



# Newsletter

Jun-10

Summer is here - Hopefully!

**HEREFORD TRIATHLON 2010**  
**Sunday Julth 4th at Bishop's School**  
**9AM Start**

We're now just five weeks away from our annual sprint triathlon and we need your help. Chris Head is in charge of the marshals this year so please let him know as soon as possible if you can or can't marshal. If you've already let Nick know then that info has been passed on. Chris is putting together the marshal list now so please e-mail him at [lucyandchris\\_head@btinternet.com](mailto:lucyandchris_head@btinternet.com) (Dave, Chris K and Ian C I think we'll let you off this year!)

If you're a new club member or returning after injury then it would be great to see you racing. Please fill in a form (on the club website) and return to Nick as soon as possible.

## **CLUB MEMBERSHIP**

Was due in **January!**

It's just £15 per person per year. Please hand cheques to Andy Taylor as soon as you can. If you've moved or changed any other details please also fill out a new form (on the club website)

## **LAKE SWIMMING**

Has started - meet at the car park for Bodenham Lakes every Friday between 6 and 6.15. We're bringing in a new system at the lake this year and if we have lots of people swimming then we'll need you all to sign a sheet as you get in and out of the water. We also need EVERYBODY to wear a bright coloured swim hat (not black or navy or dark green) so we can spot everybody in the water. Thanks!

## **SUMMER CROSS COUNTRY**

The summer league races are about to kick off. They all start at 7.30pm. If you want to take part it's FREE - yes FREE! You need to e-mail Andy Taylor your date of birth so he can sort you out a number.

Wed. 16th June - KINNERSLEY  
Wed. 30th June - ACONBURY  
Wed. 21st July - WESTHOPE  
Wed 4th August - SHOBDON

## **EXTRA TIME TRIALS**

Well done to everybody who's been doing so well in the Wheelers' weekly Thursday night time trials. A huge 'Get Well Soon' goes out to Pete Mumford who came off his bike last Thursday and injured his shoulder and to Ian Rivers who came off due to a combination of a slow puncture and meeting a roundabout at speed a few weeks ago.

Please don't let their injuries put you off racing, The time trials are available to all and are a great way of improving your biking. More details on the Hereford Wheelers website.

There's also a new time trial series kicking off in the next few weeks. Here's Luke Moseley with the details!...

Climb on Bikes CC is organising a 4 event time trial series this summer and would like to invite all tri club members along. The series consists of 3 ten mile time trials held on a new course based at the Trumpet Pub with the 4th event being a hill climb. The format is designed to allow whippets to compete with powerhouses for the Trumpet Trophy!

The dates are:

1st 10: Tues 8th June (HQ @ Trumpet Pub 1/2 way between Hereford and Ledbury on the jnt of A438 & A417)

2nd 10: Tues 6th July (HQ @ Trumpet Pub 1/2 way between Hereford and Ledbury on the jnt of A438 & A417)

3rd 10: Tues 3rd August (HQ @ Trumpet Pub 1/2 way between Hereford and Ledbury on the jnt of A438 & A417)

Hill Climb: Thursday 2nd September (HQ @ Brockhampton Village Hall)

For all events sign on is from 6:30 with first rider off at 7pm. They'll be drinks after in the Trumpet Pub (TT's) or in the village hall (Hill climb).

Don't forget our regular club training sessions too...

### RUNNING

Don't forget, Bill's running track sessions every Tuesday at either 0930 or 1715 at the track at the Hereford Leisure Centre. We've had some good numbers for the sessions and those of us who can make it are certainly noticing the difference in our run times! Thanks Bill and HAPPY BIRTHDAY!

## SWIMMING

Every Tuesday at Hereford Leisure Pool - 9pm to 10pm. Coached by Jules - thanks Jules! It's £2 per person which we collect on poolside (don't pay at reception!) The Tuesday night sessions WILL continue through the summer.

Remember, Jules gives up her time for free. Thanks Jules!

We're also planning a club trip across to the Cheltenham 50 metre lido for one of their wetsuit swims. More details to follow.

## 2010 RACE RESULTS

**Remember, please let Nicola know when and where you're racing and how you get on!**

### GPIC Duathlon 2010 - Bahrain Sailing Club

Guess who was third? Well done to our very own Dave Taylor!

### Hereford Half Marathon - Sunday May 16th

As ever a good turnout from Tri Club members, well done

Tim Clarke - running for Couriers - 6th and first vet - 1:19:08

Jon and Andy - 13th and 14th - 1:23:37

Mike Link - running for Couriers - 53rd - 1:31:32

Nicola Goodwin - 1:43:25

Keith Williams - 1:51:27

Jenny Sykes - 1:56:56

Grendon Triathlon - British Sprint Champs - Sunday 9th May

Well done to Mark and Wayne and especially for Clare who's now secured her place at the World Championships as well as the Europeans. WOW!

72nd - Mark Sims - 1:14:44 (17th in category) - 2 min penalty, would have been 46th

177th - Wayne Poulter - 1:20:31 (22nd in category)

28th lady - Clare Scott - 1:22:22 (3rd in age group)

Swashbuckler Half Ironman - Sunday 23rd May

Well done to the four who managed to stand the heat, the tide and the jellyfish! The race consisted of a 2km swim in the tidal river, a 49 mile bike and a 17 mile run.

