



Chairmans

The 2017 season is well under way and we have seen some inspiring performances by a number of our athletes and not just triathlons. With the club growing to 77 members at last count we are growing which is shown by our diversity in membership and their achievements.

Early season saw the first of our Handicap races with 24 members taking the plunge in a chilly lake and racing the shortened 400m swim and 1 Mile run round the lake. We hope to continue these later in the season.

As the season progressed we have one of our coaches Steve Mott complete a 24 hour swim, one mile every hour for 24 hours which was an amazing achievement. Ellie Gosling raced a half marathon at Dorney Lake pushing a pushchair with her 18 month old twins and broke the World record for such a feat - wow and it was a super windy day.

On the triathlon front we had members starting the season entering some of the local races with Hart Tri in the new Fleet leisure centre pool and also the inaugural Beale Beastie which was by all accounts a superbly organised and thought out event with a challenging bike course and a river run.

As the season progressed members moved further afield with Max and Paul racing the Slateman in Wales, Richard and Michael racing Ironman 70.3 Staffordshire & Windsor Triathlon with over half a dozen athletes taking part in the heat and Merman Mott bagging a 4th overall in 2:12.....

There has been great take up on the training front with the regular Monday night ride outs being well attended, one week we had 18 members and split into three groups to cater for all abilities, thanks to Craig for taking this one with assistance from other members it makes for a good social ride. Running has also stepped up a gear with focussed sessions run by Alan Kirby based from Frogmore School Campus building on speed and technique, if you have not tried these then go and give them a try.

June saw 3cTri go International, with Vicky and Sarah racing the ETU Middle distance race in Denmark for team GB,

what an 2017 A race for them. The following weekend we drop down a distance , where the hills were alive with the sound of Triathlon with Jane and Lou racing the ETU Standard Distance Kitzbuhel. Dropping down to the super fast ETU Sprint Triathlon we had James, Katie & Sam representing Team GB in Dusseldorf - Go Team 3cTri.

The second half of the season promises to be just as exciting, so train hard and race easy for the rest of the 2017 season.

Jon Gubb

Club Championship



The 1st of the club championship events took place on June 4th June 2017 - The results we have are as follows:-

Name	Time	Category	Cat Position	Swim	T1	Bike	T2	Run
Paul Crate	01:18:44	35 to 39 (G)	31	00:14:24	00:01:18	00:37:24	00:01:03	00:24:33
Chris Gibbons	01:21:05	35 to 39 (G)	34	00:16:06	00:02:20	00:38:51	00:01:12	00:22:34
Alan Kirby	01:22:00	60 to 64 (L)	5	00:16:49	00:01:25	00:38:52	00:01:06	00:23:46
Russell Smith	01:22:43	50 to 54 (J)	24	00:13:09	00:01:31	00:41:36	00:01:18	00:25:08
Jon Maguire	01:25:05	40 to 44 (H)	36	00:16:39	00:01:17	00:40:57	00:01:13	00:24:58
John Weller	01:26:52	70 to 74 (N)	2	00:16:20	00:01:33	00:43:51	00:01:27	00:23:38
Michael Hall-guy	01:25:12	35 to 39 (G)	44	00:16:05	00:01:07	00:41:53	00:01:40	00:24:25
wayne thursting	01:07:41	45 to 49 (I)	8	00:13:10	00:00:43	00:33:51	00:01:02	00:18:53
Robert Skinner	01:28:52	60 to 64 (L)	9	00:17:57	00:02:34	00:42:39	00:00:58	00:24:41
Michael Dillon	01:37:30	45 to 49 (I)	37	00:16:03	00:02:31	00:48:36	00:01:59	00:28:19
Ellen Gosling	01:12:12	30 to 34 (F)	2	00:12:49	00:00:42	00:39:07	00:00:37	00:18:55
Lina Johnson	01:40:11	30 to 34 (F)	15	00:19:06	00:01:25	00:51:55	00:01:37	00:26:07
Andy Moran	01:12:23	40 to 44 (H)	16	00:14:35	00:01:18	00:35:25	00:00:54	00:20:08

As this was also the National Championship, a massive well done to John 'Sam' Weller and Eliie Gosling who both came 2nd in their age category.

If you raced and did not register as 3cTri then please let james Ratcliffe know. so we can update the championship list

The last chance to take part in the championship will be on September 17th at Thorpe Park.

As a bonus Thorpe Park will be selling entry to the Park during and after the triathlon at a massively reduced rate of £20 per person.

