.10
5. Brian McGeeney - 31.36
6. Laura Williams - 33.07
7. Peter Kerry - 33.31
8. Jason Baillie - 35.01
9. Michelle Constable - 35.17
10. Susannah Rosenberg - 35.29

## Junior Triathlon Round-Up John Gabriel

**Rayleigh Childrens Triathlon** – 4 June – 4 athletes represented ITC in this prestigious event run by East Essex Tri Club at Sweyne Park School, Rayleigh.

Will Meadows competed in the Boys 13/14 years category and recorded the fastest bike split on his way to 3<sup>rd</sup> place overall in an event won by Craig Rata (Kettering Park Gunners)

Lauren Clipstone & Georgina Barton competed on the Girls 11/12 years category, Lauren finishing 4<sup>th</sup> & Georgina 14<sup>th</sup> overall in a high quality field. Alanah Barton competed in the 8 years (Tristart) category and turned in a fine performance to finish 1<sup>st</sup> girl & 2<sup>nd</sup> overall behind winner Patrick Rowe (Tri Sport Epping).

**Norwich Junior Triathlon** – 11 June – Will & Lauren were our only competitors in this event organised by Tri Anglia at Hewett School, Norwich. In the 11/12 category, thanks to a very strong cycle section Lauren turned in a great performance to finish 1<sup>st</sup> girl and a fine 5<sup>th</sup> place overall with a time of 23.07, the category being won by George Smith (East Essex) in 20.39.

In the 13/14 years category Will was again having a good race against his arch rival Craig Rata and led until the run section when Craig turned in a brilliant leg to win in an overall time of 26.04 against Will's 27.11.



Lauren after winning at Norwich

**Cambridge Junior Triathlon** – 2 July – Again Will & Lauren were our only competitors in this event organised by Cambridge Triathletes at Impington Village College.

On a really hot day many triathletes suffered especially on the run section but plenty of water and encouragement by the hoards of marshals kept them going.

In the Girls 11/12 category Lauren suffered on the bike but turned in fine swims and runs to finish in a creditable 2<sup>nd</sup> place in 26.06 behind winner Alice Sharpe (Cambridge) who recorded 25.17.

Will raced to a good lead thanks to a fine swim and strong bike but his arch rival Craig Rata (KPG) stuck to his task well and ran Will down in the final discipline recording 28.55 to Will's 30.05.

Well done to all the juniors, hope to see you all at the Ipswich Junior Tri in August.

**Senior Results** (so many athletes, so many results – please forgive me if I missed you out!)

### **T2 Duathlon Mon May 28<sup>th</sup> 10k / 40k / 5k Sprint Event 5k / 20k / 10k Nik Bestow**

Its always a bit worrying when you turn up to these things and discover serious bikes being put into transition, not a huge number of competitors and those that are there looking as if they came off the cover of 220! To put things in to perspective I still had one lap of the bike course to do as the winner ran down the finishing straight....anyway.....

The T2 Duathlon course was round a small airfield just off the A120 (no, not Stansted!), run and bike on the same route.

Will Catchpole and myself hid at the back of the field at the start to avoid too much embarrassment....After two laps of the run I'd hit my target time (under 50 mins) but was behind William by about a minute, racing against another Nick in to transition.

Off on the bike leg -10 laps, do your own counting. After 4 laps I'd lost count (no sign of William though). The thing about airfields is that they're flat (good), have long straights (good) and open to the wind (bad) - so we had one straight with the wind (unfortunately the one with the bumpy road, transition and two turns in it) and one straight against the wind. On the other hand as it was all private roads you could just keep your head down. Fewer competitors so only the occasional speed merchant overtaking, 10 laps and you get in to a rhythm on gear changes. When I got to lap 7 or 8 I suddenly had the bright idea of changing the display on the bike to miles rather than cadence to work out which lap I was on (in fact I was on lap 8 not lap 7). Still no William. Through transition again and off on the run - William's bike (racked next to me) already there – b\*\*\*\*r. Past the golf club, and there, in the distance, an Ipswich Tri top and those shorts...(William you can't tell me Tessa bought you those shorts!) William moving very slowly and so with much crying of 'You b\*\*\*\*r, oh no and I'll never hear the last of this' I caught an obviously suffering William up (it really did look a painful shuffle) - and then, with about 500m to go I managed to overtake the other Nick.48:48 run, 1:21:25 bike and 23:03....just over 3 minutes outside my target of two and a half hours, shortly followed by a no longer suffering William.

