



BRECON TRIATHLON CLUB *newsletter*

Summer 2015

Set Training:

- **Tuesday:**
Cycling Time Trials
- **Thursday:**
Run training
- **Friday:**
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:

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Summer 2015 (1)

Successful Brecon Sprint Triathlon 2015



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[Twitter Strava](#)

A Growing Club

We now have 52 paid up members and 16 have taken Welsh Athletics affiliation.

Sterling effort by all on the day and also in the lead up to the event, well done everybody! Special thanks to Race Director Catherine Etchell and the race committee - Kate Hovers, Aled Edwards, Cath Pendleton, Kirsten McVey, Adam Jones, Amy Morgan and Richard Walters. Many thanks too to our club members who helped on the day and all those that marshalled. The feedback from everyone on Facebook and the emails received have all been really positive and makes all our hardwork worthwhile. It seems that Brecon Tri has now built up a reputation not for an easy course, but for being the friendliest and most suitable first tri for novices.

[I Referees Race Report 2015 | Verified Results 2015 | Sprint Triathlon Webpage I](#)

Race Director Steps Down

Race Director Catherine Etchell is taking more of a back seat role for 2016:

"I have found it extremely difficult over the last few weeks to fit in time for the tri (or for any training even !) alongside my currently unmanageable workload, therefore I will have to reluctantly step down from any organisation next year". On behalf of all club members (past and present) and competitors we thank Catherine for everything she has done to maintain and develop the Brecon Sprint Triathlon. Her input and enthusiasm has been remarkable and productive - single handedly saving the event back in 2013. Very much appreciated.



Can You Help Organise the Brecon Sprint Triathlon 2016!



The current race committee will be holding a debrief meeting at [The Clarence Inn on Friday July 24th at 6.30pm](#). If you are interested in helping organise next year's event then please come along.

We will be aiming to look at what went well and what went not so well; hoping to draw up a plan and timeline for the next 10 months and delegate tasks appropriately. We aiming to spread out the workload so all organisers maintain time for training and racing.

Chip timing may be the big change for next year and that will be up for discussion. New thoughts and ideas always welcome - see you there.



Summer 2015 (2)

Brecon Triathlon Race T Shirts



Unfortunately a few names were missed off our 2015 race T shirts, including the men's winner James Grandfield. Aled managed to negotiate a re-order and now updated T shirts have been posted out. They have been well received.

Pictured is new club member and Brecon Sprint Triathlon winner Donna Morris wearing one of our race T shirts.

Grant Fassett Takes on Frankfurt

Grant Fassett gives the low down on racing the IRONMAN European Championship 2015 this July:

"What a brilliantly organised race it was on Sunday, from the registration to the race brief and of course actually finishing the race the atmosphere of local were brilliant. There was always support whenever you were - from start of the swim, throughout the bike leg and finally the run. From the start of swim, which was just outside the town centre with a big crowds waiting for the starting signal (more than likely because of [Jan Frodeno](#)), it was a great race extremely hot that didn't help as there was a 34.9% DNF on the course. The training I did was extremely good as I decided to take a coach this year and results followed.



The swim was slower than I wanted but as it was a non-wetsuit swim due to 28 degree water temperature I couldn't complain with 1:07 then I long T1 onto the bike for 112 miles in 38 degree heat I concentrated on trying to stay fresh and sticking to a rigid nutrition plan but the course wasn't that bad which involved 2 laps finishing in

Frankfurt town centre, I was happy with a 5:33 bike leg.

I then descended into the run of which I set off a bit a quick but I was still comfortable at 13.1 mile and at that point I was sitting about 1:46 minutes but the heat started to take effort and it was clear to see around me there was lots of walking/lots of people in the medical tents that I wasn't the only one and it was the last 6 miles which were a struggle but something I was going finish. It was one of the most rewarding experiences once I crossed that line and I was happy with a Sub 11 hour finish but I also learnt a lot of where I can improve and how I can also improve it is a highly recommended race and I'm already looking for another long course next year." [Full results here \(.pdf\)](#)

Tragic news that [one competitor did die](#) in hospital after this event from hyponatraemia. When racing in hot weather watch salt intake and don't overdue the water.

Age Group European Duathlon

Mark Sims and Mike Pfeiffer raced in Spain this spring as part of the GB Age Group Team.

