

Ipswich Triathlon Club Handout

Your Club is sponsored by Ipswich Borough Council

Issue No.141 – September 2006

News by Simon Palmer

Welcome to new members

Adnan Saith has moved down from Birmingham to a position as a surgeon at Ipswich Hospital. He has completed 3 Ironman including Roth and California and is hoping to compete in one next year.

Alanyah Barton the youngest member of our junior squad who has made her debut at The Framlingham Junior triathlon with a superb 4th place in a very competitive field.

Congratulations

To Lucy Bowditch and Lee Bark; both winners at Culford.

To Nick and Heather Collinson on the birth of their first child; a daughter, Phoebe, on the 12th August.

To Tonya and Geoff on their marriage in August

Orienteering

If you fancy a crack at orienteering there is a 'Try Orienteering event at Nowton Park Bury St. Edmunds on Sunday 10th September. For more details contact me.

Broomhill Pool Open Day

Broomhill 50m open air pool in Ipswich is threatened with closure. In the past we have held races and training events based at the pool. There is an organisation committed to saving Broomhill which is holding open days on 9th / 10th September. Do pop along if you can.

IPSWICH DUATHLON SUNDAY 24TH SEPT 2006

This is the final race of the year that we promote as a club and I ask that those members who have not been able to help at the other events try and make this one. Without willing volunteers we would not be able to promote such well organised and popular events. As with the other events I have taken the following names from the membership list, any further offers of help either on the day or with help setting up on the Saturday will be greatly appreciated. I notice a number of the volunteers have helped at other events so if you are not able to help at the Duathlon please let me know. Some of you have already confirmed your availability for the event, if you haven't I ask that you please contact me by email bubble.squeek@ntlworld.com or by calling (01473) 412291, thank you.

The first competitors start at 08:10am so I ask that all volunteers below arrive at Alton Water Leisure Park in plenty of time listen to the main race briefing at 07:30 am and be in position ready for the start.

Tonya Antonis, Lee Bark, Jason Baillie, Alison Bestow, Christine Booth, James Boutell, Nick Collinson, Dave Copland, Steve De Boltz, Ian Duggan, David Fellman,

Dave Husband, Jeff Irving, Gary & Emma Matthews, Simon Palmer, Rob Peevor, Wendy Quantrill, Maria Reynolds, Susannah Rosenberg, Derrick Smith, Chris Sugars, Lou Tanous, Charlie Tovel, Ross Welton, Richard Woodward and Paul Wythe.

The following people have offered to help set up on the Saturday prior to the event, I will contact you all nearer the date with a time for this. Tonya Antonis, Adrian Green, Chris & Sarah Harris, Jeff Irving, Sarah Strivens, Nik Bestow, Simon Palmer and Antony Birt.

Report from Club Events

Culford Sprint Triathlon Dave Copland

Thanks to all those who turned out to help with the running of this year's Culford Triathlon. I got to see most parts of the course during the morning and everything was running very smoothly as far as I could tell. Finally we got some decent weather after the dampness of the last couple of years. This was reflected in the greater number of people who stayed for the prize presentation. Once again, we got the results out within 30 minutes of the last person crossing the line, in spite of a number of cases needing the involvement of the race referee.

I received many emails thanking the club; here's a selection:

"Thanks v much for Sunday - esp. the marshalls who were great!"

"It was my first triathlon and I thoroughly enjoyed every minute of it in fact so much that I signed up for the Alton duathlon last night. It was exceedingly well organised and it was quite clear that it is a lot of hard work for all of you. The Marshals were hugely encouraging even to those of us who were clearly only competing against themselves."

"FANTASTIC! What an event; the organization, information and support was superb [...] it's the little things that make all the difference, being called by your first name as you start the swim and then finish the run is a nice touch."

"I must say how well organised and well supported by the marshals it was. You know it was a pleasure to see the marshals clapping and supporting us and the day I feel was a credit to them and you."

So we put on another successful event. But, I'm slightly sad to find myself closing with the same comment that I made last year. A number of people agreed to help but didn't turn up. They agreed to help when they joined the club and were reminded by Tonya before the event. If a marshal isn't there on the day, it doesn't mean that the overall marshalling level is down by 3%. It means that one specific job is down by 100%. As a club we need to pull together to ensure that our races remain highly regarded. If you enjoy racing, it's your duty to put something back into the sport.

