



April 2017

## Set Training:

- **Tuesday:**  
Cycling Time  
Trials  
(summer)
- **Thursday:**  
Track
- **Friday:**  
Swim with  
Kylie
- **Sunday:**  
Cycling

## Contacts:

### Swim

Cath Pendleton

### Bike

Catherine Etchell

### Run

Ania Ciolek

### 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  
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Brecon  
LD3 8NN

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

April 2017

## Club A.G.M.



Our AGM was held at the [Castle Hotel](#), this February. 14 members attended the meeting and this was followed by a light buffet. The Club's finances are in good shape and subsidies were agreed for swimming, track sessions and a triathlon coaching weekend. There were no changes to the committee or constitution and minutes and accounts will follow by email shortly.



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## Membership

Currently the club has 47 paid up members. Subs are due each March. New members can join at any time via the [Club Website](#)

## Your Help Will Be Needed on Saturday 3rd June!

The [Brecon Sprint Triathlon](#) is now sold out. We will need all the help we can get on race day. **All non racing members will have received an email allocating a marshal position. Please confirm your attendance as per email instructions.** If you are racing the event, can you nominate a friend or relative to marshal in your place? Can race marshals bring someone extra along to help too?

There will be plenty to do on the evening and morning of race day so watch out for further tasks by email.



## Summer Swim Block with Coach Kylie Mansfield

Our favourite coach [Kylie Mansfield](#) will be here again on Mondays 7.30-8.30pm with the new swim block starting **24th April, 2017 for 10 sessions** (excluding two Bank Holidays). This will be the last swim block until September, when we will probably revert back to Fridays. Each session will be for one hour. We will need to be poolside and ready to start at 7.25pm. As before there will be 4 lanes with slowest swimmers in the first lane, and more experienced in the last lane, so everyone will be training with swimmers of similar ability.

We are aiming to slightly overbook this time so adhoc swims may not be available. If you want to swim - book the block!

Brecon Triathlon Club membership is mandatory.

### Pricing:

All 10 sessions £45.

All payment requests are live now in your online club account.

Fee includes pool entry and coaching.

### Booking:

Pay promptly - first come first served.

Once the maximum number of swimmers is reached the remaining payment requests will be deleted.

Access your online [account here](#).





April 2017 (2)

## Winter Ice Swimming Adventure

Club members Catherine Pendleton and Rachel Wallbank represented Great Britain with 4 other swimmers from South Wales, at the International Ice Swimming Association Winter Swimming Gala in [Katowice](#), Poland on the 21st January.

The swimming pool was cut out from a frozen lake using chainsaws - an interesting spectacle to watch! The below freezing air and 1.5 degrees water temperature was more than made up for by the warm welcome from our Polish hosts.

Swimming is done wearing only a swimsuit and swimming hat, no wetsuits are permitted. Cath took part in the 1km and 750m events. Rachel took part in the 250m event and succeeded in achieving a Bronze/3rd placement. The Welsh Team managed overall three bronze podium places (1km, 500m, 250m).

Training for such events demands cold water acclimatisation and for that we have to thank Club member Andrew Davies and Emma for the use of their lake to train. Anyone who fancies giving it a go, do.....It's addictive and a good excuse for cake afterwards... you have to feed the shivers!



## Dale Aiming for Welsh Championship Aquathlon Success

Dale Williams is dominating the local Aquathlon scene this year with some stunning results.

Ludlow Aquathlon: 4th overall, 1st in cat. (400m swim, 10k run)

Newent Aquathlon: 2nd overall, 1st in cat. (400m swim, 5k run)

Harlech Aquathlon: 1st overall. (400m swim, 6k run)

Over recent years Dale has been plagued by a persistent muscular/ligament imbalance which has made cycling difficult. It's therefore great to see him on top in multisport.

Welsh Championships in July next - we wish him all the best:

GOG Triathlon are to host the [Welsh Aquathlon Championships](#) for 2017. Competitors will start on the golden sands of Porth Eirias Beach into a 750m sea swim, held over two 375m laps with an Australian exit/entrance, straight onto a fast flat 5km run along Colwyn Bay sea front.

For all Welsh Triathlon affiliated athletes this is an excellent opportunity to claim a National Age Group Title. You must be affiliated to Welsh Triathlon in advance of the event and you must put your Welsh Triathlon Membership number on the entry form starting with the letter W. You don't need to be a member of Welsh Triathlon to enter the race, only to be eligible for the Welsh Aquathlon Championship.