As William says, a really enjoyable low key event on a nice virtually traffic free circuit. PS. Nigel Powley racing for Ipswich Tri won the Sprint race.

#### **Results Full Distance**

17 <sup>th</sup>	Nik Bestow	48.48	76.44	28.30	2.34.00
19 <sup>th</sup>	Will Catchpole	47.34	79.35	30.17	3.37.16

#### **Results Sprint**

1 <sup>st</sup>	Nigel Powley	17.52	34.43	10.58	1.03.35
6 <sup>th</sup>	Simon Palmer	23.58	37.13	13.20	1.14.31

### **Braintree Triathlon (June 4<sup>th</sup>) 400m/21k/5k**

1 <sup>st</sup>	David Beltran	7.05	33.05	16.41	56.41
8 <sup>th</sup>	Dave Copland	7.31	34.17	17.56	59.44
24 <sup>th</sup>	Barry Whitcombe	7.26	39.07	19.39	1.06.12
32 <sup>nd</sup>	Dave Husband	7.24	38.36	21.09	1.07.09
32 <sup>nd</sup>	Will Newland	9.04	37.21	20.44	1.07.09
42 <sup>nd</sup>	Chris Sugars	6.54	39.01	22.02	1.07.57
58 <sup>th</sup>	Sue Rule	8.01	38.56	22.11	1.09.05
66 <sup>th</sup>	Graham White	10.45	39.38	19.08	1.09.31
73 <sup>rd</sup>	Simon Palmer	9.19	38.41	22.24	1.10.24
97 <sup>th</sup>	Mike Stollery	9.15	41.13	21.56	1.12.24
130 <sup>th</sup>	Nik Bestow	11.41	42.54	22.23	1.16.58
132 <sup>nd</sup>	Helen Farrow	9.39	43.43	24.18	1.17.40
134 <sup>th</sup>	Mary Skelcher	8.23	44.54	24.42	1.17.59
179 <sup>th</sup>	Lou Tannous	10.59	43.01	29.25	1.23.25

### **Weymouth race report - Robert Peevor**

For me the whole weekend started bad when our brakes started smoking on the M25 and had the agony of turning up to registration on the back of an RAC recovery truck,

Onto the race - this was my 3rd triathlon with the previous 2 been pool based sprints I didn't know what to expect, I just figured go for sub 6hrs and Ill be happy,

Only having done 2 OW sessions before the race I knew I was in for an eye opener and boy was it! Pool timings for 1900m was 35mins so I thought I'd be happy with that but it didn't go to plan at all, HR was really high and I just couldn't maintain a good technique and putting my swim cap on wrong which stretched my right eye into not been able to blink properly got round including a really bad T1 in 00:47:30 . Must learn that Transitions are not for relaxing in!

So after a life time in T1 it was onto the bike and clipped in one foot then tried to clip in the other, it didn't go, then all my weight shifted onto the clipped in side and i fell over! how embarrassing!! just outside transition!

The bike went well considering I hate hills and got round in 02:34, no problems at all, plan was to maintain high cadence of 100+ and blast it down the hills.

Really happy with the Bike time it was into T2 for 4 mins grabbing gels and trainers and off for a half marathon!

Running felt easy and just got into a steady plod and managed 01:58:44,

Really happy with that it and give me a total time of 05:24:23

Happy with the time but holding an inquiry about the swim and transitions.

### **IM70.3 UK - Wimbleball, Exmoor, 18<sup>th</sup> June - Charlie Stannett's version of events!**

It goes without saying that patience is very definitely worth developing if you are interested in endurance events. Why? Read on...

