

The Tri Bune

Notes from the editor

Welcome to the new look Newsletter, we apologise for the lack of work coming out of "fleet street" of late, as our previous editor had moved up the committee ranks to chairman of the club, and I have recently been press-ganged in to the post but hopefully the situation may improve (but not this month) with more regular publications, keeping you up to date with what is happening in and around your club! This month is quite a meaty addition as we have lots to tell- 3 busy months in fact! SORRRRY!

Remember this is your newsletter so anything you think we should know about or want to share with fellow club members, like your race reports, where you have found bargains or good advice, funny tales or Pictures on fellow members or competitors get it too me at martin@sutcliffe9616.fsife.co.uk or news@rugbytriathlon.co.uk By the 22nd of each month for inclusion in that month's edition, but don't worry if you miss the deadline. Get the info over as we will look to use as much as possible. Even if you don't have the full story you can always "tip me off" on a Tuesday or Thursday as I have been known to turn my hand to a bit of ala Donal Mc Entire investigative journalism skills to expose the truth! *Be careful Rod!!!!*

The serious stuff!

Committee

On the 31st of October the club held it's AGM for the membership to elect a new committee. And it was also an opportunity for us to recognise the hard work that has gone on in the name of our club over the last year. where we get to thank all the members of the committee over the last year for the parts they have taken in aiding our the club.

In particular I feel our thanks should go to:

Garry Haynes who as one of the founder members and a key driving force to the success of the Club who stepped down from The Chairmanship part way through the year, so as to focus his efforts towards the launching of our Junior section. And has been awarded life time membership by the new Chairman
Peter Wright another founder member for looking after the books.

Julie Cox As club development officer Who with the assistance of Ian Payne have secured the club over £5000 of grants for the over the last year

Marisa Haynes for securing us a quality "racing uniform" and looking after that onerous task!

Rob Robson: As head coach to both the Adult and Junior sections as well as the Race Director for our very own race this year.(more on that a little later)

Adrian Wyatt for taking the helm as new chairman part way through the year and driving the club forward

Oh yeh and some one said Simon Brand but I'm not sure what he did?

~ Your New committee

as voted in by the membership on the 31st of October 2006

Chairman

Adrian Wyatt *

Secretary

Sue Appleby *

Treasurer

Peter Wright *

Asst. Treasurer

Sooty*

Head coach

Rob Robson*

Asst. Head Coach

Garry Haynes**

Web Site "looker afterer"

Garry

Haynes*

Membership Secretary

Jamie

woods*

Grants and Awards

Julie Cox*

Club Welfare officer

Julie Cox*

Kit co-ordinator

Marisa

Haynes*

Club Captain

Keith Edwards **

Marketing / Press

Dave

Smith**

Newsletter

Sooty**

Social Secretary

Collette

Marshal**

(*denotes continues in post, ** newly elected)

I should have a "mug shot" of all the above for next addition so you all know who is who (and if you were wondering how you were going to keep the kids away from the fire over Christmas, worry no more you can pin the December newsletter to the fire place)

The Committee meets once a month and remember they are acting on behalf of your club, so any points you would like raised or things we should consider please let one of the committee know either at a training session or drop an email.

To info@rugbytriathlon.co.uk

Awards Dinner

After a busy racing season for most of our members (except Peter Wright and Keith Edwards that is, whose season still had another week left in case they hadn't mentioned it to you, as they were racing in Florida at the 70.3 world Championships in Florida on the 11th of November),

members partners and friends had a great evening on the 4th of November at the 06 Awards dinner held at The Dunchurch Park Hotel where the members were wine, dined and suitably entertained by our very own Vernon and Cat hosts in the guise of Adrian and his wife Sue, with good looks and humour in abundance, in fact Sue should go solo as Adrian was unanimously upstaged on both those points! There was a fine selection of silver ware distributed to the following.