April 2017 (3)

## Stewart Webb Reports on the Early Season Action

Sunday 26th February saw Mike, Dale and Stu competing in the [Teme Leisure Aquathlon](#), based at Ludlow Leisure Centre. The race was a 400m pool based swim followed by a 10k run. Not a great deal to say about the swim, except the leisure centre and the pool were really nice (6 lanes). The organisers also ran it in time based waves so there was a bit more racing than usual, and it made it more interesting. The transition was on a grass patch at the back of the leisure centre, and then out onto the run. The first few kilometres of the run was along the A49 and anyone who has ever driven on it will know there is very little to say about it (apparently this is the in and out route for the Ludlow triathlon). After about 3k it turned left, uphill, into a country park and all of a sudden the view became interesting. After about 6.5k [Ludlow Castle](#) came into view - absolutely stunning, but I remember thinking I don't fancy running up that hill! The end of the run was a series of never ending (1k) twists and turns on the leisure centre sports field, and I hate cross country.



Dale came fourth overall and won his age group in a time of 47:20, just ahead of Mike (5th overall and second in his age group) in a time of 48:12. Stu came about 90th overall and 25th in his age group in a time of 1:09:03 (someone has to be utterly average, it was though a PB in the swim and the second fastest 10k I've done). All in all this was a very good and well run event. One little niggle though, the event was advertised as having category prizes but didn't, Dale was, quite rightly, not happy.

Sunday 19th March saw quite a few Brecon triathletes compete in the [Dyfi Dash Sprint Triathlon](#) in Machynlleth. To avoid a very early morning start most of us travelled up the day before: John and Ann, in their mobile home and Paul, Barbara, and Stu in a van.



We met up for a look round the bike and run routes and these seemed to be OK. There was quite a steep hill on the run, and it being a lot further than the 5K advertised (just short of 4 miles). Paul, Barbara and Stu then drove on to Corris to stay in the [Corris Hostel](#), where we met one of the guys running it and had a very interesting conversation about lizard people and levitation. I think Barbara particularly enjoyed the conversation. For the price the accommodation was fine though, and as it was early in the year I had a choice of about 40 beds!

Strangely the swim starts were in reverse surname order, so myself and John Williams (in I think his first triathlon) went off in the first wave. The pool was a 20 metre so 20 lengths of the pool and a quick dash to transition and out on the bikes. The bike was an in and out to the A470 roundabout. In normal weather this would be a very quick route with very few hills, but this was not normal weather. On the way out, there was clearly a tailwind but it didn't feel like a very great one, the second I went round the roundabout it felt like hitting a brick wall, down from averaging 30 odd kph to about 10. Barbara said she came to a complete standstill at this point!

The return ride was very difficult with both a very strong headwind and crosswinds too. The run came back along the same road for 2.5K then turned right up the steep hill, which seemed less steep running than driving for



some reason, then onto an exposed bit where the wind again became a factor. One gust almost blowing me across the road. Then back to Machynlleth via the golf course.

I have to say it was quite cool to finish in the first few finishers, don't know why - it just was. The results were as follows: Paul Lilygreen first Brecon athlete home in a time of 1:22:58, followed by John Parker in a time of 1:30:14, then Stewart Webb in a time of 1:34:53, John Williams in 1:36:35, Barbara Cooper Lilygreen in 1:37:39, and Ann Davies in 1:46:01. Apart from the wind this was a fantastic event to kick off the triathlon season.



## April 2017 (4)

Sunday April 2nd saw Dale, Paul (Buffy) and Stu compete in the [Newent Aquathlon](#), hosted by Tri Team Glos. After ending up in a housing estate, and then another housing estate, we eventually found Newent leisure centre, and did a quick scout round. We discovered the shortest swimming pool in the world and a decent 5K cross country course (I hate cross country). The swim was 26 lengths (we all thought it was a typo, we were wrong). I would guess most people did PBs, I did 8:10. A quick jog to transition then out on the cross country, although thankfully it was pretty dry, and very flat. Dale came 2nd overall and won his age group, in a time of 26:10, with Paul 12th overall and third in age group in a time of 31:34 and Stu came 26th overall and 5th in age group in a time of 37:36. Apart from the surprise at the size of the pool this was a very good event, and this was the first year it was held so hopefully it will grow over the next few years. Dale was very pleased that he got a prize for his age group win.



