



Newsletter

April 2008, Issue 12

TFN News

Welcome to the latest issue of the TFN Tri Club newsletter.

The purpose of this newsletter is to keep you updated on the latest club news, events, and races happening throughout the year.

Ultimately this is *your* newsletter and needs *your* input, so if there's something you'd like to have included, then please get in touch.

Email: ian_gregson@btinternet.com

Welcome to members old and new!

The 2008 season starts here.....

TFN Committee Promotions are proud to present... The 2008 curtain raiser. The start of the 2008 tri season draws near. We trust everyone has their tri suit freshly washed and ironed (or in Curly Dave's case, brushed free of moth balls and cobwebs).

To celebrate the forthcoming season the now almost traditional TFN buffet has been arranged so those racing at Southwell may take on the necessary carbs for a successful race.

It takes place on **Friday the 2nd of May** and this season's buffet hunt takes us to the Citi

Buffet on Friar Lane (at least I think it's Friar Lane). It's on the corner, just past the Walkabout pub as you head away from the market square. There are **30** places booked so get your names on this forum or see CD at training (chance'll be a fine thing) if you want to come.

The plan is to be seated at **8pm** and we'll pay up before eating and get drinks separately. It will cost **13** of your British pounds and **50** pennies.

Incidentally, CD will probably be found in the Walkabout pub from **7pm** for an aperitif should anyone wish to join him.

The TFN "Training Camp" – Tenerife 2008

No one has been brave enough to file a report from this week in the sun, however throughout the newsletter various photos will appear – it is fair to say on this occasion that a picture is worth a thousand words!





The Kev Fearn Column: TFN Points Competition

Announcing (Fanfare please) the all new TFN Points Competition.

You may remember in the December newsletter I mentioned a season long points competition aimed at awarding those athletes who improve the most from the previous season, well we are now ready to reveal all!!

We've drawn up the rules, developed the spreadsheets to calculate it all and test-driven it based on a handful of results of a few athletes from 2006 and 2007.

The competition will be split primarily into three categories (Sprint distance, Olympic distance and Middle distance). There will also be a Best All Rounder award should anyone actually qualify at all three distances.

Anyway, below are the basic rules for the league. Have a read and if you want to be included let me have your previous times (if you have any from last season). Oh and don't worry if you haven't got any previous times; because of the way the points work, it is possible for a new-comer to feature in the results.

1: Sprint Distance Tri.

There are four qualifying races over the season. For Sprint distance – Southwell, Mansfield, Woodall Spa and Last Minute

To qualify you must be a member of TFN Tri Club and race under the club name. (Wearing club kit would be even better!!)

You can do as little as two or as many as all four events in the series. Series points are worked out as an average score dependant upon the number of races competed in.

Everyone who wants to take part must give the

administrator (i.e. me) his or her times for those events from the previous season by the end of April.

Then the way you score points is simply: If you equal your time for last season, you get 1000 points for every second faster you are, you get 1 point for every second slower, you get -1 (minus) point.

So if you are 10 secs faster you'd get 1010, and if 10 secs slower you'd get 990.

If you are a Vet (i.e. over 40) you also get an additional age allowance of 25secs on your previous year's time (this will be reviewed at the end of the first season to ensure fairness). This is not cumulative, it is simply an allowance on your previous years time (i.e. you can go 25 seconds slower than last year without losing any points!)

So if you are a Vet and you are 10 secs faster than the previous year you'd get 1035 (i.e. $1000+[25+10]$), and if 10 secs slower you'd get 1015 (i.e. $1000+[25-10]$).

DQ from one of the four events in the series is an immediate -1000 for that event (and a whole load of shame in the next newsletter!!).

DQ from any other triathlon event throughout the year is -500 points taken from your points achieved in your first event completed in the series (and a whole load of shame in the next newsletter!!)

New To Distance/ Event.

