



August 2017

## **Set Training:**

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

## **Contacts:**

### **Secretary**

Richard Walters

### **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  
Libanus  
Brecon  
LD3 8NN

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

[@brecontri](#)

August 2017

## **Brecon Sprint Triathlon**



Our Sprint Triathlon in June sold out 2 months early and was again a massively successful event with great feedback. It was the first year we have been able to marshal the event with just club members, friends and family. Everyone's help was greatly appreciated - thank you.

We only had two competitors that got the bike course wrong, and there were no serious incidents to detract from a great day. Scott Powell's timing services were again pivotal for the smooth running of the event as were the new swim clocks, funded by Brecon Town Council. The decision not to provide T shirts was contentious with some competitors and will need review for 2018.

Next year's event will be on Saturday 2nd June. As you are all

probably aware there is going to be major building work taking place around Brecon Leisure Centre as the new High School is redeveloped. This will have an effect on our event, but as yet we are unsure of details.

Transition may have to be moved and we may have to alter the run route. We have to submit any route changes and a consequent updated risk assessment to Welsh Triathlon by November. This is no small task! Could all members keep their ears to the ground and post anything of note regarding building plans on our new closed, "[Members Only](#)" [Facebook group](#).



Connect with us

[Facebook](#)

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

## **Membership**

Currently the club has 50 paid up members. Subs are due each March. New members can join at any time via the [Club Website](#)



## **Autumn Swim Block with Coach Kylie Mansfield**

Our favourite coach [Kylie Mansfield](#) will be here again on Fridays 7.30-8.30pm with the new swim block starting **8th September, 2017 for 15 sessions** (ending 16th December).

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!

### **Pricing:**

All 15 sessions £67.

All payment requests will be in your online club account towards the end of August. Fee includes pool entry and coaching.

### **Booking:**

Pay promptly - first come first served.

Access your online [account here](#).



Catherine receiving swim clocks from the Mayor



**August 2017 (2)**

## **Catherine & Marcelle go Coast to Coast - Seascale to Whitby (24 June)**

This involved a lot of faff with travelling to and back to the Lakes but the cycling was superb. Roads were generally quiet with closures over Hardknott Pass, narrow with a 30% gradient (up and down!). The route travelled through dramatic and varying scenery, passing over Hardknott and Wrynose within the first hour, and it was a great feeling to get these out of the way early on. There was time for a quick espresso while waiting for the ferry across Windermere and then just a short stretch taking us out of the Lake District into the Yorkshire Dales.

We had a really fast section between National Parks before some tough stings in the tail in the North York Moors. After a 4 mile fast descent we finally got to see the blue sea at Whitby! 11 hours and 16 minutes ... Time for a well deserved ice cream. A tailwind all the way, a fully signed route and 4 well stocked aid stations — couldn't have been made easier for us! Event [website here](#).



## **Club Kit Shop**

Item	Price
151 / 16564 / BRECON / CYCLING TEAM FIT / SHORT SLEEVE JERSEY /	£39.00
175 / 16564 / BRECON / CYCLING TEAM FIT / TECH FLEECE JACKET /	£62.00
216 / 16564 / BRECON / CYCLING TEAM FIT / BIB SHORTS /	from £52.00
318 / 16564 / BRECON / CYCLING TEAM FIT / BIB KNICKERS /	from £70.00
416 / 16564 / BRECON / CYCLING TEAM FIT / BIB TIGHTS /	
136 / 16564 / BRECON / CYCLING TEAM FIT / WINTER THERMAL JACKET /	
102 / 16564 / BRECON / CYCLING PLUS WOMAN / SHORT SLEEVE JERSEY /	
126 / 16564 / BRECON / CYCLING PLUS WOMAN / TECH FLEECE JACKET /	

The Club Kit Shop can be accessed [here](#). The access code was emailed to all members on the 26th July. The shop will close on the 22nd August. You have just under 2 weeks left to place your orders using this online shop and delivery will be towards the end of September directly to your door.

