



3cTri Bulletin - October 2015

Hi,

The end of season is now upon us and what a busy season it has been. How did yours go?

Throughout the season there has been some great performances from the 3CTri members, well done everyone.

So what are your plans for 2016? Thoughts?

Well to help you decide we have set up three streams of training activities for the start of the Winter season; Swim Sessions, Running interval sessions and Group Bike rides. Please join us over the next few months, everyone is welcome - see below.

Xmas celebration - a date for your diaries. Wednesday 9th December 2015 (after the running interval session) please join us for a drink in the local pub. Venue to be confirmed/

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

Richard
Chairman of 3cTri

Winter Training



Winter Swim Session

Coached swim session Price £7.00 per session - cash payment on the night

Club will have exclusive use of the pool with four lane

Session Venue: Wellington College

Session Time: 8.30-9.30pm

Session Costs: £7.00

Session dates (Friday)

09/10/2015, 16/10/2015, 23/10/2015, 30/10/2015, 06/11/2015, 13/11/2015,
20/11/2015, 27/11/2015

Note: Week 1 will consist of two time trials to get some all-important benchmark times. Distances will be 400m timed and 200m timed. Interspersed with some good strong foundation drills; Pull, kick, 6,1,6 and scull. The benchmark times will help us develop a strong squad system with swimmers working and developing in their correct training groups and lanes.

Session Planning

Overall goal/objective: To develop a relaxed and efficient breathing technique that can be used in both the pool and the open water.

Phase 1 (Week 2)

To develop breathing control and relaxation:

Within this first phase and with the use of the appropriate drills we will be working to develop a controlled and relaxed breathing technique. Both important in the pool and the open water we will use sink downs and the bubble bubble breathe mantra to understand why a good breathing technique can greatly benefit our swimming efficiency and speed.

Phase 2 (Week 3)

To develop breathing position (with a focus on streamlining):

Within the second phase we will be looking at our breathing position with a focus on our streamlining technique. With the use of isometric holds (dryland), posture drills such as torpedo kick, side kicking and push off practice we will begin to develop and understand the effects of a strong streamlined position and how it impacts on our breathing position in the water.

Phase 3 (Week 4)

To develop breathing position (with a focus on rotation):

Within this third phase we will continue to work on our breathing position and our main focus will be on rotation. We will be practicing some bilateral breathing skills and pop-eye breathing. Development and understanding of how a symmetrical and efficient rotation within our swimming will benefit us will be this session's main goal.

Phase 4 (Week 5)

To develop and demonstrate a good efficient breathing technique when challenged at different speeds (pacing)

Within this final phase of breathing development we will be focusing on control and demonstration of a good technique while the challenge of speed is presented. This will be a fast paced session helping athletes to understand how speed can change our breathing patterns. We will be looking at ways to keep our breathing controlled and efficient at all times be it fast or slow paced swims. We will intersperse some hypoxic breathing drills within this session.



Wednesday Night Run

Venue: Longdown Lodge Estate, Sandhurst

Meet: Sandhurst Library Car Park -(Gu47 9BL)

Time: : Wednesday @ 7pm

1st session start: Wed 7th October

Aims of these sessions are to improve running form and economy, endurance, mind-body coordination, motivation, and fat-burning.

These sessions are not just for elite runner and can improve anyone's running times

"If you want to run faster you have to practice running faster "

The sessions will be differ each week and we are devising to plan to challenge and help to speed- endurance



Winter Bike Sessions

Over the winter we will have both road and off-road sessions

These will be as follow

Sunday 18th Oct - Road ride from Chequers Pub
RG27 0NS
Meet at 08:00

Sunday 25th Oct - Mountain Bike at the Lookout
RG12 7QW
Meet at 09:00

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

ITU World Championships - Chicago



By Lou Gubb

WOW!! - So here I was having got to Chicago to race in the ITU World Sprint Triathlon Championships. Really? Was this really happening? – I half expected to get to registration and to be told I wasn't on the start list and I was at the wrong race!