Junior Triathlon (Framlingham) Simon Palmer

Thanks to everyone who turned up on Saturday to set out the course. 10 people turned up and we got the course out in under 2 hours – Fantastic!

The race was the biggest ever with 172 youngsters entered for what should be the best race in the region.

(I had to turn away 20 competitors which really distressed me – they are the future of your sport.) Most competitors and parents were full of compliments and heaped praise on the organisation; however on the Sunday we were short of 6 marshalls. I echo Dave's words above – if you expect other people to turn out and marshal for you at races then you are obliged to turn up and marshal for our races. The club membership is approaching 150; a vibrant, active club; but the lack of marshalls caused me much embarrassment at the race.

I am very grateful for all those who helped on the Saturday and Sunday but would like to single out

- in alphabetical order

- **John Gabriel** for setting up on Saturday, organising marshalls on Sunday and staying to the bitter end in clearing up.

- **Sue Hargadon** and catering team of **Mike Palmer, Oliver Calver** for raising £250 for your club by selling refreshments. (thanks for all the donations of cakes)

Charlie Stannett for coping with results that were spurious and inconsistent with efficiency and calmness.

Graham White for coping single-handed in a pool full of babbling youngsters and parents – it must bring out the teacher in him! (seriously we needed 2 more helpers for Graham and he deserves a CDM for his work)

To **Steve De Boltz, Chris Gabriel, Ross Gabriel, Jonny Palmer and Annette White** and 3 parents of competitors for stepping in at the last minute to help out in marshalling.

Training Sessions

SATURDAY MORNING SWIM SESSIONS resume on Saturday 9th September at Ipswich High School Woolverstone, 9:00am - 10:00am.

Dates for your diary:

September 9th, 16th, 23rd, 30th.

October 7th, 14th (followed by 2 weeks off for ½ term)

November 4th, 11th, 18th and 25th.

December 9th, 16th.

January 6th, 13th, 20th, 27th

February 3rd, 10th? (to be confirmed by school), 24th.

March 3rd, 10th, 17th, 24th, 31st? (to be confirmed!).

Easter holidays.

April 28th

May 5th, 12th, 19th, 26th (to be confirmed by the school).

June 9th, 16th, 23rd, 30th

July 7th

SWIM COACHING

Anyone interested in a coached swim session at Framlingham College Pool, on a Wednesday evening 8-8.45pm starting in September/October, cost about £3-4, get in contact with John Gabriel on 01394 278473 or at jgcoaching@btinternet.com. Coaching will be delivered by local swim coach Matt Claydon.

Introduction to Pose Running @ Greshams

Want to run faster, more efficiently, injury free?

Pose Running could be the answer to your running problems. It has worked for many triathletes both in UK & USA and now you have the chance to experience Pose Running in Ipswich. Some of the athletes who have benefited from Pose are Tim Don, Graham

Fletcher, Andrew (AJ) Johns, Julie Dibbens and Leanda Cave.

Oleg Timoshin (Personal Pose Instructor) will be running 2 'Introduction to Pose' sessions at Greshams on Thursdays 7 & 14 September each from 7-8 pm. To ensure an element of individual attention numbers will be strictly limited to 4 athletes per session and the cost of each session will be £5. To book your space email John Gabriel at jgcoaching@btinternet.com or ring on 01394 278473 but hurry as demand is likely to be high. For more information on Pose Running see the Pose-Tech website at <http://www.posetech.com/> or check out Oleg's credentials at <http://www.posetech.com/services/olegtimoshin.html>

Training Events at Gresham's - (Tuddenham Rd. Ipswich). Sessions are weekly on Thursdays.

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

Results of Training Duathlon held at Greshams

1	Dave Copland	00:29:29
2	Peter Kerry	00:30:09
3	Derek Smith	00:32:01
4	Steve De Boltz	00:33:45
5	Paul Whythe	00:35:18
6	Brian McGeeney	00:35:33
7	Susannah Rosenberg	00:40:53
8	Wendy Quantrill	00:41:52

Results Triathlon

Ipswich Junior Triathlon 27.08.06

Well done to all our juniors who competed at Framlingham, some taking part in their first triathlon. Results as follows:

Girls 8 years - Alanah Barton 4th in 9.23

Girls 9-10 years - Rosie Payne & Charlotte Wickens tied for 16th place in 18.04

Boys 11-12 years - Keiran Bliss 16th in 25.03

Girls 11-12 years - Lauren Clipstone 3rd in 20.22, Georgina Barton 16th in 26.48 & Sally Strange 18th in 28.55

Boys 13-14 years - Will Meadows 4th in 25.54, Alex Jackson 20th in 35.16

Club members William & Jack Seccombe also competed for Sir Robert Mitcham School finishing 2nd in the Boys 8 years (8.38) and 12th in the Boys 11-12 years (24.17) respectively.