## Chris Ray Coaching Weekend - May 2017

Brecon Triathlon Club is delighted to announce a structured weekend of triathlon coaching with long course athlete Chris Ray. Saturday and Sunday May 27th & 28th 2017. **There are just a few places left so [get in touch](#) if interested** - club membership is not mandatory. For those that have booked - payment requests are in your account now. The weekend will be based at Brecon Leisure Centre starting at 9am each day. This is a one stop shop for triathletes with all important aspects of training covered. There will be seminars and group discussions too. All abilities welcome. Details on the [Club website news page](#). Cost of the weekend includes coaching fees, pool hire, room hire and track hire £30 per triathlete. You may book for the whole weekend only (no separate days). No refund if cancelling. Places limited to 20.



Chris Ray's 17-year career with the Royal Marines began in 1984, at the age of 18. In 1986 Chris discovered a passion for triathlon. Over the next prodigious nine years he would win the Royal Marines/Royal Navy Championships nine times, become British Services Triathlon Champion and Captain the Royal Marines team to the National Triathlon Relay Champions.

In 1989 Chris set his sights on becoming Britain's No.1 Ironman Athlete and won the British Ironman Championships three times and medalled at European and World level. At the 1992 World Ironman Championships in Hawaii, Chris broke the British record time and his name entered into the Guinness Book of Records.

In 2006 at the sprightly age of forty, he decided to compete at a World Cup Ironman race and finished 8th out of 1400 competitors, was 1st Veteran, 1st British finisher and broke the British Veterans record. Chris has coached the British long-course Team to their first European medal. He now coaches age-group triathletes, elite juniors, young racing drivers making their way into Formula 1 and is involved with the gold medal Olympic winning 4 man row team at Rio 2016.

## 2017 Dusseldorf European Sprint Distance Triathlon Championships

Club secretary Richard has qualified to race for the GB age group team at this year's European Sprint Championships in Dusseldorf, Germany. He qualified after racing in Glasgow last year. This is his second consecutive championship and we all wish him well.

Check out the [event website here](#).

## Welsh Athletics Affiliation

Brecon Triathlon Club is affiliated to Welsh Athletics allowing our members to join individually at a cost of £17.50. Membership is optional and their year runs from March to March. [There are many benefits - see here](#). Thanks to those who have affiliated to Welsh Athletics via the Triathlon Club. The process is now complete. You should receive your membership cards in due course directly from Welsh Athletics. Payment requests will be in your accounts soon.





April 2017 (5)

## Recap on Track Training

Track training is on Thursday evenings at Brecon Leisure Centre track starting at 6pm. You're not going to improve speed without some form of interval training and there is no better place to start than Brecon track. Brecon Athletics lead the session and it's all abilities so don't be shy! We pay Brecon Athletics an upfront fee, so training for triathlon club members is free. Have your membership card ready if asked. Ania Ciolek can answer any queries.



## Explanation of Your Club Online Account

The Club uses an online payment system called "PaySubsOnline". It has many obvious advantages and has really simplified the accounting process for the Club. When you join online, your account is set up automatically. Your username for the account is the email address you registered with. If you are logging in to the account for the first time, you will need to create a password. There are on-screen instructions to do that. If you have logged in to your online account before but have forgotten your password, click on the 'Forgot password' link and follow the on-screen instructions.

Logging in for the first time?  
[Click here to create a password](#)

Username  
Email address

Password

Login

Forgot your password? [Click here](#)

Powered by [PaySubsOnline.com](#)

The recommended browsers for using the system are Google Chrome and Mozilla Firefox so should you experience difficulties with any other browsers, please revert to one of these.

You can access your online account by [clicking here](#). This login link also appears on the right top hand corner of our website. Using the online account the Club can send out group emails and request payments for activities such as swim blocks and membership fees. Payment requests are notified by email. It is then your responsibility to login to your account and pay.

Please note, payments will appear on your Credit Card / Bank statement as Pay Here Ltd. This is the legal entity in which PaySubsOnline.com trades under. If your Club membership lapses then the online account will be deleted. You can still re-join the Club at any time via the membership page.

## Stewart Webb - Outstanding Club Member 2016

Congratulations to Stewart Webb - Outstanding Club Member 2016. Pictured being presented with the Club Shield by Chair, Catherine Etchell at this year's AGM in February. Stewart has been a major contributor to the Club. Stepping up at the very last minute last year to set up and organise the bike course for the Brecon Triathlon. He puts in the miles, is a prolific racer and is a key motivator on [Strava](#). He is a regularly writes for the newsletter and together with Paul Lilygreen he has relaunched the monthly social cycle rides. Full Kudos! He hates Cross Country!



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