

Hereford Triathlon Club

Newsletter - December 2011

Happy Christmas

HUNDRED HOUSE CROSS COUNTRY RACE

This weekend (Sunday December 4th) we're off to Hundred House near Builth Wells. It's about 50 minutes from Hereford via Kington so we'll be leaving the pool at 9am. Please get there at 0850 to share lifts.

All the races start at 11am and the remaining dates are:

Sunday January 8th - Monkhall Farm
Also incorporating the County Championships

Sunday February 5th - Presteigne
Followed by the prize ceremony

CHRISTMAS COMEDY SOCIAL NIGHT

Saturday December 10th at The Courtyard Theatre.

We have a few spare tickets for the Comedy Club next weekend. If anyone hasn't paid for a ticket Claire needs payment by 5pm on Friday 2nd December *at the very latest* (or at swimming at Leominster that night). It is **£5 each** (the club is paying £6 towards it) cash or a cheque made payable to 'Hereford Triathlon Club'. Please email Claire at claireheb@hotmail.com if you need to pay!

Dodge is also organising food for us if you'd like to eat first. Prices start at £5 and you can see what's on offer at www.courtyard.org.uk

Dodge needs to know numbers so please let him know by Monday December 5th if you're planning to eat.

CHRISTMAS BIKE AND RUN

Bill Berry is organising a Christmas bike and run on **Saturday December 17th from Hereford Leisure Centre**
We'll start at 10am so please be there, ready to go, at 0945.

Please bring a £5 present for the secret santa sack and we'll be staying for coffee and cake afterwards too.

It's been suggested that we make this a fancy dress event! Many club members seem to have an amazing collection of outfits at home so it's going to be interesting. All outfits are fine as long as you can bike safely and see where you're going on the run.

CHRISTMAS SWIMMING TIMES

Every Tuesday - Hereford Swimming Pool - 2100 to 2200

Coached by Jules, Kylie and Nick

We've started our winter training regime and will be concentrating on technique and form. It's an ideal session for all levels and concentrates on quality not quantity.

We'll be training on December 6th, 13th and 20th and then having two weeks off before we resume on Tuesday January 10th.

Pay £2 on poolside, don't pay at reception.

Friday Evening Social Swim

Leominster Swimming Pool - 1845 - 2000

Some club members also meet at Leominster Pool on Fridays for a more informal swim. We follow a programme from the coaches but it isn't a coached session. Due to lessons, we're now aiming to start our warm up at 1845 and then move into the lanes at 1900.

We'll be training on December 2nd, 9th, 16th and then taking two weeks off before we resume on Friday January 7th.

MOVEMBER

You may have noticed that some of the club members seem to have adopted caterpillars on their upper lips during the past few weeks. Alex, Dave C, Matt M and Neil P have been taking part in Movember to raise money for men's cancer and health charities.

Please see the club's Facebook page for details of how to donate to Neil's fund or you can follow this link and get to Dave's fundraising page - www.movember.com/m/398728

DATES FOR 2012

Please put them in your diary now.....

Hereford Duathlon - April 15th 2012 - Whitecross Sports College

Entry is now open, you can enter online at www.EntryCentral.com or via the form on our website. Chris Head will be recruiting marshals in the new year. If you're a new member to the club then please feel free to enter the race.

Members Club Triathlon - Sunday May 20th 2012 - Lucton School

***** Date now confirmed *****

This is a chance for us all to race on the club's triathlon course and also start the celebrations for the club's 25th birthday. Entry is free and limited to members. The course will be signed and we'll have run and bike recce days before the big day. We'll finish the afternoon off with food and beers, probably at Luctonians RFC nearby.

We'd like to get in contact with as many former members as we can so please pass on any names and contact details to Mike Parry and Rob Cook. Our webmaster Pete Crowther would also like as many photos as possible of the early days and races for the website.

Herefordshire Triathlon - July 1st 2012 - Lucton School

Entry is now open, you can enter online at www.EntryCentral.com or via the form on our website. Chris Head will be recruiting marshals in the new year. If you're a new member to the club then please feel free to enter the race.

RACES

DROITWICH AQUATHLON - SUNDAY DECEMBER 18TH - 12 NOON START

400 METRE SWIM/5KM RUN
ENTER AT WWW.ENTRYCENTRAL.COM

TRI TEAM GLOS



1ST NEWENT APRIL  FOOLS DUATHLON

Sunday 1st April 2012 @ 10.00am
Newent Leisure Centre, Watery Lane, Newent, Glos, GL18 1PX

Run 5Km – Cycle 18Km – Run 5Km
A Sprint Duathlon for all ages (entrants must be 15 and over **on race day**)
Run through Newent via Lakeside, The Crofts, Foley Road and the town
Cycle picturesque flat route via Taynton, Highleadon, Malswick and Newent

You can enter on-line at: www.triteamglos.co.uk

KEMPLEY DUATHLON - SUNDAY APRIL 29TH - 10.30AM

For more information, or to enter, please contact Richard Jones
bigglesrj@googlemail.com or Martin Daykin martin@alt-powertron.co.uk

CLUB KIT

Leisure Wear

The leisure wear has arrived at Clubsport. Please pick up your order from their shop in Bewell Street in Hereford. If you didn't order anything this time then we'll be looking to do a second order in the new year. Please contact Claire Hebblethwaite if you're interested in ordering.

Cycling and Triathlon Kit

Thanks to Ian R and Stu who have volunteered to take charge of the next order of club cycling and triathlon kit from Endura. The club will subsidise this once again so it'll be at bargain prices. We're aiming to get the next order together in January so it's with us for the start of the season. More details to follow soon.

Sandy Balls Training Week

Dodge is looking at arranging a club training week/holiday to the Sandy Balls resort in the New Forest. It's a great place to train with loads of cycle routes, a pool and a lake plus some great trail runs around the forest. We're looking at weeks in term time around Easter. Please speak to Dodge (Mark Dykes) if you're interested.

CLUB OFFERS AND DISCOUNTS

Chaingang, 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 - They've now ceased the 10 % off scheme and are running a loyalty card instead. For every £20 spent you get a stamp and eight stamps will get you a 20% discount.

COMMITTEE DETAILS

If you need to get in touch with any of the committee then the details are below.

Chairman - Chris Head - lucyandchris_head@btinternet.com
(Also organises the race marshals)

Vice Chairman - Mike Stephens - mick.stephens@delimon.co.uk

Secretary/Race Organiser/Press Officer
Nicola Goodwin - nicola.goodwin@bbc.co.uk - 07966 546068

Membership/Treasurer
Andy Taylor andy@taylor6196.fsnet.co.uk
(Also organises the Cross Country races and club kit)

Time Trial information/Members Race
Mike Parry - triathlonmike@hotmail.com

Social Organisers - Claire Hebblethwaite and Mark Dykes -
claireheb@hotmail.com and markdykes@fsmail.net

Additional members - Katherine Drabble, Jo Crisall, Jon Tetley, Rob Cook
(Members Race Organiser), Emma Hurrell (new members liaison) and
Tricia Wright