Culford Triathlon 30th July 300m / 21k / 4k

Winner	Lee Bark	3.52	32.24	14.37	50.53
3 rd	Mark Ramsay	4.59	33.25	14.27	52.51
15 th	Mark Bowditch	5.05	36.52	14.46	56.43
22 nd	Iain Downie	3.58	37.33	15.53	57.24
30 th	(Female Winner)				
	Lucy Bowditch	5.35	37.11	16.33	58.24
	37 th David Husband	4.47	39.06	16.13	1.00.06
	45 th Andrew McKenzie	5.04	40.35	15.20	1.00.59
	48 th Anthony Birt	6.12	39.42	15.59	1.01.53

54 th	Mike Stollery	6.22	39.47	16.35	1.01.44
64 th	David Clifford	5.10	40.42	17.52	1.03.44
76 th	Julia Yellowly	5.22	41.32	18.35	1.05.29
79 th	Sarah Strivens	6.27	41.32	17.34	1.05.56
89 th	Mary Skelcher	5.20	43.29	18.23	1.07.12
94 th	Paul Wythe	6.19	45.20	15.50	1.07.29
98 th	Amanda Mallett	6.24	42.27	18.58	1.07.44
107	Jackie Chubb	6.02	45.28	17.00	1.08.30
118	Laura Williams	6.23	44.45	18.32	1.09.40
128	Chris Slemmings	5.36	45.13	20.27	1.11.26
130	Karl Chubb	6.44	47.42	17.21	1.11.38
133	Jason Baillie	5.57	46.23	19.45	1.12.57
141	Maria Reynolds	6.26	45.49	20.42	1.12.57
142	Ron Bareham	7.02	43.37	23.05	1.13.44
162	Jo Montagu	7.18	51.53	22.42	1.21.23

Cambridge Triathlon 14th Aug 1500m / 41k / 10k

144 th	Amanda Mallett	34.37	1.26.28	55.13	2.56.15
151 st	Laura Williams	37.38	1.26.12	56.30	3.00.20
155 th	Tom Wilmot	37.24	1.28.12	55.22	3.01.07
160 th	Dave Fellman	34.43	1.23.30	1.02.03	3.04.16
169 th	Nik Bestow	56.11	1.23.02	55.17	3.14.30

Ironman UK – Sherborne castle 20 August anon

Four club members completed this year's Ironman UK: Chris "if it's not raining it's not training" Harris, Mark "Lanzarote" Ramsey, and Kate & Charlie Stannett.

Mark found time to hurl abuse as he lapped Charlie on the three-lap, hilly and very windy (as in "head wind") bike leg, yet still got around in an impressive 11:17. Racing Mark in the same age-group, Chris finished in an equally impressive 11:50 – and that on his first Ironman.



In the SSS (short stumpy Stannett) category, Kate knocked half an hour off her IMUK05 time, finishing in 13:37. Charlie – who is 51 this year - demonstrated the importance of serendipitous arithmetic by knocking 51 minutes off his last month's IM Austria time to come in at 15:51:51. He did, however, only manage to



dish out 51p worth of Polos...

With Nick Collinson & Derrick Smith doing Nice, and William Catchpole, Rob Peevor & Charlie doing Austria, that's seven members (the "Mutley crew") who have completed Ironmans this year, and Nick thinks that Charlie becomes the first member to complete two Ironmans in the same year. Anymore for anymore?

London triathlon ExCel Centre (London docks)– Sat & Sun 5th & 6th August

Billed as the largest triathlon in the world, the "Michelob Ultra London Marathon" is actually two days of different events from

"super sprints" through relays to standard "Olympic" distance events – some of those reserved for elites.

The club was incredibly well represented over both days, with William Catchpole even featuring as a centrefold in the Independent's special results supplement. I know I've missed some names but Ipswich people there included William, James "Boo" Boutell, Steve de Boltz, Mark & Lucy Bowditch – who won her age group category -, Danny Clifford, Emilie Fisher, Brian McGeeney, Charlie & Kate Stannett, Spencer Wix & Richard Woodward.