"I took part in the European standard distance (10k run, 40k bike, 5k run) Duathlon Championships in Alcobendas, Madrid. The weather was horrendous and I finished with hypothermia despite it being June in Spain!! I was fourth GB in category and 5th overall. Mike Pfeiffer also did it and was similarly placed in his cat - though obviously a lot faster than me!" Well done guys and a cracking photo too!



Surplus Club Kit for Sale

Men's tri suit - L £40

Men's tri suit - L £40

Women's tri suit - M £40

Women's tri top long - M £23

Women's short sleeve cycle jersey full zip - S £21



Velothon Wales

A number of members enjoyed the Velothon this year, and Peter Webb would definitely recommend for next, "If a group of similar ability enter, it's quite impressive seeing a chain in club colours flying past!" Another idea for a club event next year....

You can [pre-register for 2016 here](#).



BRECON TRIATHLON CLUB *newsletter*

Summer 2015 (3)

Llandovery Sprint Triathlon

Highest club turnout so far this year for the Llandovery Sprint Triathlon - Amanda, Kate, Scott, Paul and Liam all getting in some great times - certainly a possible club event for next year! Thanks to Liam for the artwork! [Results here](#)



New Event: Cardiff Triathlon at the Iconic Cardiff Bay

Located in the iconic Cardiff Bay this triathlon was new for 2015. Swim was in the legendary Cardiff Bay, cycle on flat scenic roads around Cardiff and the run finish out to the Cardiff Bay Barrage. Both Olympic and Sprint distances were available and feedback was good. Kirsten McVey entered and did her first Olympic in a very respectable 3 hours, 3 mins and 50 seconds! ([details here](#)). Kirsten was a little disappointed with the swim time, bike was better than expected (furthest she has ridden!) and run was good. It was really rainy for the whole event. But under 3 hours is Kirsten's next challenge. [Find more details of this new event here](#)

Wimbleball Mike

Mike ran in an impressive 4th in category at the notorious Devon 70.3. He described it as a "proper workout"!! Full Kudos and a great season in progress.



Ras i'r Bannau 2015

5K Brecon open road race. Adam, Ania and Stewart doing well - [Results](#)

Tenby Long Weekend



Tougher conditions for the 3.8km swim this year but Dale, Cath Pendleton and Amy raced with impressive times. Amy had Kirsten's misfortune of last year - a faulty timing chip! On the Saturday Rob Cleaves ventured out on the bike course (The Wales Sportive) as did relocated ex club member Jonny Griffiths. Check Rob's ride out by joining our [Strava Club](#). Dale finished off the weekend with an impressive 1:32 half marathon on the Sunday. Great feedback as usual for this [Activity Wales](#) event - all the different results can be found [here](#)





BRECON TRIATHLON CLUB *newsletter*

Summer 2015 (4)

Two Welsh Champions!

Massive congratulations to Catherine Etchell and Mike Pfeifer at the TriExercise Pembrokeshire Coast Triathlon on 20th June. Both topped out their age groups and it was the Welsh Standard Distance Championships too! See the [race report here](#). Great club turnout with Kate Hovers and Chris O'Brien racing too. All in the beautiful surroundings of Broad Haven in St. Bride's Bay, a stunning beach setting in the heart of the Pembrokeshire Coast National Park. Definitely a contender for the Club Event next year!

Chris O'Brien's "Day in the Lakes"



1. Realisation I'd survived the swim (approx 50 mins). Route changed at the last minute due to chop. A friend clocked the swim, in a very murky Ullswater which was pushing a balmy 13 degrees, at 2.6km rather than 1.9km.

2. Setting out on the bike. 56 Miles including Kirkstone Pass and Shap Pass (so so lucky I got a 30 tooth put on the back in the week). Rained for the first 3hrs and was glad of the coat. Less glad of the coat into the headwind in the last 45mins when the rain finally passed.

3. Glad for the support and very relieved to be on my own two feet (less chance of drowning / crashing / mechanicals). 12.5 miles of beautiful trail running / hiking including approx. 400m of ascent. (Approx 2hrs30mins).



All in 7hrs 13mins. Pain has just about gone and have a feeling that I did something good on the weekend. Lovely setting at a campsite, loads of tri clubs up there, not too expensive to enter (£55-ish I seem to recall). Not an easy middle distance, but worth a go. [Find out more on the event webpage](#)

Chris has had a busy year so far:
March - [Loop den Haag](#) (1/2 Marathon) - "Awesome atmosphere at the festival of running in the Haag! Net time 104.30 Pos. 2976 / 10104".

