

# Ipswich Triathlon Club Handout

Your Club is sponsored by Ipswich Borough Council

Issue No.144– December 2006

## News by Simon Palmer

### Welcome to new members

**Mike Rees** who lives near Stowmarket – he is a member of Stowmarket Striders and you will see him around at running races. He has competed in the last 2 duathlons because he has raced at the last 2 Ipswich Duathlons

**Sarah Jennings** lives in Woodbridge and is a member of Woodbridge Shufflers. She just considers herself to be an allround sports woman and up for a new challenge.

**Nick Stonehouse** lives in Ipswich, you may have seen him if you attend the run training sessions at Greshams

I shall be posting **the membership renewal form** out to you shortly. Membership is due for renewal on January 1<sup>st</sup> and it would be nice to get all membership in by the end of January. If your communications with the club suddenly cease it is probably because you haven't paid your membership.

**This is my last edition of ITCH** after nearly 10 years of editing the magazine. I have printed, collated, folded, stuffed, addressed, stamped and posted several thousand copies of the magazine in that time. Charlie Stannett has taken on the production of the magazine but I do not know in what form it will appear; it is really up to Charlie.

I should like to thank all contributors to ITCH and to everyone for their support over the years.

Merry Christmas and happy New Year to you all.

With help from Brian McG, Charlie is hoping to make the website more interactive so that basic notices can be posted there in closer to "realtime" but he still intends to compile a monthly snapshot to include any race reports etc which people care to send in, and which he will print and send to those members who do not have access to the internet. You can e-mail him at [charlie@ipswich-tri.org](mailto:charlie@ipswich-tri.org) or send stuff to him at Red Lion Cottage, East Bergholt, Suffolk, CO7 6TB. Cut-off for January's ITCH is Friday 29th December.

**AGM and club committee** 40 people attended the AGM held at Greshams on 19<sup>th</sup> November. A new committee was elected for your club. (see last page) for contact details. The membership will stay the same for next season – a real bargain. Full details of the AGM can be obtained by emailing Simon Palmer at [simon.palmer@talk21.com](mailto:simon.palmer@talk21.com)

**Cross Country** Results from the Bungay race inside. Excellent scoring means we have edged up a place.

**Steve deBoltz (Mens Captain)** writes -Hello to everybody out there. In my new capacity as Men's

Captain I thought I'd better introduce myself to those who don't know me - I'm the good looking one at training! Now I grant you, I may be going slightly thin on top and a little bit overweight but that's what you get for being a member of the Tri club and a member of CAMRA (Campaign for Real Ale).

This is my second year in Triathlon and so far still enjoying it. This year I raced at Norwich, London Olympic, Swansea Sprint, Clacton Sprint on the Saturday and just for fun did the Olympic on Sunday, and finally a forgettable Ipswich duathlon (I punctured). Running has to be my least enjoyable discipline as my old knees don't like the pounding. I'm trying to concentrate on running through the off-season just to see if I can go any quicker but so far it's not looking good. I aim to be at many events next year cheering you on, if not competing myself, so let me know where you're racing and I'll try to come along.

I will aim to add a note in ITCH each month just to let you know of things I feel need a mention and notification of items of interest that I hear about. So again if there's something you think others might be interested in let me know and I'll pass it on. That will do for now, I've waffled on enough. My details are at the back, so get in touch.

**London Marathon** To date I have 3 people chasing the 3 London Places

Sue Hargadon

Rob Peevor

Andy Rudge

Have I missed anyone off the list?

Would you like to be in the ballot for a place? If so get in touch with Simon ASAP.

When you do hear if you have a place or not it is vital that you contact me ASAP.

## 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:  
**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>

**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

### Newmarket Duathlon (5k/23k/5k)

#### Susannah Rosenberg writes:

I had a brilliant training plan in the two weeks leading up to the event: John Gabriel's two Greshams sessions of mini-duathlon and turbo-duathlon, separated by Tonya Antonis' duathlon training session at Alton Water. I had the perfect tapering of helping at the Junior Tri set-up on Saturday and a pre-race supper that finished with blackberry and apple crumble with custard. If that doesn't sustain you through a race, then nothing will. Up at 4:30am and off to Mildenhall. It was a dry, bright morning – hurrah!