Here are some words from some of those of us who took part.

William Catchpole

I was doing it as part of a mixed team relay Olympic distance called "The Dirty Badgers" albeit wearing Ipswich tri club kit. It was my first relay event and I have to say it was great fun. My friend John Grave has bad knees from playing hockey and has focused on his swimming so this was an ideal (albeit expensive) opportunity for him to show his form. His wife Linda Grave is a fitness instructor and was taking the 10k run section with myself on the bike leg. There were two waves in our event with about 590 teams some other mixed teams and other all male/all female. Lots of people milling about waiting for their wave and nerves started jangling. It was clear that there were the serious teams and then the slightly more relaxed teams looking to complete.

We wanted to do a time of 2hrs and 25 mins - John did a 25min swim and came with maybe 15-20 swimmers ahead (an ugly altercation with another competitor at the exit pontoon may have delayed him a few seconds) my target time was sub 1hr 15mins and I made it just despite dropping a shoe trying to be clever on unclipping when 200metres from T2 - Linda was targeted with a run time of 45 mins and clocked 46mins.



We had a real contest with Woodbridge Surfers A & B teams and the A team just managed to catch us in the final lap of the run. Great medal venue crowds etc. Our team came a very pleasing 56 and will be doing it again next year I hope and see if we can move up the field.

Charlie Stannett (shown here chasing Brian McGeeney)



Sunday morning I just did not want to even start, spent midday sat in an armchair in the Excel foyer feeling physically ill (not helped by girl throwing up just in front of me), feeling despondent and actually SCARED of starting and not being able to finish the swim - and just had to quietly coax myself round to wanting to start. I was surprised at how I managed to turn myself around from wanting to go home to wanting to start: I'm learning more about bullying myself rather than Kate for a change!

But in the end, after an even-more-rubbish than usual swim, I enjoyed the bike; I was smiling all the way around on the shuffle; and we had a brilliant club presence (about a dozen or more people, almost all in club strip) & supporters, with loads of "Come on Ipswich" from third-parties as well.

Best of all, I somehow managed to come away with two goody bags and a total of four bottles of Michelob Ultra...

Steve dB (on bike)

After very little sleep, up at 5, lonely breakfast and stroll to Excel for 7:30 start. I ended up having a great race which was thoroughly enjoyed. In the thick of it for the swim (great fun, I used to play water polo), good bike now that I'm all aero'd up, and to top it all a sub 50 min run which is amazing. Thursday nights must be doing me some good. Thanks John.



Emilie Fisher (& Spencer Wix)

We were both very impressed with the organisation of London given the number of competitors and both had a really good and trouble free race.

My swim was OK (apart from getting punched in the head by another competitor so that my goggles came off!!). The bike section was fast and flat and I really enjoyed it, luckily making up some places that I lost in the swim and the run section was nice and flat. All in all I really enjoyed the race and was 35th in my age group and did a PB!

Spencer had a great swim, emerging 8th in his wave and had a good bike section. His run was very good too and overall he was 30th in his group and 16th in his wave, again having a PB!

Kate Stannett

London is probably one of my most favourite races. I have been doing it almost since it was a baby. But, take it from me, you can do as many races as you like but you can still forget where you put your bike!

We managed a small teamette picture late Sunday after Boo had scared the pants off us: the picture shows Charlie, Brian, Steve, Kate & Boo – who was bent double in the next shot!



Entries are already open for next year's events, on Sat & Sun 4th & 5th August but note that this clashes with IM70.3 Antwerp.

Le Triathlon de l'Alpe d'Huez (1400m/38k/9k) – 2nd August 2006 Dave Copland

Normally I'd be relaxing immediately after the Culford Tri but this time I was packing up two bikes on Sunday evening and getting my race kit ready for an early start the next morning. The flight and drive to Alpe d'Huez were uneventful but the end result was that by 8:30 on Monday evening - after I'd reassembled the two bikes – Susannah and I were asleep in bed.