**All Club members should ideally have a tri outfit for competitions and a cycle top for Club rides.**

**Minimum order quantities will apply so if only a few order kit then payments will be refunded.**

The Club is discounting kit at **30%**. This discount will be applied separately after all orders are complete. You will need to pay the total cost upfront but will get a 30% refund from the Club after you have received your kit, assuming no returns etc. The Club will be informed by the manufacturer - who has

bought what.

This is a fantastic opportunity to purchase kit at an excellent price. There will be no further chances to order for a least 12 months and future discounts may not be possible. **We are desperate for members to order - please order kit now!** Before anyone asks - the Club discount does not apply to wheel sets, bike frames etc !!!





August 2017 (3)

## **Brecon Titan Anyone? – It's a Walk in the Park.....**Verena & Tom

**Verena Zimmer:** Hi Tom, so why did you choose the Brecon Titan then?

Tom Banning: Well for a start I read Chris Carpenter's race report in the newsletter last year, and really made me want to do it.

V: Yes, me too!!

T: Otherwise, I was looking for a local event that I could fit around family commitments, someone from work was doing it, and I was looking for a step up to a mid distance triathlon, because I did my first Olympic triathlon last year.

V: So quite similar to my reasons then! I also wanted to support a local event, was looking to try out a longer race, and I quite fancied the added challenge of the hills...

**T: Did you have a goal or time in mind?**

V: Not a time, no. My goal was just to finish. Not being last would be a bonus.

So I'm chuffed that I achieved both! (Just don't tell anyone that of the two people who finished after me, one had had a puncture, and the other had taken a wrong turn and done an extra 15 miles....). How about you Tom?

T: My goal as always was to come half way down the leader board. I looked at the finishing times last year, and the person mid way down the results pages did it in 6:24:50, so that's what I was aiming for. But the weather was very different last year, and I only missed the half way point by 3 minutes, so yes I nearly made it!

V: Wow, that's impressive, just goes to show we all come to triathlons with all sorts of different starting points and expectations – all good though!

**V: So how did you find the swim?**

T: Well it was a bit of a hectic start, I cut it rather fine by arriving with only 3 minutes to set up before they shut transition! I was expecting the swim to be the hardest, but actually I found it the most enjoyable of the three. It was the first time that I swum the whole distance front crawl, and I even managed to do a bit of drafting. The Aussie exit was good fun too. What about you?

V: Yes I also enjoyed the swim, it's the only discipline where I can keep pace with at least a few people...There was a lot of room at the start line which was great, I was thinking actually how nice it is to swim in fresh water, and it really helped that we had done the aquathlon there before, so I knew what to expect weed wise. Good news for anyone considering this or any other races at Parc Bryn Bach next year by the way is that there will be weed cutting in operation by then, so no more green stuff trying to entangle you! Especially by the second lap I had relaxed into the swim, and I too tried a bit of drafting!

**T: And how did you get on on the bike?**

V: Really enjoyed it actually, it was great riding along local roads, though it was my longest bike ride since I was about 18....Highlights were passing my daughter and husband marshalling at Defynnog, and making it up the iron mountain, which I had been dreading, slowly but otherwise surely, except one tiny involuntary dismount into the hedge...Disappointed I had to push up the last bit of the Defynnog hill, which I had only practised on my hybrid bike, bit of a lesson learned there. How about you?

T: It was my longest ever bike ride ever, so I was chuffed with that. I was also very chuffed with my descent down the iron mountain, second quickest on the day touching 77kph, that was the best bit for me really! The views from the top of the mountain were just spectacular. I was really happy with my time climbing up the iron mountain too. It was a difficult balance in my head wanting to get a good time on the bike, but knowing I would have to run after that, especially in that heat. My lesson learned is not to find myself drafting and picking up a 5 minute penalty... or at least not to get caught on camera with photographic evidence of it on Facebook!