It was all pretty overwhelming but at the same time incredibly exciting. Chicago had turned into a Mecca of triathletes – the atmosphere was buzzing everyone doing last the minute checks on their bikes, squeezing in a couple of runs, heading up to Ohio Beach for the last swim practice – everyone gearing up for that all important “A” race with the months of training behind them - Americans, Australians, New Zealanders, Canadians, Mexicans, Brazilians – there was a sea of national kits everywhere.

We were staying at the GB Team Hotel – having not been to one of these events before I definitely needed to be in the with the best chance of being in the right place at the right time, as those who know me will know “late” and “disorganised” come pretty naturally to me. The hotel couldn't have been in a better location – 1km from the Expo and 500m from the bike and run course and the famous “Buckingham Fountain”. We knew from the pre event information we wouldn't be able to have a practise

on the bike course and being there we soon realized why looking at the highway – 4 lanes of traffic either way requiring human traffic control at each crossroads to ensure order! Fortunately around Lake Michigan which was to hold the swim, there was a run and bike trail. I'm not sure how far this trail actually went as looking at Lake Michigan it really didn't feel like you were looking at a lake at all – more like the Atlantic – apparently it contains one third of the natural fresh waters in the world. Its enormous -the other side was no where to be seen.

So although we tried to put my “feet up” as much as possible in the build up to race day, there was lots to do to keep busy! There was no time to go off sightseeing and see the city; each day was filled with triathlon related activities with very strict timings. I wasn't complaining – this is why I was here and I was loving it!

I woke on Race Day.....actually I think I had been awake all night the reality setting in. Up early for the usual “pre race” breakfast – dry cereal and today as the race was late morning I snuck half a bagel in too. Then it was off to check the bike in racking which we had had to do the day before. Transition was at the top end of the bike course and was nothing “posh” no red or blue carpet just your standard patch of grass....actually I was racked “on the beach”well in a large amount of sand! This was bothering me slightly – I wasn't sure how sand in the toes was going to be for my run and I certainly wasn't going to have time “to de-fluff ”. It was a “clean” transition so there was nothing extra allowed in there – no boxes, bags, towels – only items required for racing allowed. Tyres had to be re-inflated having let them down the day before due to the heat - a burst tyre was definitely not on the race morning agenda. Everything sorted, double and triple checked.... a look around to walk through the Swim In, Bike Out, Bike In and Run Out and it was time to head out and be reunited in a few hours.

The race wasn't until 11.40am so we had a couple of hours for race nerves to really kick in. Messages of support from my sisters and friends – strict instructions to hang around and find the camera on the finish line as it was on Triathlon Live and they were all going to be glued to their screens willing me to appear!

The temperature was hotting up and we knew we weren't going to be able to escape being out in the midday heat – over 30 degrees, definitely no shade on that course. We went for a drink downstairs in the hotel and I thought I'd get some fresh air and sit in the shade for a while – the shade was far too hot - that was going to zap all my energy before I'd started.

The GBR suit was on – this was it! Down at the swim start I met up with some other of the Age Group girls in my wave. I knew there was about 80 girls in my wave, up to 20 of them GBR girls. It was all very friendly, everyone wanting to do their best and have the race of their life. As with all races there are those who like to chat and those that like to stand and focus. I'm more of a chatter – I don't do quiet very well! Time to line up in the pen – I'd had my wetsuit on for a good 20 minutes and it was roasting, time to get in that water. Strict instructions from the Sergeant Major Race Official about the race which included saying “I will personally come and hunt you down if you miss the far orange buoy”....indecently the Americans call “buoys” booies! At least that lightened the nerves! The swim was 750 in a straight line along the harbour wall – Jonny was planning to walk down as I swam and see me at the top for the exit.

We filed into the water and had a couple of minutes to acclimatise to the temperature 16 degrees, and the horn would go. I made my way up to the top buoy to get a good line as I had seen some people miss that "orange buoy" the day before in the Aquathlon – too close to the wall and you'd have to make a good left diagonal to be able to get to it and then back in. So as I made my way I decided actually I didn't need to go as far left as I was planning to. All set, aiming to sight on the corner of the building in the distance.

