

# Ipswich Triathlon Club Handout

Your Club is sponsored by Ipswich Borough Council

Issue No.141 – August 2006

## News by Simon Palmer

### Welcome to new members

**Charlotte Wickens** from Martlesham who joins our junior squad. Charlotte will be representing the club in our forthcoming junior Triathlon.

**Jack and William Seccombe** from Debenham who join our junior squad – sorry for not including them earlier but their application forms slipped behind my drawer and ended up in a casserole dish – honest -oops! They will also be competing at Framlingham.

**Christine Boon** who lives in Hawksted Ipswich. Christine has competed in the Blenheim Super Sprint Triathlon and has entered the London Sprint Triathlon.

**Congratulations** to the Ironman finishers, Robert Peavor, Will Catchpole and Charlie Stannett. See later in this edition for reports from them and also from Nick Collinson.

**Congratulations** to Lee Bark for a clear win at Saffron Walden Triathlon.

**53 – 12** Many of you will know that Ed Page's shop was destroyed by fire last month. Ed's is one of the most frequently visited shops by ITC members and many of you will share in my best wishes for a swift return to business. He is hoping to open a new shop in the Cowdray Centre Colchester, Unit D11. He is hoping to open week commencing 5<sup>th</sup> August

## FRAMLINGHAM JUNIOR TRIATHLON SUNDAY 27<sup>TH</sup> AUGUST 2006

The following people have kindly offered to help at the above event. If you Cannot make it please email me **NO LATER THAN WEDNESDAY 23<sup>RD</sup>**

**AUGUST** at [bubble.squeek@ntlworld.com](mailto:bubble.squeek@ntlworld.com) or call (01473) 412291. The race starts at 10:00 so I would be grateful if all marshalls could be at Framlingham College by 9.30am to listen to the race briefing given by the Race Director. Thank you:

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

Adrian Green, Shelley Spencer, John Gabriel, Ian Duggan, Dave Copland & Susannah Rosenberg have kindly offered to help set up on the Saturday

morning, we are still seeking further offers of help. I will confirm the time for the Saturday setting up nearer the day. Thank you once again.

## IPSWICH DUATHLON SUNDAY 25<sup>TH</sup> SEPTEMBER 2006

We are well underway with our events this year and the duathlon is the last in the calendar. Again I have taken the following names from the members list of those who have volunteered to help either at the race or with setting up on the Saturday. Can I again ask that you confirm (or otherwise) your availability to help by email at [bubble.squeek@ntlworld.com](mailto:bubble.squeek@ntlworld.com) or by calling Tonya or Jeff on (01473) 412291, thank you:

Tonya Antonis, Lee Bark, Antony Birt, James Bouttell, Nick & Heather Collinson, Dave Copland, Steve De Boltz, Ian Duggan, David Fellman, Adrian Green (Set up on Saturday), David Husband, Jeff Irving, Gary & Emma Matthews, Mike McGeeney, Simon Palmer, Rob Peavor, Maria Reynolds, Susannah Rosenberg, Jo shields, Derrick Smith, Spencer Shelley, Chris Sugars, Lou Tanous, Charlie Tovel, Ross Welton, Tom Wilmot and Paul Wythe.

## Training Sessions

### Swimming

Saturday morning swimming is now suspended until after the school summer holidays. I know everyone who has attended the swim sessions this year will give a big vote of thanks to Tonya and Geoff for organising the sessions and all the coaches who have directed the sessions.

## Alton water Training Day

### Tonya Antonis

By popular request I am planning to run the above training session at Alton Water on **SATURDAY 19<sup>TH</sup> 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 £2 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 24<sup>th</sup> 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** - (Tuddenham Rd. Ipswich). Sessions are weekly on Thursdays.

Due to the popularity of the recent Greshams Mini-Duathlon, the next junior session will be followed with a turbo / run session

The revised August sessions are now:

**3 August** - Hilly Town Run, led by John Gabriel

**10 August** - Off Road Run (Fynn Valley), led by Dave Copland

**17 August** - Greshams Mini-Duathlon (7m bike : 2m run), one lap of Playford circuit on bike followed by three laps of Greshams sports field

**24 August** - Juniors Transition Training (6-7pm): Seniors Turbo / Run Session (7-8pm)

**31 August** - Short Hills, Christchurch Park, led by John Gabriel

All senior sessions start at 7 pm 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

## Club Championship- Nick Collinson

**Please see the table at the end of ITCH for the club championship so far. Still much to race for!! In terms of rules, we only have one. You MUST WEAR CLUB KIT to qualify for the club championship. This has been reported in ITCH. Enjoy the rest of the season.**

## Results Triathlon

### *Ironman France (Nice) 25<sup>th</sup> June Nick Collinson*

#### Realising a dream

What can I say to sum it all up? 7 months of training, a beautiful city, great swim in a calm Mediterranean, cycling in the Maritime Alps, running on the legendary Promenade des Anglais, the finish line, Heather being there and a baby due in the next few days. 2006, what a summer!!

