



January 2015

## 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)

January 2015 (1)

## The Open Water Season Has Started!



Kirsten McVey, Richard Ray, Amy Morgan and Catherine Pendleton braved the winter cold for an early dip at [Brecon Promenade](#) this January. Richard didn't bother with the luxuries of a wet suit - English Channel next?!

## Membership Fees Now Due for 2015

Annual membership fee is now due. Our year runs to March 2016 to tie in with Welsh Athletics. Two membership options are offered:

**Option 1:** £10 (full membership but not Welsh Athletics Affiliated)

**Option 2:** £25 (includes Welsh Athletics Affiliation)

Pay online on our [membership page](#). Paperless this year!!

A membership card will be issued on receipt.

## Welsh Athletics Affiliation Process



WELSH ATHLETICS  
ATHLETAU CYMRU

Indicate Option 2 online when joining (make sure you enter your post code) and pay the fee of £25 (includes Club Membership too). I'll then notify Welsh Athletics and send on a payment to them by cheque. They will then send your registration card with a unique identity code by post. [Benefits of affiliation](#).

## Winter Training ! - SMB Fitness Can Help



Martin Browne of [SMB Fitness](#) is offering a discount to Club members. A great way to maintain fitness in the winter. He also has a second [Wattbike](#) arriving this month.

## Likeys Join Cotswold Outdoors in Supporting our Triathlon



Likeys, Brecon are supporting our sprint triathlon on the 30th May. They are also offering Club Members a 10% discount. Don't forget Likeys organise various long distance trail races too so keep an eye out on their website: [www.likeys.com](http://www.likeys.com)

## We're Open on Entry Central

[www.entrycentral.com/BreconTriathlon](http://www.entrycentral.com/BreconTriathlon) All Club members are expected to help out so please keep this date free.

Race Director Catherine Etchell has already notified Police and Highways, updated the risk assessment, ordered barriers/scaffolding and sorted the goody bags. Still lots to do. Contact Aled Edwards or Rob Cleaves if you can help with marshalling.



Connect with us

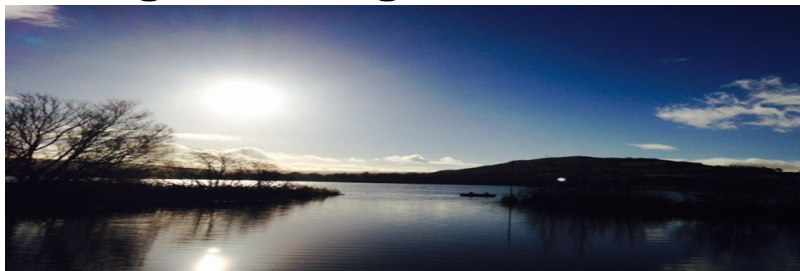
[Facebook](#)

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



January 2015 (2)

## Llangorse Lake Big Swim and Triathlon



Llangorse Lake Big Swim and Triathlon are taking place on September 26th and 27th this year. There is also a standard(ish) distance for those triathletes who don't fancy a middle distance. [Llangorsetri.com](http://Llangorsetri.com)

## Powys Info Engine

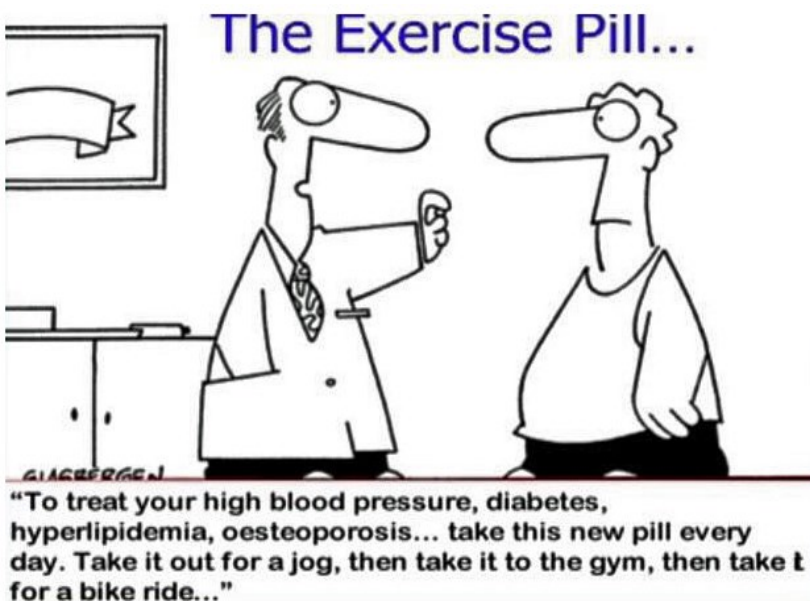
This is a website to help enable the public to find a variety of services within our area. We're on it! [powys.info-engine.org.uk](http://powys.info-engine.org.uk)

## Friday Swim Training with Kylie Mansfield

The January block has now started with 4 new Club members. Many come to the sport of triathlon without a swimming background and as such it can be very challenging to progress. If you are having difficulty with your swimming you can guarantee other club members will have had similar problems and will be glad to help. We hire Brecon Leisure Centre swimming pool on Friday evenings for a coached swim session with Kylie Mansfield. We also have informal endurance sessions with Kirsten McVey. There is still space for swimmers on the night as not everyone makes it every Friday. Cost is £5 and includes entry fee and coaching. Give a heads up on Facebook, Twitter or [Club Contact form](#). For future blocks we will use online payment to book sessions.

## Bring Some Ideas to our AGM

What would you like to see the Club doing or organising this year. Trips to the seaside? Trips to a 50m pool? Professional coaching sessions? Endurance Bike rides? Lectures? Pool discounts? VO2Max lab testing session? A Chat and a pint? Bring you ideas along to the **AGM at the Clarence Inn, Brecon at 6pm on Sunday 1st March 2015. All welcome.**



## Club Kit Order 2015

We'll be placing a new order for Club Kit soon. **The Club will pay 30% of the cost of each member's order.** All relevant kit and sizing options are listed on our [news](#) page. This offer may not be repeated so make the most now!

## Twitter



Try #UKTriChat hour on Mondays 8-9pm. Triathletes community supporting each other, events, bloggers, charities, fundraisers & suppliers. Interact using on #UKTriChat and follow [@UKTriChat](#)

## Snugg Wetsuits

[Hereford Tri Club](#) have arranged for [SnuggWetsuits](#) to come up from Cornwall to Hereford Leisure Pool Café from 6 - 8:45pm on Tuesday, January 27th. #madetomeasure

## Open Water Magazine



It's often difficult to find swim specific events in the UK. Get hold of a copy of [H2Open](#) and you'll find a great list of events on the back pages. Great swimming advice and news too. Follow on Twitter [@openwaterswim](#)

## Next Newsletter

Future newsletters will be quarterly: spring, summer, autumn and winter. The next one will be out after the AGM in March.