The run was a flat, off-road, out and back course, by fields and along tracks. I have (finally) learnt not to get over-excited and set off too fast on Run 1. Hi-5d lots of Ipswich Tri runners on their return leg. I did my steady plod and got into T1 to find only 2 bikes other than mine. And then one of those overtook me in transition. So I set off a-peddalling. Down on the tri-bars for the first time in a race – they were fab! I steadily overtook one person and then the next and so on for the full two laps. I felt brilliant and I loved every moment of it. I managed to pass Karl Chubb sporting his new Ipswich Tri shorts. Back into transition, and there were a couple of dozen spaces waiting for returning bikes. I set off on Run 2. I few of my earlier scalps (including Karl) passed me, but not all of them. And I had fantastic support as I came back into the campsite and round the grass track: all the cyclo-cross riders that I have cheered on over the past few years came out to give me a shout, which really helped me in the last km. Dave did quite well too (7<sup>th</sup> overall, 2<sup>nd</sup> in age group H).

	First Name	Last name	Run 1	Cycle	Run 2	Total
1	Jez	Cox	16:16	37:47	15:06	1:09:09
26	Ros	Viner	18:50	45:10	16:23	1:20:23
7	Dave	Copland	17:58			1:13:13
17	Richard	Balaam	18:58	41:37	17:42	1:18:17
23	William	Newland	19:34	42:13	18:06	1:19:53
36	Ian	Downie	20:13			1:23:32
37	Antony	Birt	20:44	43:46	19:06	1:23:36
56	Nik	Bestow	23:41	46:36	20:11	1:30:28
60	Julia	Yelloly	23:48	46:11	21:39	1:31:38
76	Helen	Farrow	23:55	50:08	22:09	1:36:12
83	Jackie	RileyChubb	23:36	52:24	21:44	1:37:44
91	Karl	Chubb	23:30	54:26	21:31	1:39:27
95	Susannah	Rosenberg	27:32	48:54	25:08	1:41:34

## Helwith Bridge Duathlon (4m/23m/4m) 01.10.06

What a stupid idea to choose this as my A race of the year! The Yorkshire Dales are hilly, very hilly. And no, there are no flat bits anywhere. Last year I did the cycle leg of this race in a relay team with my college friend, Sally. This year, having completed a couple of half marathons (Bungay and Brandon) I foolishly decided to tackle the whole thing. The first trauma was how to break the news to Sally.



Iain Downie giving it all in the final sprint

Fortunately, one of her club mates wanted to ride the bike leg this year, so no friendships were lost and the Christmas card list is still intact. Dave Copland and I drove up to Yorkshire on Saturday and stopped off at Helwith Bridge for a chat with the organisers and to cycle the run route. This came with a



Susannah coming into T2 in 'not last' position

halfway snack of millions of flies – saved taking protein drinks. Having conned Julia Yelloly and Iain Downie into entering too, we all stayed at our favourite UK B&B in Hawes. Not only do they give us extra pasta with the evening meal, but they give us an early breakfast plus a banana each for the race.

We got to registration on Sunday morning where I realised that I had no puncture repair kit, so Martin of Kudu Bikes fitted a mini saddle bag and popped in some patches and an inner tube, while I was getting in a tizz. Off on run 1. I was not last for most of it, but Jane from Manchester overtook me on the 3<sup>rd</sup> mile. It made it easy to spot my bike in transition – the only one left. Fortunately my cycling is better than my running, and after my success at Newmarket I pedalled off into the wilds of Yorkshire on tri-bars borrowed from Tonya Antonis. I was hoping that some of her 'fluence would push me forward. I did struggle on some of the (many) hills, but others found it even harder and I overtook a few people.

Down on the tri-bars I felt brilliant and powered through the Dales. The leaders got hit by a short but violent rainstorm, which had thankfully passed by the time I got there, so I had a wonderful ride through beautiful scenery on a rather pleasant day.

When I came into T2 there were several gaps in the bike racks and I started to cramp up. I took a gel and plenty of water and waddled off. I don't care if the map shows that the second run is the same as the first. I still maintain that someone inserted an extra hill while I was out on the bike. In my case Run 2 could be called 'Walk' though I managed to run the downhills, and with someone catching me up in the last mile I found my emergency sprint setting and kept her at bay.