If it's your first year of doing an event, you get 1000 points for completing it. Next season you then have a time to improve against. So if you are a Vet and you are 10 secs faster than the previous year you'd get 1035 (i.e. $1000+[25+10]$), and if 10 secs slower you'd get 1015 (i.e. $1000+[25-10]$).

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Course Adjustment

If the course is adjusted for whatever reason from permanent road re-routing as at Dambuster/ Vitruvian or bad weather at Bala in '07), a course adjustment factor will be calculated. (The times of the 10th percentile, 50th percentile and 90th percentile of the finishing field will be compared from last season to this season and the ratios averaged out to provide an adjustment factor to be applied to all times this season.)

The Winner

The winner is the person with the highest average score and can be pronounced "Most Improved – Sprint Distance Triathlete" at the AGM/ Christmas Social.

In the event of a tie the triathlete who has completed the most events in the series is declared the winner. If a tie still exists after this then the title will be determined by the highest number of points in a single event.

2: Standard/ Olympic Distance Tri.

Exactly the same as for sprint but the qualifying races are Dambuster, Wakefield (National Champs), Blithfield and Bala (Standard)

Additionally the Vets allowance is increased to 50secs (again this will be reviewed at the end of the first season to ensure fairness).

3: Middle Distance Tri.

Exactly the same as for sprint but the qualifying races are Bala (Middle), Beaver, IM70.3UK and Vitruvian.

Additionally the Vets allowance is increased to 1min 50secs (and yet again this will be reviewed at the end of the first season to ensure fairness).

4: Best All Rounder (BAR comp).

A final award will be made to the triathlete with the highest average number of points over all three distances.

So, if you want to be included in this at any/ all distances, let me have any times from last season for any of the qualifying events and whether or not you are a Vet on email to: fearn.shaw@sky.com as soon as possible.

Cheers

Kev (Vice-Chairman).

FEZ & STEVE'S REAL ALE WOBBLE – 23rd FEBRUARY Battle of the athletes

Well the stage was set – Verity Butler, self confessed heavy drinker versus Andy Tarry, self confessed lightweight in the drinking stakes.

We all know that Andy Tarry can swim, bike and run quicker than anyone else in the club, but we can take consolation in the fact that probably most of us can outdrink him. So when he announced that he may be coming out for a “couple” of beers we took relish in the prospect of drinking him under the table.

Ten pubs in seven and a half hours seemed like a pretty tough schedule for a non drinker, so it was no surprise when he didn't turn up for the first pub. Had he wussed out or was he just biding his time? Onto the second pub and there he was, but we were a bit taken aback when he ordered a pint of Carling on a real ale pub crawl!?

The pubs came and went and the pints of Carling kept flowing, “there's no way that I'm going to make it past seven pints – after The Bell I'm getting the bus home” Tarry slurred. Now we've all seen the great athletes faking injury, illness and fatigue, a bit of gamesmanship never went amiss anywhere

I think back to Lance Armstrong at the bottom of Alp d'Huez as he pulled away from Ulrich after feigning fatigue for most of the stage. Meanwhile, after an early wobble of “I might just have a half in this pub” Fez was looking as strong as an ox!

So the Bell came and went and Tarry was still hanging on. So onto the last pub and they were both still in contention. “Another drink Fez?” was uttered. The face had it, it was the look of a defeated woman “I think I need to go home, Steve”. Meanwhile Tarry was still standing. A chorus of “Cheerio, cheerio, cheerio” rang out around the pub as we left, Andy ‘Carling Darling’ Tarry victorious!

9am the next morning, Tarry was at the tennis centre, fresh from his morning run, ready for the 50 mile ride. Where was Mrs. B.?, - recovering in bed! Had he slipped something in her drink? Was he palming his drink off on the sly? Was foul play involved? “Rematch” was the cry from the Butler household. A bit of warm weather training in Tenerife should do the trick. Here's to the next one!!