RUGBY TRIATHLON CLUB
MEN'S OLYMPIC DISTANCE
OPEN 2006
KEITH EDWARDS
PETER WRIGHT
ADRIAN WYATT

RUGBY TRIATHLON CLUB
MEN'S OLYMPIC DISTANCE
NOVICE 2006
STEVE WHITINGTON
JAMIE SINCLAIR
DAVID BAXTER

RUGBY TRIATHLON CLUB
MEN'S OLYMPIC DISTANCE
HANDICAP 2006
ROB ROBSON
DAVE FAWCETT
ANDY CHILDS

RUGBY TRIATHLON CLUB
WOMEN'S OLYMPIC DISTANCE
OPEN 2006
JULIE COX

RUGBY TRIATHLON CLUB
MEN'S SPRINT DISTANCE
OPEN 2006
KEITH EDWARDS
ADRIAN WYATT
PETER WRIGHT

RUGBY TRIATHLON CLUB
MEN'S SPRINT DISTANCE
NOVICE 2006
DAVID BAXTER
JOHN BRYANT

JOHN BUTTER

RUGBY TRIATHLON CLUB
MEN'S SPRINT DISTANCE
HANDICAP 2006
TONY JOHNSON
GARRY HAYNES
PHIL SCOTT

RUGBY TRIATHLON CLUB
WOMEN'S SPRINT DISTANCE
OPEN 2006
JULIE COX
ANNA HALEY
JULIE GASCOIGNE

RUGBY TRIATHLON CLUB
WOMEN'S SPRINT DISTANCE
NOVICE 2006
ANNA HALEY
JULIE GASCOIGNE

RUGBY TRIATHLON CLUB
WOMEN'S SPRINT DISTANCE
HANDICAP 2006
RUTH THOMPSON
HELEN CHILDS



Keith running off with the club silver!

Well done to all those who took away prizes this year, and I heard the sound of few gauntlets been thrown towards Mr Edwards stating that the Open Trophies would look better on their mantle pieces as opposed to his! "let the contest begin!"

Adrian went on to distribute the alternative awards to those members in a kind of "it'll be alright on the night" way, including a montage re-enactment to music, of how Jamie Sinclair turned into his alter ego ASBO at a race referee.

The raffle table was adorned with some great prizes donated by Members and

some organisations associated with the club, and raised over £200 towards the club coffers.

Once the formalities and the tables were out of the way, those without injuries boogied the night away, and for their efforts they were rewarded by a fine exhibition in dance from Craig and Welford and Kenny, at times this display resembled a montage of Dirty Dancing, Celebrity come dancing and a fat boy slim video (*you know the one where, people are all in a queue outside a cinema and this group of about six people come along and start crazy dancing!*). You do know!.

Andy Childs in celebration of his wife's award displayed an excellent impersonation of a very wobbly man, which he stayed in character for the rest of the evening, he also surprised a number of guests with his fluency in Japanese, which he insisted on talking to everyone in, thereafter. It's just a shame he loses all those party tricks, after a large dose of Resolve!

A really well done to everyone's hard work in making the evening a success the committee is busy securing the date for next year's event and watch this space to put it in your diaries early.

Departures

For those members who swim on a Tuesday, you may be thinking that we haven't seen Anita at pool side unfortunately for us Anita has had to leave our coaching staff due to family commitments. I'm sure you would all agree that Anita has been an excellent asset and without doubt collectively must have shaved hours off our swim times! As a sign of our appreciation for all her hard work and efforts towards the club over the years, the committee has agreed to send Anita some flowers, and we are also going to dedicate a trophy in her name.

The committee is looking at sourcing another coach.

Earn whilst getting RSI.

You may have noticed our new look web site www.rugbytriathlon.co.uk Did you know that you can earn money for the club each time you go onto our website? Next time you visit it just click on the "ads by google" on the right-hand side of the home page, every time you do this the club earns

money, so make it the habit before you go to the forum!

Whilst on the topic of the website if there is anything you can think will improve the website please let us know!

Gary is looking at placing a calendar on there with key races so you can see who else from the club has entered in races. etc

Get your discount

As well as all the other outlets we get discounts at for being members of Rugby Tri club. We are also eligible for a 10% discount in "Exposure" on Church Street for all your Surf Snow and Skate board needs (great place for prezzies for nephews a nieces, if you want to get the Cool Uncle/Aunt tag)

Rugby Tri Club Races

After the success of our first race this year. We have decided to stage 3 races next year.

Seeing the success of other women only races (becoming sell out events) we will be staging our very own women only race to be known as the "Rugby Maiden Triathlon" which will be held on 27th of May 07. Entries will open in February.