Kate & I had already scouted out the Exmoor bike course and realised it would be lumpy. Even the event website suggested age-groupers should go for a triple. Being a Hardy creature, I eschewed this advice but, being a wimp, I went for a compact up front ... and managed to find a cassette with a 29-tooth pizza pan for the back. You have to understand that I was never going to be "racing" this event - it was a chance to do a hilly brick before Austria.

We booked into our B&B early - on the Thursday - to find that we were sharing with South African IM champ Raynard Tissink. Which, given my search for inside tips about the Austria course, was clearly quite useful seeing as how he also won IM Austria last year. We had to explain to the landlord how he had literally the two extremes of the field staying with him - potential winner and potential last finisher, with Kate somewhere in between.

Being with Raynard was useful in getting my bike seen by the on-site bike mechanic, who did some machining to free up my steering which had started to sieze up, and Raynard also helped Kate with a mechanical problem on her bike. In return, we helped Raynard track down a the loan of a rear cassette so he could change from his 11-21 to a 11-25 - he could not believe how hard the Wimbleball route was.

Naturally I had to test the bike out so Friday & Saturday were spent exploring the hill around the back of the B&B - "Dunkery Beacon", 20 minutes up, 10 minutes down - rather than resting up. And Saturday night was spent in the pub chatting to the family Tissink and following Raynard's "just the two pints" example... So, in retrospect, probably not the normally recommended pre-race preparation for the half ironman distance but, what the heck, it was a good giggle, and Kate got a massive hug en route to the swim start from Raynard's mum the next morning.

With my own swim, I thought I had maintained my IM UK events record for being last out of the water in my wave but somehow still managed to finish five minutes faster than last year, and I also avoided my usual cramp. It was rather touching that the race crew remembered my experience last year (when I had to be dragged from the water with both legs seizing up just yards from the exit, and was then given a lecture about eating more salt) and I got comments on the way through to transition about my obviously improved approach to nutrition. (That's lasagne, two pints of Exmoor bitter,...)

The bike course was two loops so - remember I was using this for training - I was able to do some A/B experiments. On loop one I stayed in the saddle and pedalled up the 14%-ers. On loop two (admittedly taking the hint when I slowed down so much that I lost my balance), I walked up the top halves of the hills. Less than 1mph difference, and quicker recovery.

The run course was a three-looper, mixed terrain, up and down around the lake. I jogged off from T2 but eventually decided that, having done what I had come down to do, I didn't want to destroy my legs completely so settled into the same jog-walk routine as everybody else. Then, as I did at HIMUK in 2004 & IM70.3 last year, I used the final loop three to thank the marshalls by offering each of them a polo. "Water?" "No thanks. Polo?" "Oh ... water polo?". I had to admit to some of them that I would be told off for stopping to talk to them but I just explained that I had already conceded that I would have to miss my podium position this year. We had also been receiving fantastic support from the East Essex tri mob all the way round, so I just had to stop to have a chat with them. As you do. (We even got applauded by a group of them when we went into the pub that evening!)

Eventually I crossed the finishing line with the necessary high-fiving and aeroplane manoeuvre (but forgot the finish-line leap) to a commentary about practically my life history... then started patiently waiting around for Kate who was having some post-race massage to her leg. Kate's friend and rival Zena (from East Essex) had come fourth in their age group so we decided we just had to wait around for the complete prize-giving and roll-down to see if Zena would qualify for the world championships. The first & third-placers took up their offers of a place, but the third slot went into roll-down ... so Zena qualified and went off to join the massive queue to register & pay.

Ever patient, we carried on hanging around ... which is why I was able to hear MY name being called out in the roll-down for my age-group.

So, rather bizarrely - but I have the certificate to prove it - "the aforementioned [Charlie Stannett] has qualified for the Ford Ironman 70.3 World Championship being staged in Clearwater, Florida on November 11, 2006." Not a bad outcome for a hilly brick session!