Jon Tetley - 30th overall - 4:42:01

Nicola Goodwin - 2nd in the 35 to 40 category - 5:08:39

Claire Hebblethwaite - 5:22:37

Mark 'Dodge' Dykes - 5:45:33

**2010 RACE**

Darren's Dash - Saturday June 5th

Multi terrain hill run starting at the Longtown Outdoor Education Centre. It's part of a big family fun day. More info and entry forms at [www.darrendash.co.uk](http://www.darrendash.co.uk)

Upton Triathlon - Saturday July 10th

For full details, the latest list of entries and to enter online visit [www.uptontriathlon.com](http://www.uptontriathlon.com)

Oswestry Triathlon - Sunday July 18th

At Oswestry School - 9am start

400 metre pool swim/26km bike/5km run

Entry £28 - [www.entrycentral.com/index.php?raceID=100725](http://www.entrycentral.com/index.php?raceID=100725)

Ludlow Sprint Triathlon - Sunday September 26th

They're now doing the entry via Entry Central -

[www.entrycentral.com](http://www.entrycentral.com)

Claire H is also organising teams for the National Club Relays. We've already got a girls team sorted out so come on boys!

**NATIONAL CLUB RELAYS 2010**

The National Club Relays are on 21 August in Nottingham and we hope to put a few teams in to compete. Its 500m swim, 15k bike and 5k run. The 1st team member does the swim, then the 2nd, 3rd, 4th then the 1st does the bike etc. etc.

Payment for each team needs to be made up front and all teams are made up of 4 members which works out to be £40 per person.

We provisionally have a couple of teams arranged but we would like to get at least one more team together if possible. I'd like to enter the teams by 14th May to ensure we get places.

We can enter more teams nearer the time if more people decide they want to compete.

Actual members of the teams don't need to be named until much nearer the race date. So if you pay to enter and then can't compete you'd need to find a replacement.

For more info go to: <http://www.onestepbeyond.org.uk/national-club-relay-champs.php>

Please let me know ASAP at [claireheb@hotmail.com](mailto:claireheb@hotmail.com) if you want to take part. We'll stop overnight (probably camping) so its as much a social event as a race.

## BIKE NEEDED

Joyce Warbuton is doing the triathlon this year and is looking to buy a second hand road/tri bike. If anybody can help she's at [joyce1warburton@yahoo.co.uk](mailto:joyce1warburton@yahoo.co.uk)

## CLUB OFFERS AND DISCOUNTS

Dave from **Chaingang** is offering a discount for Tri Club and Wheelers members. Dave's new store is off Grandstand Road or you can e-mail him at [chaingang@btconnect.com](mailto:chaingang@btconnect.com)

**Coombes** and **Climb on Bikes** both offer discounts to Tri Club members too. Remember to ask before your stuff is rung into the till.

**Clubsport** - Don't forget - We can now get 10 per-cent discount at **Clubsport** which have seven shops in Herefordshire, South Shropshire and Mid Wales. . They have a list of all of our members; just tell them that you're in the tri club when you get to the till (It's updated regularly). **Simon, who owns the firm, has also said that he will match any like for like internet offer on trainers. If you've found a great deal get in touch via their website and he'll match it for you. Andy Taylor can vouch for this!**

**Runaround** - You also get a discount at Runaround - the triathlon shop just outside Worcester. Andy Taylor has key fobs for our club members which will give you 10 per-cent off, just collect yours from him. They also have a lake in which you can try out wetsuits.

**Swimshop** - And, some time ago we were offered a 20% discount on anything from [www.swimshop4u.co.uk](http://www.swimshop4u.co.uk) Just contact Kerf for the discount code which you need to enter into the code box when ordering.

**Fusion recovery gear** - We've also secured a discount for the new Fusion range. Please contact Nicola - [nicola.goodwin@bbc.co.uk](mailto:nicola.goodwin@bbc.co.uk) if you're interested.

## COMMITTEE DETAILS

If you need to get in touch with any of the committee then the details are below. Our new committee members are in bold!

**Chairman - Chris Head** - [lucyandchris\\_head@btinternet.com](mailto:lucyandchris_head@btinternet.com)

**Vice Chairman - Mike Stephens** - [mick.stephens@delimon.co.uk](mailto:mick.stephens@delimon.co.uk)

Secretary - Colin Kerfoot - [kerfandpaps@btopenworld.com](mailto:kerfandpaps@btopenworld.com) - 07740 333765

Event Organiser/Press Officer/Newsletter - Nicola Goodwin - [nicola.goodwin@bbc.co.uk](mailto:nicola.goodwin@bbc.co.uk) - 07966 546068

Treasurer and for Cross Country information - Andy Taylor  
[andy@taylor6196.fsnet.co.uk](mailto:andy@taylor6196.fsnet.co.uk)

Time Trial information - Mike Parry - [triathlonmike@hotmail.com](mailto:triathlonmike@hotmail.com)

Social Organisers - Claire Hebblethwaite and Mark Dykes -  
[claireheb@hotmail.com](mailto:claireheb@hotmail.com) and [markdykes@fsmail.net](mailto:markdykes@fsmail.net)

Additional members - Katherine Drabble, Jo Crisall, Jon Tetley, Rob Cook