The Rugby Sprint Triathlon will take place on 26th of August 07. Then on the same afternoon we will hold our very first Junior race.

So get the dates in your diaries as even if you are not racing your assistance in staging the events will be very much needed and appreciated.

The Rugby Trotter.

For those of you who don't know we have a great run session on a Thursday night which leaves from the Ken Marriott car park next to the athletics track every Thursday at 19:45. These great sessions at £2 a go, cater for all abilities whether you are a racing slug like myself or a racing snake like Steve W. The format is a steady jog out to a circuit do some laps then return home. No one ever is ever left on their own at the back. These are truly great sessions and useful for shaving those minutes off your time.

On the Thursday between Christmas and new year the 28th of December we intend to run a novel prize race where Tim will set the course and distance. (between 5 and 10k but closer to 5)No watches are permitted. You right down

your estimated time for covering the distance.
And the male and female
who finish closest to their calculated Time will
win a quality bottle of Spirit.
So forget going to booze buster for your stock
come on down to the rugby trotter and get a bit
of training at the same time.

Congratulations

Go to Jamie "ASBO" Sinclair
And his wife on their recent marriage.
Just remember Jamie marriage is like a three
ringed circus.
The Engagement Ring
The Wedding Ring
Then the sufferRing!

"Post" past the post reports

Below are 3 great race reports from not your
normal events earlier this year. Sorry they are
a little late being circulated. but please
everyone keep sending them to share your
experiences with the other members.

The Helvellyn Triathlon 10 Sept 2006 from Phil Scott



T1 before the start

Unlike the previous two years the weather in
the morning was spot on. Four hundred plus
competitors setting up on the shore of
Ullswater. The lake was as smooth as glass.
Paul McMahon and I had met up with our
mates from the Rugby Mountaineering club
(Chris and Carl). I was surprised to see Mike
Walsh in transition. He couldn't take part in
the Northampton and wanted to end the season
with a big event! The Helvellyn is certainly
that.

The swim is approx 1 mile. The lake was
12deg C but felt warmer after the usual 200m
dash. Why do people storm off then break into
a leisurely breaststroke. The first leg is 500
meters which allowed for a good spread before
the first turn. I got on someone's feet and just
about managed to stay there – the pace felt
very fast. I left T1 after the best wetsuit
transitions I have done in just under 25 mins.
So good in fact I forgot to put my shades on.

The bike is not flat! By far the worst section is
the climb of Kirkstone pass a climb of 400m in
3 miles. Paul and Chris have caught up on the
38 mile bike in 04 and 05. This time I finished
the bike in the lead.

The run is 8 miles and is nothing but hard
graft. The accent from Glenridding to the
summit of Hellvelyn is 850m. The climb tends
to be a mix of jogging and walking with a
scramble up to the top. The descent is
unbelievable. Some of these guys run down
mountains faster than I can fall. Each
competitor has to take food, drink and
waterproofs on to the fell which you can get
into a bum bag or bladder pack. The drink
didn't last long as it was really warming up.

Chris caught me on the accent and put another
20 mins on me by the end.

A super and totally unique event which has
doubled in size in just 3 years. Timing chips,
excellent goodie bag, abuse from Just Racing
and all for £35.

Winning time and Rugby contingent below
Mark Laithwaite 22m11s Swim 1h51m26
Bike, 1h22m44 run, Tot 3h36m22!
Chris Addy (RMC) 25m32 swim,
2h4m7 bike, 1h41m13, Tot 4h10m54
Phil Scott 24m40 swim,
2h4m56 bike, 2h7m58, Tot 4h37m35
Paul McMahon 28m33 swim, 2h15m24 bike,
2h6m43, Tot 4h50m40
Carl Reeves (RMC) 35m33 swim,
2h44m12 bike, 2h26m35, Tot 5h46m21
Michael Walsh 30m32 swim, 2h33m24 bike,
2h53m44, Tot 5h57m41

Post race comments (while stood in t'lake)
Chris – Chuffing grrreat
Phil – happy but need to learn to plummet for
the run
Paul – happy but need to train and deal with
cramps
Carl – the training session last July paid
dividends
Mike – #@~?# -

Have a go next year but train for it!

