



## Chair's welcome

Hello!

Great start to the New Year for the club, on top of winning the award for West Midlands Triathlon Club of the Year, we were also nominated by 220 Triathlon readers for the "Best Event under 500 entries". Considering how many events were held throughout the UK during 2008, and given the fact that we're fairly new on the events scene we managed

to be placed second, which is a tremendous result and gives us something to aim for in August – to be the Best event for 2009!



Our one and only Affiliated Member – to coin a phrase 'local sporting hero and mega Triathlete' Hywel Davies won the Age Grouper of the year category. Fantastic result, well done to Hywel.

But it doesn't stop there; we have been nominated in the Rugby Borough Council Sports awards for Club of the Year! And our very own Mike Smallwood has also been nominated for Senior Sports Personality of the Year. The winners will be announced at an event on March 4<sup>th</sup> – watch the forum for the result.

Our chosen charity this year is Myton Hospice, which has sites in Rugby, Warwick and Coventry. Myton Hospice aims to provide Specialist Palliative Care of the highest quality for adult patients with advanced progressive life limiting illness. There are a number of services for patients, families and carers which support and care for people in need at a very difficult time. Myton Hospice relies totally on donations to provide vital services for the people of Coventry and Warwickshire so our contribution is very worthwhile.

Don't forget to highlight the **Club Champs dates** on your new RTC calendar! This year's club champs are –

- 9<sup>th</sup> August – **Barton Marina** – Olympic Distance
- 5<sup>th</sup> September – **Vitruvian** – Middle Distance
- 20<sup>th</sup> September – **Lichfield 3 Spires** – Sprint Distance

Not forgetting to keep yourself free to help make our events the best ever!

- 21<sup>st</sup> June – Miss Sprint
- 30<sup>th</sup> August – Rugby Open Sprint

RTC Junior Section will also be announcing dates soon for their planned events.

Keep warm and safe whilst training,

Sue Wyatt

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## **Welcome to 2009! Is it still winter?**

It's been pretty cold of late. The most snow this country has seen in many years. Some of you will be out running on the ice wondering what all the fuss is about, but it has kept most of us indoors more than we might have liked. Now it's melting we can look forward to some grippier roads, and think about getting the road bike back out soon.

The newsletter this year will be a bi-monthly affair. In this one we've already announced multiple accolades – second best race under 500, plus regional club of the year. Superb! Club champs races have also been decided. After a little catch-up on the winter festivities we'll go into some other talk about choosing some early 2009 races. We will also show you who's in the committee. The highlight of this issue has to be the athlete profile from Adrian Wyatt, a long time member, previous club Chair and occasional race compere.

## **Club awards dinner 2009**

It's a dinner date. A club awards dinner, that is. Pippa has booked the venue - The Great Hall at Dunchurch Park – for Saturday 14<sup>th</sup> November. Booze is cheaper than the mighty pricey Brownsover hall, and it looks like there might be some wine thrown in with the meal price. Get the date in your diary!

## **Iron Davies: Aaaaaaaage grouper of the year!**

Like Sue said, well done Hywel. It's a great recognition of your achievements in 2008 to be nominated 220 triathlon Mens age group triathlete of the year. Some say he might have a go at a triple ironman? All we know is... bring it on! All the best in 2009. Have you got a new bike sponsor? Shown below with fellow Planet X'ers and 220 award winners Cat Morrison (female duathlete of the year) and Sophie Whitworth (female age group athlete of the year).



## Interview with the Triathlete

Full name: Adrian Wyatt

Age: 34

Occupation: Production Manager

Year of first triathlon: 2001 – A Triathlon odyssey!

### ***Please tell me a bit about your athletic background – have you always been the sporty type?***

Yes always sporty, Football when a small kid, then onto Rugby in my teens and Uni years, with a bit of bit of cricket, athletics, canoeing, sailing, surfing, skiing and swimming thrown in for good measure. Swimming helped me get a couple of good summer jobs when younger: 2 summers as a beach Lifeguard at Bournemouth; 1 summer teaching swimming to kids in America.

### ***What drew you to triathlons?***

Well after my knee kind of sorted itself out (long story); I needed a sport that didn't involve a huge amount of twisting and contact, but still wanted something very physically demanding. I had life guarded the Bournemouth Triathlon in one of my summers working and it kind of sparked an interest then. I started swimming with triathletes and always pondered why they needed wetsuits in the summer, as I swimming 1 mile everyday before work in my Speedos whatever the weather. It took me a few years after that before I started triathlon, but I think that was the point where I thought, I could do that!

