



Sprint Triathlon 2015

Set Training:

- **Tuesday:**
Cycling Time Trials
- **Thursday:**
Run Training
- **Friday:**
Coached Swim with Kylie
- **Sunday:**
Cycling

Contacts:

Swim

Kirsten McVey

Bike

Catherine Etchell

Run

Mark Sims

Rob Cleaves

Kate Hovers

Bike Fit / Physio

Scott Cornish

Use the [contact form](#)

on our website & questions will be passed to the relevant member

Correspondence:

Brecon Tri
Parc Beddw
Libanus
Brecon
LD3 8NN

Brecontriathlonclub.co.uk

Brecon Sprint Triathlon 2015

Thanks for Entering Our Triathlon



Triathlon is a fantastic sport at any level and we do hope you enjoy your day in the beautiful Brecon Beacons National Park. We hope all competitors achieve their goals. Please remember we are a bunch of enthusiasts trying to give you the best race we can. If it is good, it is nice to hear from you, but equally important if there are things we could do better then please let us know.



Connect with us:
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Twitter (@brecontri)
Strava

Brecon Triathlon Club

Formed in 2003, Brecon Triathlon Club is based within the Brecon Beacons National Park, with access to what must be some of the best training country in the whole of the UK.

All triathlons start with a swim, which is followed by a bike ride and ends with a run. You'll race against the clock which starts with the swim and stops when you cross the finish line after the run. Race distances vary depending on the individual event.

The club has around fifty paid up members of all shapes, sizes, abilities and ambitions. The clubs foundations are in Triathlon, although many members enjoy the challenges of adventure racing, mountain biking, fell running, cyclo cross, mountain and ultra marathons and just about anything in between.

We are always delighted to welcome new members. If you would like to find out more please do not hesitate to contact us. Go to our website for contact details: brecontriathlonclub.co.uk



Swim Training with Coach Kylie Mansfield



Brecon Triathlon Club is a friendly club with a range of swimmers from complete beginners to Iron distance competitors. We have exclusive use of Brecon Swimming Pool on Friday evenings 7.30pm- 8.30pm and are delighted to have regular swim coaching from Kylie Mansfield: "Originally from London, I've been living in Hereford for nearly 5yrs now and have swum from an early age. I qualified as an ASA swimming teach-

er many years ago but more recently have been working my way through the BTF coaching programme. I'm happy to work with Brecon Triathlon Club members to develop the swim sessions to meet their goals - all sessions contain a drills section as swimming is very technique based; the better your technique the more efficient your swimming!"

There are 4 lanes with slowest swimmers in the first lane, and more experienced in the last lane, so everyone trains with those of a similar ability. We encourage booking for a whole term in order to provide consistent training which will result in measurable improvements over time.



More Discounts for Brecon Tri Members!

There are a number of discounts available to club members including Cotswold Outdoors, SMB Fitness, Scott Cornish (Physio and Bike fitter), BipedCycles, Likeys and Physioroute. Shop Local! Check out our website for details.

Run Training



Run training is on Thursday evenings at the Brecon Leisure Centre track starting at 6pm. We join Brecon Athletic Club for track sessions and many members have dual membership. Members need not be intimidated as the standards vary in age and abilities and you will always find people at similar levels.

Slatemen & Slatewomen

Full kudos to our Slatemen and Slatewomen: Sarah Wilding, Max Bodge, Richard Ray, Catherine Pendleton, Rob Cleaves and Mike Pfeiffer.



Great Open Water Swim Training Session at Lake 32



Club members attended an open water swim training session at Lake 32 in the Cotswolds this May. The session was organised by southwestswim.co.uk. It covered deep water starts, drafting, effective turning around buoys and sighting. It was very cold to say the least but it was a great morning and thanks to coach Jason Tait. Nice change from Brecon Promenade!

3-4-5 Race Series

Brecon Athletics Tuesday night road race series started on 5th May, then 19th May and 2nd June. Races start at 7.15pm with entries on the night and the race HQ is Llanfrynach Village Hall as usual. Sponsorship from Likeys. 1.5 mile junior fun run at 6.45pm too.



Local Time Trials and Cycling Options



Brecon Wheelers 2015 time trial series has now been registered. They are aiming to run 12 10's, a 25, and a final hill climb. Starting Tuesday 28th April and then every Tuesday thereafter. First one or two may be run as taster sessions.

Scott Cornish is organising chain gang rides from Brecon on a regular weekday evening.

Clive Powell Time Trials (Rhayader) started on Thursday 9th April, lovely routes also (not that you get a chance to take a look!).

Biped Cycles will be riding out from the shop from time to time - keep an eye out on their Facebook page. Brecon Barbarians Cycling Club will be starting a road ride section this spring with weekly evening rides for beginners upwards - check them out.

Great Club Turnout for the March Merthyr Half

Kate Hovers, Kirsten McVey, Amy Morgan, Ian Price and Scott Mcdean all raced this half from Merthyr Running Club on March 22nd. Over 800 athletes took part. A personal best from Kirsten and some great cheering on the side lines from Catherine Pendleton down with a cold! Comment to the organisers - "Hats off to you all on a fabulous first event, brilliantly organised from start to finish, marshals were great, along with the goody bag, medal, t-shirt, weather and the beautiful handmade cup-cakes on sale at the end!"

