

Newsletter October 2017

I can't believe that the 2017 triathlon season has come to a close. Since the last news letter we have achieved so much as a club with people racing all over the World. The 3cTri membership grown month on month throughout the summer, we currently stand at 74 members as we close out the 2017 season. Here are a few races that our members took part in at the back end of the season and it was not just triathlons.

Lina completed the Ultra Ridgeway Marathon running a cheeky 86 miles.

Coach Craig decided to do his first Triathlon Ironman Vichy in an amazing 10:45:26 in heat well over 30 degrees.

Members taking on the Serpentine swim in London completing the classic series which is Ride 100, London Marathon and being awarded a huge medal for their achievement.

At the end of August 3cTri had three teams in the National Relay Championships in Nottingham. This race consisted of a 500m lung busting swim, 15km bike and a 5km run which was real hard work but with such an amazing club atmosphere it was great fun and we look forward to entering more teams next year, one club had 20 teams.

A couple of weeks after the event in Nottingham saw six members travel to Dorney for a relay with a similar format to the National Relays. The picture sums up the camaraderie and fun that the event encourages.



Thorpe Park Sprint Triathlon was the 3cTri club championship; we had a great turn out on for the second of the two races for 2017. We had fourteen members take part in the race all competing for the male and female club champion of 2017 trophy, which will be presented at the end of season party.

Alan and Morag raced at the ITU Age Group World Championships in Rotterdam both having a storming performance with 44th and 24th respectively in the standard distance, awesome work you two.

The Handicap took place with eleven members blasting round the 400m swim and 1 mile run, it was fast and furious. Justine took the trophy with nearly two minutes improvement from her time from May this year, well done in your first season of triathlon.

To round off the season we went to a small event organised last weekend by Berkshire Tri Squad at Bray Lake named the "Captains Relays". We were lucky enough to have two teams in the event with eight 3cTri members enjoying a free event with cake throughout which I hear is the best recovery food and a drink from behind the bar at the end. Everyone who I have spoken to has said that it was a great event and a good way to round off the season with club mates. We were on our best behaviour so hope to get invited back next year.

It certainly has been a busy season and it was great seeing members get into the true 3cTri team spirit racing the relay events, club champs and Handicap at the back end of the year.

Well done to everyone who has raced this season I am already looking forward to April 2018 where the tri season kicks off again...

*** STOP REMEMBER *** with the season drawing to a close we are moving inside with sessions organised as follows:

Monday – Spinning Wellington College with Craig

Wednesday – 7pm Running - Longdown Lodge Estate in Sandhurst with Alan

Wednesday – 8.30pm Swimming - Streamline Coaching 8.30pm Camberley with Steve

Friday – 8.30pm Swimming at Wellington College with Hannah, Lou, Richard

Sunday – Morning long rides as weather allows – Craig & Jon

Social News

End of the Year Party at Frog and Wicket Pub Eversley Thursday 23rd November. We have hired the skittles alley for a bit of competitive fun. More information to be posted on Facebook very soon.

Yours in Triathlon

Jon Gubb