Having this line also meant that as a "right" side breather I could keep the other girls in sight and help with direction.

This was it! The Horn sounded and we were off! A good solid start – in a Sprint there's no time to hang around you've just got to go for it (within reason!) Swimming along and all was going well. Found myself swimming in a pack of 3 and we were all on top of each other – arms, legs over each other like seals – time to get out of that – so a couple of good kicks, speeding up the arms and I was free. This wasn't like swimming in a lake at all. There was a swell you only get in the sea that felt very much like "waves". Luckily I had been in for a practise the day before – some girls were saying – "its just water, whenever do you do a practise swim for a sprint (to be fair this wasn't any old sprint!). How wrong could they be – Jonny told me not to underestimate that water and it would be hugely beneficial to have a practise. He was right – it definitely would have thrown me had I not been in.

For most of the swim I was worried my line was off and I was making more of a zig zag through the water. I could see some girls to my right but sighting was difficult – that orange buoy was nowhere to be seen. Anyway I just kept going soon it would be insight. I was comfortable but working and the arms kept going and the legs kept kicking. And then there it was.... No diagonal left required I was on track to just come to the left of it and then right turn into the swim exit. I'm never going to be out of the swim in the top pack (at the moment!) so I always know I have some work to do as soon as I'm out of that water.

Jonny was on the exit – I could hear his shouts and I was away. The wetsuit was down to the waist and I had a long transition – crikey I'd put water down my wetsuit as I exited to help get it off in T1 but this was like carrying a couple of buckets in each leg – it was a slow run through but solid. I'd been practising getting the wetsuit off and stream lining what I had to do in T1 so was hoping for a quick turnaround.

There was my bike – wetsuit off, helmet on – I was off – it was pretty slick!

Out on the bike course. Flying mount, not too much wobbling as I got on and I was away. Picked up the pace, found my shoes and feet were in. The bike course was interesting. For a World Championships you would have thought they could have sorted out the pot holes and crumbling bits of road. But no. You had to have eyes focused at all times. The men had been talking about bunny hopping them or potentially that would be worse. Bunny hop on my TT bike? – I thought I decided just try and avoid them! It was a straight 3 lap course with dead turns either end and one sharp left turn two thirds through the lap. Straight down first towards the skyline of Chicago – pretty amazing. On the aeros the whole time pushing on. I was behind one of my Age Group GBR girls and we started playing "cat and mouse" which is never a good idea. So I decided that I wouldn't keep trying to overtake her, work to the max but overtake by lap 3. It would be a more satisfying race. It worked to my advantage. Although we were in the midday heat I wasn't over heating but I knew I was hot as I kept having sips of my electrolytes. Usually on a sprint I

may have one sip – I think I took on about 300mls altogether. Jonny and some other team mates were out on the course – it's always great to hear them cheer, gives you so much of a boost. At the end of lap 2 was I was feeling good and the pace picked up I overtook my GBR girl and she didn't come back at me.

Suddenly reality kicked in that this was my last lap and before I knew it I would be on the run course heading for home. I kept focused but at the same time ran through my plan for T2 and the run. All was going well I knew I had to come into transition – my feet were out of my shoes and the orange cones for the T2 funnel were insight. Before I knew it I was off my bike and running.....oh no Jonny is screaming at me "you've missed transition you've got to go back!" What? where was I suppose to be....clearly not here. A nip through the cones would have been a DQ so I quickly ran back with my bike and entered the funnel at the appropriate place! It had all been going so well. Not to worry a few seconds lost but I was on it. A long run with the bike to T2 and back through the sand to re rack. Sometimes after the bike leg my fingers fumble over the clasp on my helmet – this couldn't happen. Thankfully it was off – the trainers were on and I was off out of T2. Slick. Sand...didn't even stop to worry about it. I flew out of T2 – Jonny was there shouting me through!

