



Autumn 2016

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Club A.G.M. Thursday, 23rd Feb.

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:

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Reports from 2016, plus updates on accounts and our Sprint Triathlon. What would you like to see the Club doing or organising in 2017? What is our way forward? Who wants to be involved? What funds are available? Bring your ideas along to the AGM at the [Castle Hotel](#), Brecon at 7.30pm on Thursday 23rd February 2017. All welcome. Food will be provided. Agenda and details to follow by email in the new year.

Your Help Will Be Needed on Saturday 3rd June!

The [Brecon Sprint Triathlon](#) is now open for registration on Entry Central. We will need all the help we can get in the coming months to deliver another fantastic event for 2017.

If you have the time and energy or new ideas then please get in contact with Race Director Aled Edwards via the [contact form](#) on the website. Note - all members are expected to help out on the day.



January Swim Block with Coach Kylie Mansfield

Our favourite coach [Kylie Mansfield](#) is here again on Fridays 7.30-8.30pm with the new swim block at Brecon Pool. Starting on 13th January, 2017 for 13 weeks to April 7th. This will be the last swim block until September.

Each session will be for one hour and 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 ad hoc swims may not be available. If you want to swim - book the block! £58. All payments are online via your club account. Fee includes pool entry and coaching. Ad hoc swims will be very limited and dependent on space - charged at £6 per session.

A payment request for £58 will be in [members online accounts](#) on Friday 23/12/16. Pay promptly - first come first served. Once the maximum number of swimmers is reached the remaining payment requests will be deleted.



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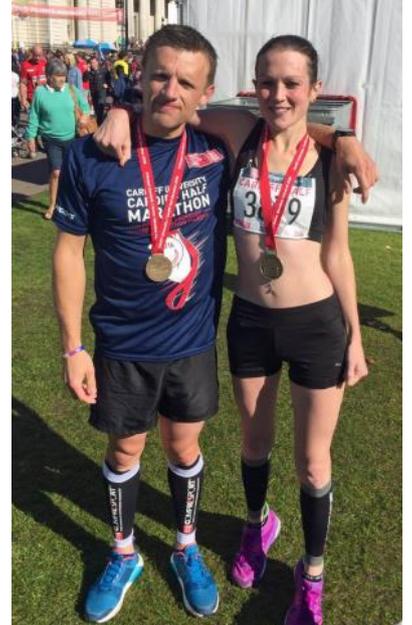
[Twitter](#) [Strava](#)

Membership

Fees (£10) will be due in March 2017 (assuming no change at the AGM). Bring your payment along to the AGM or pay online anytime after January 1st.



Autumn 2016 (2) Donna Reports



Just a few events to finish the year off!
The [Pontypridd Aquathlon](#) organised by Taff Ely Triathlon Club: a fantastic event and

definitely one to put in the diary for next year. A very pleasing 3rd place for myself and great to see Dale down there too, also getting on the podium with 1st in Age Group. Also a little recruit for the future who also raced that day! [Results here.](#)

Next event was [Cardiff Half Marathon](#), which was believe it or not was my first half marathon. I aimed to get under 1 hr 40 and was delighted to finish in 1hr 34 something!

Hopefully next year I hope to do a few different halves as, I have to be honest and I didn't really rate Cardiff, I like the more scenic runs!!! OK - I had to have photo with him even though he did beat me, although only by a few minutes and I don't think he would have been up for many more miles!!! Looking forward to next summer to get back out there!

Martin's Epic for Children in Need

On Tuesday 22nd November Martin Browne from SMB Beauty & Fitness attempted the indoor equivalent of Brecon Triathlon for [Children In Need](#)

2k Row, 20k Wattbike, 5k Treadmill Run.

Not once but back to back 5 Times and also gave himself a time target of under 6 hours. He had an average of 1 hour & 12 mins for each one including transition from one machine to the next.

Encouraged by gym members, donations and a delicious wrap from Casa when finished, he completed the challenge in a time of 5 hours 53 mins & 48 sec. Martin said "Probably the hardest part of the challenge was to average around 240 watts on the bike for 30 mins every time to stay on target". With gym members, Beauty clients and Just Giving - over £350 was raised!

With the new year approaching and a new Triathlon season soon upon us, with great training facilities to improve your fitness and strength for whatever your goal might be in 2017 [SMB Fitness](#) has it all with membership from just £18 a month.



SMBBeauty
& Fitness



Autumn 2016 (3)

Kylie: How Do You Get Over a Bad Season?

