



Newsletter

July 2006, Issue 2

Individual Highlights:

Headlines	1
Club News	2
Club Details	3
Race Schedule	4
Swim Safety	5

TFN News continues...

Welcome to the Second Issue of the new 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: phildjohnson@tiscali.co.uk

TFN Club kit est arrivé....!

Well it's arrived, it looks great, and it's selling fast!

After weeks of waiting and last minute frantic activity, the club kit was finally delivered mid-June.

Already it has seen action (check out the photo on the Website home page) and everyone so far is giving it the thumbs up.

Recent race goers have commented on how the kit

gives us a real club 'feel'. And it's a great way of meeting other members of the club who you may not see at training sessions.

However, the popular sizes are disappearing rapidly, so if you want to purchase some of this excellent kit, then get in touch with Dave Griffiths (or any other member of the committee). And remember, it's only £40 for a high quality, Sugoi

manufactured tri-suit, or £25 for a tri-top.!

And finally a big thanks to our Club Secretary, Dave Griffiths, who worked hard to make this a success; to our designer, Nina Faresin; our sponsors – Total Fitness Nottingham www.tfn.uk.com and Les Stables www.les-stables.com; and to everyone else who chipped in and helped.

Club News & Events

Membership

A warm welcome to those of you who have joined since the beginning of the year.

If you know of anyone else who is interested in getting involved with Triathlons, then do encourage them to come along to one of the training sessions.

Get Together

Another very successful meal out at the Red Hot Buffet Shack (and various drinking establishments) took place on May 12th.

A mixture of the regulars (you know who you are!) and some new faces all added to a very enjoyable evening.

This is a great chance to meet other members and eat like a horse. If you'd like to come along (partners welcome) then keep an eye out on the message board for details of the next event (likely to be at the end of season)

Drinks evenings

A reminder to everyone, that those who want to meet for a drink with other club members can do so every **3rd Thursday** of the month at the **Red Lion** (nr Noel Street baths) after the swim session.

Children's Triathlon

This year's Children's Triathlon takes place on the morning of **Saturday, 16 September** at Clifton

Leisure centre.

Aimed at ages 8 to 16, it is a very popular event and also incorporates the Inter-Regional County Championships.

Our thanks to "Ericsson Beeston" for stepping in at the last minute to act as sponsor.

Posters for this event are currently being put up in schools and leisure centres, but if you know of anyone who may be interested in taking part, then an application form is available on the TFN website.

We will also need plenty of marshals on the day, and as this is a club event, we would like as many of you as possible to provide this support. If you can help out, then please let any member of the committee know.

Insurance

Are you suitably insured to train and race? Often the last thing that's considered, but in the event of an accident either during racing or training, are you suitably covered?

The good news is that if you are a member of the BTA, you are insured to race at any BTA sanctioned event. For non-members, the purchase of day insurance is compulsory on race day, so you too will be covered.

Do you belong to the

CTC? If so, then you also have access to a wide range of insurance covers, including Public Liability cover as an ordinary member.

TFN Tri Club also has a degree of cover through its affiliation with the BTA, but **ONLY** for designated club officials.

And if you take part in any RTTC event (to which TFN Tri Club has an affiliation), then you also have third party cover.

There is not enough room to give a detailed breakdown of the various insurance covers provided by clubs or other specialist companies. However, it's worth devoting some time to ensure you are sufficiently covered. More information can be found at:

For BTA

<http://www.britishtriathlon.org/about/membership/membersinsurance/>

For CTC

<http://www.ctc.org.uk/DesktopDefault.aspx?TabID=3468>

Club Photo

We will be taking advantage of the expected high turn out at the relays on the 5 August to have a club photo taken. Make sure you are wearing your TFN Tri Club kit on the day!

Club Details

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

Chris Hunt – Treasurer

Dave Griffiths – Secretary

Conor Donnelly - Member

Ian Wright - Member

Ian Gregson - Member

Phil Johnson - Member

Dave Vernau - Member

Vicki Lockhart - Member

If there's anything you'd like raised at these meetings, then feel free to approach anyone.

There's usually one of us at the training sessions during the week.

The AGM normally takes place in November at the same location and invitations to the whole club will be sent out in plenty of time.

Website – If you haven't found it already, then go to: <http://www.tfn.org.uk/>

The website has loads of information including training sessions, race results & photos, plus the *TFN Tri Club* message board (click on "Forum").

Here you'll find the latest news and views grouped into:

General

Training

Racing

For Sale / Wanted.

Setting up an account is quick and easy, and we'd encourage everyone to use this message board to let others know what races you are attending.

Training Sessions

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

Swimming

Notts Uni pool – coached sessions every *Monday at 7.30pm (8.30pm outside of term time)*

Noel Street pool – coached sessions every *Thursday at 7pm*

Colwick Park – open water swim (from June onwards) every *Sunday at 5pm*.

Cycling

Meet at the Tennis Centre every *Sunday at 9.00 am*. Usually a 2-2.5 hr ride. Helmets compulsory!

Running

Harvey Haddon stadium every *Wednesday at 7pm*

All sessions above are 1 hour unless otherwise stated.

