

Ipswich Triathlon Club Handout

Your Club is sponsored by Ipswich Borough Council

Issue No.143– November 2006

News by Simon Palmer

This is my penultimate edition of ITCH.

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.

If you have any items for the agenda resolutions to debate please pass them to Simon Palmer or me before Sunday 12th November.

Cross Country

An excellent turn out in the sun for the first race at Framlingham. The next race is at Bungay on the 19th November

London Marathon Time is running out if you want a club place in the marathon. I have received 3 requests for places so far.

Training Sessions

Winter Training Runs around Alton Water by John Gabriel

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

Bike Rides from Felixstowe - by John Gabriel

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

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

Dates for your diary:

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

December 9th, 16th.

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

SWIM COACHING

Wednesday evening 8-8.45pm Framlingham College 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.

Run 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 Triathlon

Rowers' Revenge Triathlon, Marlow 1-10-2006.

Injury forced me out of this one, but Karl gamely decided to drive the two hours there, take part and drive back, while in an unusual role reversal I took on the task of Official Bag Person. Karl tapered for this event by staying in our local until 1:30 am, but at least he didn't have to be in Marlow until 10 am – quite a luxury for a triathlon!

There were over 400 entrants for this unusual event, which started with rowing 4000m on a Concept II rowing machine in a marquee in the park at Marlow. Competitors were started in waves of 12 and my main role was to shout at Karl to slow down as he is inclined to go off like a whirlwind. Seeing 50 rowing machines working in unison was quite a spectacle.

16 minutes later Karl took the long, muddy run to the huge transition area to collect his bike and off on the 25 km hilly (mountainous!) bike ride through the pretty Buckinghamshire countryside. Torrential overnight rain had left the narrow lanes scattered with debris and gravel and the sweep van was doing plenty of work picking up those unfortunate enough to puncture. Two minute penalties were being handed out like sweets at the foot of a steep descent by those choosing to try and kill themselves by ignoring the foot-down rule at a dangerous junction with a main road (and these will be the same people whinging when the police cancel the race for safety reasons!).

Luckily, Karl made it back intact after 1 hour 02 minutes and set out on the 7.5 km flat run which was a loop of nearby Bisham village and a scenic stretch along this attractive part of the River Thames. His run split was 36:35 giving a total time of 1 h 57 m. Upon finishing Karl commented it hadn't been as hard as he expected and he had felt really good on the run and overtaken "loads of people." Strangely, while us Baggies were huddled in cars avoiding a storm and heavy downpour he hadn't even got wet!

Sickening when you consider this is a man who considers training to be a form of **cheating** on a par with, say, EPO or anabolic steroids. His entire training consisted of a 22 min run on the Wednesday beforehand, a 14 min row on the Thursday and apart from that practically nothing (except a Cornish backpacking holiday) for the best part of a year. God, I hate him sometimes..... Jackie Chubb

Running

Martlesham 10k 24.09.06

Winner	David Millar	33.18
59 th	Nik Bestow	46.00
73 rd	Michelle Constable	47.36
74 th	Will Catchpole	47.43
87 th	Anne Fish	50.10

Felixstowe ½ Marathon 08.10.06

Winner	Wayne Lincoln	1.12.57
46 th	Derrick Smith	1.29.40
155 th	Nik Bestow	1.44.46
196 th	Will Catchpole	1.50.06
202 nd	Paul Wythe	1.50.19
207 th	Tom Wilmot	1.51.18
215 th	Amanda Mallett	1.52.09
270 th	Charlie Stannett	1.59.02
274 th	Kate Stannett	1.59.46
303 rd	Sue Hargadon	2.03.23

SUFFOLK CROSS COUNTRY LEAGUE 2006/7

By Steve Robinson

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.....19th November

Woodbridge.....10th December

Haughley Park....14th or 21st 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.

FOR MORE INFO OR ANY QUESTIONS GIVE ME A RING ON 01284 760392

Cross Country Results Framlingham 28.10.06

After the first race the men are lying in 7th position – the ladies in fifth position. The combined teams are in 7th position overall.

Men

35 th	Jonny Palmer	32.55
36 th	Spencer Wix	33.01
37 th	Graham White	33.09
43 rd	Simon Bourne	33.55
47 th	Derrick Smith	34.16
55 th	Mark Ramsay	34.48
73 rd	Tom Wood	35.52
110 th	Steve De Boltz	41.55
119 th	Andy Rudge	42.03
120 th	Brian McGeevey	42.17

Women

15 th	Sarah Strivens	40.20
16 th	Michelle Constable	40.21
42 nd	Helen Farrow	46.16
43 rd	Kate Stannett	46.43
50 th	Sue Hargadon	49.00
54 th	Annette White	50.27

Juniors

Will Meadows	10.51
James Powley (winner of U13)	11.44

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

November

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

December

Sun 10th Suffolk Cross Country League Woodbridge
Rugby Club 11.00 am
Sun 17th Beccles Turkey Trot
Sun 17 Suffolk Cross Country League Woodbridgeth

January

Sun 7th Suffolk Cross Country Championships Hadleigh
Sat 27th Southern area Cross Country Championships

Holkham Hall Norfolk

February

Sun 4th Suffolk Cross Country League Bury St Edmunds
Culford School 11.00am

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 November 28th