



3cTri Bulletin - July 2015

Hi,

Welcome to the latest 3cTri Bulletin. We are mid season and already we have had some amazing results from our members. Both Lou Gubb and Katy Granville-Chapman have qualified to represent the Great Britain Sprint Triathlon Team- Amazing achievement.

Another great feat has been Warren Henderson who won the inaugural 3cTri Handicap trophy for June!!

Congratulations to all the triathlon results..it is great to see so many 3cTri athletes competing.

The club has organised a few activities already this season including organised cycle rides. Firstly, a ride to Windsor, where around 15 members cycled from Horseshoe Lake to Windsor and back. There might of been a long coffee/cake break but I have been informed that it was a reward for the long cycle. Not sure if I believe them! The second ride from the Chequers Pub in Eversley was for a couple of hours to Hook & Alton, again with a number of members joining in.

In addition, the club has arranged some Brick sessions from the swim on Friday nights. From exiting the swim, quick transition and then one lap around the lake.

As mentioned before we are now holding a handicap race on the last Friday of every month. Please use the following link to see the latest results. [Handicap Results Link](#)

The first race was at the end of May where we had two members set their time for the three activities; Swim one large lap, transition to run and one lap around the lake. During this race Andy Tarbet completed an super quick transition whilst Warren thought transition was time to chill out and have a chat!! The second race

in June, we had six members take part. Five of which were setting their times, and Warren beating his transition/run time by 30 secs!! Great results and worthy winner of our trophy. Who is going to try the handicap in July??

The club has now reached 51 members. The club has grown incredibly fast and a thankyou to everyone for their support.

Myself and the committee are already looking ahead to the end of the season to see what winter activities we can arrange for our members. For example swimming coaching and mountain bike rides. Watch out for further notices of this.

From this month we are introducing a new section in the newsletter; labelled 'Meet a Committee Member'. For what ever reason I have been volunteered to be the first...please see below.

The local triathlon at Sandhurst needs your help. Unfortunately the first one of the series was cancelled due to lack of interest. The second one on the 27th September 2015 needs your support. Please take a look and enter if you are able.. <http://sandhursttriathlon.co.uk/>

Thankyou for your continued support for the club and if you have any comments please let me know.

Richard
Chairman of 3cTri



Club Questionnaire

The club has now been formed for 3 Months now and has grown incredibly fast



Wednesday Night Run

Come along to our Wednesday night speed session at Horseshoelake

The 1st session is planned to be on



We are now part of Triathlon England

By selecting 'Three Counties Triathletes' you will receive a £10

To help us understand what you want from the club a questionnaire will go out in the next couple of weeks.

This will allow us to expand out training and provide additional training and guidance over the end of season and winter months

Wednesday 15th July and Horseshoelake and dependant on numbers will be 1 mile reps run in pairs. (You can do as many reps as your are comfortable with)

Session

1 mile warm up
4 x 1 Mile
1 mile warm down

discount on the Annual Triathlon England membership cost.

Benefits of being a member of Tri England include: Lower entry costs to races, Insurance, Accident Legal service, discount with Garmin etc



Meet a 3cTri Member

Richard McCready - Chairman

What did you do before you found 3cTri?

Before 3cTri I was involved with Sandhurst Joggers. This is a great local running club with around 300 members. I competed in many races including London Marathon, Reading/Fleet Half Marathons and numerous off-road races.

Goals for the season?

In fact this is only my second season of Triathlon. In my first season last year I managed to complete a half Ironman. Certainly alot more difficult than running a marathon. This year I have had a slow start due to injury, hopefully I will get a few races in before the end of the season.

What do you do when you're not doing triathlon?

If I am not doing triathlon then I guess I am working. I do alot of travelling with my job

and it does take up many hours of my training time.

What inspired you to give triathlon a go?

I guess for me I was looking for the next adrenaline fix. After completing marathons I wanted something else to challenge myself..triathlons here I come....



Hoodie Update: If you would like to buy a hoodie pop along to KT Textiles (Yateley,GU46 7SB); let them know that you would like a 3cTri hoodie @ £20.00.

They will ask you if you want initials or name on the hoodie and your size

T-Shirt Update: Technical T-Shirts are also available from KT Textiles.The T-Shirts are Electric Green to match the green in our logo. Price - £10.74 (men's and ladies sizes)

All orders normally take about a week to produce.