**V: And then there was that run.....in what was by then some seriously hot mid day sun....**

T: I realised after about 100 metres that this was not going to be easy! Because of the heat, my heart rate just kept trying to go up and over where I wanted it to be. So my survival strategy was to keep my heart rate under 160, and every time it went over I'd walk until it was back down to 150. Which meant walking up 5 of the 6 hills we had to do. But for last hill I gave it one last big effort and ran up it, knowing that there were only 2k to go, and all downhill. I thought the three lap run course was quite a nice sociable affair.

V: Yes, me too. I went in thinking I hated laps, but actually it was good to be able to break the whole thing up into lots of mini goals (Just up this hill, then there will be some water. Just down that hill and there will be some jelly babies). And it was very sociable, definitely, especially for me as I did even more walking! I too realised pretty quickly that I didn't have much left running wise after the bike and in that heat, so I basically dragged myself round by walking to that bin, jogging to that tree, walking to that sign etc..





August 2017 (4)

## Brecon Titan Anyone? – It's a Walk in the Park.....

**V: So what would you say about the organization and the event overall?**

T: I thought it was superbly organized, the marshals were incredibly supportive and motivating, and we didn't want for any food or water (there were flapjacks, bananas, jaffa cakes, fig rolls, selections of jelly sweets and crisps, water, coke...), oh, and people sponging us down with water. The nicest touch was that when my kids ran down the finish line with me, they each got a medal (which is bigger than mine!) and a jelly snake – needless to say they were very chuffed with that.

V: Yes, I second all that. I felt really well looked after and supported throughout, and I found the pre race information and e-mails really reassuring too.

**T: So how would we sum up this race in one word?**

Both: HOT!

**V: Would we recommend it to others?**

T: Yes, definitely if you're up for a challenge. Oh and don't forget sun cream!!

**T: Would we do it again?**

Both: YES!

Titan Buddies Forever - that include you too Chris Carpenter, and thanks for inspiring us! (Apologies to any Brecon Tri club people who have also done it and we've forgotten you).



## A Couple of Welsh Champions !



Dale and Mike competed at the Welsh Aquathlon Championships in Colwyn Bay, with both of them bringing back gold medals.

Dale came 7th overall and 1st in his Category, 750m sea swim with transition in a time of 12 mins 18 seconds and a 5k run in 18 mins 54 seconds, an overall time of 31 mins 56 seconds. He is now the Welsh Vet Aquathlon Champion.

Mike came 9th overall and 1st in his Category with a finishing time of 32 minutes 46 seconds, winning the Welsh Super Vet Champion title.

Congratulations to them both - fantastic achievements.

[Welsh Triathlon website report here](#)

Mike has had a quieter season this year as he is slowly coming back from injury.

For Dale it has been business as usual! He won his age category at the [Big Cotswold](#) 2 mile swim. He won his age category at The Magic Roundabout 10k and was 5th overall. He won his age category in the 10k [Royal Welsh Trail](#) run. He won his age category for the 2nd year running at the Shobdon Wood 5 mile race and was 4th overall. In the Darwin's Challenge Aquathlon in Shrewsbury (400m swim and a tough 6k run) he was 3rd overall and won his age category.



Paul came in under the hour too at the Big Cotswold swim.

Looks like the [Mako Extreme](#) wetsuit is the one to get!  
[Big Cotswold Swim results](#)





August 2017 (5)

## European Sprint Triathlon Championships - Dusseldorf, Germany *Richard*



I was lucky enough to represent the GB Age Group Sprint Triathlon team at the Europeans this June. The current standard for age group qualification is tough and, as we often see in triathlon nowadays, the older triathletes race faster and in more numbers than the youngsters! I've qualified 2 years running now. Last year was Lisbon, and this year the host city was Dusseldorf, Germany. I came 32nd in my Age Group, beating 6 Brits and improving by 5 places from last year. At this rate I should be on the podium in 2023!

The course was bizarre - a 600m transition area and an 8ft climb out of the river Rhine onto steps. There was a heat wave in Germany but it rained heavily the night before so wetsuits were allowed (unlike the previous day's practice swim).



