



Newsletter

October 2008, Issue 13

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.

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2008 – A season to remember.....

Not quite sure how best to begin this latest edition, but it doesn't seem long since we were getting ready for the new season, and here we are at the beginning of October and the nights are to drawing in.

Loads of racing to report on in the next few pages – some highlights from our national standard athletes, and some excellent performances

from those of us who are just mere multisport mortals. Apologies if I have missed anyone out, it is not intentional. Sorry for not getting a newsletter out before now, but it is hard to find time amongst the training.

Lou and Andy – more inside from our very own favorite couple – see how they got in a number of events over the 2008 season – highlights include National Championships



Ashbourne Duathlon

Near perfect conditions welcomed the 230 entries to the eighth staging of the Ashbourne Duathlon, based in the beautiful surroundings of Carsington Water, Derbyshire.

In the ladies race first back into transition was Victoria Wilkinson (Climb On Bikes RT) in 52.13 shadowed closely by TFN Tri Club duo Louise Collins (52.44) & Verity Butler (52.45).

Lou recorded the fastest bike split (1.16.44) to come within eight seconds of catching Wilkinson. Lucy Gossage had a strong cycle to move up to third place.

There was no easy victory for Wilkinson who had to drive hard to keep Lou from the victory to record the fastest split of the day (15.34) and win in a time of 2.24.56 with Collins just 32 seconds behind with Lucy rounding up the top three, and Verity taking fourth.

Results – Women

2. Louise Collins 2.25.28
3. Lucy Gossage 2.29.58
4. Verity Butler 2:30:56



Butler and Nutt (1st relay team) – “you distract him Matt, whilst I just reach over”



Grrrrl power

Lou, Lucy and Verity after Ashbourne



The Legend that is: Andy Tarry

Even by his own high standards, club athlete of the year 2007, Andy Tarry is having some season. We've only got to the bottom of the page to try and record what he has won so far.....

Southwell Triathlon in a new course record (46:33 – yes forty six minutes and 33 seconds!)

Mansfield Triathlon – another course record, closely followed by Nick Dunn and Phil Westmorland

Grantham Triathlon (by about 6 minutes)

National Aquathlon Champion – again! (750m swim/5k run in 27:05)

Notts. AAA Summer League races at Epperstone, Holme Pierrepont and Erewash Dambuster, Wakefield, London

And....err end of October now and I've run out of space...Sorry!



Nick Dunn realises it's a duathlon, and wishes he'd not had to borrow his Mum's socks

Vancouver Worlds June 2008

"Vancouver suffered its coldest June day since 1954 yesterday as air temperatures peaked at 11.1°C alongside relentless rain. The first sprint wave this morning at 06:30am suffered water temperatures of just 10.9°C and frigid wet weather." Fantastic conditions for TFN Tri Club's three representatives.

So respect is due to:

Stephen DICKENS who completed the Sprint distance in 1:31:41.90 (+21:14.53). In very, very cold water!

Due to adverse weather conditions and for the safety of the athletes the swim portion of the AGE GROUP Olympic distance world championships was cancelled. The racers competed over a 3km run, 40km bike and 10km run - Duathlon format, beginning from Second Beach.

Again, the greatest respect for:

25-29 Male

25 Nick DUNN 1:44:03.97 +11:56.77

45-49

46 Jez SMEDLEY 1:55:44.94 +13:30.47

Bala Middle Distance

Great results from this extremely challenging course over Swim 2k / Bike 78.5k / Run 20k

Lou Collins 22nd overall behind 19 men and 2 relay teams, 1st woman (by 11 mins!!!) 04:34:36

Kev Fearn - 33rd 04:41:36 (6th fastest swim)



Lou Collins powering her way to an outstanding victory

Weymouth Middle Distance

In blisteringly hot conditions, a good turnout of TFN'ers completed the challenging course.