Monday Night Cycling



Monday Night Cycle

3cTri Monday evening rides are started from Monday 24th April, and is growing in numbers week on week

We Meet at Horseshoe lake at 6.50pm for a 7.00pm ride out.

Please make sure that you have at least a rear light and preferable a front also. T

The route will vary in length but will be no more than 15 to 20 miles. Speed will be 13 to 14 mph and will be a great opportunity to put some of those fundamental skills into practice.

This is a no drop ride and will be a good opportunity for you to meet club members and swap stories about the previous weekends racing antics

Wednesday Running



Evening runs runs will start from Horseshoe Lake at 7.15pm and are led by [Alan Kirby](#).

The focus of the run will be to cater for all abilities with faster runners looping back

. As we are now in race season the runs will work on a format which will have a warm up and some drills then into a run with some faster paced intervals.

The session will take around an hour and use areas such as the river next to the lake which is a lovely route to run along and allows for runners to loop. They will start from 17th May - 7.15pm.

As it is from the lake members can go swimming first if they wish.

Swimming



Friday Night Club Swim

Friday night is club swim night and we meet at the lake to swim and then chat

Horseshoe Lake Open Water Swim Hours

Sat 07:00 - 10:00

Sun 07:00 - 10:00

Mon 17:30 - 19:00 - Dusk

Wed 17:30 - 19:00 -Dusk

Fri 17:30 - 19:00 - Dusk

Cost £5 for members

Swim Coaching

Hannah will be carrying out level 1, 2 and 3 courses over the summer - details of these will be posted on the Facebook page.

Feedback on these courses has been very good

Weekend Bike



Weekend Bike Sessions

Weekend Bike sessions have been taking place over the winter months with great success. These are advertised on Facebook.

If you are going for a ride and want company then post on the 3cTri members facebook page remembering to state distance, average speed, duration etc.

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. Also group outings to local Time trials.

Handicap



Club Handicap

We had a massive turnout of 22 members for the 1st Handicap at the beginning of May.

This was a great opportunity for us to get race start practice.

However due to safety concerns the we have had to cancel the last couple of events - we are working with the lake to possibly re-instate in a different format

Race Report - ETU Dusseldorf



Dusseldorf ETU Sprint Distance Triathlon European Championships

Race Report

After 6 months of hard training and being almost injury free I felt in the form of my life - however 10 days before the race I damaged my Achilles while out for a training run. With this in mind I reassessed my race priorities and set my goals to "don't drown, fall asleep on the bike or tear my Achilles on the run." I had therefore decided to just enjoy the event, learn from the experience, finish in one piece and not come last.

On the Friday before the race most of the GB team met for the parade. This is like the Olympic ceremony parade where countries are bunched together and we parade around in a big circle waving flags. This gave me a chance to mingle and chat with fellow with the GB athletes. We met Sam and his wife and had a good triathlon chat.

On the Saturday morning the GB Squad had a race briefing where they went through the race specifics, rules and regulations. This and the associated Facebook group were a massive help in ensuring that we were armed with the information to ensure that we went into the race knowing what to expect.

Saturday Evening was spent racking the bike, walking down the longest transition zone in the world looking at all the bike porn and a very late meal with a couple of beers - when in Germany....

Race day started early at 6am with light breakfast followed by a 40 minutes walk to transition to check the bike and set up my equipment ready for the race. Other than almost forgetting to leave my number in transition and not leaving my run cap, there was no issues and I had a good chat with the other competitors.

It was a cool overcast day with an odd small rain shower - I was aware that this would make the technical sections of the bike course quite treacherous, especially on the corners that had tram tracks across them.

My age category wave was the last and largest of the day with 55 elite age group competitors from 10 European countries lining up on the pontoon. Looking back I was not in the slightest bit nervous.

Swim: It was a water start, however we had to hold onto the pontoon with one hand. This mean I started my watch about 30 seconds before the start. The klaxon sounded and we were off - it was like being in a washing machine with

bumping, barging, kicking and dunking. I dealt with this well and adapted my stroke to ensure I could breath in this environment. I came out of the water alive, undamaged and in 34th pace. The good news was the swim was the fastest I had every swum in a race. My average pace is normally around 1:45/100m however I hit 1:38/100m over the 875m swim.

T1: The run to the 1st transition was really long- coming come out of the water we had to ascend 27 steps and run 300ish meters to the bike. Wetsuit off, helmet and number on and I was off for the 300m run to the bike mount line. (see pictures at the bottom). With such a long transition I was so glad I had recently switched from running in my bike shoes to attaching my them to the bike.

