



## 3cTri Bulletin - September 2016

Hi, the triathlon season is coming to an end for another year, and wow what a year for all of us. For me personally this year has been one of many achievements. What has your season been like?

We have had a great British summer in terms of the weather which has allowed us to enjoy some fantastic cycling and open water swimming. The lake reached a whopping 24+ degrees, which meant that some of us have enjoyed ditching the wetsuit and swimming in skins. This warmer weather however has also caused some challenges with an influx of weeds & algae in the local lakes (But there is always a way to get around these obstacles...suggest a new venue and have a longer transition...swim..walk..cycle..run!!)

This has been a great season for the 3CTri monthly handicap and I want to thank Jon Gubb for his organisation of the event every month and Horseshoe Lake for supporting this event. The numbers continue to grow and we have our grand final tomorrow night (Friday 30th September 2016 @ 6pm). Please come down and support the event.

Over the next couple of weeks we have some exciting new training sessions starting within the club (please see below). We have continued our popular swim coaching for another year at Wellington College and are very lucky to have Hannah Robinson and Steve Mott who will be coaching the sessions - both are level 2 triathlon coaches with a huge amount of experience between them. I know that lots of club members have already benefitted from their fantastic coaching. Next week we are also launching 'spinning classes designed for Triathletes', which will be held at Yateley's Gym and will be available on a pre-booking system (See below for details). I hope everyone enjoys these training sessions but please do let either myself or Jon know any feedback that you have.

As always if you have any suggestions/ideas to drive the club forward please do let us know. We are always open to organising different training sessions/workshops and welcome all feedback.

Thank you for continued support in the club and if you have any questions or concerns please let me know.

Yours in sport

Richard

## Christmas Party



### 2016 Christmas Party

The 3cTri Christmas party has now been booked and will take place at The Chequers Pub, Eversley on Wednesday 15th December from 7pm. Partners are welcome.

The price of the party including food etc is £15 per head.

Please see the "event" which has been created on the 3cTri Facebook Members Page (and register your interest!)

## Winter Spin Classes



### Spinning

Our new "spinning for Triathletes" sessions will be starting on Tuesday 4th October 2016 starting at 8:45pm in the spinning studio at Yateleys Gym (next door to Yateley School) - GU46 6NW.

The spin studio only has 10 bikes, so we have to work this on a 1st come 1st served basis. Therefore, we have created a simple booking form on the 3cTri facebook group where you can book your space.

The cost of the sessions is £7

If you book a session and cannot make it then please inform the next reserve on the list or post on facebook that your place is available. If you can't find a replacement at short notice we would ask that you pay for the cost of the session.

## Winter Swim Session



### Swim Training

Swim sessions will start at Wellington College on Friday 7th October 2016 at 8:30pm

These again will be structured sessions to improve your stroke, stamina and speed coached by Hannah and Steve (both Level 2 Triathlon coaches)

All abilities welcome - there are 4 lanes available so swimmers are grouped according to ability

We had great feedback this year on how the sessions have helped people's swimming technique and times.

£7 per session

## Bike



### Bike Sessions

Weekend Bike sessions have been taking place over the spring/summer with great success. These are advertised on Facebook.

If you are going for a ride and want company then post on the 3cTri members facebook page remembering to state distance, average speed, duration etc.

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 outings to local Time trials.

## SlateMan by Paul Sheppard



Slateman Triathlon 2016.

After braving the Welsh weather and camping for the weekend it was time to get ready for the Slateman.

We arrived at 8:00 with plenty of time to set up transition. The transition area was well laid out and marked and the British Triathlon and “All way aim high” staff were friendly and welcoming. The skies were clear and the day was looking perfect for racing. Transition was set and it was time for a rest in the car until race briefing.

The clouds rolled in and as we sat there we could see the rain coming, typical welsh weather. The heavens opened, this would change everything. And this looked like it was here to stay. We got into our wetsuits in the car park which got a few strange looks from passers-by we headed back up to transition for the race brief. It was a pretty standard race brief apart from the warning of escaped sheep

on the Llanberis pass. We all heading down to the lake that was a barmy 13 degrees we had been organised in to our waves indicated by the coloured swim hat that we were given in our race packs. The waves would start at 9:20 with waves heading off every 5 minutes. My college was in the 9:35. I was in the 10:05 wave. This was a bit of a wait to be standing around in the rain and barefoot in a sheep field. But we got to see the Elite Athletes come out of their swim they were setting and fair pace. Time to get in the water; the lake was a reasonable temperature, the many noises that other where making as they were filling their wetsuits would say that they disagreed. A resounding "Oggy" lead by the safety boat and we were given our 10 second countdown. And we were off there were a few in our wave that really set of at a face pace leaving us more mortals behind. The lake water was amazingly clear, you could see most of the swimmers a good 15 foot away through their bubble trails the swim course was a straight forward triangle course the now heavy rain made spotting a little tricky, one or two of my fellow triathletes zigzag there way round the course adding more distance to the 1000m course, I kept a nice steady pace, I was please to be keeping my own and staying with the main group. I was pleased to see the shoreline getting closer. Every stroking bringing me in faster, time for a good set of leg kicks to get the blood flowing ready for the run to transition, there was a great crowd lining the route from the lake to transition considering to horrible weather. I hit transition already peeling off my wetsuit the rain was still quite hard, Put on my leg and arm warmer, glasses and poured the water out of my helmet. Put on my shoes and grabbed the bike and was off across the now muddy bike exit of transition. There was again plenty of support and clanging of the cowbells that one of the sponsors were handing out. The bike course was a nice flat start but I did get the feeling that the rest of the course would not be the same. Once out of the town of Llanberis the course started to show some of its fantastic views in the distant including the ominous slate quarry that was to come and the other stunning lakes and mountains. The course was drying out nicely as the Llanberis pass rose into the distance this was going to hurt 6k of climbing, there was a steady stream of bikes heading up the pass, it was not a closed road, but the car traffic was light the climb was hard but manageable. But there was a fair few bike overtaking me like I was standing still, definitely need to work in my climbing the hostel at the top of the pass was at last coming into view. I was glad to see it and really looking forward to the long downhill that was to follow. Again spectacular views of the mountain ranges as the fast downhill weaved it was down the mountain side, I was glad that it was drying out as the course was fast, great surfaces the course undulated over small hills and valleys and through Plas y brenin and onto the A5, all at a great pace that was eating up the Km's. The weather took a turn for the worse heavy

rain and hail and to add to it another long climb. There was a steady river coming down the road but in the distance I could see clear skies. The rest of the course was smooth and very fast flying through the country side heading back to Llanberis; the roads were steaming from the sun that was now beating down on it.

As we headed back into town the cheering again started the support was incredible. A flying visit into transition and it was out on the run. Across the field and up to the main road that we had ridden back at the beginning was glad for a downhill start to the run. The heat was building and the quarry was still to come about 1k late the climb up through the quarry began it was hard, very hard the climb just kept going zigzagging its way up the quarry we were cheered on by the photographers and camera crew who all encouraged and sprint for the camera. The top of the quarry was an amazing view and the halfway point for the 12k run. We headed into the trees for the decent the trails headed into the distance, sweeping through the country side. There were gravel trails and track and amazing downhill route that I couldn't help smile to myself as I ran them. In the distance I could hear the commentator at the event centre spurring me on the finish the race as I got nearly the centre there were still many supports lining the finish route cheering us late finishers enough to warrented a sprint finish. 4:32:16 was it fast not really but I didn't come last. Was it a tough, oh yeah was it worth it hell yeah, I have already signed up for the for pre order for next year and can't wait.