May - [Talgarth Mill Race](#) - "3th out of 54. 10 miles - 01:24:16. Fab course, great tea and cake after!"
Lon Las - "Holyhead to Cardiff over three days on the Bike including a big middle day - Barmouth to Talybont youth hostel (via the mountain route between Mach and Llani)".

[Magic Roundabout](#) 10k - 23rd out of 215 in 45.47.
Aled Edwards (145th in 58.51). Best atmosphere / location at any race!

Llanfrynach 345!



[Brecon Athletics](#) Tuesday night road race series was as popular as ever with Club members. Sponsorship from [Likeys](#). The 5mile and series [results are here](#). Well done Haydn!

STOP PRESS

Age Group European

Triathlon Geneva

Congratulations to GB Age Group Triathlete Mark Sims at the Standard Distance European Championship in Geneva this morning: 2.43.46. - "slow run, v bumpy and v hot! 10th GB out of 18. And 32 out of 46 in Europe. Nice event" - Hats off! Brilliant!





Summer 2015 (5)

Kirsty's Qualification Quest

I've never been athletic. I started to run a bit in 2012, aged 52, to loose weight. I'd always ridden a bike, complete with basket and panniers, but could only manage one length of front crawl so had to learn from scratch. I took up triathlon in 2014 and had never heard of Age Group World Championships. I met a lady towards the end of 2014 who'd qualified that year and wondered whether I could do it. I entered thinking just don't make a fool of yourself!



The first thing I did was to get a coach. They can't work miracles but can get the best, whatever that is, out of you. The main advantage for me has been that it has kept my training consistent. Winter training was HARD GRAFT.

The first qualifier was St Neots, which also turned out to be the British Championships. My bike looked very ordinary in transition racked up besides aero triathlon machines. The swim was in a cold, filthy brown river no wider than the Usk at the Prom. Around 200 women squeezed onto the start line. The gun went and I managed about 10 strokes before hyper ventilating and breast stroked the rest in 22 mins 29secs. I was so cross with myself I was the fastest through T1 and biked so hard that I felt like I shuffled around the run. I felt completely out of my depth. On the way home I vowed I would NEVER do another triathlon. To rub salt into the wound I picked up a bug from the river and 32 hours later was so ill. Now I take probiotics every day and drink Coke after every open water swim.

My husband and my coach Emma cajoled me to the start line at Eton Dorney saying, "Just do the swim, you don't have to do anymore if you don't want to". Pressure off and swim went OK, down to 17mins 11secs. I knew I was in with a chance so put my head down for a good bike and with Emma screaming from the side-lines I ran myself into a qualifying position for the World Championships to be held later this year in Chicago.

Next was Nottingham, a World and European qualifier. I put in my best swim performance to date, 14mins 45secs. I was the first 'ordinary' bike home and ran well. This gave me second percentage time after those that had qualified out right that I thought would be good enough for the Europeans but I wanted to be sure.

Three weeks later we went to a very, very windy Southport. The wind howled off the sea and there were choppy waves on the lake. Open water is my nemesis and I only managed to front crawl three quarters of the course, back to 17mins 33secs. When the

wind was behind me I flew on the bike but struggled when changing direction. One woman in my age group passed me a mile or two from T2 but I managed to chase her down and pass her on the run to win my age group and qualify for Lisbon in 2016.

I am not particularly talented at any of the three disciplines but I am prepared to work hard. If anybody reading this fancies a go I would say give it a go, you never know!



Hereford Triathlon

Hereford Sprint Triathlon was held in Leominster on Sunday 21st June. Congratulations to Donna Morris, racing in Brecon colours, with a 4th place despite having a very frustrating bike leg - going the wrong way and also messing up a stop point. Haydn also raced but had to pull out due to a pulling a calf muscle in T1 [Results are here](#).



London Marathon

Kevin Percy has got a place in the London marathon next year running for local charity the [Bracken Trust](#) based in Llandrindod. [Go here](#) if you wish to sponsor and best of luck Kev! As an Welsh Athletics affiliated club it is likely that Brecon Triathlon Club will get an allocated place now and again. We'll keep you posted.

Kylie Races Grafman

Congratulations to our favourite swim coach Kylie Mansfield on coming 3rd in age group at the National Middle Distance Championships 2015 (The Grafman) at Grafam Water. New swim block will be starting in September so keep an eye out on our website.



Next Newsletter

The next will be out in October.