Phil

Etape Race report 2006

The challenge: to cycle, in one day, the toughest stage of the Tour de France, 120 miles through the French Alps from Gap to Alpe D'Huez which included riding over three hors category mountains (big buggers!) in the searing July heat.

The team: Martin Orrill, Craig Middleton and Tony Johnson had all accepted the challenge of raising money for the Alison Middleton memorial fund in memory of Craig's wife Alison who died whilst giving birth to their twins. The twins survived thanks to the baby care unit at Walsgrave hospital, the mission was raising money to buy the hospital a new incubator



10 mins before the start in Gap

The Report: The day started with a very very early alarm call at 3am, it was Monday the 10th of July, the day after the world cup final and our plans of an early night had already gone out of the window with Zidane's head butt. After a quick breakfast we boarded the intense and nervous coach to the start line. After some very hot, humid and overcast days this one was sapphire

blue without a cloud in sight – Bugger, it's going to be a hot one!!

We disembarked, got changed into our race gear, applied lashings of cream to prevent saddle sores (Tony overdid it a bit here!!) and made our way to the start line. If you watch the Tour du France the spectacle of 150 assembled riders in the peleton during the tour is something special so it's hard to describe the atmosphere with over 8,000 testosterone charged riders champing at the bit on a tree lined avenue in Gap.

The thermometer had already hit nearly 30 degrees C and it was only 7am!!!!

A start claxon sounded and we marvelled at the surreal noise of 8,000 pedals being



"clicked in", the tremor rippled down the avenue like a living being!!! Kerb to kerb congestion meant 20 minutes to just cross the start line; (our start numbers placed us near the back of the field) Once we got going French roads are deliciously smooth and cycling on the flat can be a real pleasure

Out of Gap the pace was really clipping along, it was our first experience on riding in a peleton and it takes a lot of concentration, the other challenge is not to increase the pace too much early on. It feels like you are going backwards as hundreds of riders appear to be passing effortlessly. Our concentration soon broke and Craig and I were winging

along with the crowd whilst Tony was more conservative (proved a better strategy in the end!!)

The first of three feed stations was located on an uphill at the base of the Col d'Izoard and brought the field to a complete standstill as we queued for drinks.

The Col d'Izoard was looming, it's the first real climb of the race and rises 4800 ft over 40km and climbs up past the tree line into an arid moonscape. The severity of the slope is dizzying as you look down at the snaking line of riders coming up the Col behind you. Boy was I glad of a triple chainset!! (Craig and Tony had now stopped taking the piss out of my "Girlie" accessory).

That one long hot and vicious climb had taken nearly three hours and we were now dripping with sweat as we crossed the summit.

The top of the Col D'Izoard was the second feed station in a scene reminiscent of a refugee shelter, begging for water with 100s of other racers pressing against the back of a truck Tony had gone through the station earlier and I managed to commandeer some water for us both as Craig arrived at the top of the first climb.

The first alpine descent was as hard going down (nearly) as the ascent was going up, with the addition of extreme fear kicking in to boot. The continental riders are fearless. I saw three separate ambulances on that first big descent all tending to people that had careered off the edge of the road. There were loads of riders with punctures. The roads were pristine so I assume the flats were caused from the hot ambient temperatures (well over 35 degrees C on this descent) as well as the heating of rims from

braking during so much on the descents. I took note of that and really tried to limit my braking to the rear wheel with only occasional emergency braking with the front wheel. My hands, arms, shoulders and neck especially were on fire at the base of the climb from the braking. It was however very very exciting!!



The Col d 'Lautaret's was our second mountain to climb, the gradient wasn't as steep, but made up for it in length, the whole climb was into a slight headwind blowing down the valley. We were really starting to feel the fatigue setting in at the top of this climb, Craig was cramping badly and in agony.

Unlike the previous climb, there was no feed station at the top. Craig and I had a quick team meeting and decided this race was now not about style, time or position but just survival to the finish (we could not let our sponsors and charity down!) Blissful finishing however was still a long way off and we were not at all certain we could make it.

(tip here - having your hotel at the finish line gives you a certain motivation to get to the end!!)

