



3cTri Bulletin - April 2016

Hi,

Well the sunshine is out (sometimes), the clocks have 'sprung' forward, the flowers are out, that can only mean one thing...Triathlon season is upon us!!

Races have already begun with some great results from our members at the Windsor Duathlon at the weekend. Apart from the muddiest transition area known to man it was a great race; well done to Mark Duckworth, Allen Kirby, Chris Szabo-Hemmings, Vicky Rice and Lou Gubb.

What races do you have planned this year? Don't forget to use our Facebook and Twitter sites to ask any questions to you fellow members. We are all in this together and as a small but growing club we need to support each other.

Later this month we have our first 3CTri AGM. It would be great to see as many of you there as possible - come along to the event at Rackstraws and share with us your ideas and thoughts; what has worked well? What needs improvement? What would you like to see happening in the club? This is your club and your input will help move the club forward.

Our swimming coaching sessions continue to strive and it has been great to see people improving in both their technique and speed. Thanks To Hannah and Steve.

We have had less numbers at the run coaching on Wednesday nights, maybe due to weather and dark nights and this is something we will be addressing over the coming weeks. Any feedback or ideas as to how to drive this session forward would be welcome at the AGM.

It is that time of year where the membership for 2016/2017 is due. We have been some challenges with Paypal, so please bear with us. We have provided

other ways to pay, i.e bank transfer or cheque. The cost of membership will remain at £20. Don't forget by being a member entitles you to discount at England Triathlon, lake swimming at Horseshoe lake and discount at Alton Sports.

Don't forget that if you want to race in 3ctri colours this season get your kit order in by 22nd April. (see below)

Thank you for your continued support with the club and have a great season. Look forward to seeing you at the AGM.

Thanks

Richard

AGM

**LET'S TALK
ABOUT IT!**

Annual General Meeting

2016 AGM

The 2016 AGM will be held at Rackstraws Pub on 27th April 2016 at 8:00pm

Agenda Items will be email out before the 4th April 2016

Membership



2016 Membership

Over the last couple of weeks we have been chasing PayPal to resolve the payment issues we have been having. Some members have been able to pay while others haven't

We hope to have this resolved soon, but we are at PayPal's mercy

If you want to pay direct to 3cTri's bank then the details are as follows:-

Pay by direct debit to the following bank account.

Sort code: 772918

Acc no: 40175060

ref: name and member number

Pay by cheque to any Committee member. or send to:-

Membership Secretary,
14 Willowford,
Yateley,
Hampshire
GU46 6HQ

For both options you will still have to go through the membership renewal process, check your details are correct and once you click the select payment box you will need to change from PayPal to

We are currently speaking to other local lakes to arrange a open water swim discount for the club members.

Some of the perks of being a member of 3cTri are:-

10% off at Alton Sports

10% off at Boutique Cycles
£2 swim discount at Horseshoe Lake
£11 discount on Triathlon England which provides:-

Public liability and personal accident insurance cover while you are racing in permitted events and training for permitted events for the duration of your membership

Free legal advice and support if you are involved in an accident that was not your fault. A report will be taken by our staff and sent to our Insurers and Solicitors to help with your claim.

As a member you are eligible to try and qualify and be able to wear the Zeroed kit and represent Great Britain at the ETU and ITU Age-Group Championship events.

Club Kit



Club Kit

New kit order is now open with Champion systems. If you want to race in club kit this season place your order now! There is loads of different kit from Ts to arm warmers to cycle clothing to choose from. This order will close on Friday 29th April with delivery 4 weeks later.

All members need to use the "I AM A CS DIRECT MEMBER (Access to Team Store)" login which can be seen via the following link:

<http://eucustom.champ-sys.com/Login/en-GB/Default.aspx>

Enter the following login details (all Uppercase)

LOGIN: 3CTRI
PASSWORD: TRIATHLETES

Once you have entered these details you will be asked to create your own personal login which you can use going forwards.

You can then see the proofs and place your order.

Members that have ordered before can use your current login details. Again you need to use the "I AM A CS DIRECT MEMBER (Access to Team Store)" login.

Any questions please shout!