As always I started my run fast it was the slightly downhill stretch – I was doing well. It was hot I knew that. There was no shade. But this was 5km how hot could you get over a short distance. And then it hit. As I was later to find out, everyone had the same issue – us Brits don't do enough training in this heat. It hit me like anything. The pace slowed. I could feel the zapping. But I just had to keep pushing. I knew I could do this. I overtook one of my Age Group GBR girls, which instantly gave me confidence, it wasn't going too bad. Water was in about 1.5km, head down and focus on the turn around point. The water came and I took a sip and the rest was going over me. Oh dear, I did the ultimate, missed and probably got the lucky runner behind me! Oh well there was another one in 1.5 km. Quick detour to make up kms and then it was into Buckingham Fountain along the blue carpet and round out the other side to head up towards transition to complete one lap -3km done. Right this was it the second smaller lap – its downhill to start so tried to pick up the pace. The cheering from all the other GBR athletes around the course was phenomenal. The Brits really do know how to cheer! I'd done a reccy of the run course a couple of days before and promised myself that if it did get tough I had to look

couldn't do that, that made me far too emotional! So my km 3 and 4 were not a great pace but after passing the water station again – this time the shot was better, it was a case of put absolutely everything into it! Coming around into Buckingham Fountain for the final time was incredible – I actually had no idea where I was in the field. I knew I'd overtaken 1 GBR girl in my age group but that was it. I put it all in for the last 400m – and then there it was the finish line with ITU WORLD TRIATHLON CHAMPIONSHIPS CHICAGO above it! Arms in the air – I'd made it and was smiling!and there it was that TV camera right in front of me.....what was I going to do.....I knew my girls were watching at home so instinctively 1 kiss for each of them and big smiles! I'd enjoyed every minute of it! I still had no idea where I'd come or my time but I knew I'd done the best I could have done on the day in the conditions and that is all I could have asked for.

It certainly was the biggest race of my life so far and one that I will always remember. Racing in an international event amongst the best Age Groupers in the world was a privilege and I am so grateful for

everyone who supported me to get me there. I met some amazing athletes and made some great friends this season. In May 2016 I'll be competing at The European Championships in Portugal. So for now its some down time, until the training starts again in the New Year!

RESULTS

1hr.18m.11secs

750m Swim – 15m42s

T1 3m30s

18.15km Cycle 32m43s

T2 2m51s

5KM Run 23m.27s

Ironman Wales 2015 - Tenby The Second Coming



By Jon Gubb

After racing Ironman Wales in 2014 and ending up in the medical tent after the race, I said to myself never again..... Fast forward four weeks on a night out with some of the guys I raced with, the beer got the better of us all and we all agreed to race again in 2015. One of the challenges with Ironman distance races is the volume of training,

they say that the hardest part of the race is getting to the start line injury free, thankfully I was.

Ironman Wales is one of the more challenging courses on the IM circuit with a 3.8k sea swim, 180k bike with 8,000ft of climbing (what goes up must come down) and a hilly 42k run (1,800ft) which after the first two disciplines bloody hard work as you cannot get into your stride.

The town is alive and buzzing at 5.00am, with all of the athletes doing last minute preparation in T1 and then it is time to walk through town to the beach, the crowds were already four deep at the harbour and it was only 6.30am, 30 minutes until race time.

After the Welsh National Anthem was blasted out over the loud speaker the horn blows for the Pro's who get a few minutes head start on the rest of the field and then at 7.00am we are off. All 2,000 athletes ready for the race of their year, what they have trained and dreamed off all year long it was an amazing atmosphere.

I was prepared this year for the swim, knowing from last year what to expect of the waves and how they break from right to left as you swim the first 800m to the first buoy. I made sure that I relaxed as much as possible and took a breath at the top of each wave to make sure that I did not get a mouth full of water every stroke. The sea was choppy again this year and although the buoys were 15ft tall you could not see them. I decided to sight on the horizon and the lifeguards who were dressed in bright pink rash vests and lined the course. In most Ironman races the course is a two lap swim which after 1,900m you run/jog on the beach around the "Australian Exit" and go back in for more punishment. At this point you have to make the most of feeling your feet again and lap up the amazing support from everyone on the beach and around the bay. There were over 40,000 spectators over the course of the day in Tenby which is what makes IM Wales such a special event.

