

# Ipswich Triathlon Club Handout

Your Club is sponsored by Ipswich Borough Council

Issue No.142 – October 2006

## News by Simon Palmer

This is my antepenultimate edition of ITCH.

I have been editing the comic for over 10 years and it is time to move over and make way for someone else. I have enjoyed the job. It is central to the club and, I believe an important job in communication within a club of such wide geographical area. If you would be interested in taking over the editorship please let me know.

### AGM and club committee Nick Collinson

Hi everyone. The club AGM will be on the evening of Sunday 19th November, at Greshams. 6.30pm for a buffet (arrive early to make sure you get some!!) and a prompt 7pm start. The AGM is for everyone, we had a record turn out last year and it was great, so the more of you that turn up the better. Please put the date in your diaries and try to come along.

What I need you all to give some thought to now though, is whether you would like to help run the club as a member of our committee. All committee posts are up for election, so if you are interested in any of the positions on the attached nomination form please do fill it in and send it back to Simon.

**Cross Country** Yes winter is around the corner and it would be nice to match our 5<sup>th</sup> place in the Friday 5 series with a 5<sup>th</sup> place in the cross country. See Steve Robinson's article under running for details.

**London Marathon** last year the club obtained 3 places for the London Marathon. Please let me know before the AGM, in writing or by email, if you wish to be considered for one of the places. One of the criteria for a place is that you should have applied in the normal ballot and been rejected. There are also other criteria e.g. that you should have volunteered to help at one of our races this year. The final decision on who gets the places will be decided by your club committee.

## Training Sessions

### Winter Training Runs around Alton Water & Bike Rides from Felixstowe - by John Gabriel

I'm organising some regular runs round Alton Water Leisure Park over the winter months starting on Sunday 15<sup>th</sup> October and held weekly except when it's a Suffolk League Cross Country race. Intention is to circumnavigate the lake which is about 8 miles, all off road and we'll do it in different directions each week to add a bit of variety. There are a number of cut-throughs / add-ons available so we're not always doing the same tracks. Alton Water is a lovely venue, especially early in the morning and has the added bonus of the café at the end for a welcome cuppa and chat. Pace will depend on who attends but it's not likely to be high unless we want it to be! It'll be great preparation training for next

season and will compliment the cut & thrust pace of the cross country races very well. Meet at car park near café at 9.00 am, don't forget your £2 for parking ticket (£1 in winter months) or why not buy an annual season ticket for £10 which covers 2 cars for 12 months (you can only park one at a time!).

For those who don't go to the swim sessions I'm also planning some long bike rides over the winter months on Saturdays, leaving the front of Felixstowe Great Eastern Square at 8.30 am. Rides will take place whatever the weather (no whimps) so if you are up for a 2-3 hours jaunt (maybe longer) in the Suffolk countryside they will start on Saturday 14 October. If you are coming by car you can park free in car park at rear of Solar store near Homebase. Some rides may include a café stop. Anyone coming along must be self sufficient e.g. bring pump, spare tubes, correct clothing, nutrition etc.

### SATURDAY MORNING SWIM SESSIONS on

Saturdays at Ipswich High School Woolverstone, 9:00am - 10:00am.

Dates for your diary:

**October** 7<sup>th</sup>, 14<sup>th</sup> (followed by 2 weeks off for ½ term)

**November** 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> and 25<sup>th</sup>.

**December** 9<sup>th</sup>, 16<sup>th</sup>.

**January** 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>

### 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](mailto:jgcoaching@btinternet.com). Coaching will be delivered by local swim coach Matt Claydon.

**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

### JUNIOR MATTERS by John Gabriel (Development Officer)

An Open Meeting to discuss proposals for a new Junior section next season will be held on Thursday 19 October at Greshams Sports Club, Tuddenham Road, Ipswich starting at 7.30pm in the Club Room.

The meeting is for anyone interested in Junior activities, parents, juniors, coaches, athletes, administrators whether they are current members or not.