Swim Session



Swim

Swim sessions have been on-going since October and the regular members have seen real improvements in technique, strength and speed

These sessions have been extended until April 22nd which is the week before the lake opens

We hope you have been enjoying the swimming sessions each Friday and are seeing improvements in both technique and swim fitness. We certainly have achieved a lot under the watchful eye of Coach Hannah and we are excited to welcome Steve Mott to the coaching team. Here's a quick recap of what we have been doing

Phase 1 2016 first five weeks: Following on from our previous phases in 2015 we continued to develop our breathing technique and skills, re-visiting our body position and starting to explore our hand entry and shoulder mechanics. With a main focus on hand alignment and entry and how it impacts positively on our stroke. This Phase lasted until mid February.

Phase 2 Until second week of March: Over the next few weeks we will be visiting our body roll/rotation. We will be exploring the benefits of an efficient body roll within our stroke and learning how it helps us generate more power, streamlining our position in the water and reducing drag.

Swim Fitness: We will begin to build some longer distance intervals into our sessions. To assist with the physical and mental strength/endurance needed to swim longer distance sets getting ready for race season

Once the Lake opens we will have a more structured coaching sessions with Hanna and Steve. This will stretch to coping with starts and open water specific swim training



Wednesday Night Run

Wednesday Night Interval sessions have been ticking along on most
Wednesday evening during the winter

However due to low numbers we are looking to hook up with a local Running
Club.

This will give our members a bigger group to train with and this in turn will
help with motivation and improved speed.

News of this will be posted shortly on Facebook and the next Newsletter

When the lake opens at the end of April we will also have a run after the
swim on Friday evening.



Winter Bike Sessions

Weekend Bike sessions have been taking place over the last 4-6 weeks and
these are being advertised on Facebook.

If you are going for a ride and want company then post on the 3cTri
members facebook page.

Next Group ride scheduled for Sunday 24th April at 8am. 3/4 hours at 15-
17mph with a brick. See Facebook group for details

Further cycling days are being looked at as well as group sportives such as
Evans and Wiggle, where we will meet at the start as a club and cycle in

groups. Also group outing to local Time trials

Club Championship



2016 Club Championship

The 2016 Club Championship will be the Thorpe Sprint Triathlon

As this is 3 race across the year you can enter 1,2 or all 3 to see if you can win your age category. the fastest single time will be taken as your time.

Full details and of the event can be found at

<http://www.thorpetriathlon.com/>

We will add the categories, rules and details of the Championship in the new year.

Meet a Member



Name: Vicky Rice

How did you get into Triathlon?

I've been running (jogging/plodding?!) since 2002 when I decided that if I don't do the London Marathon before I had children I might not get round to it! Having done lots of races I then saw the Wellington Triathlon and quite fancied giving it a go. My first was in 2008 and I borrowed my sisters bike to as she was pregnant! Then the following year since my other sister was then pregnant and couldn't take part I did it again on her bike! The following year I decided it was time to buy a bike!! After that it was time to give open water a try!

What training sessions do you normally attend?

I've been attending the run intervals on a Wednesday evening which have been really great sessions. The coaching has been really helpful and the intervals varied. I knocked some time off a couple of races earlier this year so hopefully the interval sessions are paying off.

Friday night swim sessions are hard for me to get to due to the kids swim commitments but when I get there I love it! We're really fortunate so have 2 really great coaches. I love the structured sessions and find them really beneficial.

What have been your favourite races?

I love the Wellington Triathlon because it's local so know lots of people competing and the support is great. Last year I went to St Neot's which was a European qualifier race. That was an amazing experience, to race with a load of GB age groupers. Windsor Triathlon was also a favourite. The river swim was really brutal but I loved it! Being followed by the camera crew was very entertaining but such a fantastic experience.

Which was your toughest Race?

In 2014 I did my first half IM at Marlow so that was a long day out! I'd been on a 20 week training program for it so I went into it feeling really prepared so I just went out and enjoyed the whole thing.

What are your aspirations for 2016?

My A race this year is Staffordshire Half Ironman on 12th June. I've been training through the winter so have a good base but my 12 week program starts on Monday so it's time to step it up so I'm fully prepared! It will be good to get in the lake in early May (brrrr) and I've got to get some longer rides in. I've just done Wokingham half marathon, and The Grizzly (20 miles over the Jurassic coast) so I'm glad I've got some solid run miles under my belt already. After the IM I'll do some sprints and a couple of standards I'm sure!

Favourite discipline and workout?

Favourite discipline - the 4th one of course - transition haha!!

I do love the swimming - I'm really grateful of my swimming lessons as a child now! I'm loving my swimming now that I attend a couple of structured sessions a week and hope I'm chipping away at my times.

Top tip

Be prepared! Stick to the training plan and you go into races feeling confident knowing you've done all you can.
