



3cTri Bulletin - March 2016

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

AGM

**LET'S TALK
ABOUT IT!**

Annual General Meeting

2016 AGM

The 2016 AGM will be held at Rackstraws Pub on 27th April 2016 at 7:30pm

Agenda Items will be email out before the 4th April 2016

Membership



2016 Membership

Over the last couple of weeks we have been chasing PayPal to resolve the payment issues we have been having. Some members have been able to pay while others haven't

We hope to have this resolved soon, but we are at PayPal's mercy

If you want to pay direct to 3cTri's bank then the details are as follows:-

Pay by direct debit to the following bank account.

Sort code: 772918
Acc no: 40175060
ref: name and member number

Pay by cheque to any Committee member. or send to:-

Membership Secretary,
14 Willowford,
Yateley,
Hampshire
GU46 6HQ

For both options you will still have to go through the membership renewal process, check your details are correct and once you click the select payment box you will need to change from PayPal to

We are currently speaking to local lakes to arrange a open water swim discount for the club members.

Some of the perks of being a member of 3cTri are:-

10% off at Alton Sports
10% off at Boutique Cycles
£2 swim discount at Horseshoe Lake
£11 discount on Triathlon England which provides:-

Public liability and personal accident insurance cover while you are racing in permitted events and training for permitted events for the duration of your membership

Free legal advice and support if you are involved in an accident that was not your fault. A report will be taken by our staff and sent to our Insurers and Solicitors to help with your claim.

As a member you are eligible to try and qualify and be able to wear the Zeroed kit and represent Great Britain at the ETU and ITU Age-Group Championship events.

Club Kit



Club Kit

Due to the time it takes for the club kit to be manufactured and send the next order will be going in at the end of April - Therefore if you require kit you need to have placed your order before then

The kit will then take 4-5 weeks to get made and delivered - This mean is should be with you just after the start of the season

As well as Tri suits you can also get cycling and running kit

They all look really good and are very good quality

If you have not yet created an account with Champion systems then you 1st need to login using the following credeitial

The champion Systems initial login is

[Champion Systems Weblink](#)

Username: 3CTRI

Password: TRIATHLETES

Select Direct Member Login with user *3CTRI* (uppercase) and the password

Swim Session



Swim

Swim sessions have been on-going since October and the regular members have seen real improvements in technique, strength and speed

These sessions have been extended until April 22nd which is the week before the lake opens

We hope you have been enjoying the swimming sessions each Friday and are seeing improvements in both technique and swim fitness. We certainly have achieved a lot under the watchful eye of Coach Hannah and we are excited to welcome Steve Mott to the coaching team. Here's a quick recap of what we have been doing

Phase 1 2016 first five weeks: Following on from our previous phases in 2015 we continued to develop our breathing technique and skills, re-visiting our body position and starting to explore our hand entry and shoulder mechanics. With a main focus on hand alignment and entry and how it impacts positively on our stroke. This Phase lasted until mid February.

Phase 2 Until second week of March: Over the next few weeks we will be visiting our body roll/rotation. We will be exploring the benefits of an efficient body roll within our stroke and learning how it helps us generate more power, streamlining our position in the water and reducing drag.

Swim Fitness: We will begin to build some longer distance intervals into our sessions. To assist with the physical and mental strength/endurance needed to swim longer distance sets getting ready for race season

Once the Lake opens we will have a more structured coaching sessions with Hanna and Steve. This will stretch to coping with starts and open water specific swim training



Wednesday Night Run

Wednesday Night Interval sessions have been ticking along on most Wednesday evening.

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

We are looking to link up with local running club to allow us to run in a bigger group



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: Vicky Rice

How did you get into Triathlon?

I've been running (jogging/plodding?!) since 2002 when I decided that if I don't do the London Marathon before I had children I might not get round to it! Having done lots of races I then saw the Wellington Triathlon and quite fancied giving it a go. My first was in 2008 and I borrowed my sisters bike to as she was pregnant! Then the following year since my other sister was then pregnant and couldn't take part I did it again on her bike! The following year I decided it was time to buy a bike!! After that it was time to give open water a try!

What training sessions do you normally attend?

I've been attending the run intervals on a Wednesday evening which have been really great sessions. The coaching has been really helpful and the intervals varied. I knocked some time off a couple of races earlier this year so hopefully the interval sessions are paying off.

Friday night swim sessions are hard for me to get to due to the kids swim commitments but when I get there I love it! We're really fortunate so have 2 really great coaches. I love the structured sessions and find them really beneficial.

What have been your favourite races?

I love the Wellington Triathlon because it's local so know lots of people competing and the support is great. Last year I went to St Neot's which was a European qualifier race. That was an amazing experience, to race with a load of GB age groupers. Windsor Triathlon was also a favourite. The river swim was really brutal but I loved it! Being followed by the camera crew was very entertaining but such a fantastic experience.

Which was your toughest Race?

In 2014 I did my first half IM at Marlow so that was a long day out! I'd been on a 20 week training program for it so I went into it feeling really prepared so I just went out and enjoyed the whole thing.

What are your aspirations for 2016?

My A race this year is Staffordshire Half Ironman on 12th June. I've been training through the winter so have a good base but my 12 week program starts on Monday so it's time to step it up so I'm fully prepared! It will be good to get in the lake in early May (brrrr) and I've got to get some longer rides in. I've just done Wokingham half marathon, and The Grizzly (20 miles over the Jurassic coast) so I'm glad I've got some

solid run miles under my belt already. After the IM I'll do some sprints and a couple of standards I'm sure!

Favourite discipline and workout?

Favourite discipline - the 4th one of course - transition haha!!

I do love the swimming - I'm really grateful of my swimming lessons as a child now!

I'm loving my swimming now that I attend a couple of structured sessions a week and hope I'm chipping away at my times.

Top tip

Be prepared! Stick to the training plan and you go into races feeling confident knowing you've done all you can.