**Hadleigh 10 miles 26.11.06 Will Catchpole** (whose picture wouldn't copy (sorry Will)

I cannot believe that my Nike Pegasus can smell so bad - yes I did leave them wet for three day but I nearly had



to leave Next Gen the aroma of marsh gas exuding from the rancid sodden trainers had fellow changers gagging ! As for the race on Sunday I wish my Mira Electric Shower had the same force that we were deluged with inside the first minute of the run. Despite my new strategy of running just behind Nik it proved less effective than being

chased by him. After 1 mile Nik and I had just came

level with Charlie and Nik said he was tempted to throw in the towel and if he had done I also may have packed up as it was orrid orrid orrid. Who ever said if it ain't raining it aint training is obviously an SAS recruit or a nutter. My watch pinged at 8 minute intervals and Nik moved ahead after a couple of miles and I could only see him in the distance for a few more miles. It was good to see SteveDe B near to home and it spurred me on and I crossed the line in 82minutesand despite being two minutes slower than last year felt it was worth while race. My winter focus is now to maintain the level of fitness and try and just shed about 3kgs and then Nik in 2007 you may be in for more of a race !! :-)



Results

Winner David Miller (Woodbridge)

26 <sup>th</sup>	Dave Copland	1.03.08
36 <sup>th</sup>	Simon Bourne	!04.59
42 <sup>nd</sup>	John Wankowski	!06.00
43 <sup>rd</sup>	Derrick Smith	1.06.18
80 <sup>th</sup>	Lucy Bowditch	1.10.05
143 <sup>rd</sup>	Mike Stollery	1.15.58
173 <sup>rd</sup>	Nik Bestow	1.18.36
187 <sup>th</sup>	Brian McGeeney	1.20.00
198 <sup>th</sup>	Sarah Strivens	1.22.04
216 <sup>th</sup>	Will Catchpole	1.22.04
229 <sup>th</sup>	Charles Stannett	1.24.16
277 <sup>th</sup>	Sue Hargadon	1.30.56
289 <sup>th</sup>	Kate Stannett	1.33.09

There were 357 rain soaked finishers.



We got great goody bags, 'somehow' all the women racers got a prize, and the massage was subsidised by the organiser. I'll be back...

Julia Yelloly delighted it's all over.

		Run 1	Bike	Run 2	Total
1st M	Steve Angus	24:40	1:04:27	26:08	1:55:15
5th	Dave Copland	26:27	1:06:11	26:44	1:59:22
1st F	Donna Edmundson Booker	27:53	1:14:22	29:22	2:11:37
34th	Iain Downie	28:39	1:12:21	31:26	2:12:26
1st F40	Julia Yelloly	34:27	1:22:39	36:30	2:33:36
2nd F45	Susannah Rosenberg	41:26	1:34:54	45:41	3:02:01

## Running

*Italics denotes running for a club other than ITC*

### Stowmarket Scenic 7 12.11.06

Winner	David Miller	37.48
Winner	Helen Decker	42.24
24 <sup>th</sup>	Derrick Smith	44.26
36 <sup>th</sup>	Simon Bourne	45.39
48 <sup>th</sup>	Mike Rees	47.09
115 <sup>th</sup>	Mike Stolery	52.25
120 <sup>th</sup>	Andy Rudge	52.54
135 <sup>th</sup>	Brian McGeeney	53.38
151 <sup>st</sup>	Sarah Strivens	54.17
156 <sup>th</sup>	Sarah Jennings	54.44
160 <sup>th</sup>	Anthony Birt	54.56
187 <sup>th</sup>	Mary Skelcher	56.23
200 <sup>th</sup>	Anne Fish	57.10
219 <sup>th</sup>	Grayhame Fish	58.15
285 <sup>th</sup>	Sue Hargadon	63.39

## 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

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.

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

### Cross Country Results Bungay 19.11.06

**Steve Robinson** writes - My enduring memory of this event is the sight of young James Powley darting through the woods and most of the senior field to record 2<sup>nd</sup> u13 by only 3secs to finish 12th out of 69!! he was our only junior taking part.