If you have anything at all to say about Juniors we want to here from you to get this new and exciting venture off the ground.

Contact John Gabriel on 01394 278473 for further details.

### Ipswich Duathlon Volunteers - by John Gabriel

For probably the first time ever we had a waiting list of volunteers for jobs at the Ipswich Duathlon but never

fear everyone was found something to do and all contributed to making the event a success.

We were even complimented in the Race Referees report which is a 'good feather in the cap' for the club.

So why did we have so many? - maybe the fact it was a gorgeous autumnal morning, maybe the hassling that myself and Tonya have been doing recently, maybe the veiled threats in the recent ITCH or maybe the fact that we were giving volunteers 'goody bags', who knows, whatever it was it worked so on behalf of the club and race management a huge THANK YOU to (in no particular order and apologies if I have missed anyone) Denis Spashett, Gary Mathews, Jeff Irving, Louise Tanous, Tonya Antonis, Susanah Rosenberg, David Felman, Rob Peevor, Ian Bliss, Maria Reynolds, Paul Whythe, Ron Bareham, David Husband, Jason Baillie, Graham Fish, Will Catchpool, Clive Quantrill, Dave Copland, Derek Smith, Charlie Tovell, Richard Woodward, Jill Southgate, Lucy Bowditch, James Boutell, Alison Bestow, Chris Gabriel, Jo Montague, Christine Boon and my trusty co-race director Simon Palmer for Sundays work and to Sarah Strivens, Nik Bestow, Simon Palmer, Antony Birt, Chris Gabriel, Paul Whythe, Maria Reynolds and Susanah Rosenberg for Saturdays work in setting up the course.

Also THANK YOU to masseurs Nigel & Sue Dadge, race referee John Reavill, race results service Geoff Eagles and to Ed Page for supporting the event and providing the trade stand.

Hopefully this provides the benchmark for volunteers for next seasons races - lets hope so

## Results Triathlon

### **Norwich Aquathon 24.09.06**

#### **Junior Aquathon**

9-10 year old Girls -  
winner Molly McKenzie (Biggleswade AC) - 9.19,  
13th Charlotte Wickens - 12.20

11-12 year old Girls -  
winner Laura Adams (Acle High School) - 11.03,  
4th Lauren Clipstone - 12.02

#### **Adult Aquathon**

Male winner  
Billy Parker-Brown (Tri & Run) - 15.54,  
7th Spencer Wix - 18.2

### **Iron man UK Chris Harris Race Day**

2am the alarm went for breakfast & I couldn't believe I actually slept well. Breakfast proved to be a challenge, trying to shove a pasta bolognese down me at that time of morning didn't seem right. With that first challenge over Sarah and I grabbed all of my gear & headed over to Sherborne.

We headed into the castle grounds at 04.45am & the place was buzzing, people every where. With my bike already checked in the previous day, all I needed to do was fill my bike

bottle up & pump up my tyres. We met up with Mark & Julie (all of us in good spirits especially Mark & I because of the cocktail of High5 Extreme & Redbull) & headed back to the car to stretch & put on our gimp outfits (wetsuits). Race time was approaching fast so with a quick kiss to ours wives & family, Mark & I headed off to the race start.

#### Swim 3.8km(2.4mile)

Mark & I wished each other good luck & like lemmings we headed into the water one by one for the 200m swim to the start line. We just got there & I was heading over to get into a better position as the air horn sounded the start, so with a quick push of my stop watch I waited until there was room to swim (with 1100 people starting there wasn't a lot of room). With what seemed to be a life time waiting to swim I had had enough & just swam over people to get going. I soon settled into a nice strong steady stroke and with a quick glance of my watch when I headed into the 2<sup>nd</sup> lap, I knew I was on target. Eventually the field had spread out and it was nice to get into open water. With the massive Power Bar bottle by the castle I knew I was only 500m or so from the swim exit so my head went down & I powered into the swim exit. Friendly hands & arms greeted me at the swim exit which pulled me onto land & with a quick push of my split button I headed off into T1. Swim time 1hr03min, over the moon, great start.

