



November 2014

November 2014 (1)

## Set Training:

- **Tuesday:**  
Swim with Kirsten
- **Thursday:**  
Run training
- **Friday:**  
Swim with Kylie
- **Sunday:**  
Cycling

## Contacts:

### Swim

Kirsten McVey

### Bike

Catherine Etchell

### Run

Mark Sims

Rob Cleaves

Adam Jones

### 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](http://Brecontriathlonclub.co.uk)

## Club Meeting - Sunday 9th November

We are meeting at the [Clarence Inn](#), Brecon at 6.30pm. All welcome - and a great chance to meet the many new faces in the Club.

Lots on the agenda including Brecon Tri 2015, a [Tri-Stars](#) event, Welsh Athletics affiliation, kit orders, training requests etc. Please make an effort to attend as this is a big opportunity to progress the Club.



## Swim Training Fridays and Tuesdays



Friday swim coaching continues with Kylie Mansfield supported by Kirsten McVey. Fun, varied sessions working on technique, swim fitness and open water skills. Video feedback has been very informative. Informal swim session on Tuesday evenings too, mainly focussing on endurance and getting to grips with a tempo trainer! Keep an eye out for future courses for club members. Contact Kirsten for further information.



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## Brecon Triathlon 2015

Before you all crack on planning races for next season, get this date marked in your diary:

### Saturday 30 May 2015 - The Brecon Triathlon

This year's event was a massive success but we were on the edge in terms of numbers of marshals. All Club members are expected to help out so please keep this date free. Organising the triathlon does have many benefits, not least boosting the Club coffers for subsidised swim and track training. So helping out really is a vital part of membership.



*Elite Para triathlete Phil Hogg (@wheelyphil):  
"I'll think about the size of this Pike next time I swim open water"*



## Mark Sims Qualifies for GB Team

Congratulations to Mark Sims on standard distance GB qualification this September at Bala.

As a result Mark will be racing for team GB in the 2015 ETU Standard Distance Triathlon European Championships in Geneva.

Getting into the Age Group British team is a really special achievement so hats off and best of luck!

[Click here](#) for more information about the Geneva event and Age Group qualification.





## November 2014 (2)



### Notable Achievements this year!

**Rob Cleaves** kicked off the season in style with an impressive Age Group win at the Abu Dhabi Sprint Triathlon and then a 3rd at ITU London.



**Richard Ray** won the novice sprint category in his first ever triathlon at the National Dive & Activity Centre, Chepstow.



Going long, Ironman Wales 2014 finishers: **Natalie Taylor, Paul Wesley, Eifion Rees** and **Rob Lewis**. Warmer conditions but as tough as ever! Kudos!



**Scott Mcdean, Liam Grose** and **Paul Bufton** have all taken up triathlon this year. They train together and race together. They've enjoyed Hereford and Tuska triathlons and Scott also completed his first half marathon this year in Cardiff.



**Pam Bland** did her first tri this year - the Brecon one! She's already aiming for an Ironman on her 50th in 2017. Pam did the [Long Course](#) swim and marathon in Tenby this year and is signed up for all 3 long course events next year! Both photos are of Pam!



Congratulations to **Catherine Etchell** for clocking 223 miles in her first ever 12 hour TT (R12/95). This massive mileage earned the title of ladies Welsh 12 hour Champion! Also 2nd Welsh BAR and [Ocean Lava](#) qualification at the Wales Triathlon.



**Adam Jones** had a breakthrough TT season taking the local series with ease and going under 2 hours in the Cardiff 100 miles Road Cycling Club open 50 Mile TT. A time of 1:59:16, clocking an average speed of 40.5 km/hour!



**Catherine Pendleton** has been trying to improve her running. She's using the [NHS app C25K](#) and has aimed to run 3 times a week to achieve a goal of getting 10 min/miles. Last weekend in her last tri of the year she managed 5K in 28.34. Merthyr Half Marathon is next!