On the second lap I had an elbow in the face knocking off the goggles I was glad that my two hat strategy saved my goggles as they would have been in the bottom of the Atlantic. The downside was that my contact lens was knocked out and I swam the rest of the lap one eyed, at least I did not swim round in circles. I came out of the Ocean a whole two minutes up on last year and made my way to transition which is up a zigzag hill with hundreds of spectators shouting and cheering you on grab my shoe bag, pop my contact lens back in and run about $\frac{3}{4}$ mile to T1.

The bike went well for the first three hours until mile 58 which was about 4.5 hours into the event the quads starting to complain on a long incline and twinge letting me know that they were there. Knowing that I had to tackle the big hills over the back

half of the big lap and again on the second smaller lap I changed my game plan (you always need a plan B, C and sometimes D in Ironman). I backed off up the hills not to over exert my quads and reduce my heart rate, I hate doing this as I can make places up on the hills on the bike, but this was my plan B and I stuck to it for the rest of the ride. By changing to plan B it meant that I was fresh coming into T2 and ready to smash the four lap run of Tenby.

The support I had this year from friends and family was amazing. Seeing my daughters, nieces and nephews multiple times on the run throughout the afternoon really meant a lot to me and giving them high fives and seeing their faces meant the world to me. I would recommend anyone who is attempting an Ironman to get as much support as possible. In 2014 I started the run too quick, this year I had several checks on the watch for the first 5 minutes. The senses still tell you that you are on your bike and with all the adrenaline it is a common mistake to go out too fast on the run and pay later. This year I changed my strategy to run walk the main big hill, different to last year I also made sure that I took on plenty of fluids at the aid stations as it was hot on the run. I did not want a repeat of the calf issues in the last 5k from 2014. The legs started to complain again at mile twelve on a decent. My plan C was to use deep freeze spray on the quads & groin (ouch) and neck a slat tablet which thankfully did the trick for the rest of the race.

On each lap you go through a check point at one of the aid stations, they give you an arm band to make sure you have done the right number of laps; triathletes find it hard to count to four. The feeling that you get turning left through the Tenby arches having turned right for the past four hours is one of relief and also elation. The crowds at the finish were immense and there was just a sea of faces everywhere. The people either side build as the finish line approaches and the red carpet magically appears. I heard some of my supporters but could not see them by this time my High 5's were all spent anyway.

I was ready run down that red carpet and hear over the loud speaker....."Jonathan Gubb - You Are An Ironman". Hearing these six words makes the twenty weeks of training worthwhile. I was five minutes quicker than last year, like every athlete I wanted to go quicker, but today 12hrs 45mins was my time. I can safely say that this year I enjoyed it so much more, I was in control, ran my own race and raced strong.

Now....38 hours later I was on a plane going to Chicago, still buzzing - but that is another story.

Meet a Member



Name: James Ratcliffe

What did you do before you joined 3cTri?

I have been a competitive runner for nearly 12 years - I starting out running with SandhurstJoggers and now also running with Aldershot, Farnham & District A/C.

How did you get into Triathlon?

A lot of my friends were getting into triathlon so I had a feeling I might enjoy it - I bought a cheap bike of Ebay and a 2nd hand Wet suit from a local store, but didn't plan any races - When a friend dropped out of the Wellington Tri last year the day before the race I took his place - I had no idea what I was doing and how to do it, but luckily some friends were running and helped. I LOVED IT. They still find it amusing that I took a small pink stool to sit on after the swim.



Which races have you done this season?

Been a really quite season due to other commitments - I have done the St Neots Tri and the Thorpe Park Sprint - Both of them were a bit disastrous

What's your favorite part of triathlon?

Has to be the run - struggle on the swim, manage on the Bike and smash the run - therefore the focus of the winter is to see a significant improvement on my swim time (See Winter swim Sessions :)

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

Train, work and enjoy life with family and friends

What are your goals for next season?

Simple - Qualify for team GB - If your gonna set a goal make it big (and achievable)