Steve (never let the truth get in the way of a good story!) Butler



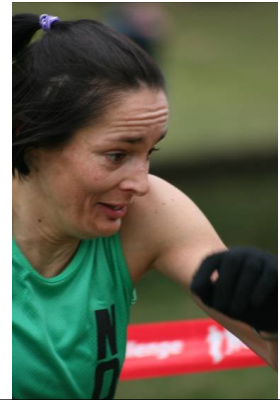
Page 3 stunner – Stevie B

The **Inter Counties Cross Country Championships** took place at Wollaton Park on Saturday 15th March. Verity and Andy Tarry were both running for running for Notts. This was a large event a large event with some of the country's top runners competing. A tough course and a blistering pace were set from the off.

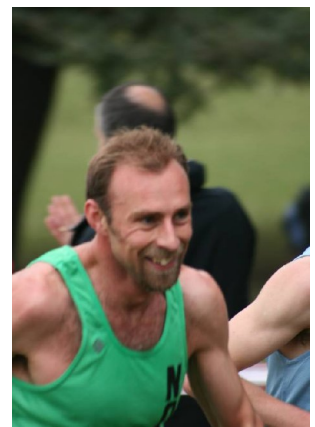
Verity finished 120th. This is about the position that she normally comes. She was 6th for Nottinghamshire that was 6th in the county championships. It just goes to show how high the standard of people running was if Fez was 120th!

Tremendous effort from them both – RESPECT!

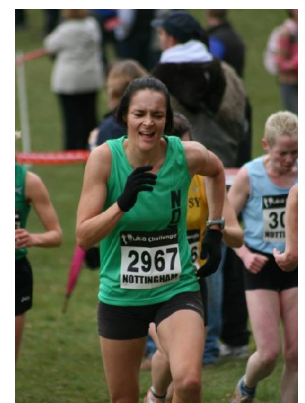
Top support as always from the TFN massive, and great pictures from Kev F.



Looking good for Verity early doors



A smiling Andy Tarry has it all under control though.....



One last effort from Fez!



No match for the strong Mr T!

TFN Easter Duathlon

It was back - bigger and better than before.
Stevie B organised the Easter Bunny "training" duathlon again this year. No entry fee, no registration, no race numbers, no prizes (apart from the coveted chocolate Easter Bunny). Just turn up on the day.

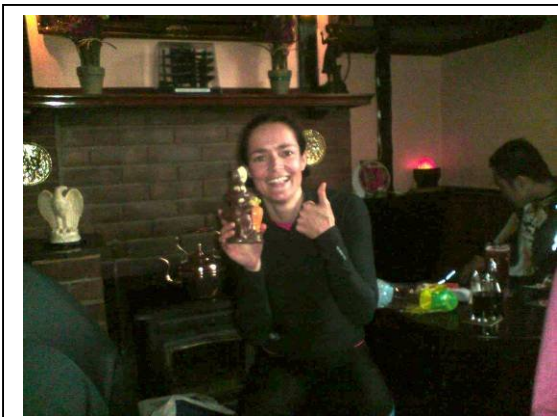
Where : Lime Kiln pub, Cropwell Bishop.
When : Saturday, 22nd March, 11am.
How far : 2.5 mile run, 12 mile bike, 2.5 mile run.

The weather forecast sounded great: "The whole of the Easter Weekend looks like being cold. There will be some sunshine at times by day, but also showers, and some of these will be heavy and wintry, with snow over high ground, and perhaps to lower levels at times in some regions, especially the north and east. Winds are likely to reach gale force at times, perhaps even with severe gales for exposed eastern parts at first". Not letting that put anyone off, the competition for the legendary chocolate bunny was intense, with Kev Hope and Verity Butler taking the honours.

So TFN athletes: Roger Spence, Steve, Stewart Bates, Tim Doyle, Andy Su, Deb Shaw, Verity Butler, Kev Hope, Kev Fearn Tam, Tom Hibberd, Clarkey, Howard, and Stevie Butler you earned our respect!