After a short rest, the road was 40km of descending until the foot of L'Alpe d'Huez. It was not a technical descent, but at times it was very very fast.

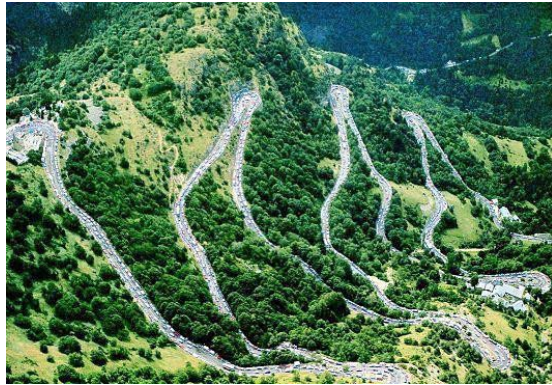
The Alpe D'Huez:

Whoever put one of cycling's most difficult mountains at the end of a 120 mile bike race must have chuckled with sadistic pleasure at this vicious final stage as they designed the route.

The ascent up L'Alpe D'Huez was always going to be tough. We heard the first 3km of the 14 km climb to the finish was extreme with the average gradient of those opening kms at 10-12% with some portions to almost 15%.

It didn't disappoint.....

Eight of the Alpe D'Huez 21 hairpin turns



Tony had run out of water and had to resort to filling his water bottles from mountain streams. The temperature was 38+ degrees with not a cloud in the sky or tree for shade. The climb was lined with racers who had climbed off their bikes and were slumped at the side of the road waiting for some energy and resolve to creep back into their body so they could continue. Tony commented afterwards that strangely seeing those on the side of the road gave him more energy and determination to continue.

Each of the 21 hairpins on L'Alpe D'Huez are marked with a number starting at 21 and declining as you climb through the corners to No1 at the top. The names of tour greats were already spray painted onto the

road in anticipation of this year's stage 15 only 7 days away with people already looking like they were there to stake out their spot for when the tour proper rolled through. On this day though they were watching us pretenders grind our way up the Alpe in stifling heat after riding over 100 miles of intense terrain. The carnage must have been quite entertaining.



About two thirds of the way up the alpe...

In that heat and after that many hours of racing, the climb up the final Alp was amazingly hard. You never know whether to sit on the saddle or stand to pedal as both was so painful. Craig's cramp was now extreme and he was teaching me new words!!! Race vehicles regularly stopped and asked if we were OK and would like a lift to the top, it took heaps of determination to wave them on and let the pain continue.

The finish at the top of the Alpe was a massive relief and we got Craig quickly into a café for a sit down as he was really suffering from the effects of the cramps.

I especially appreciated the standing ovation from many of the riders in the cafés who had finished earlier but recognise how hard it was for riders to actually complete in over 14 hours.

This was truly brutal day. Glorious, but brutal.

Race stats

Name	finish time	age
Tony Johnson	10hrs 40 mins	55
Martin Orrill	14hrs 13 mins	47
Craig Middleton	14hrs 13 mins	36

Over 3,000 riders did not complete the distance from the 8,500 who started !!

We think we will have raised circa £15k when all of the pledges are counted in, your support is very much appreciated.



At the finish line the next morning feeling a great sense of achievement.....

Other members in this years race was Aussie Pete, and Sean Newman.

A 191 km distance sufferfest over the 7800ft (elevation) Col D'Izoard, the 6800ft Col d'Lauteret and ending with a climb up the fabled 21 switchbacks of the 6100ft L'Alpe D'Huez. 12000 total feet of climbing over 85k of climbing up just three of the Col's (mountains) on the course. Closer to 15000 plus feet of climbing if you add in all the smaller "hills" through the route