The crowd was fantastic, it sent a shiver down my spine especially when I saw my wife cheering me on as I headed into T1.

#### Bike 180km(112miles)

Out of T1 in 8mins & I felt strong as I headed out of the castle grounds. I had to keep reminding myself to ease off & not get suckered in to chasing people when they over took me. I took the first hill out of Sherborne steady but couldn't believe the amount of people I was over taking so that gave me a confidence boost. My plan was to take the first lap easy & get loads of food in me & then pick up the pace on the 2<sup>nd</sup> & 3<sup>rd</sup>. I'm glad to say I managed to stick to it even though I did give chase to Mark when he went past me heading down to Dorchester, I managed to catch him after about 6miles, hurl some abuse at him, we had a quick laugh then he shot off like a rocket never to be seen again on the bike course. Mark went on to achieve an amazing bike split of 5hrs30mins.

My first lap went really well & with no problems apart from my guts rumbling away because of all the oats in the energy bars. Half way round the second lap I hit a bit of a low point so I packed in more food & cracked on, I soon began to feel better again especially when I saw my wife, family & Julie heading into the 3<sup>rd</sup> & final lap. I was over the moon that they had made the long hike up the hill to support Mark & I. I knew I was heading for a sub 6hr bike which I thought was unbelievable considering all the "nature calling" stops I had so I decided not to stop to for my special needs bag and just use the gels & bars that I'd pick up from the feed stations. The 3<sup>rd</sup> lap went quickly and I was soon heading back down the long hill that we climbed at the beginning & down the long straight back into the castle. The roar of the crowd was fantastic as I headed into T2 after a bike time of 5hrs58mins, I was buzzing, I never dreamt I'd do a sub 6hr bike, things were looking great.

#### Run 42km(26.2miles)

I was out of T2 within 7mins & I felt surprisingly strong especially after completing my first mile in 07mins38sec but I knew I wouldn't keep that up especially if my knee was to play up! Just after the 2<sup>nd</sup> mile my knee (right on cue) started to play up but was able to carry on to the 7<sup>th</sup> mile at 8min15sec pace until having to give in to the pain which didn't help because of the numerous hills on this course, it just seemed to

enhance the pain more, one thing is for certain this was not a flat run course.

Before I knew it I'd completed 2 laps of the castle park & been given a morale boost from the Harris & Ramsey fan club as I headed into the town & out to the A30. Luckily for me I wasn't aware of the horror that was waiting!

I reached the 12mile mark & my pace had drop right down, I headed onto the A30 & my heart sunk as saw the course disappear into the hilly distance, this was a very low point for me as I tried to come to terms with 12miles of hill running that laid in waiting.

Unfortunately I had to break into a walk and run on some of those hills but so did a lot of people.

The miles crept by, & by the time I reached the 21<sup>st</sup> mile the sun had come out & my spirit had lifted especially for the fact that I was now homeward bound & somehow on target for a sub twelve (where did that come from?). I was delighted to be off the A30 & only had 2 more miles to go, the crowds were great as I headed back into the town, & before long I was at the castle entrance. I couldn't believe it I was only a couple of hundred yards from being an Ironman & it felt great!

I finally crossed the finish line at 11hrs50mins & my wife was there to hug me, which was the only thing stopping me from dropping to the floor I was that tired!

I never dreamt of completing my first Ironman in under 12 hours, especially as I knew I was starting the race with a knee injury. This truly was a dream come true. Was it worth all those months of training, putting everything on hold & all the pain & suffering, your damn right it was!

### **Vitruvian (Half Iron man) Robert Peevor Mmmm...where do I start!!**

1. Great to see William, and racing as a 31 year old and beating a few was great!

2. Totally underestimated the bike course.

3. Lost all concept of time and HR when I got in the water and my Polar HRM (with new battery!) filled up with water and went blank!

4. Getting overtaken on the 2ND ripple by a man not even in the race with panier's and the works quoting to a supporter "Its a piece of cake....I do it every day!"