Results:

14th Phil Westmorland 04:27:20
 34th Jimmy McMahon 4:42:33
 210th Paul Ward 05:42:31
 234th Amanda English (4th in age group)
 05:53:55
 255th Kevin Humphreys 06:13:13

Sprint

Cameron Davies 1.28.42 4th in age group



Wardy's feeling the after effects of filling his water bottle with Badger Ale

Dambuster

It's raining, it's cold – it's midsummers day, so it can only mean one thing – the Dambuster. For a lot of TFN'ers it was a first foray into an Olympic distance triathlon. With several weeks of specialist swimming training behind them it was time to take to the water, hit the road on the cycle, and tear up the dam and back.

It goes without saying that some of our members began with high hopes of competing for podium positions, and would you believe it – overall winner was (you've guessed it....) Andy Tarry in a new course record, and winner in the female event, Lou Collins – outstanding.

In addition, one of the biggest TFN turnouts saw several competitors completing the Olympic distance for the first time – oh yes... Kev proposed to Deb too – ahh!



Another beautiful day dawns – this is the reason we do triathlons!

LAUNDRY ROOM



Try Lakeland for this handy tri suit washing bag

The Laundry Basket – This month:

Tom Hibberd's Handy Tips: To keep your TFN Tri Suit in tip-top condition, try putting it in a pillowcase, then putting it in the washing machine.



If you don't have a washing machine, you can always make one just like the Butlers'.....

**Wakefield Triathlon
MAZDA NATIONAL AGE
GROUP TRIATHLON
CHAMPIONSHIPS
It's grim up north!**



The Vitruvian

In dreadful weather conditions the first weekend in July was more like October, for the **Mazda National Age Group Triathlon Championship**, hosted by Pace Setter events at Pugneys Country Park, Wakefield. Overall winners, repeating their wins from last month at the Dambuster triathlon were Andy Tarry and Louise Collins.

Commenting on his win, Andy says: "I'd like to point out that I am completely trashed, have been in bed since getting home, and slept through the thunder. Anyone who thinks I win "easily", can be assured that this is not the case!"

Job done.

As well as hosting the **National Long Distance Triathlon Championships**, the race was also voted race of the year in the 220 Magazine awards, our friends at PaceSetter Events delivered another classic this time around.

In the ladies event, 2007 runner up Lou Collins went one place better by winning soundly.

Nick Dunn: 4:14:55, 4th in Category
Kev Fearn: 4:26:16, 12th in Category
Lou Collins: 4:29:58, 1st in Category, 1st Female Overall, New course record
Alex Hall: 4:39:15, 4th in Category
Ian Gregson: 5:22:16, 70th in Category
Simon Johnston: 5:24:34, 70th in Category
Leigh Archer: 5:32:26, 82nd in Category
Helen Hall: 5:50:43, 7th in Category
John Gladman: 6:05:46, 67th in Category
Ian Wright: 6:27:12, 5th in Category

Drama on the day was provided by Alex. His race report is summarised below:

"I felt like death when I finished, vomiting and losing consciousness several times and almost going into shock, big thanks to Kev for holding my smelly feet up in the air and sticking by my side for the 90 or so minutes it took me to recover.

I hit my target of <4:40; being so close to it is what made me push so hard, maybe i should stop setting myself targets!"

Ironman Austria Alex??



Total respect to Dave Tissington and Phil Dunderdale for great performances in the race.

Tisso finished in 11:57:30 with a 4:37:44 marathon.

Phil Dunderdale did 13:11:23



Lou Collins National Middle Distance Champion, pictured with Jonny Hotchkiss, winner of the male event.

Lucy "the legend" Gossage

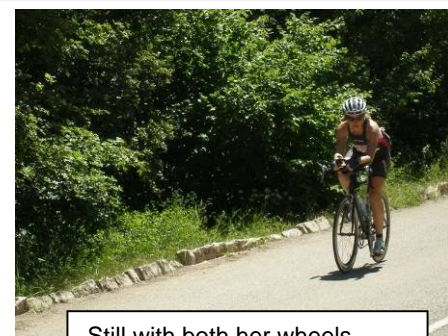
So nice in Nice...TFN Triathlon Club athletes Lucy Gossage and Chris Geeson finished the race in blisteringly hot conditions in Nice, southern France, held on Sunday June 22nd.