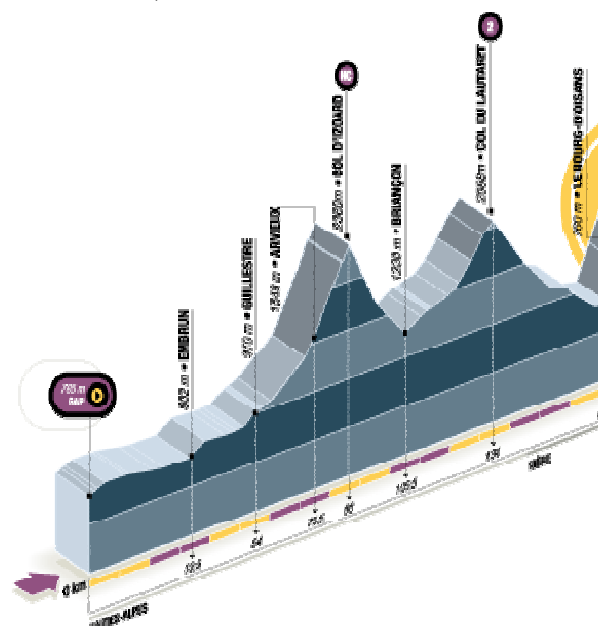
Martin "Indurain" Orrill

The Florida Flyers.

70's World Champs

Kiern Edwards and Pete Wrights adventure in the World Chap IM70.3

Alarm went off at 4-30am and surprisingly I had had a little sleep and felt pretty good. The family stirred with a few groans and moans. I tried to get my normal hearty bowl of porridge down but the nerves had started to build and I only managed a small amount, was content to get down a power bar, thought I would have another go a little later but did not get round to it. Started to feel very excited put my kit on and came out of the bathroom to find my two daughters and Debbs had smuggled a big yellow banner with GO DAD on it and were wearing all the same black and



Profile of the course

yellow t shirts on with TEAM EDWARDS on !! Which was a lovely surprise .

Drove down to the car park just outside Clearwater and jumped onto a bus, all went very smoothly and arrived at transition at 5:45am , may be a touch early , but the atmosphere was brilliant . Blaring music, thousands of spectators , the sun coming up over the beach and shedding light onto the 1800 bikes in transition , still could not believe I was there . Wrighty arrived and we had some photos took , exchange small talk and got into our wet suits .

Had a little dip in the sea , which was very calm , thankfully (on Thursday at the first practice swim it was very choppy and I spent 40mins in the water going no where , just swimming up and down the swell) We were then summoned into our wave start groups , there was tremendous buzz with the crowds, a big screen on the beach and the playing of the American national anthem !

The cannon went off and the professional started , 5 mins later pro woman , then a 2 age groups and suddenly I was on the start line with about 425 other athletes ready to go . I had positioned my self about 3 rows back from the front and there appeared to be 3/4 rows behind me . Suddenly a cannon went off and there was a mad run of about 50m to the sea ! Bit of pushing and shoving through the shallows then a dive and we were off , very crowded , very frantic but o.k . Somebody hit me very hard on the back of my head and my swim hat moved so it was perched right on the top of my head ready to spring off at anytime like a rubber band , but my goggles stayed in place . First 250m I did polo stroke which worked o.k and then got into rhythm , no clear water but felt good and I controlled my normal panic feelings when it is so crowded . The turn point came very quickly , but the return leg to beach took forever . Swam as far as I could in to the shallow water stood up and was instantly passed by 5 or 6 people sprinting out of the water , so got a move on . Onto the beach looked at my watch 34 minutes (very pleased) . Had a few problems undoing my wet suit but eventually it released after about 100mts of pulling and swearing !! I did not realize it at the time , (Debs told me) but Wrighty was running up the beach almost next to me ! Smooth transition with the help of

some very enthusiastic wet suit strippers and helpers getting your kit in and out of your bag .

Running towards my bike could help looking to see if Chip (yes that was his name , who was staying in my hotel) bike was there ,it was (raked 2 spots from mine) Great I thought . Running through transition I could not help myself again , was 844 bike there (wrightys) Yes even better .

Onto the bike , even though it was early it was hot , managed to get a power bar down and some drink . After about 3 miles the road narrowed and suddenly everybody bunched up . I could not see the front of the bunch and everybody was riding very close and very very fast . I kept accelerating past people and then some one would shout from behind and you had to ease over . There was a referee shouting at people and waving his arms and this went on for about 8 miles . There was a big crash almost right next to me when someone hit a bollard (horrible noise of carbon fibre and flesh hitting the tarmac) .