Sadly, Raynard did not finish

## Running

### Friday 5 Series

#### Race 1 Kirton Friday 25<sup>th</sup> May

1 <sup>st</sup>	Greg Billington	25.35
12 <sup>th</sup>	Nigel Powley	28.20
33 <sup>rd</sup>	Dave Copland	30.00
52 <sup>nd</sup>	Chris Harris	31.15
58 <sup>th</sup>	Richard Balaam	31.48
70 <sup>th</sup>	Phil Hetzel	32.27
76 <sup>th</sup>	Paul Wythe	32.44
154 <sup>th</sup>	James Boutell	36.28
184 <sup>th</sup>	Nik Bestow	38.00
186 <sup>th</sup>	Dave Fellman	37.54
192 <sup>nd</sup>	Steve DeBoltz	38.03
201 <sup>st</sup>	Simon Palmer	38.28
230 <sup>th</sup>	Oliver Calver	39.46
243 <sup>rd</sup>	Charlie Stannett	40.03
270 <sup>th</sup>	Grayhame Fish	41.10
306 <sup>th</sup>	Kate Stannett	44.00
314 <sup>th</sup>	Sue Hargadon	44.39
341 <sup>st</sup>	Barbara Tottle	46.27

#### Juniors

3 <sup>rd</sup>	Jonathan Wood	9.57
5 <sup>th</sup>	Will Meadows	10.05
7 <sup>th</sup>	James Powley	10.39
23 <sup>rd</sup>	Ben Powley	12.23

#### Race 2 Bury St Edmunds Friday 2<sup>nd</sup> June

1 <sup>st</sup>	Greg Billington	26.22
47 <sup>th</sup>	Richard Balaam	31.21
65 <sup>th</sup>	Jonny Palmer	32.43
138 <sup>th</sup>	Tom Wood	36.16
182 <sup>nd</sup>	Dave Fellman	37.55
188 <sup>th</sup>	Nik Bestow	38.09
203 <sup>rd</sup>	Simon Palmer	38.41
287 <sup>th</sup>	Jackie Chubb	41.20
317 <sup>th</sup>	Kate Stannett	42.46
328 <sup>th</sup>	Jason Baillie	43.23
349 <sup>th</sup>	Sue Hargadon	44.37
375 <sup>th</sup>	Barbara Tottle	46.19
395 <sup>th</sup>	Maria Reynolds	47.26
407 <sup>th</sup>	Susannah Rosenberg	48.34
431 <sup>st</sup>	Mervyn Wake	53.17

#### Juniors

Jonathan Wood came second in the U13 boys just 2 seconds behind the winner.

#### Race 3 Ipswich Friday 9<sup>th</sup> June

1 <sup>st</sup>	Greg Billington	25.35
25 <sup>th</sup>	Dave Copland	31.11
31 <sup>st</sup>	Richard Balaam	31.33
46 <sup>th</sup>	Paul Rea	33.00
62 <sup>nd</sup>	Jonny Palmer	34.15
74 <sup>th</sup>	Phil Hetzel	35.08
82 <sup>nd</sup>	Tom Wood	35.47
133 <sup>rd</sup>	Dave Fellman	38.49

134 <sup>th</sup>	Simon Palmer	38.55
150 <sup>th</sup>	Nik Bestow	39.37
172 <sup>nd</sup>	Oliver Calver	41.02
179 <sup>th</sup>	Charlie Stannett	41.14
218 <sup>th</sup>	Kate Stannett	44.26
224 <sup>th</sup>	Jason Baillie	45.05
241 <sup>st</sup>	Sue Hargadon	46.28
254 <sup>th</sup>	Susannah Rosenberg	48.20
259 <sup>th</sup>	Maria Reynolds	49.17

### Race 3 Haughley Park Friday 23<sup>rd</sup> June

Winner	Greg Billington	26.06
23 <sup>nd</sup>	Dave Copland	30.24
29 <sup>th</sup>	Phil Hetzel	30.52
39 <sup>th</sup>	Richard Balaam	31.59
75 <sup>th</sup>	Paul Wythe	34.07
76 <sup>th</sup>	Tom Wood	34.10
85 <sup>th</sup>	Jonny Palmer	34.48
141 <sup>st</sup>	Dave Fellman	37.57
162 <sup>nd</sup>	Simon Palmer	38.48
166 <sup>th</sup>	Karl Chubb	38.56
173 <sup>rd</sup>	Nik Bestow	39.06
213 <sup>th</sup>	Jackie Chubb	40.35
221 <sup>st</sup>	Anne Fish	40.57
226 <sup>th</sup>	Oliver Calver	41.12
247 <sup>th</sup>	Kate Stannett	42.40
248 <sup>th</sup>	Jason Baillie	42.48
296 <sup>th</sup>	Sue Hargadon	46.19
306 <sup>th</sup>	Susannah Rosenberg	47.16
314 <sup>th</sup>	Maria Reynolds	48.16