To complete the notoriously difficult Ironman distance course is a feat in itself, swimming 3.8km sea swim, 180km (112 miles) bike up into the mountains of Provence, followed by a 42.195km (marathon) run. To be challenging for the lead as Gossage was for a large part of the race is a fantastic achievement.

After a great swim in 1:02:06, Lucy headed out onto the bike course, and after about 70 miles, a spoke broke in her rear wheel. Waiting over 20 minutes for a replacement from the support crew, when she finally got a new wheel, it wasn't entirely compatible with her own, and she had to complete the rest of the bike section with only three gears, in a remarkable time of 6:04:06. The real test for Lucy came on the run section, when she reached around 23 miles she started struggling in the intense heat along the promenade. She collapsed, and was helped by stewards to rehydrate, needing 3 bags of fluid. She then hobbled over the line, completing the marathon in a still creditable time of 4:48:25. Despite the setbacks on the course Lucy finished 9th in her age group, and 758th out of 1966 finishers. On reflection, Lucy says: "I have unfinished business with Ironman so watch this space!"

Chris Geeson, also from Nottingham, and a member of TFN Tri Club had a less eventful race, overcoming the hot conditions to finish in 1690th place in 14:33:29.

Out of over 2200 starters, only 1900 finished.



Still with both her wheels.....



Looking good on the run... before the wheels fell off!



An uneventful race by Lucy's standards – all she managed was 7th woman overall and 1st 25-29 Age Group! Oh.. and she qualified for Hawaii!
Swim 01:01:01, Bike 06:03:56, Run 03:34:59 Total 10:44:53



Live from Kona – Lucy's race report:

"It was a long hot hard windy day and a repeat of France in many ways though I saved my dramatic collapse for just after crossing the finish. To be fair I didn't feel good at any part during the day -it's disheartening to come out the swim and see most of the bikes gone already. ... I tried my best with fluids and salt but ended up overdoing the fluids and underdoing the salt and was vomiting for the last half of the run. Am proud I kept running till the end but collapsed pretty much straight after the line. I somehow managed to gain weight during the race so clearly too much fluid and the medics checked my sodium which was 127 (normal is 135!!) - took me an hour or so in the medical tent with a drip to be able to stand up and talk coherently. Anyway my self diagnosis of hyponatraemia in France was correct! However at least I kept running till the finish and crossed the line running. 3 ironmen in 1 year is too much for me I tell you."

Here are the splits:

SWIM	T1	BIKE	T2	RUN	OVERALL	RANK	DIV.POS
1:08:51	3:27	6:04:55	2:41	3:49:33	11:09:27	837 of 1736	14 of 47 in the world!!!!

Andy Su – at IMUK



We were all watching on athlete tracker – knowing he was going into the run carrying an injury, there was only one question – would Andy make the cut off?

The answer – just! In a total time of 16:49:03! Phew!

In Andy's own words, he said that

"It was so cold in the water and the wind made it even worse after taking the wetsuit off". He had plenty of food and drink on the bike course, and then "the run wasn't that difficult actually, maybe because I was walking it rather than running it."

His feet did hurt, and to conclude: "I walked the best as I could and even did a little limp jog for the last 2 miles". Well done!!



In between feeding on the bike, Andy manages to get aero, and narrowly avoids skidding on a banana skin



He's done it!



Well done to Roger Spence – a debut at this distance a an extremely creditable time of 12:47:13

Out and about with TFN



The Bala Crew



One of the girls relay teams – having fun in the sun



Did we see this man race? Or was he just posing under his parasol?

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

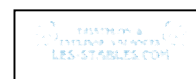
Subs!

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

Swimming

Monday 8.30pm – 9.30pm
(During Uni. Vacation time)

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

Open water swimming
Sundays 5 – 6.30ish
Colwick Park Lakes
See previous page.

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