Brrr... the bikes in transition(!)



Loving the Lime Kiln - Verity



***Winner again – Kev Hope
[Note: To Kev's left – another year,
another full English breakfast for
Conor]***

TFN in Tenerife



Club Details

As a Triathlon Club we aim to cater for athletes of all abilities – whether you are new to triathlons, or a seasoned pro. We pride ourselves on being an open and friendly club, catering for all abilities.

Club members range from those wishing to enter their first sprint race, right through to members who have completed in several Ironman distance races. You don't have to attend every club session (you could for example, just swim with us once a week).

Committee – The TFN Triathlon Club committee meets on the fourth Thursday every month at the Horse & Groom in Radford. Current members of the committee are:

Steve Butler – Chairman
 Kev Fearn - Vice Chair
 Chris Hunt – Treasurer
 Dave Griffiths – Secretary
 Deb Shaw – Women's Rep
 Tim Dunne - Welfare and Child Protection Officer
 Conor Donnelly - Member
 Ian Wright - Member
 Ian Gregson - Member
 Dave Vernau - Member
 Lucy Gossage – Member

Subs!

Annual membership fees are as follows. As reported, membership fees have remained unchanged as agreed at the AGM. So, thanks to those of you who have already paid. For everyone else, can you please pay up!

Senior £15.00
 Junior (17-20) £15.00
 Family (2 Adults + child[ren]) £30.00
 Tri Star (up to 13) £5.00



Visit the TFN Shop.
72 Wollaton Road, Beeston, Nottingham NG9 2NZ
Tel 0115 9222226
Opening hours: Mon-Sat 0930-1730
 Club members receive a 10% discount on purchases



Check out the web site for les Stables triathlon training complex in the Dordogne, France. Full review coming soon.....

Club Training Sessions

Training Sessions

TFN Tri Club holds regular training sessions for its members. These are as follows:

Swimming

Monday 7.30pm – 8.30pm
Wednesday 6.30am – 7.30am
 (Yes that is the morning!).
 University of Nottingham Sports Centre Swimming Pool,
 University Park,
 Nottingham,
 NG7 2RD

Thursday 6.45pm – 7.45pm
 Noel Street Leisure Centre
 New Basford
 Nottingham
 NG7 6AT

Cost £2 per session.

Cycling

TFN Club members meet up for out of season rides:

Sunday at 9.00 am
 Meet at the City of Nottingham Tennis Centre
 University Boulevard
 Nottingham
 NG7 2QH

There are usually three groups who meet to ride routes of varying length and intensity. These range from about 30 miles up to 65 miles and can take between 2.5 hours and up to 4.5 hours.

The more people who come, the easier it is to form groups of similar ability. Routes are regularly posted in advance on the forum.

Running

Running coaches Chris and Leigh look forward to welcoming you every:

Wednesday at 7.00pm - 8.00pm
 Harvey Hadden Sports Complex
 Wigman Road
 Bilborough
 Nottingham
 NG8 4PB

These track based sessions include warm up, technique improvement drills, endurance and/or speed work. Winter sessions are based around circuit training.

Saturdays 9.00am
 Several club members have been meeting at Casa on Trent bridge for a steady longish run (up to 1.5 hours). Details of this informal session will be posted on the club forum.

Formula One Running Club

If you can't make the track session on a Wednesday night, then it might be worth knowing that we have a reciprocal deal with Formula One running club. TFN members receive a £5 discount on the annual running club membership of £10. Membership includes free training sessions on a Tuesday and Thursday at 6:15pm (a small fee may be charged for use of lockers and showers), 5 free cross country races and 5 free road races per year.

The running club is city centre based, so could be ideal for anyone working in or around Nottingham. Also as a member of an affiliated running club you will make a £2 saving on each open running race that you enter. For more details go to: www.formulaonecc.co.uk