### Brandon Forrest Half Marathon Mon May 28<sup>th</sup>

1 <sup>st</sup>	Neil Dawson	1.13.52
9 <sup>th</sup>	Dave Copland	1.22.16 (pb)
48 <sup>th</sup>	Ian Downie	1.35.37
180 <sup>th</sup>	Sue Hargadon	2.05.59
196 <sup>th</sup>	Susannah Rosenberg	2.14.09
202 <sup>nd</sup>	Maria Reynolds	2.18.04

## Cycling

### Stowmarket CC 10 mile tt Crowfield

#### Wed 23<sup>rd</sup> May

5 <sup>th</sup>	Richard Woodward	26.05
7 <sup>th</sup>	Dave Copland	26.10
24 <sup>th</sup>	Maria Reynolds	35.03

#### Wed 30<sup>th</sup> May

1 <sup>st</sup>	Lee Bark	23.29
6 <sup>th</sup>	Mark Ramsay	26.06
19 <sup>th</sup>	Simon Palmer	28.49
25 <sup>th</sup>	Maria Reynolds	35.24

#### Wed 7<sup>th</sup> June

2 <sup>nd</sup>	Matt Donaldson	23.49
7 <sup>th</sup>	Richard Woodward	25.18
9 <sup>th</sup>	Mark Ramsay	25.29
10 <sup>th</sup>	Dave Copland	25.49
23 <sup>rd</sup>	Simon Palmer	27.54

#### Wed 14<sup>th</sup> June

9 <sup>th</sup>	Dave Copland	26.47
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13 <sup>th</sup>	Simon Palmer	28.34
18 <sup>th</sup>	Susannah Rosenberg	34.04
19 <sup>th</sup>	Maria Reynolds	35.31

#### Wed 21<sup>st</sup> June

7 <sup>th</sup>	Dave Copland	26.08
18 <sup>th</sup>	Simon Palmer	28.21
25 <sup>th</sup>	Maria Reynolds	36.26

#### Wed 28<sup>th</sup> June

4 <sup>th</sup>	Dave Copland	25.31
13 <sup>th</sup>	Simon Palmer	28.38
16 <sup>th</sup>	Susannah Rosenberg	33.19
19 <sup>th</sup>	Maria Reynolds	35.00

### 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	0	1
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	1	0	0
Tri-shorts unisex	£25.00	£20.00	0	4	1	2	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	0	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

**Wanted** Small road bike 19" / 20" ( 49 / 50cm) for entry level triathlete with not a lot of cash! Contact Simon Palmer 01449 711906

**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

### July

Wed 12<sup>th</sup> Bungay 10k  
Sun 16<sup>th</sup> Grays Triathlon  
Sat 22<sup>nd</sup> PACTRAC Junior Triathlon 10.00 am (Peterborough)  
Sun 23<sup>rd</sup> Ekiden Relays Woodbridge  
Sun 30<sup>th</sup> Culford Triathlon

### August

Sun 27<sup>th</sup> Ipswich Junior Triathlon Framlingham

### September

Sun 3<sup>rd</sup> Framlingham 10k  
Sun 19<sup>th</sup> Lowestoft Scores race  
Sun 24<sup>th</sup> Ipswich Duathlon Alton Water  
Sun 24<sup>th</sup> Tarpley 10 (Stowmarket)  
Sun 24<sup>th</sup> Saffron Walden 10k

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

**Deadline for next issue of ITCH July 25<sup>th</sup>**  
**Note Early Deadline due to holiday season**