Especially when, on paper, it actually went really well!

If you haven't thought about planning next season yet – now is definitely the time – most big races will be sold out already! But first, you need to review this season: what went well, what went badly, how to improve things in the future.

General race season emotions:

Base	Build	Pre-race prep	Race season	Recovery
Relaxed/ inspired	Focused/ determined	Excited/ nervous	Excited/ nervous/ Elation	Relief/ post-race blues/ excitement

This year my Big 'A' Race was the ETU European Championships in [Poznan](#) – an Ironman distance race run by Challenge. Let me start by saying it was a good race: beautiful location, lovely temperature (read hot!) I almost got to become a Pro for the day (I was registered for the age group race and trying to switch to the European Champs lead to some amusing confusion and they thought I'd be racking in the Pro line) and the support from the volunteers on the day and in the days building up to it was amazing. However, I have to say (apart from a mechanical disaster during 2014 Outlaw) this felt like my worst race ever.

It started well; I went from the gun and sprinted off to get an almost instant lead in the swim, quickly catching the men's wave and some of the Pro's. Sticking to my plan of constant stroke rate and trying to swim in a "surge" pattern i.e. trying to give myself a reminder every 500m to check I was still swimming at the same RPE and breathing rate, I swam comfortably down the opposite side of the rowing lanes to exit in a very surprising 44 minutes (okay, I'll admit, the swim course was short despite being in a rowing lake with distance markers). The bike course is fantastic for a PB – fairly flat up and down a dual carriageway circuit of 4x 27 miles. Holding an average of 22mph the first 10 miles felt ace. Then I almost fainted and couldn't take in any solid foods for the rest of the bike. 110+ miles on just energy drink and water.... Hmm.... At that point I knew it was definitely going to be a long day at the office.

When your plan goes awry you have 2 choices: 1) Bail. 2) Carry on. I chose the latter as I was still holding a good average speed and I wanted to see how long it would last. I promised myself that as soon as I was feeling worse I would call it a day. With half a lap to go, I felt worse. A lot worse. Stopping at the final feed station I wasn't sure what was going on due to my core temperature rising far too high and having spots in front of my eyes. I took about 5 minutes out of my bike to cool myself down with copious amounts of water (note to all: check it is water!) I felt ready to carry on and finished the bike course feeling fresher with a not too shabby 5.33 hour split. All still on course for my goal time of between a 10.10- 10.15-hour finish. Then came the run. Now, although my running has always been the weakest of the three disciplines for me during a triathlon, it's usually the one discipline I can use mental strength over physical strength on the best; a top skill you might think. The trouble with this is you will probably carry on when you really should stop. Coming out a T2, the first part of the run is 3km along the side of the lake – something I had done a couple of times in the week leading up to the race with no problem and quite enjoyed. On race day however, due to the heat, my high body temperature and lack of solid foods, that 3km seem mountainous and more like 13km. Screaming at whoever could understand my stunted English "where's the nearest water? WHERE'S THE WATER?!!!"

Poor race prep/performance emotions:

Base	Build	Pre-race prep	Race season	Recovery
Relaxed	worried	Denial or frustration	Anger/ disappointment	flat





Autumn 2016 (4)

I almost cried when I reached the first water station of the run, calculating there were now only 4.5 loops to go and realising once more, this was going to be a very long day. The water stations were interspersed with feed stations and due to the summer sun and lack of shade, by the end of the first lap, the water was fairly warm. Drinking warm water on an already weakened digestive system and high core temperature does not lead to either comfort or energy infused running. I pushed hard to cover the 2.5km between feed/ water stations then spent about 2 minutes at each one cooling down. I was lucky that on the 2nd half of the second lap of my run a wonderful, lovely, heroic male Pro athlete gave me their icepack. Without this I would probably have over-heated and collapsed. I continued this “run as fast as I could, cool as much as I could” method throughout the run to finish with a disappointing 4.15 marathon an overall time of 10.41 hours and a 4th place (I know, I know, it was a PB and a 4th place – more about this later).



Now don't get me wrong, this is no criticism of the race at all; it was very well run. It was me who wasn't very well prepared. My training was minimal, I relied on the fact I'd covered the distance before and knew I could do it (see there's that mental strength thing again) and well, the fact it was the Europeans and you should never under-estimate the power of race day. Should I have completed it? How much damage was done by pushing through to what felt like a mediocre finish to complete a race I wasn't enjoying from 10 miles into the bike?