The rain made the bike course treacherous. There were multiple crashes with 3 Brits hospitalised and all the draft busting bikes tied up with casualties. The bike course was the same as the opening [Tour de France TT](#) the following week - conditions and casualties were similar then.

Interestingly the German anti doping agency was out in force and a number of the GB team were drug tested - chaperoned away at the finish line.

The event was brilliant. Nothing went wrong for me and I was chuffed with my result. Really well organized and Dusseldorf is a great city to visit. There was a real buzz around the GB team with great support and organisation from British Triathlon.

I have met many new friends and learnt lots about racing.

All in all another great experience in triathlon.

Event website can be [found here](#) and If anyone is really bored then there is a 3 hour recap of the live video feed [here!!](#)

## Club Swimming Hats

We have purchased 100 silicone swim caps for members and they should arrive in September. The caps cost nearly £4 but will be free to members so please make sure you wear them in the pool to advertise the Club.



Roger Hunter designed the caps using our mountain logo with a clever Welsh slant. Bit of a discussion on Facebook about the choice of colour. A brighter colour would have been better for open water but I suppose most advertising is done early and late in the public

lane swims at Brecon pool. Also, to keep costs down, two colours were allowed, thus the colour of the cap was important to incorporate in the final palette. Thanks Roger - excellent work as usual.





August 2017 (6)

## **Marlin Swim Meter** *Richard*

I am high tone deaf and can't hear bleeps, whistles, alarms etc. I have therefore been unable to use a tempo trainer. A new toy is now on the market - The Platysens Marlin Swim Meter.

It consists of a bone conducting ear piece and a base unit - both attach to your goggle strap or can be tucked under your swimming cap. The base unit is programmed via a smart phone app for either android or iPhone. You can purchase a Marlin with or without GPS but the GPS enabled is the one to get. You can switch from pool mode to GPS mode. Initially the app was poor but major updates over recent weeks have it working well. The Marlin talks to you telling you the information you want (set via the app) when you want it eg lap pace and lap number. It will also beep out a stroke rate etc.



The volume control is adjustable and different sounds can be chosen depending on which pitch suits you. The voice is male, low pitched and clear. For long open water swims way points can be marked using the app and the Marlin will tell you if you are off course. This would be useful for sea swims such as Aberystwyth to Clarach Bay. I think it's an excellent bit of kit and will develop as time goes on. Integration with Swim Smooth's Guru Pro is on the cards soon. Not cheap though at £135 - [buy here](#).  
Marlin Product Overview:

- As you swim, the Marlin provides you with spoken feedback on your speed, distance swum, stroke rate and strokes per length without you having to stop and look at a watch.
- The Marlin can be configured to control your stroke rate and set pace in a similar way to a Finis Tempo Trainer Pro.
- You can download training sessions to the Marlin and be led through them step by step as you swim - removing the need for a written plan.
- Analyse your swim pace and performance after your swim to optimise your speed and efficiency.
- With the Marlin model you can record, map and analyse your open water training. Note, as the Marlin has a clear GPS signal on the back of your head it can do this with far greater accuracy than a GPS watch which spends much of the time underwater
- You can also program an open water swim course at your local venue on your smart phone and have the Marlin guide you round, speaking to you whenever you go off course with corrective instructions to bring you straight again. Amazing technology!
- At no additional charge, [Swim Smooth Guru](#) PRO subscribers will soon be able to connect their Guru account to their Marlin, sending Guru training sessions to the Marlin to follow at the pool. Sessions swum using the Marlin can also be automatically imported into the Guru for detailed Swim Smooth analysis.

See [video here](#).

## **Chris Ray Coaching Weekend**



Excellent feedback was received from participants on the Chris Ray triathlon coaching weekend based at Brecon Leisure Centre. It certainly was a one stop shop for triathletes with all important aspects of training covered. Everyone seems to be running much slower now!!!!. Chris thanked you all for the feedback and we are looking to re run next year.