5. Getting my own back on said man by overtaking him coming down the ripple at 44MPH! he was not to be seen again.

6. Cateye bike comp showing cadence of 300!, then it just died on me.

7. No bike computer, no HRM, no idea of what time it was!

8. Telling William the turnaround on the run was miles away when I first seen him when he started the run (sorry Will - I still feel guilty!)

Summary, All in all I'm happy with a swim of 00:35:55 and T1 time of 00:02:41, which at Weymouth this year at the same distance and Transition was 47minutes. The bike felt hard on the 2ND lap and the run was a slow plod as usual which took me 01:56:18, ending in an overall time of 05:16:48, really happy, and with a very nice finishers T-shirt.

A really good race with excellent organization and I'll probably do again next year!

### **Warwick triathlon – by Iain Downie**

Sunday 10<sup>th</sup> September 2006 saw the first Warwick Sprint Triathlon being hosted by Trafeco at Warwick School. ITC fielded five entrants on the 400m/20km/5km course with 150 starters- usual pool based swim, a surprisingly hilly and drawn-out bike leg,

then a completely flat two-lap course of the School grounds, on a bright sunny day. We didn't know anyone else was doing it, so were pleased to see ITC colours amongst the race briefing. The combined duo of Emile Fischer and Spencer Wix pipped the combined duo of Julia Yelloly and Iain Downie respectively, with Emile placed one place above Julia and Spencer two places above Iain. Spencer's strong running and Emile's fantastic bike leg were enough to push them up the rankings (just wait 'til we get onto longer swims Spencer....!). Similar start times meant Brian McGeeney was also in a tussle with Julia during bike, T2 and run, but the longer legs carried him away at the end. More time on the 'rack' Julia! Excellent fun and I think I'll be up for a repeat next year – anyone else? [Emile also adds it's advisable to check your bike before you race, unless you enjoy cycling with only one cleat working.]

Place	Name	Swim	Bike	Run	Total
1 <sup>st</sup>	Andrew Davis	5:18	33:50	17:33	0:56:41
9 <sup>th</sup> 1 <sup>st</sup> female	Zoe Hanson	6:14	37:58	19:07	1:03:19
10 <sup>th</sup>	Spencer Wix	6:31	37:23	19:31	1:03:25
12 <sup>th</sup>	Iain Downie	5:49	37:11	20:43	1:03:43
58 <sup>th</sup>	Brian McGeeney	7:57	40:03	22:53	1:10:53
70 <sup>th</sup>	Emile Fischer	8:05	38:45	25:53	1:12:43
71 <sup>st</sup>	Julia Yelloly	7:26	41:11	24:21	1:12:58

### **Bedford Autumn Sprint Tri (400m swim : 25k Bike : 5k Run) – 1.10.06**

1<sup>st</sup> - Dave Brown (Team Mk) 1:01:48  
 39<sup>th</sup> - John Gabriel - 1:15:28 - 1st cat K  
 42<sup>nd</sup> - Will Newland - 1:16:15 - 2nd cat J  
 136<sup>th</sup> - Helen Farrow - 1:27:01 - 7th cat H lady  
 172<sup>nd</sup> - Jason Baillie - 1:31:42 - 25th cat F  
 236 finishers

### **Running**

#### **Grunty Fen ½ Marathon**

Sue Hargadon 2.05

#### **Diss 15 / 7.5 miles**

Sarah Strivens (7.5 miles)  
 Sue Hargadon 2.29 (15 miles)

### **SUFFOLK CROSS COUNTRY LEAGUE 2006/7**

Well that's the end of the triathlon season then. Such a shame really but you you have to admit its a bit of a palava! .....there's all that kit !!.....the early starts!!.....the travelling!!!!.....the oh no I've forgotten my goggles moments!!..... the running without socks!!.....the expense, is it just me or have the entry fees eclipsed Gordon's on target inflation rate!! Well now for something cheap, cheerful, simple and local--

### **THE SUFFOLK CROSS COUNTRY LEAGUE.**

The first event is at  
 FRAMLINGHAM CASTLE ON 29<sup>th</sup> OCTOBER  
 START TIME 11.00 AM  
 Entry ON THE DAY ONLY  
 ONLY £3.00.  
 THE RACE HQ IS THE SPORTS GROUND NEXT TO THE  
 POLICE STATION ON THE B1120 BADINGHAM RD.