We arrived on Thursday before race day to a very grotty hotel. Much stress and a sleepless night, as the air conditioning wasn't working and there was no fan, boy Nice was hot!! With a 35-week pregnant wife and an Ironman to do on Sunday I realised, as I lay in bed at 4.30am on Friday morning, that I couldn't do the next 5 days from this hotel room. But Nice in late June- what chances of finding another hotel? Went to IM swim training to sort myself out, came back, breakfast, then hotel hunting. We lucked out! New hotel, 200m from transition, rooms 5 times the size, with air conditioning that worked, and a great view from our balcony and all for only 18 Euro more per night. Much sweating and carrying cases, boxes etc to the new hotel (great race preparation!!), we were settled in to the new hotel by 2pm. Heather was now able to lie down and sleep in comfort.

Did all the usual stuff over the next two days. Worried, drank plenty, registered, racked the bike, I couldn't wait for Sunday.

Sunday 3.15am up for breakfast. 5.30am I walked alone to transition, to find two types of people in Nice that morning. Those walking quietly to transition and those returning home noisily from a good Saturday night out. Bizarre. Had drunk plenty but mouth felt parched, I needed to get started to channel the adrenalin. Heather was meeting her Aunt (who lives in Provenance), so I'd hopefully see her on the swim exit.

Lots of jostling on the beach and the canon goes off. We're off- thank God, at last. All that training, all that waiting. It's going to be a long day, I need to be patient, pace myself and not chase the race. I have to let the race come to me.

Swim was awesome, got stung by jelly-fish, but couldn't care less. Out of the water in 53 minutes. How the hell did I manage that? Onto the bike- no problems and out of Nice into the mountains. It was a tough day on the bike. Steeper and tougher than many of us had expected, I heard it described as an 'Etapers' Ironman. The 21km climb was a constant drag of 7%, which sapped the legs and ate away at the time. The results showed that about 100 people passed me on the bike and I was so tempted to up the tempo and race the bike, but I kept to heart rate and concentrated on my own Ironman. Bike time 6:30, so pretty happy with that in the mountains, but glad to get off the bike, much as I love my steed.



Felt great as soon as I got out onto the run and hey, I was suddenly passing people who had passed me on the bike, and many of them were walking. So..... Ironman isn't a bike race then- what a surprise!! This really spurred me on and I quickly got into my run pace knocking out each 10km in almost exactly an hour. Pace slipped a touch

in the last 15km, but across the line with a marathon time of 4:15. Total time 11:54, although not before finding Heather in the grandstand, giving her a big hug and shedding a tear. What a day, what a journey- talk about realising a dream. One of the best days of my life.

Another few days from today (18<sup>th</sup> July) and Heather will have her very own equally tough challenge and her preparation has been even longer, 9 months. 2006, what a summer!!

Results:

Nick Collinson (above) 11:54

Derrick Smith (right) 12:19



Anthony (a Manx mate of mine from Etape du tour 2005) 12:34

### **Kärnten Ironman Austria 2006: How not to do it Charlie Stannett**

On Thursday, after flight delays and roadworks on the motorway, we arrived at Klagenfurt late – and had been bumped from our hotel into a youth hostel. This was brilliant luck as the hostel had a very understanding manager and we had a large bed room, so I rebuilt & stored my bike there. We found an excellent bierhaus “*zum Augustin*” in the old town and enjoyed a couple of house beers and some “Corinthian mountain ox” – and at breakfast we found a semi-pro team booked into the same hostel.

On Friday, I registered & tried out the Ironman City beer tent but back at the hostel I discovered that I'd been tagged with the wrong wrist band (that's the one that lets them identify drowned bodies). Later we met up with Rob & William *et al* for food and a couple more beers at *zum Augustin*.

On Saturday, I got relabelled and joined Rob at the briefing where neither of us could actually focus on the display screen, but I got name-checked - as proof that people should stay for the roll-down no matter how slow they are!

On Sunday race-day, the hostel provided breakfast from 4:00, which was nice, although the semi-pro guys were suspiciously all eating their own chocolate cake.

Standing at swim-start I found myself crossing myself when a priest offered a blessing – and then heard myself getting name-checked *again* on the PA: “Charlie Stannett – make sure you finish this time; Kate, you make sure he does”.

So, no pressure.