Next morning Susannah wanted to do her ascent of l'Alpe before breakfast so I went out with her to check the bike out and see her off. Now I'm a reasonably competent mechanic but I have to confess to a nagging sense of doubt as I watched her start a 13km hairpin descent in the mist on a bike that had been ridden a total of 200 metres since it had been assembled. She's in here somewhere:



A phone call 30 minutes later from the bottom of the Alpe put my mind at rest. A second emergency phone call 90 minutes after that jerked me into action: she wasn't going to be back in time for breakfast so could I get her a plate of food before they stopped serving? Susannah was (rightly) dead chuffed that she got up the whole thing and equally pleased to have some nosh available immediately.



Wednesday was race day. We drove down to the lake to find a very professional looking set-up: PA, proper barriers, military-looking types guarding transition. Race numbers had been allocated according to nationality, so that meant all the Brits were together in transition - a nice touch.

The swim was a bit of a nightmare for me. After 5 minutes I had what I can only describe (judging by other people's comments) as a panic attack: shortness of breath, chest felt constricted, heart rate up in the stratosphere. I've been swimming open water for 10 years now and this has never happened to me before. No real idea what caused it but candidates would be: (1) no time to warm up (I was one of the last into the water), (2) the lake is at 800m of altitude so slightly less oxygen available, (3) maybe I set off too fast in the excitement. Anyway, a few minutes of breaststroke calmed me down and then I switched back to a slightly gentler than usual crawl for the remainder. Oh, and it's a lovely clear lake.

Onto the bike. The course takes you on an undulating loop of the lake. We didn't have officially closed roads but I guess the police decided to keep motor traffic off the course anyway – good old France. Plenty of draftbusters around, striking a sensible balance between doing nothing on the crowded, narrow twisty sections and giving penalties on the open parts of the course. Uneventful ride from the lake to Bourg d'Oisans, though I was conscious that I hadn't eaten as much as I'd planned.

After this point, the road goes up. And keeps on going up. And up. For a long time. The first half of the climb was good for me - overtaking a steady stream of people. I did notice that I was slightly slower than when I'd recce'd the climb back in May. Not sure why that should be - possibly something to do with preceding it with a swim and 15 miles at race pace. Also, I reckon we had (mostly) a headwind. At the halfway point, though, it went a bit pear-shaped. I could feel myself slowing down and I could see lots of people overtaking me. I guess I should have eaten/drank more but I was feeling a bit bloated as it was. Anyway, getting into the town of Alpe d'Huez gave me a bit of a lift before T2.

I had a short comedy "where's my shoes" moment in T2 but soon got on my way, only to discover that my legs had locked solid with cramp. I've had cramp before but not like this. As soon as the road went even slightly uphill, the legs refused to run. At least I could walk, though. Got to the turnaround point and passed up the offer of (amongst other things) a ham sandwich. Was amazed to see how high we were above the town. I hadn't realised we'd climbed so much and it made me feel better to discover that my legs at least had a valid reason to complain. The run back down was much more pleasant. Crossed the finish line, handed my chip over and headed for a lengthy session at the food tables.

I'm left with a slightly unexpected feeling about the race. The swim, bike and run parts weren't that good for me. However, I have a very positive view of the whole thing. That applied immediately after I'd finished and still applies when I look back now. The organisation was superb, the location legendary and the atmosphere friendly. I'll be back.

1 st	Reinaldo Colucci	2:15:22	16:44	1:24:02	32:4
206 th	Dave Copland	3:06:32	25:19	1:51:52	45:0

Results Cycling

Wolsey RC 10 mile tt Henley Wed 10th August

2 nd	Phil Hetzel	23.51
8 th	Dave Copland	25.15
21 st	Anthony Birt	27.29
31 st	Susannah Rosenberg	33.48

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

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

September

Sun 3rd Framlingham 10k
 Sun 19th Lowestoft Scores race
 Sun 24th Ipswich Duathlon Alton Water
 Sun 24th Tarpley 10 (Stowmarket)
 Sun 24th Saffron Walden 10k
 Sun 24th Norwich Aquathon 400m / 2800m 9.00 am
 and junior aquathon 10.00 am
 Sun 24th Dedham 10k

October

Sun 8th Felixstowe ½ Marathon
 Sun 15th Martlesham 10k

November

Sun 12th Stowmarket Scenic 7 11.02 am
 Sun 26th Hadleigh 10 mile

December

Sun 17th Beccles Turkey Trot

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
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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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 Cross Country Captain - Steve Robinson (01284) 760392

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Deadline for next issue of ITCH Sept 28th