

Chair's welcome

OK we're off!!!!!!!

The 2010 season is now well underway with the Duston providing a great show opener not just for some fine performance all round but the launch of the new club kit, I was stunned with the visual impact, it appeared everywhere you looked the Orange and Blue of Rugby Tri Club stood out, I have to say I nearly had a little tear (but there was a long queue for the WC). The race also being the first of two in the club sprint championships has left us with a very tightly poised second round to be concluded late on this year. I can't wait.

A special welcome to all our new Club Members, with over 30 new members this year this is really encouraging for the future of the sport of Triathlon and also our club, we must be doing something right.

Coming very soon is the first of our two races this year, the MissSprint. I hope you have seen the posters around the town. Even though we had one pinched the ones I have spotted are fantastic. Thanks once again to our formidable Race Director Gary Haynes. Please remember these races are only a success due to the effort put in by the club members. I would like to take the opportunity to thank you all in advance for your kind participation in assisting on the day's to help make the races work, remember if you have not yet offered your assistance and could possibly spare some time please feel free to come along and participate in the set up from Saturday lunch time onwards.

Along with the success of the new kit we will also very soon open up the English Athletics accreditation to club members were by (for the cost of the registration/admin) extend your membership to include English Athletics which will allow you to enter running races at a discounted rate going forward, this is an individual choice so its up to you if you feel it is beneficial.

Congratulation goes out to 2 of our club members who picked up awards at the recent Rugby Sports Awards. George Goodwin was awarded a "Rugby Excellence in Sports Award" and Adrian James picked up the "Unsung Hero Award". Both I think are very well deserved awards and both individuals are great ambassadors for the club.

I wish you all the best for the 2010 season and hope you all achieve your goals. Remember we have a great network within the club so if you need any advice, have any questions or even if your MoJo is flagging please use the Forum for help. Failing that feel free to contact any of your coaches for direction. Looking forward to following your progress throughout the year.

John Bryant
Chairman



On an off season

Since the end of the 2009 triathlon season, some people have decided to kick back and eat a few pork pies. Normann Stadler, 2006 Hawaii world champ, likes to eat chocolate in the winter and gain a few Kg's. Chris 'Macca' McCormack takes at least a month off, and then starts back real easy. Hywel Davies likes to rest in the off season as well. After that he sometimes likes to break the UK lightweight indoor rowing marathon record (which he did in 2:36:43). Then he might set his sights on something bigger... in February he went on to break the world lightweight 100Km indoor rowing record, in an astonishing feat of endurance. It took 6 hours, 37 minutes and 56 seconds. If you fancy a go, Hywel said in his race report "Never in all my ironman races, double race or adventure race had I ever felt this bad". I've watched an ironman, and it looks pretty hard. That row must have been hard. Personally, I'm in awe. I won't be going for that record any time soon. Not content just breaking the record, he also prompted what turned out to be a very successful fundraising effort. Check out his race report:



<http://concept2.co.uk/forum/viewtopic.php?f=2&t=20543&p=510561#p510561>

So this off-season, a lot of the Rugby Tri people have been keeping their eye in with the odd bit of rowing. I wonder what's in store next off-season?

Not getting too far ahead of ourselves, there's the 2010 tri season to think about. I for one am very excited about it. There's the club champs, the club sprint races, the national relays, lots of first timers having a go, lots of people having a go at ironman. There's also loads of other events a triathlete might like to take part in, like cycle time trials, running races, and swimming events. It's all kicking off.

The 2010 race season

It's now well into March, and pretty soon we'll be levering on a swim cap for our first triathlon races. Loads of races are already fully booked, so if you want to get into that special race this year, get your diary out and get on it! The British Triathlon website is a good place to see what races are on – check it out at www.britishtriathlon.org/events

On a recent thread on the forum, we saw that people's plans are ranging from one or two races in 2010 to something like 20 events. There are a few big ones to look out for, and of course there's the club championships to take part in. if you're not racing, you could always go along to cheer people on, or even to volunteer at the event. There was talk of Rugby Tri running a feed station at the Outlaw iron distance race in August – more on that in the next newsletter.

Club champs races

In 2010 the club will again be attending selected races as our club championship events. This is where we get to decide who's fastest, who's the best novice, and who puts in that extra effort. In the past, the club champs races have been really well attended by Rugby Tri people. The support from members is always a big factor in keeping you going. There's not only motivation from the club support, but racing against your closest rival will be sure to make you go faster. Here's the club champs races:

- Duston Sprint 18th April
- Milton Keynes Olympic 25th July
- Vitruvian middle distance 4th September
- Southwell sprint 19th September

Who's out there? Who should we be training to beat? Of course Captain Keith took the middle distance crown, and all being well with his mechanics he'll be a major force. Greg continues to be super fast but says he's not in it for the competition. So he doesn't mind if you beat him – but you'll need to be going pretty fast. Racing snake Steve will be a force to be reckoned with as last year's sprint champion. Pete Wright was never far behind, and Sean has been talking some major smack. I think he's been getting in some winter training. The ladies race is wide open. If Sally and Julie C go head to head again, that will be a close match.

Other races to look out for

- Club relays 21st August

Keith will be organising teams for the Club relays. He selects teams so that we have the closest possible match. It's been a great day out the past few years, so make sure you get that date in your diary.

- Outlaw 8th August

There's at least 10 Rugby Tri people entered in the Outlaw iron distance event. There's a couple of first timers hoping to complete the distance, and some going back to beat their iron distance PB. Hywel will be organising some long distance training sessions building up for Challenge Barcelona (3rd October) – email him if you're interested.

There's also an off-road triathlon in September, the XTT. A few members have done it in the past, and I really fancy a go this year. Here's to a fantastic 2010.

Membership

Is open for 2010! Get joining! Ask for a form at swimming, or do it online.