**Catherine Etchell, Rob Lewis, Jon Heissig** and **Chris O'Brien** all took part in the middle distance [Wales Triathlon](#) whilst **Caroline O'Brien** took part in her first sprint distance at the event. Great weather and a fantastic setting made for some speedy racing.



**Fiona Valentine** and **Peter Webb** completed their first triathlons this year. Fiona raced Newtown and Peter raced Brecon and Llangorse. **Grant Fassett** clocked an impressive 14th overall at the new DB Max [Titan Triathlon](#) in July.

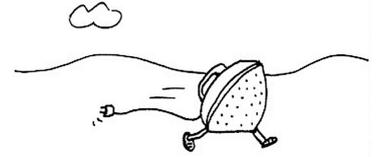


November 2014 (3)

## Tri-Stars Race Series in Brecon?

We have been asked to host a Tri-Stars event, either separately or as part of our own Triathlon. This will be discussed at the November Club meeting. It would take considerable commitment but would be a great addition to our current event in May.

The Tri-Stars series is a calendar of junior triathlon races held across Wales which caters for 9 - 14 year olds and has four key aims: \*Provide a fun & enjoyable environment \*Participation for all standards \*Competition experience \*Talent ID



EVEN WITH NO ENERGY LEFT,  
IRONMAN PRESSES ON.

berry

## Bike Fitter & Physio Scott Cornish



### The season's done, time for a check up!

As an endurance racer, physio and bike fitter, experience has taught me a lot about keeping the aches and pains at bay and just how important a correct bike fit is. A bike fit session starts off with a thorough functional assessment, the results leading the fit, not a bunch of numbers. Relevant exercises for you are then prescribed which can be done over the winter to help you achieve the most out of your sporting body. This is a good time to do off the bike conditioning. See more about Scott on our [resources page](#).

### Scott has had a fantastic season's racing too:

MTB results: 4th BeMC 3 day race Belgium; 3rd GC vets Transpyr 7 day race; 1st overall Manx100 miler; 2nd vets 6hr BikeFest; 6th vet Grand Raid Cristalp, Switzerland; 1st back (with Tim Davies) Brecon Beast; 1st vets Tide to Tide (pairs); 2nd vets 8hr Oktoberfest.

## Kinesio Taping

Scott Cornish is looking to offer an evening session on the merits of kinesio taping with Rocktape. There will be an introduction on how the tape works and how it can benefit you followed by a practical session where you will get shown how to tape some common applications and then get to practice yourself. As an endurance cyclist and off season runner Scott understands injury and often uses the tape himself. Rolls of tape will be for sale at a discounted price for the evening. Sessions will last around 90 minutes and cost £10. Max group size will be 8-10 people. Get in touch with the Club or Scott if interested.

## Wales Swim

Lots of Club members took part in the Wales Swim (2 distances) including **Dale Williams** (55:34 - 4minutes faster than last year), **Kirsten McVey**, **Marc Dowse**, **Pam Bland**, **Catherine Pendleton**, **Alan Messenger**, **Mike Pfeifer**, **Chris O'Brien**. Our swim coach **Kylie Mansfield** swan an impressive 50:49. Next year's event is on [Friday July 3rd](#) - see you there!



## Drovers Cycles, Hay: Bike Maintenance Class

Each two-hour tutorial (10am-12pm) costs £28, or book the full course for £75. Course dates: 8th, 15th and 22nd November 2014 and 10th, 17th and 24th January 2015. Contact 01497 822 419 or via [drovercycles.co.uk](http://drovercycles.co.uk) for more info or booking.

## Swim Smooth Course in Abingdon back in July



## Stop Press

Congratulations to **Mike Pfeifer** who came 23rd overall in the [Althorp Duathlon](#), Northamptonshire last weekend and qualified for the GB Age Group team. The European Championships are held in Madrid in April. A fantastic achievement and best of luck!



**Any Newsletter is only as good as the information received - let the Club know of your successes & achievements.**