I was very relieved to eventual get to the front of this bunch , or it may have just broken up due to the road getting wider . Got down on the bars and was sailing along for about 20mins and then a referee on a motor bike came up took my picture and said yellow penalty for blocking pull into the next penalty box . It took all my control not to have a massive ASBO moment . It must have happened in the first 8 miles or so when it very crowded . I was very nervous about not drafting so made a massive effort to get past people with in the 20 seconds allowed so must of happened then !!!!!

At 25 miles pulled into the penalty box (there were about 6 people in there getting the full 4 min penalty for drafting)All I had to do was sign my name and off I went , may be cost me 40 seconds . On pulling away Wrighty passed me absolutely flying whilst eating a energy bar !!! Pulled passed him and thought here we go again (we passed each other about 7 times in the UK race) . Two mins later he came storming passed me soooo fast I thought lets keep him in view and I have great bike time . This was o.k at first but he started to get away and at turn around point on the big causeway going across Tampa Bay I

lost sight of him . I was not too worried because I was flying along 26/27mph and feeling quit good . At 42 miles it started to come apart in a big way (never had this sort of thing happen in the 2 years of racing) suddenly I was struggling to keep my speed above 20mph I felt completely drained and out off it . I think the fast inconsistent pace early on , trying to keep up with Wrighty, it had got very hot and just not having enough food or drink inside me had hit me . For the next 3 miles just felt sorry for myself , but then thought I better do something about this so had 3 gels and a full bottle of water (which I had nearly carried all the way !!) Started to feel a bit better but the last 7 miles was survival . Still amazed myself with the time 2hr 23m

In to T2 , handed my bike over , big crowds , but above all the noise heard Debs and my daughters (did not see them) . Running was very difficult had a real sharp pain at the front of both legs (never ran after such a hard bike ride , also because it was so flat never been in the tuck position for so long) Did not really feel comfortable running and could not settle down into a rhythm but was going past lots of people which really helped the spirits . At 3 miles got into my stride , not fast but steady , and then at about 4 miles I saw Wrighty (who was looking very good considering he was in a lot of pain in his calve which was heavily strapped) Came up along side him and pinched his bum , getting to a bit of a tradition on the run now !! Had a little chat and agreed to see each other at the finish .

Felt reasonable the next 3 or 4 miles chatting to few people running mainly with a big tall American and a Mexican guy . Then at 11 mile started to fade badly , people started to drift past me and I had nothing left to try to keep with them . Lost quit a few places but was determined not to walk but was feeling drained and completely out off it !

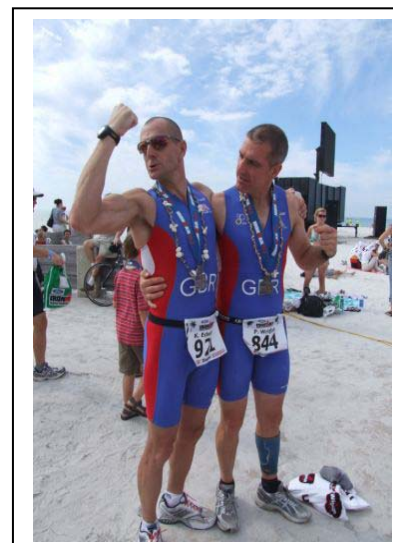
Running down the finishing shute was great , great crowd and atmosphere , music and flags everywhere !!

Went over the line to be greeted with Debbs and my girls which was really nice , Over the moon but completely KNACKERED .

Really pleased to see Peter come home strong with a great time .

So in Summary my main objective was to enjoy it , which I did 100% , I wanted to sneak under 5hr which I did (4hr 42m) Swim and bike time absolutely chuffed with . Run a little disappointed with 1hr 39m for a flat course

Would I recommend the event ? 100% , great organisation, atmosphere , crowds (need to sort out the drafting a bit and some how spread the field out early in the ride section) Would like to qualify next year but could be a little more difficult with reduced places but will give it a go .In some of the qualifying races and in some of the age groups the slots rolled down a long way (I think because it is expensive to go , late in the year etc) .



Jubilant Rugby Tri champion "Dads"

Keith Shows the yanks his foreign policy! (thankfully they were protected from the "stare!" by his Oakley's.

Till then hope everyone has a great Christmas and Santa brings you all the Tri Bling you ask for.