There's no need to let me know but we need 10 for a team , 7 men and 3 ladies. There is also a junior race-- You have to be 11years old on the day on the race-- distance about 2miles and 5 for the senior race. It is £3.00 for seniors , juniors are free!

### CROSS COUNTRY DATES FOR THE SEASON

Bungay.....19<sup>th</sup> November

Woodbridge.....10<sup>th</sup> December

Haughley Park....14<sup>th</sup> or 21<sup>st</sup> January 2007

Bury(CULFORD)..4th February

Also the Suffolk County champs are at Hadleigh on the 7th Jan. 2007 and the Southern at Holkam Hall, Norfolk on the 27th Jan 2007.

SO SEE YOU ALL AT FRAM ON THE 29<sup>TH</sup> . FOR MORE INFO OR ANY QUESTIONS GIVE ME A RING ON 01284 760392

### Cycling

Simon Palmer

I thoroughly recommend having a go at the rough stuff 25 on 15<sup>th</sup> October. It makes a good end of season ride. 25 miles through Rendlesham Forrest; mountain or cyclocross bike essential. It is not a race but some people treat it as a fast off road ride. Just turn up on the day. Select a time to start which equates with your pace. It doesn't matter how fast you are it's just a bit of fun in the mud!

**Start/Finish location:-** Butley Village Hall, Butley, nr Woodbridge, Suffolk (Grid Ref: TM 369 511)

Toilets & Refreshments available in the village hall.

**CAR PARKING;** Plenty of parking available in field adjoining the village hall. Don't park on the road as it is fairly narrow.

**START TIME:-** Signing on from 9am. Riders to be set off at intervals, first (slower) riders off 9:30am, last (faster) riders off 10am

### Club Kit

These are the items we have in stock.

If you wish to order something not in stock please tell Heather Collinson

ITEMS NEW KIT	Cost to club	cost to members	E	S	M	L	E
Tri-top male with zip	£20.90	17.00	2	0	1	0	0
Tr-top male with zip and pockets	£24.50	20.00	0	2	0	0	1
Tri-top female with zip	£22.00	18.00	0	0	2	1	0
Tri-top female with zip and pockets	£26.00	21.00	0	0	0	2	0
Tri-suit male	£44.00	35.00	0	2	0	0	3
Tri-suit female	£48.50	39.00	1	1	0	0	0
Tri-shorts unisex	£25.00	20.00	0	2	1	1	0
Junior Tri-suit	£44.00	35.00	0	2	1	0	0
Cycle shorts	£30.00	24.00	0	2	1	1	0
S/S cycle top	£32.00	26.00	1	1	0	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	0	1	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	0	0	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

#### October

Sun 8<sup>th</sup> Felixstowe ½ Marathon  
Sat 14<sup>th</sup> Harwich 10k 12.30 pm  
Sun 15<sup>th</sup> Roughstuff 25 mile off road cycle event, Butley  
Sun 15<sup>th</sup> Martlesham 10k  
Sun 29<sup>th</sup> Suffolk Cross Country League Framlingham

#### November

Sun 12<sup>th</sup> Stowmarket Scenic 7 11.02 am  
Sun 19<sup>th</sup> Suffolk Cross Country League Bungay  
Sun 19<sup>th</sup> AGM Greshams 6.30pm  
Sun 26<sup>th</sup> Hadleigh 10 mile

#### December

Sun 17<sup>th</sup> Beccles Turkey Trot  
Sun 17 Suffolk Cross Country League Woodbridge<sup>th</sup>

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