Bike: With the damp conditions, my plan was to take the technical sections of the bike easy and then push the long middle straights. This was a wise move as we heard after the race that there were quite a few crashes.

During the ride it seemed like the wind was either against or trying to blow me sideways - however I posted a solid time with an average speed of 34.6kph over the 21.2 k bike section.

T2: There was no drama in transition 2 - I managed to dismount before the line and make a quick transition to my running shoes.

Run: The run would normally be my strongest discipline, however to avoid damaging to my Achilles caution was a priority . This meant I was running at about 80% of my normal 5K speed. I still ended up with the 14th fastest run of the day in my age group with an average split time of 3:58/k.

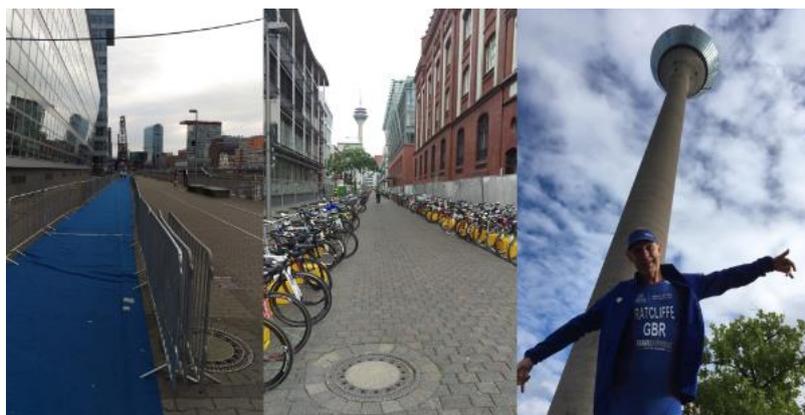
In the end I came over the line feeling surprisingly relaxed, fresh and in 33rd place with a time of 01:17:26. With each discipline being longer than the standard sprint distances and the extra long transitions I was please with the time

As this was my my 1st race at this level I learnt loads, met some nice people and now know where I need to focus my efforts to gain time and get closer to the podium.

Now I need to look to qualify again for the GB team - Onwards and upwards

3cTri Atheletes Results

Position	Fist	Last name	Time	Swim	T1	Bike	T2	Run
12	John	Weller	01:46:06	00:21:03	00:06:01	00:46:27	00:02:59	00:29:38
10	Katy	Granville-Chapman	01:20:44	00:13:21	00:03:51	00:38:32	00:02:05	00:22:57
33	James	Ratcliffe	01:17:26	00:14:27	00:03:58	00:36:55	00:02:06	00:20:01



Article of the Month



TIME SAVING TRIATHLON TRANSITION TIPS From RealBuzz.com

Transition is often referred to as the 4th discipline of triathlon. Making the smooth transition between sports can save you minutes and it essentially costs you nothing. Imagine the effort you make to knock a minute off your swim and run times for example. Why go to all that effort when you are only jogging and taking your time through transition?

Preparation for the swim to bike transition

Being organised in your transition layout will go a long way to improving your overall time. I usually spend quite a while in transition laying out my things and getting my bearings. It almost becomes a bit of an art form.

"Make sure the basics are in place; your tyres are pumped to the right pressure, with your drink bottles on board"

First things first, make sure the basics are in place; your tyres are pumped to the right pressure, with your drink bottles on board, and hang your bike up by the saddle facing outwards ready to go. Ideally you will have your bike shoes already clipped into your pedals, straps open and held up by elastic bands so they're out of the way. Your helmet should somehow be on your handlebars with straps facing outwards and sunglasses elastic banded to your handlebar so you can put them on once you are up to speed.

Also attached somewhere on your bike should be your energy gels, so essentially all you're doing once you get to your bike is taking off your wetsuit, putting your helmet on and you're on your way.

Preparation for the bike to run transition

For the bike to run leg it's a similar story. Ideally you'll be skilled enough to leave your bike shoes on the bike, taking your feet out once you're 200m from the end. Your run shoes should be opened out with elastic laces so you can slide your feet in and get going nice and quickly.

One tip while we're at it is to super glue down your inner sole to the base of your shoe. Occasionally it can be difficult to put damp feet into your shoe dislodging the inner sole where it often ends up crunched up at the end of the shoe! I had a friend who had a stress fracture from running 10k with his toes all crunched up.

Navigating the transition areas

Next up is navigation of the transition area itself. You need to know where your bike actually is, because normally there are hundreds or even in some of the bigger events thousands of bikes all in one area and it can be a bit of a maze trying to find your bike.