Straight after the finish I spent 30+ minutes in the medical tent recovering and missed my window to make an official complaint about the ladies who finished 1st and 2nd and who worked together on the bike to chase me down and pass me on the final lap of the bike – that's cheating my friends. Plain and simple. So although on paper, I had a good race; in reality it felt awful. Physically and emotionally I was drained going in and even more so coming out which resulted in a course of heavy duty antibiotics and a need for a lot of recovery. Unfortunately, I was racing again 5 weeks later. So what do you do going into a race where you know you are less than your best? Do you do it or do you bow out gracefully? How do you psych yourself up for another season when this one didn't go well and you've lost motivation? People deal with these things in different ways and this is part of the recovery phase and planning process. My emotional rollercoaster was less like the first box and more like the one below:

Poor race prep/performance emotions:

Base	Build	Pre-race prep	Race season	Recovery
Relaxed	worried	Denial or frustration	Anger/ disappointment	flat

So, how do you bounce back from Flat?

You need to identify what went wrong and why. Be honest. Was it poor preparation that could be avoided this season? Was it the amount of time available to train versus the race distance or goal time expected (realistic goal setting). Did you prep for the wrong distance for your fitness level/ physiology/ experience/ mental strength? Was it the correct race distance but wrong race venue (not suited to your strengths or preparation e.g. choppy sea swim? Super hilly bike? Flat, monotonous run? – you need to train for the race terrain not just the distance.) Wrong time of year for you to race (I know I don't race well in heat so generally avoid July races if possible).

Too much else going on in your life – we do this for fun after all! Unrealistic expectations based on others race results of achievements – go on, be honest. How many of us have been sucked into signing up for races based on others opinions?

2016 Poznan ETU Challenge Long Distance Triathlon European Championships : Jul 24 2016 : 35-39 Female AG : Results

Pos	First Name	Last Name	Country	Time	Swim	T1	Bike	T2	Run
1	Tamara	Larizza	SUI	09:39:23	00:54:11	00:03:40	05:17:35	00:02:46	03:21:11
2	Petra	Jirankova	POL	10:01:28	00:54:48	00:03:08	05:17:29	00:02:32	03:43:31
3	Marie	Sandberg	SWE	10:07:13	00:51:21	00:03:27	05:37:41	00:02:58	03:31:46
4	Kylie	Mansfield	GBR	10:41:04	00:44:56	00:03:34	05:33:13	00:03:30	04:15:51
5	Lidia	Juchniewicz	POL	11:28:47	01:01:27	00:03:30	06:01:19	00:02:55	04:19:36
6	Ladislava	Markova	CZE	11:29:42	00:54:49	00:02:43	06:00:37	00:03:42	04:27:51
7	Helene	Rossiter	GBR	11:39:02	00:55:17	00:03:36	05:57:52	00:03:45	04:38:32
8	Anya	Starling	GBR	11:43:02	00:52:32	00:03:59	06:09:31	00:02:35	04:34:25



Autumn 2016 (5)

The best way to plan for next year is to take a blank piece of paper. Write down your ideal goal. Now make it realistic for you based on the above questions. Is your goal just to finish a distance or style of race or are you going for a time? Is it an overall finish time (have you chosen the right race for this that matches your strengths?) or PB's in just one or two disciplines? Have you identified your weaknesses? Corrected any strength imbalances and got rid of any niggles? Worked out how you'll build your training in the different phases above? Which of the three disciplines do you need to focus on the most to achieve your overall goal (this could be the "4th discipline" of strength and mobility). So many questions! It's a good job you started with your blank piece of paper – it should be almost full. Now you need to identify other races to help you build to your goal (A) race. Preferably a B race which is usually 4-6 weeks before you're a race (dependent on distance) and possibly two other races (C+D) – these may also be single discipline events, usually early season e.g.

Base season	Build	Late Build	Pre-race	Race Season	Recovery
"training" races e.g XC/ duathlons	Duathlons D Race	B Race – use to assess where you are	"Sharpener" C race – usually shorter than A	A race	Other types of training

So over Christmas: drink, eat and be merry! Relax, recover and plan. Find a goal that inspires you through the highs and lows of both training and racing. One that, even when you have a bad race and feel frustrated, will allow you to once again sit down the following season and plan another year of challenges with the support of your loved ones so you can cross the line feeling elated rather than deflated.