The swim started with 1500m straight out to a small, dark blue turn buoy which was occasionally obscured by big boats. I reached the buoy and turned left but then I got lost as I headed for the bright orange “Powerbar” floats. Eventually I was told by a support canoeist that they were not part of the course and to ignore them and head instead for another dark blue buoy, before then turning left to try and find the entry to a canal (at least I think that's what she said – it's a long time since I had to ask for directions on a lake in German).

The canal entry was obscured by another big boat and I got lost again, so headed toward the sound of the PA. Another canoeist eventually headed me off and guided me to the exit. I lost a lot of time but, stopping only to shake hands with my saviour, I eventually finished the swim to the sound of Kate's support - a “keep going you silly bugger” that was even louder than Susannah.

The bike was two laps with two main climbs on each lap, including the “Rupert Bear” climb (my

translation) where Kate had sprayed a “mutley crew” message across the road.

On lap one I managed both climbs fairly comfortably, staying seated thanks to my pizza pan sprocket. I did stop to help a woman who'd punctured (I gave her one of my inner tubes), I lost my chain once, and I had to reattach my speedo with cable ties. I also stopped to see why my brakes were binding and found they weren't - it was the wind blowing up the downhill stretches which was keeping me below 35mph!

I was lapped by some of the lead bikes which meant I got some really BIG cheers when people assumed I was in second place, then third place, then... A bit later I was well chuffed when a marshal came roaring past with black card at the ready chasing a blatant draft train.

Lap two was a lot lonelier and some of the marshals had gone home. Even some safety cushioning had been taken down. But some villagers were still there shouting out “Supaaaahh Charlie, hup, hup, IPSWICHHHH”. (The race numbers had our names on but by now I was hearing the support as “super-charlie-fragile-ipswich”.)

Some aid stations were running out and at a fairly key point I was given over-diluted drink and started suffering. I had such a sharp cramp attack as I started hitting Rupert Bear the second time that I nearly fell off but I managed to complete the ascent to another aid station where I was able to swap to a better mix. Rather strangely, unlike a Mexican who had followed me up, I declined the beer I was offered.

When eventually I got to the run, I had no doubts about being able to finish the distance but had some real doubts about being able to meet the cut-off. I “ran” the first half reasonably okay, making very slow but steady progress but then the cramps hit again and my leg seized as I start on a lonely second half.

The cramp wasn't helped when I got hit by an evening sprinkler system, but things cheered up when, instead of the purple lizard hallucinations I was expecting, I got flashed at by a woman who, thinking it was all over, was skinny-dipping.

At 27km, I decided to time myself “power-walking” for 1km. I realised that if I sustained that pace I would be able to finish with about 10 minutes to spare – and figured that if I carried on forcing down the “iso”, eventually the cramps would ease.

After about 5km of stomping I found I was able to run about three lamp posts before the leg re-seized, so started “jog 3, walk 1” intervals, playing cat & mouse with another one of the Mexicans. (Evening lessons in Spanish and years of doing slow marathons can help in this situation.) I did thank everybody at one of the final aid stations but declined another offer of beer – I hadn't come all this way not to finish.

At 40km, international team work came into play.

Kate met me and rang ahead to William to ask him get a beer in. Just before the main finish area William gave me the beer and also relayed the strict instructions from Nick in England that I had to "blow a kiss to camera" – it was being streamed on ironmanlive.com.

Then the world seemed to erupt. Don the commentator is shouting about a "special friend from England"

and I realise it is me he is talking about - and that it is little dumpy me that the hundreds and hundreds of



spectators are cheering as he screams "CHARLIE STANNETT, YOU REALLY ARE AN IRONMAN." Handshake from Helen Egger, hug from Don, kiss from Kate, high-fives all over, then that wonderful moment - only slightly damned by feint praise as I hear Don continuing "and all you people watching, just think, if Charlie can do it, maybe you can too" - when I stand on the finish ramp and finally, finally get to drink my beer. Good giggle.

### Will Catchpole writes

Well I am back at the office and the aircon is on full blast. It seems impossible that the Ironman Austria is over and done !

I have just had a mid morning bag of crisps and what's more I had butter on my toast at breakfast. Thanks you for all the support and good wishes. It was a big day and if there was one point which I can give you a glimpse of it came at about 70 miles on the bike - its late morning and very hot and I had done one lap on the bike just lost the chain and had to stop and sort it out my hands covered in black grease and just about to hit the hills a second time. You know its coming and you can see the poor souls ahead like dots on the hill grinding in the low gears and in a few minutes its going to be your turn. You shift into your lowest gear and hope to find an even lower one but that's it and its just a question of can you sustain the effort. Sweat pouring down over your sunglasses as you shake your head. Sweat in your eyes and you cannot wipe them for fear of falling over. Crest of the hill in sight and I can see Tessa but I cannot shout or do anything - she sees me and jumps in a hurry to try and catch a photo.