Michele Constable was 1<sup>st</sup> f40 and is now 1<sup>st</sup> equal in the series so far. Sarah Strivens was 1<sup>st</sup> f45 and is now 2<sup>nd</sup> after 2 events. Sue Hargadon and Annette White lead the f50 category after sound performances. Just in case you thought the senior men haven't been up to much Graham White and Derrick Smith are 2nd and 3rd in the m50.

Dave Copland, John Wankowski, Graham White, Liam White(only 38 secs behind) Iain Downie Neil Payne and Will Newland packed the top 60ish for an excellent display of our lovely kit at the front of the field.

In the team competition we are 6<sup>th</sup> out of 15 in allcats i.e. mens, womens and combined, with our friends from Newmarket Tri.

**Simon Palmer** adds It was a lovely morning at Bungay. There was a huge turn out of club members. Over a fifth of club members were there if you include spectators like myself and Emilie Fisher. Someone remarked afterwards what a friendly club we were. It was noticeable that everyone stayed at the finish to cheer on other club members and no one left until the last runner had crossed the line. Even Mark Ramsay and Steve deBoltz who were injured and retired after one lap stayed until the end.

### Men

<i>Winner David Millar</i>	<i>29.56</i>
29 <sup>th</sup> Dave Copland	34.29
33 <sup>rd</sup> Jonny Palmer	34.53
34 <sup>th</sup> John Wankowsli	34.56
40 <sup>th</sup> Graham White	35.14
45 <sup>th</sup> Derrick Smith	35.40
47 <sup>th</sup> Spencer Wix	35.43
49 <sup>th</sup> Liam White	35.52
56 <sup>th</sup> Steve Peck	36.30
60 <sup>th</sup> Ian Downie	37.06
61 <sup>st</sup> Mike Rees	37.16
63 <sup>rd</sup> Neil Payne	37.26
64 <sup>th</sup> Will Newland	37.38
80 <sup>th</sup> Mark Hird	40.06
94 <sup>th</sup> Andy Rudge	41.35
98 <sup>th</sup> Brian McGeeney	42.34
110 <sup>th</sup> Steve Robinson	44.31
117 <sup>th</sup> Grayhame Fish	46.37
119 <sup>th</sup> Charles Stannett	46.39
123 <sup>rd</sup> Dave Peck	46.57

### Women

<i>Winner Helen Decker</i>	<i>34.46</i>
14 <sup>th</sup> Michelle Constable	41.49
25 <sup>th</sup> Sarah Strivens	43.39
37 <sup>th</sup> Anne Fish	46.09
28 <sup>th</sup> Julia Yellowly	46.09
46 <sup>th</sup> Helen Farrow	47.31
47 <sup>th</sup> Annette White	50.22
48 <sup>th</sup> Sue Hargadon	50.57
54 <sup>th</sup> Susannah Rosenberg	54.17
55 <sup>th</sup> Maria Reynolds	55.07

### Juniors

James Powley (2 <sup>nd</sup> U13)	11.44
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## 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
			S	S	M	L	L
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

### December

Sun 10<sup>th</sup> Suffolk Cross Country League Woodbridge Rugby Club 11.00 am

Sun 17<sup>th</sup> Beccles Turkey Trot

Tue 26<sup>th</sup> Bungay Cross Country 10.30 am Outney Common

### January

Sun 7<sup>th</sup> Suffolk Cross Country Championships Hadleigh

Sun 14 / 21 Suffolk Cross Country Haughley Park Stowmarket

Sat 27<sup>th</sup> Southern area Cross Country Championships Holkham Hall Norfolk (entries close 18<sup>th</sup> December)

### February

Sun 4<sup>th</sup> Suffolk Cross Country League Bury St Edmunds Culford School 11.00am

## Club Committee 2007

Chair - Dennis Spashett 01473 270573

Secretary - Simon Palmer (01449) 711906  
e-mail: simon.palmer@talk21.com

Treasurer - Nik Bestow (01473) 625070

Mens Captain - Steve de Boltz 01473 273102

Ladies Captain Helen Farrow) 01284 706647

Communications and Webmaster Charlie Stannett  
(01206) 298888  
email charlie@ipswich-tri.org

Development Adrian Green 01379 388855

Race Coordinator John Gabriel (01394) 278473

### 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 December 29<sup>th</sup>  
Don't forget it goes to Charlie Stannett from now on.**