### ***Are you currently in training for an event and if so, do you have a target time?***

I'm hoping to actually get to the start line for the Xterra triathlon this year after twisting my ankle last year and missing most of the season. Unsure of a target time, as it is a bit of a change doing the bike leg on a mountain bike, I think a lot will depend on how much mountain biking I get in between now and the race date. (Still not fixed for 2009!) So I'll be looking to get some MTB races in prior to Xterra to get the skills and fitness honed.

### ***Briefly describe your training schedule.***

Well I cycle to work every day, which isn't far but I work on spinning on the way there and then jump into the big gears on the way home in an effort to get the leg strength up. I'm trying to get to the point where I train 2 times a day for 6 days a week, but with work, snow and family, I haven't really got there yet, but I seem to getting some training in most days which is a vast improvement on previous years. I try to get out for a night MTB ride at least once a week, which is a much more enjoyable session than the turbo in the garage. I always try and make the Tuesday swim session and have started going to Tim's run sessions again, which have helped my running immensely.

### ***What has been your proudest triathlon moment so far?***

Every time I finish a race without having to stop for a poo! No seriously, I picked up some prize money in Duathlon series a year ago, which was very enjoyable. Also getting my name on engraved on the club champs trophies is always good as you become part of

the clubs history. So I'm on the sprint open and Olympic novice trophies so I have a few more to aim for to get my name on.

***What newbie tip do you wish somebody had told you?***

Don't try putting your t-shirt when you get out of the pool in the transition. 5 minutes of yoga like contortion I left transition with it still looking like a crop top. There's a lot to be said for swimming in your tri kit!

***And finally: What is the main thing you hope to get out of this triathlon season?***

A full season of racing after last year's injury enforced lack of racing.

We'll have to watch out for Adrian this year's sprint champs if he can (a) keep up the training (b) hold off the call of nature and (c) get somebody to count his swim lengths. Next time we'll find out a bit more about another Rugby Tri member.

## **So who's running this club?**

The committee meets on the second Tuesday of every month. In the pub.

2009 committee members are:

Sue Wyatt (chair)	Pippa Hopkins (social secretary)
Kenny Robinson (club kit)	Helen Childs (press officer)
Adrian James (finance)	David Baxter (newsletter)
Adrian Wyatt (membership)	Rob Robson (coach)
Keith Edwards (club captain)	John Bryant (secretary)
Garry Haynes (race director)	Julie Cox (sponsorship officer)
Ian Payne (Junior chair)	Carole Carlile (Junior Secretary)

A big thanks to everyone (else) in the committee. I know that it takes a lot of time and effort, and it is greatly appreciated. If you have any queries for any of the committee members, ask them on a Tuesday night at swimming or email [info@rugbytriathlon.co.uk](mailto:info@rugbytriathlon.co.uk)

## **Has anything been happening over the winter?**

I must admit I'm not really the person to ask... however I hear that the RTG (Roth Training Group) have had a few good bike and run sessions, with more to come in the run-up to Challenge Roth in July. John Bryant has branched out from his extensive car parking expertise and started leading an informal Saturday morning running group. Is the JBTRG the new RTG? No, but you're welcome to join in – check out the forum for details.

Tuesday night swimming is still going strong, with a slightly new coaching format that should mean you get more direct coaching contact. Thursday night running is also on, even when there's snow. No weather I've ever seen has stopped Tim. It's not about the wrong weather, it's about the right clothing... which at the moment means off road shoes and gloves.

## What races are you doing in 2009?

Aside from the club champs Olympic, middle and sprint races, plus helping out at the Rugby Open Sprint and the Miss Sprint, people want to do even more races!

Greg (club champ in most of the 2008 categories) has suggested a huge tally of events on the forum, and that's only up to April. Stuart and Phil also got a few in there, so here's a few to think about:

22nd Feb - Draycote Marathon.

1st March - 1485 No Frills duathlon (Market Bosworth)

8th March - Friends of Phil n Mick 1/2 marathon (Draycote)

21st March - A5 Rangers Hilly 31m Time trial (Towcester)

22nd March - A5 Rangers 10m TT (Towcester)

28th March - Big Cow Duathlon

5th April - National Duathlon Champs

18th April - Antelope TTT 50Km team time trial

25th April - Ashbourne Duathlon

19th April - Duston Tri

21st June - Miss Sprint triathlon

28<sup>th</sup> June - a day in the lakes middle distance

12<sup>th</sup> July - Challenge Roth iron distance race

9th August - Barton Marina - Olympic Distance club champs race

30th August - Rugby Open Sprint

5th September - Vitruvian - Middle Distance club champs race

20th September - Lichfield 3 Spires - Sprint Distance club champs race

Contact Mike McGillion via the club forum if you fancy a go in the 50K team time trial in April. We had 3 teams competing last year - and we all had a good time even if we didn't all finish. It was the punctures, and not the wind that stopped them.