No worry the aid station is 50 metres ahead and I stop the bike grab a water bottle remove the sunglasses and squirt the water full blast in the face

and down the neck. Relief was exquisite. Tessa shouts encouragement and I'm gone but wondering whats coming next and then at a junction about 3 or 4 miles further on there is kid in a wheel chair clapping encouragement. It rips at you in your mind and your heart and from that point on you know you can do it !

Rob Peavor (below – 12:41:29) and Charlie from the club also did the event and I am looking forward to meeting them for a beer or two and a recap of the full drama. Charlie for those who may not recall stopped with me at 93 miles last year in Sherbourne so for both of us I believe that these laid to rest a few of the Ironman Ghosts.

Special thanks to Tessa Rory Kate Sal and Ed for their support on what was a very long day.



ps yes I do ache and the feet hurt - you dont need to ask ..... no not again that's it from this ironman.

pps very good luck to you doing Sherbourne Chris Kate and Mark.

### Saffron Walden Triathlon 26<sup>th</sup> June 750m/28k/5k

Winner	Lee Bark	10.08	40.32	20.53	1.11.33
10 <sup>th</sup>	Barry Whitcomb	12.46	47.30	19.58	1.20.14
36 <sup>th</sup>	Dave Husband	12.14	50.07	23.41	1.26.02
48 <sup>th</sup>	Simon Palmer	15.09	48.36	24.05	1.27.50
60 <sup>th</sup>	Anthony Birt	16.45	48.35	24.36	1.29.36
105 <sup>th</sup>	Jackie Chubb	14.57	59.32	25.19	1.39.48

### Grays Triathlon 16<sup>th</sup> July 400m / 20k / 5k

Winner					
	Matthew Sharp	4.55	33.30	17.21	55.46
8 <sup>th</sup>	Dave Copland	6.37	32.55	18.52	58.24
50 <sup>th</sup>	Graham White	9.13	38.07	19.47	1.07.07
74 <sup>th</sup>	Simon Palmer	8.23	38.37	23.31	1.10.31
88 <sup>th</sup>	Paul Wythe	8.53	44.31	19.41	1.13.05
104 <sup>th</sup>	Nik Bestow	10.50	40.25	23.28	1.14.43

## Results Running

### Nigel Powley Writes

James Powley won the Capel St Mary Fun Run with his younger brother Ben 7<sup>th</sup> on the hottest day of the year thus far. (11<sup>th</sup> June.) With a big start list seemingly put off by the 29 degree heat and a 1pm start, James picked up the winners trophy covering the 1.3 mile route in 8mins (this includes being sent the wrong way and losing 20 secs). Team Powley could not maintain the success as Dad, Nigel could

only finish 2<sup>nd</sup> in the 5 mile race in a time of 28.19, blaming a 150+ mile cycle training week, that fell on deaf ears!!!!

## Friday 5 Series

### Race 5 Gt Bentley Friday 14<sup>th</sup> July

Winner Lewis Gamble Thomson 26.33

39 <sup>th</sup>	Dave Copland	30.29
48 <sup>th</sup>	John Wankowsli	31.00
187 <sup>th</sup>	Nik Bestow	37.36
231 <sup>st</sup>	Amanda Mallett	39.08
309 <sup>th</sup>	Jason Baillie	41.38
309 <sup>th</sup>	Susannah Rosenberg	44.54
323 <sup>rd</sup>	Barbara Tottle	46.20

## Cycling

### Wolsey RC 10 mile tt Henley

#### Wed 12<sup>th</sup> July

4 <sup>th</sup>	Richard Woodward	24.52
6 <sup>th</sup>	Dave Copland	25.03
14 <sup>th</sup>	Steve DeBoltz	27.53
20 <sup>th</sup>	Maria Reynolds	32.05
21 <sup>st</sup>	Susannah Rosenberg	32.35

#### Wed 19<sup>th</sup> July

3 <sup>rd</sup>	Richard Woodward	24.39
6 <sup>th</sup>	Dave Copland	25.14
14 <sup>th</sup>	Anthony Birt	28.02
16 <sup>th</sup>	Maria Reynolds	32.21
17 <sup>th</sup>	Susannah Rosenberg	32.47

#### Wed 19<sup>th</sup> July

3 <sup>rd</sup>	Mark Ramsay	24.20
15 <sup>th</sup>	Anthony Birt	27.26
17 <sup>th</sup>	Dave Husband	28.15
22 <sup>nd</sup>	Brian McGeeney	30.03
24 <sup>th</sup>	Maria Reynolds	31.56

## 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.

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

**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

### 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  
 Sun 24<sup>th</sup> Norwich Aquathon 400m / 2800m 9.00 am and junior aquathon 10.00 am

## 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 Aug 28<sup>th</sup>**



