



3cTri Bulletin - December 2015

Hi,

Hi, Well what a fantastic year for the Club. From an idea that a group of us had this time last year we have now a flourishing club that continues to grow.

We have setup the club, designed a logo, setup the club on social media, arranged swim lessons, organised group cycle rides, running sessions, etc etc...

This cannot of been completed without the dedication of a the 3 Ctri Committee..and a special mention goes to the following people: Jon Gubb, Sarah Hyatt, Jane Crawford, Lou Gubb, Vicky Rice, Paul Alexander and James 'the Geek' Ratcliffe, as well as the other members of the team.

I would like to also say thank you to the club coaches, who spend their spare time helping the members – Alan Kirby and Hannah Robinson.

Next year, we are looking to provide even more activities; Swim coaching session arranged to start in January, more running coaching led by Alan, and even more cycle rides (with help from Paul Crate J).

As always if have any suggestions please let me know
(Richard.McCready@xxx).

Have a great Christmas and a Happy New Year – (See you at the Christmas Party)

Richard

Christmas Social



Wednesday 9th December is the club x-mas Party

Location: The Chequers Public House, Eversley
Time: 8pm.

We have "The Well" at the pub ad Food will be a buffet at £7.00 per head
- Or even nicer is the Christmas buffet for £15.00.

Come along and have a great night with us (partners welcome)

New Swim Caps



Swim Caps

The club now has a new swim cap

These come in any colour as long as its white and have the club logo on both side. They are much better qaulity than the free be hats you get when you race, so will keep your head warm.

These can be purchased from a committee member for £6

Winter Training



Swim

Swim sessions have been a resounding success, however these are now over until the new year

News of the next batch of training sessions will be released shortly

Until then keep practicing the sessions we have learnt and you should be flying



Wednesday Night Run

We have been getting a good turnout for the Wednesday sessions over the last couple of months and the club members who have attended are starting to reap the rewards of the hard work

However due to the 3CTri's Party and the busy Christmas period Intervals

will be postponed till the new year

However Alan is busily creating the next training schedule to help to improve stamina, strength and speed.

Venue: Longdown Lodge Estate, Sandhurst
Meet: Sandhurst Library Car Park -(Gu47 9BL)
Time: : Wednesday @ 7pm
1st session start: Wed 6th Jan



Winter Bike Sessions

Weekend Bike sessions have been taking place over the last 4-6 weeks and these are being advertised on Facebook.

If you are going for a ride and want company then post on the 3cTri members facebook page.

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

Club Championship



2016 Club Championship

The 2016 Club Championship will be the Thorpe Sprint Triathlon

As this is 3 race across the year you can enter 1,2 or all 3 to see if you can win your age category. the fastest single time will be taken as your time.

Full details and of the event can be found at

<http://www.thorpetriathlon.com/>

We will add the categories, rules and details of the Championship in the new year.

[Meet a Member](#)



Name: Jon Gubb

What did you do before you joined 3cTri?

I have been a competitive runner all my life. In my teens I sprinted for Reading AC at National level. In recent years I have been an active member of Sandhurst Joggers, a great local club which caters for all abilities, running everything from Cross Country to The London Marathon back in 2001.

How did you get into Triathlon?

My first triathlon was back in the early 90's when tri-suits hadn't been invented, I did a sprint tri in Speedo's (how offensive). I got back into triathlons after a running injury and I was forced to swim for three months and thought of the Tri's as a natural progression after spending time in the pool.

Which races have you done this season?

I have raced three triathlons this year.

Sprint - Eaton Dorney evening sprint race which was on the hottest day of the year – 36 degrees when we arrived in the car park, must have done OK as I came 14th in 1hr 05min.

Half - Bustin Skin Half Distance triathlon in Weymouth – A great race although the Jelly fish were the size of dustbins and the rain was torrential. The bike route back from Wareham to Weymouth was the longest ever, I had a nice run and placed 26th.

Full - Ironman Wales in Tenby – The highlight of my season by far, I had a great race and amazing support. Race report was in the last Club news letter.

What's your favourite part of triathlon?

Swimming, running then biking I suppose in that order. Although I have run for many years, I am a stronger swimmer and always place well in the first discipline. The down side is that often the lead I have gained on the swim is eaten into on the bike. It leaves me hunting down the field on the run which is great fun. On the plus side my biking has improved over the last couple of years.

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

We have a young family with three children 10 years of age and under which takes up a lot of time, especially as our eldest is getting into tri's. My job has an element of travel and juggling family life, socialising, training and 3cTri stuff means that there is often not a great deal of free time. I never sit down and just “watch telly”.

What are you goals for next season?

To complete my first ÖTILLÖ race in Snowdonia where I will Swim 8Km in trainers and run 38KM 6,000ft in wetsuit over the Snowdon mountain range, now that will be an interesting race report.