"Pick a landmark, perhaps a lamp post or a tree for example, and when you come out the swim make a beeline straight for that point"

Pick a landmark, perhaps a lamp post or a tree for example, and when you come out the swim make a beeline straight for that point! Do a few dry runs as part of your warm up from the entrance to your bike, because you won't believe how much this helps when you do it for real, trust me!

Getting out of the wetsuit

Most open water swims will be in a wetsuit and its removal at the end of the swim can be time consuming for some people. The most obvious advice here would be to make sure you have a suit that fits you properly. It should never be super tight.

As soon as you leave the water start taking the wetsuit off and while you're running, strip it down to your waist. When you get to the bike take it past your knees and kick it off aggressively by standing on one leg while you pull the other out. I often cut the bottom of the wetsuit off so it slides off that much easier and is less likely to get caught around the ankles.

If you're a real pro you'll be able to put on your helmet while kicking off the wetsuit but with all these things, it's best done at 8/10 speed. It's all very simple really but if you rush it you're not likely to go any faster, in fact you're more likely to stumble and take ages!

My final advice is to remember that the transition is not recovery time. It's part of the race and there is no reason why you can't run the same speed through transition as you would on the run course. So remember, when you get out the water sprint to your bike. Just doing that will save you a bundle of time!

Chicken Caesar Power Salad



Chicken Caesar

Why it's a power salad: A half-cup of skinless chicken breast is low in fat but packs in tons of satiating protein, and this creamy dressing has just enough fat to stop your stomach from rumbling.

PREP TIME: 15 minutes
TOTAL TIME: 15 minutes
SERVES: 4

¼ c canola oil mayonnaise
3 Tbsp grated Parmesan cheese
2 Tbsp lemon juice
½ tsp anchovy paste
½ clove garlic, minced
½ tsp worcestershire sauce
⅛ tsp black pepper
6 c torn romaine lettuce
2 c cubed cooked boneless skinless chicken breast
24 fat-free croutons

1. **COMBINE** the mayonnaise, Parmesan, lemon juice, anchovy paste, garlic, Worcestershire sauce, and pepper in a bowl. Mix well.
2. **COMBINE** the lettuce, chicken, and croutons in a separate bowl. Pour in the mayonnaise mixture and toss well to coat. Divide among 4 bowls and serve.

NUTRITION (per serving) calories 278, fat 15 g, sat fat 2 g, sodium 383 mg, carbs 8.5 g, sugar 2 g, fiber 1.5 g, protein 25 g

Eat and Enjoy

Meet a Member



This months Meet a member is Zerrin Selen.

Zerrin started the club as a novice as is very keen to participate in events of varying distance and type and show an ongoing improvement since she joined the club.

Name : Zerrin Selen

How did I get into Triathlon? : Around 2003 summer, I was having a really bad day at home so I decided to just go for a run. I ran from Bracknell all the way to Ascot without stopping. On the way I saw a couple of cyclists and thought why not combine running with cycling. That's when I got myself a Specialised Hybrid Mountain bike and started my duathlon experience. Swimming came later on when I discovered that you can swim in the UK despite the cold weather 😂😂

Up until I joined 3cTri I never had any training other than occasional open water swimming and weekly running. Before then my swimming was awful. I used to have panic attacks in water due to lack of breathing and my bad swimming techniques. I would never put my head under the water. But now: Thanks to the club Friday sessions I can now complete a full 750m session without any panic! It is an amazing feeling!

My favourite race: London Triathlon- good crowd & support, good organisation all around and a nice big medal at the end. I did the Supersprint session (my first ever Triathlon) in 2013 in London and it was awesome.

Toughest race: Hillington duathlon. I was not fit enough and it was not the right level for me as there were a lot of speedy guys around which knocked my confidence ;(So I decided to give up and go home

with a sulking face 😞

Aspirations for 2017 : Time to try out the Olympic distance! I know I can and I will. London and Reading Olympic Distance triathlons here I come!

Favourite discipline & workout : If you asked me this question last year I would have said running, because cycling and swimming were a bit of a challenge for me. But now Swimming is the one! Thanks to the club training sessions I now enjoy getting in the water without worrying about having a panic attack. I enjoy saying "bubble bubble" with my head under water whilst swimming through the weeds & the little fish 😊

Top Tip : This quote from Debbie Fields sums it up for me : "The Important thing is not being afraid to take a chance. Remember the greatest failure is not to try. Once you find something you love to do, be the best at doing it!" I will never be fast, never be in the top 10 but I will try to do my best in every race and enjoy the whole experience!