



BRECON TRIATHLON CLUB *newsletter*

December 2014

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:

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Parc Beddw
Libanus
Brecon
LD3 8NN

Brecontriathlonclub.co.uk

December 2014 (1)

30% Off Your Next Club Kit Order!



In the next couple of months we'll be placing a new order for Club Kit (worn here by our Team GB triathlete & duathlete Mark Sims).

The Club will pay 30% of the cost of each member's order.

The kit is top quality and looks striking - great to wear and a great way of raising the profile of the club.

All relevant kit and sizing options are listed on our [news page](#).

This offer may not be repeated so make the most now!



Connect with us

[Facebook](#)

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

Coached Swim Training with Kylie Mansfield

The autumn/winter block finished on Friday 19th December. The sessions were a steep learning curve for some but all have seen technical improvements and some impressive CSS gains. Sessions will restart in early January and we will be sticking with the regular Friday night slot starting at 7.30pm in Brecon Leisure Centre pool. These coached swim sessions are for members only and booking information will be sent out by email shortly.



Brecon Sprint Triathlon 30th May 2015

The event will open in early January for registration via the Entry Central Website.

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 kit plus swim and track training. So helping out really is a vital part of membership.

A big challenge is finding enough race marshals for the day. This year Aled Edwards and Rob Cleaves are leading the hunt. If you know of anyone that might be able to help out then point them to these guys. The club will make a donation to local groups in return for support. The Brecon Young Firefighters are already on board!



Club A.G.M. 2015

This will be at the Clarence Inn, Brecon at
6pm on Sunday 1st March 2015.

All welcome.

Club Event for 2015

We are looking for a suitable triathlon to be our Club Event (one with a choice of distances would be ideal). The most popular races on our Facebook Race Calendar File will be considered so keep that document updated!



WELSH ATHLETICS
ATHLETAU CYMRU

We Are Now Affiliated to Welsh Athletics

The Club has now affiliated to Welsh Athletics. You can now register for your unique code which will give discount entry to many running races and allow you to run under the name "Brecon Triathlon Club". The cost is £15 per member. Use the Club website [contact form](#) to express interest.



December 2014 (2)

Cotswold Outdoor Brecon Store

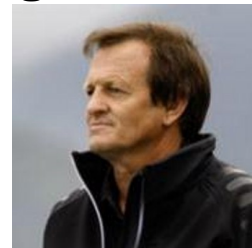


BRECON

There is now a 15% discount available to all Club members at the [Cotswold Brecon](#) store. They are also looking to help support our Sprint Triathlon in May. Show support and shop local!

Twitter Talking Points

This month some interesting points of view from top coach Brett Sutton on [Pull Buoy use](#) and [Reverse Periodisation](#)



Brecon Beacons Ultra Marathon



The [Beacons Ultra](#) is a mere 46ish mile mixed trail/mountain/canal/road run around the magnificent Brecon Beacons in the middle of November, when climatic conditions can vary quite considerably. In the events 5 year history the race has taken place in everything from sparkling Sunshine through to minus 8 degrees, with obligatory rain and mist thrown in to remind the athletes that they are running in Wales in all its glory.

Both Jonny Griffiths and Ian Price took part. Great quote from Jonny on Twitter who came in 36th in a field of 200: "Beacons Ultra on Saturday, I'm well prepared for the six miles, not so sure about the other 40. One mile 46 times my mindset" !!

Brecknock & Radnor District Sports Partnership

Following a suggestion from Chris O'Brien we have now affiliated. Benefits include: Grant aid for small events; Grant aid for individual athletes; Subsidised rates on Powys CC coach education and development courses; Quarterly prize draw entry; Electronic updates regarding courses and events. We are also able to nominate for their annual Sports Personality Awards. The closing date for nominations is Monday 26th January 2015 and forms are available from brsportspartnership.co.uk. The presentation event is on Friday 27th March 2015 at the Pavilion, Llandrindod Wells

Dale's a Winner

Congratulations to Dale Williams on taking the local Trail Series win this month. Dale raced in the MightContainNuts trail races (see below). He did the final trail run in the morning and then raced in the Gwent League cross country series in the afternoon! Kudos!

The photo shows Dale running through the Black Mountains in the first event back last winter.



Welsh Trail Running Series: Trail, Marathon, Ultra

MightContainNuts.com

That moment you realize you forgot to hit Start on your Garmin.



2015 ENTRIES NOW OPEN. Early Bird discounts available until 31st January 2015. Enter Round 1 and get a half price entry into any other round. Enter the series and get 30% off. [Click here](#) for more info.

Brecon Sprint Triathlon Bike Route Video

We now have our own [YouTube Channel](#). A video of the Brecon Triathlon bike route for 2015 is currently playing. Please share.