NB check the message board regularly for any changes to the above

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

Racing Schedule

Well, we're well into the racing season now, and hopefully everyone will have at least one race in the bag. But if you haven't managed to yet, there are still plenty of local races in the calendar. A tip – don't leave it too late! Not only are races filling up quickly, some organizers are now slapping on additional charges for late entries. You've been warned!

Below are the remaining local races, and those races around the country where TFN members have submitted entries. If you know of any others that aren't on the list, then please let us know. And if you're planning to race somewhere, then make sure also that the race has been added to the "Racing" section of the *TFN Tri Club* website Forum, and add a post to say you're going. This is a great way of finding who else from the club is going, and will make it easier for sharing lifts and accommodation. Races highlighted in bold are Club Races.

17th July 2006	Darley Abbey Sprint Triathlon	750m/20km/5km	http://www.punishingevents.com/
17th July 2006	Ironbridge Olympic Triathlon	1500m/40km/10km	http://www.ironbridge-triathlon.co.uk
23 rd July 2006	Hathersage Hilly	420m/20km/6km	http://www.highpeaktri.org/
5th August 2006	National Club Relay Championships	500m/15km/5km	http://www.onestepbeyond.org.uk/
6th August 2006	Holme Pierrepont Super Sprints Triathlon	500m/10km/3km	http://www.onestepbeyond.org.uk/
6th August 2006	Holme Pierrepont Sprint Triathlon	750m/20km/5km	http://www.onestepbeyond.org.uk/
13th August 2006	Denbigh Sprint Triathlon	400m/25km/5km	http://www.wrecsamtri.org.uk/
28th August 2006	*Clumber Park Sprint Triathlon	750m/24km/5km	http://www.onestepbeyond.org.uk/
28th August 2006	*Clumber Park Classic Triathlon	1500m/40km/10km	http://www.onestepbeyond.org.uk/
3rd September 2006	Northampton Classic	1500m/40km/10km	http://www.justracinguk.com/
9th September 2006	The Vitruvian, Rutland Water	1900m/90km/21km	http://www.onestepbeyond.org.uk/
16th September 2006	Children's Triathlon		
17th September 2006	Derby Sprint Triathlon	400m/18km/5km	http://www.punishingevents.com/
17th September 2006	Bala Standard Tri	1500m/40km/10km	http://www.wrecsamtri.org.uk/
24th September 2006	Lastminute Tri, Southwell	400m/20km/5km	http://www.onestepbeyond.org.uk/
24th September 2006	Roade Triathlon	414m/20km/5km	http://www.justracinguk.com/
8th October 2006	Carsington Short Course Duathlon	5km/30km/5km	http://www.punishingevents.com/
5th November 2006	Dovedale Dash	6km	http://www.dovedaledash.co.uk

* it is possible that this event may be cancelled – see www.onestepbeyond.org.uk website for latest updates

Racing Results

All results can be found under the web links against each race (see Issue 1 for details)

And finally...

*“Winners never quit,
and quitters never
win”*

*“Training is suffering.
After suffering comes
results”*

*“I’ve been told
swimming is a wimp’s
sport, but I don’t see
it. There aren’t any
time outs, in the
middle of a race we
can’t stop and catch
our breath, we can’t
roll on our stomachs
and lie there, and we
can’t ask for a
substitution...”*

This month we focus on
Swimming Safety:

*Extracted from the National
Water Safety Forum:*

1. Familiarise yourself with the pool environment and read the safety notices.
2. Make sure you know which is the deep and shallow end and whether diving is permitted in the pool.
3. Do not swim if you have drunk alcohol, taken illicit drugs or eaten a meal.
4. Allow at least an hour for food to digest before swimming
5. If taking prescription or over-the-counter medication, check whether it affects physical exercise or if it will cause drowsiness.
6. If you are feeling at all unwell do not start swimming or stop swimming
7. Swim within your limits, don't overdo it
8. Maintain good hygiene, shower before going into the pool

In addition, when training / racing in open water (lakes / rivers / seas) take note of the following (this is not necessarily a comprehensive list):

9. Never swim alone – always swim as part of an organized group (see training section in this newsletter for details of Open Water sessions).
10. Check the water is safe for swimming – currents / underwater hazards are difficult to see from the surface. It may also be used by boats / Jet Skis etc. Ask local tri / swimming clubs for known locations.
11. Make yourself visible – wear a bright coloured swim cap. There may be other users of the water.
12. Wear a wet suit – even during summer, most lakes / seas rarely get above 16C in the UK.
13. Always enter the water at a shallow access point – remember, you’ve got to get out again!
14. Allow a couple of hours after eating before

swimming. Failure to do this could lead to cramping / vomiting!

15. NEVER swim whilst under the influence of alcohol
 16. Do not swim if you are feeling unwell.
 17. Also be aware that United Kingdom inland waters are not completely safe for swimming, although risk of disease are low and risks of serious infection are small, swimmers may be susceptible to infection through immune suppression, particularly if they are not in good health at the time of swimming.
 18. Know your limits! If you are new to open water swimming, let the group leader know this, and confirm the likely distance / time of the swim.
- BUT...don't be put off!** If you are aware of the risks, and take a safe approach, then open water swimming can be great fun, and is the perfect preparation for those mass starts!!