Original Mountain Marathon for Kate

Kate Hovers had a fabulous weekend in the Glentool mountains racing the OMM and coming in 2nd vet female team! The [Original Mountain Marathon](#) (OMM), formerly known as the Karrimor International Mountain Marathon (or KIMM), is a 2-day Mountain event, held in a different region across the UK every year. The full-length KIMM course is a double-marathon length race. Each team must carry all their gear, including equipment for an overnight camp. Moreover, the course is not disclosed until the race begins, so each team must have good navigation skills.





Autumn 2016 (6)

Cath & Rachel - Ice Swimming!

Cath raced at the Big Chillswim at Windermere on Sunday 11th December and yeah won **GOLD** in her age cat for the 1km swim! This really is a (ed-crazy) fantastic achievement and things are looking good for the Championships in Poland!

“Rachel and I are still training for World Cup, [Polish Championships](#) IISA Saturday, 21st January 2017 at Katowice. The pool area will be cut out from ice and will be amazing!

Below is a pic of myself and Rachel with the other 2 Dippy Dragons Viki and Ros



Core Club Activities this Winter

The triathlon season in the UK has now closed so it's time to evaluate your season and plan your winter training. The success of such sessions does depend on a critical mass of members happy to attend each week, fortnight or month. Thoughts and ideas are always welcome. If any members are planning sessions and wish others to join in, please post well in advance on Facebook - the inclusion of a mapped Strava route or similar would be a great addition. Here is a reminder of the core club training activities at present:

1) **Swimming:** Booked sessions with coach Kylie Mansfield at Brecon Leisure Centre each Friday evening - restarting in January.



2) **Cycling:** [Brecon Wheelers](#) ride out on Sunday mornings setting off from Brecon Leisure Centre at 8.30am. The pace varies with the ability of the riders out that day. Some of the faster members may head off for an extended route at the end. Cafe stops are generally not a feature - unless it's a special occasion. The Wheelers are welcoming, friendly and supportive.

3) **Running:** Track training is on Thursday evenings at Brecon Leisure Centre 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. It's free for club members. Mark Sims, Paul Bufton and Mike Pfeifer are regulars.

Your Club Account Explained

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.

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. 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.

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

Username

Password

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.



Autumn 2016 (7)

My Son's an Ironman! Chris Carpenter's Mum Reports!

Being with Chris whilst he completed [Ironman Wales](#) in Tenby this year has been one of the most heart-warming and memorable experiences of my life. I flew over from Zimbabwe where we've lived for over 40 years, knowing very little about the triathlons our son is so keen on. I have to admit, when he first told us he was entering the *Ironman*, I was a bit concerned. I knew he'd do well on the bike, but with a long swim before it and a full marathon after it, I thought it might be too much. However, he assured me he was training hard and preparing well.

When I arrived, and saw his impressive kit all packed and ready, I realised he was serious about "preparing well" - this guy meant business - rather different from his cycling in Zimbabwe when all he had was a helmet and one water bottle! We duly set off for the weekend in Tenby with his wife Beth - and all the kit. Beth's family joined us on the big day.

The big day came and it was amazing. At dawn, the spectators were already in their positions, lining the streets, crowding onto balconies, hanging out of windows - all waiting eagerly for the start. Then the procession of athletes filed through the town and began their long decent down the zig-zag cliff path to the beach, white-capped heads bobbing magnificently through the crowds amid cheers and claps and whistles and then - after a sudden silence - the Welsh National Anthem was most beautifully sung. It all just took your breath away. A hooter signalled the start.

We didn't wait for the swim but took a bus to Saundersfoot to be in time to catch Chris on his bike. Beth had efficiently pre-planned all our viewing points from the Ironman map, and she did a great job. We stood half-way up *Heartbreak Hill* and waited. Spectators lined the road all the way up. There were drums beating and bells clanging. When Chris came around the bend we shouted and waved and held up the Zimbabwe flag so he could spot us easily - and he did - and he was grinning and going well. All the time, the crowd around us was clapping and cheering, encouraging *all* the athletes, not just the ones they knew. The camaraderie at *Ironman Wales* was truly fantastic.



And then we were back on the bus to Tenby town where the marathon of a four-lap run through the town had now begun. The faithful spectators were everywhere, encouraging the athletes to achieve their goals. Some did not make it and had to retire, or else they ran out of time - but most did make it, including Chris. I'll never forget that feeling of overwhelming pride, and the happy look on his face, when he came around that final bend towards the finish line. My son is now an *Ironman*!



Next Newsletter

The next newsletter will have our AGM report and will be out in March 2017

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