## **Members Only Facebook Group**

We have changed the old Race Committee Facebook group to a Members Only group. If you have a Facebook account then please request to [join here](#). This closed group will be used as a forum for paid up Club members. Here we can post and discuss topics specific to Club members eg Club development, member surveys, views etc. Discount and access codes specific to the club can all be accessed here and also Club documents such as minutes, accounts etc. Email will still be used for updates so no worries if you haven't joined Facebook.

The other club Facebook page will remain open and reaches a wider audience of many non club members (still a very useful group) - use for more general posts.

## **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 the Welsh Athletics 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. To be an affiliated club we must have 10 members - currently we have 8. We are OK for this year and I thank Maggie Rees and Aled Edwards for making up the numbers.

Next March we will poll interest and see if affiliation remains a viable option for the club.





**August 2017 (7)**

## **Who Needs Friends?!?** *Aled*

Following a trip to the Alps last year with Brecon Wheelers, Dylan asked me what my next challenge was? When I answered 'I don't know...' - he replied 'You need to get something to aim for!!' Sat in a hotel room later that evening feeling bored I started flicking through potential challenges - having dreamed of completing an iron man one day since I can remember, and coming across the long course weekend page, there was nothing else for it - and why not, I had a full year to prepare. Rolling on 10 months and I must have been in denial as training was not on my agenda - so I entered Y Fenni Triathlon to kick start my efforts.

### **IT HURT!! Top Tip #1 - Training is not over rated!**

So the game was on with 8 weeks to go - I managed 3 or 4 more runs, a couple of bike rides and quite a few swims (thankfully), which included a trip (via a speed camera) to Tenby for an evening introduction to sea swimming with Tenby Aces.

### **Top Tip #2 Familiarisation is key!**



On Friday 7th July we headed on our way to Meadow View Campsite, set up the tent in the shadow of John Parker and Ann's impressive motorhome. His niece was sleeping in a micro tent next door - which considering that she was over 6ft made us feel a bit better about our accommodation.

As race time approached John, Ann, Sarah-Jane and I made our way towards north beach where we bumped into Paul B, Dale, Rob P who were also there for the swim - the butterflies were getting going by this stage. Moving down to the sea for a bit of acclimatisation the reality was setting in - Dylan Roberts, your name was mud!! The pen was filling up and I was torn between staying at the back where I might end up missing the cut-off, or pushing to the front quarter and getting caught up in the scrum. I ended up in the middle somewhere and we were off. What a fantastic experience, blue skies, sun shining, warm water and plenty of room - I loved it. Those jelly fish are very well mannered!

### **Top Tip #3 Stay calm and enjoy!**

Day 2, it's bike ride time - and 3rd Lions test time. Putting the rug by to one side and the fact that the guys doing the 56 mile route were getting to sit in a pub and watch the game before starting, I got going - bumping into Kev Percy (Ironman in waiting) at the start line to cheer the morning up. Great route, friendly riders and some great views with plenty of food stops. 7 hours and 10 mins later, I was looking forward to a good meal and some sleep.

### **Top Tip #4 Tri-bars are great!**

Day 3 - my nemesis! I struggle to run at the best of times and following a 10k Magic Round about a month earlier I had only managed two runs totaling 3 miles - this was going to be ugly and hurt. Off I went, ignoring comments that the route was harder than the Snowdonia marathon. Ignorance is bliss is all I can say - the hills on that route were evil, but waiting to see my niece at mile 20 kept me going. She had just come through an 8 hour heart operation at 6 months old - so what was I complaining about. On I pushed and after 5hrs 37 minutes I made it home.

It had been a long weekend, and at times painful; but overall it was fantastic - probably the best event I have ever seen, and to be part of it was amazing with a red carpet presentation of the Gold medal for completing all three days.

Within 48 hrs I was contemplating Ironman Wales for 2017 - but having entered and suffered for six and a half hours on the AWE Ocean Lava middle distance triathlon the target is now IMW 2018. So I must thank Dylan for those well timed words of encouragement which kicked my rear into gear.

### **Top Tip #5 Just enter and go for it!!**

[Ocean Lava and Wales Triathlon Website](http://www.oceanlava.com)

