

April 2007, Special Issue

TFN News

Welcome to the special issue of the TFN Tri Club newsletter as the racing season gets under way.

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

Please let me have your race reports. 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.

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Doing the Du



A fine sunny Easter Saturday morning, and what could be better than an early season test of how those winter "bricks" have been paying off.

Club Chairman Steve Butler planned and organized an informal Duathlon, based around the Lime Kiln pub in Cropwell Bishop. The course comprised a 2.5 mile run loop, followed by an 11.3 mile cycle and finished with another 2.5 mile run.

A field of 11 competitors

lined up to start, with several club members doing individual parts of the course as well. A good turnout of other club members who were prepared to come and time-keep and marshal was most welcome.

Any thoughts that informal meant "easy" or "steady" were quickly dispelled at the start. Kev Hope opened up an early lead and was disappearing fast over the horizon... a little too fast.... as he over shot the first left hand turn and had to move from 9th place to try and claw back all that early advantage. A strong bike and second

run leg saw Kev first past the post, with Stevie Butler second and Jez Smedley third.



Taking advantage of the warm spring sunshine refreshments were taken in the garden at the Lime Kiln.

The winner was presented with the no expense spared "trophy", which was dutifully consumed by all those present.



Kev displays his prowess after winning the inaugural TFN duathlon. Conor display his prowess in demolishing an all day breakfast!

Thanks to everyone involved in organising the event...and finally a word from Andy Tarry "After too many years of taking things too seriously, it was nice to have a no pressure, no stress "race", and for the record, I couldn't have gone any quicker anyway, and my legs were battered in the afternoon".

There's hope for us all!